

Meal Plan - 2000 calorie high protein vegan meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on
<https://www.strongrfastr.com>

Day 1

1951 cals ● 197g protein (40%) ● 67g fat (31%) ● 112g carbs (23%) ● 28g fiber (6%)

Breakfast

300 cals, 19g protein, 18g net carbs, 15g fat



[Avocado & vegan sausage toast](#)

1 toast(s)- 302 cals

Snacks

160 cals, 2g protein, 34g net carbs, 0g fat



[Raisins](#)

1/4 cup- 137 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 1/2 scoop- 491 cals

Lunch

530 cals, 37g protein, 16g net carbs, 30g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Basic tempeh](#)

6 oz- 443 cals

Dinner

470 cals, 30g protein, 40g net carbs, 20g fat



[Crispy chik'n tenders](#)

7 tender(s)- 400 cals



[Simple mixed greens salad](#)

68 cals

Day 2

1970 cals ● 183g protein (37%) ● 50g fat (23%) ● 166g carbs (34%) ● 32g fiber (6%)

Breakfast

300 cals, 19g protein, 18g net carbs, 15g fat



[Avocado & vegan sausage toast](#)
1 toast(s)- 302 cals

Lunch

500 cals, 25g protein, 62g net carbs, 13g fat



[Simple salad with celery, cucumber & tomato](#)
128 cals



[Rice pilaf with meatless meatballs](#)
372 cals

Snacks

160 cals, 2g protein, 34g net carbs, 0g fat



[Raisins](#)
1/4 cup- 137 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Dinner

520 cals, 28g protein, 48g net carbs, 20g fat



[Simple kale & avocado salad](#)
173 cals



[Slow cooker vegan jambalaya](#)
346 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Day 3

2038 cals ● 192g protein (38%) ● 60g fat (26%) ● 135g carbs (27%) ● 48g fiber (9%)

Breakfast

300 cals, 19g protein, 18g net carbs, 15g fat



[Avocado & vegan sausage toast](#)
1 toast(s)- 302 cals

Lunch

570 cals, 32g protein, 28g net carbs, 36g fat



[Lemon pepper tofu](#)
14 oz- 504 cals



[Simple mixed greens salad](#)
68 cals

Snacks

160 cals, 2g protein, 34g net carbs, 0g fat



[Raisins](#)
1/4 cup- 137 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Dinner

515 cals, 30g protein, 51g net carbs, 7g fat



[Black bean and salsa soup](#)
514 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Day 4

1999 cals ● 188g protein (38%) ● 74g fat (34%) ● 115g carbs (23%) ● 29g fiber (6%)

Breakfast

265 cals, 10g protein, 31g net carbs, 7g fat



Nectarine

1 nectarine(s)- 70 cals



Southwest avocado toast

1 toast(s)- 193 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Avocado toast

1 slice(s)- 168 cals



Cucumber slices

1 cucumber- 60 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

570 cals, 32g protein, 28g net carbs, 36g fat



Lemon pepper tofu

14 oz- 504 cals



Simple mixed greens salad

68 cals

Dinner

445 cals, 29g protein, 30g net carbs, 20g fat



Soy milk

2 cup(s)- 169 cals



Chik'n nuggets

5 nuggets- 276 cals

Day 5

2004 cals ● 178g protein (36%) ● 64g fat (29%) ● 139g carbs (28%) ● 40g fiber (8%)

Breakfast

265 cals, 10g protein, 31g net carbs, 7g fat



Nectarine

1 nectarine(s)- 70 cals



Southwest avocado toast

1 toast(s)- 193 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Avocado toast

1 slice(s)- 168 cals



Cucumber slices

1 cucumber- 60 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

575 cals, 22g protein, 52g net carbs, 25g fat



Green beans

95 cals



Curried lentils

482 cals

Dinner

445 cals, 29g protein, 30g net carbs, 20g fat



Soy milk

2 cup(s)- 169 cals



Chik'n nuggets

5 nuggets- 276 cals

Day 6

1966 cals ● 197g protein (40%) ● 48g fat (22%) ● 146g carbs (30%) ● 41g fiber (8%)

Breakfast

330 cals, 14g protein, 52g net carbs, 6g fat



[Small toasted bagel with jelly](#)
1 bagel(s)- 248 cals



[Soy milk](#)
1 cup(s)- 85 cals

Snacks

100 cals, 3g protein, 8g net carbs, 5g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Kale chips](#)
69 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

575 cals, 22g protein, 52g net carbs, 25g fat



[Green beans](#)
95 cals



[Curried lentils](#)
482 cals

Dinner

465 cals, 49g protein, 31g net carbs, 9g fat



[Vegan crumbles](#)
2 cup(s)- 292 cals



[Lentils](#)
174 cals

Day 7

1994 cals ● 187g protein (37%) ● 36g fat (16%) ● 188g carbs (38%) ● 42g fiber (8%)

Breakfast

330 cals, 14g protein, 52g net carbs, 6g fat



[Small toasted bagel with jelly](#)
1 bagel(s)- 248 cals



[Soy milk](#)
1 cup(s)- 85 cals

Snacks

100 cals, 3g protein, 8g net carbs, 5g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Kale chips](#)
69 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

605 cals, 11g protein, 94g net carbs, 14g fat



[Banana](#)
1 banana(s)- 117 cals



[Simple kale & avocado salad](#)
173 cals



[Tomato soup](#)
1 1/2 can(s)- 316 cals

Dinner

465 cals, 49g protein, 31g net carbs, 9g fat



[Vegan crumbles](#)
2 cup(s)- 292 cals



[Lentils](#)
174 cals

Vegetables and Vegetable Products

- ☐ ketchup
1/4 cup (72g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (861g)
- ☐ kale leaves
1 1/2 bunch (241g)
- ☐ green pepper
1/8 large (14g)
- ☐ garlic
1/3 clove(s) (1g)
- ☐ onion
1/8 large (13g)
- ☐ raw celery
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- ☐ cucumber
2 1/2 cucumber (8-1/4") (753g)
- ☐ fresh spinach
1/4 cup(s) (8g)
- ☐ frozen green beans
4 cup (484g)

Other

- ☐ meatless chik'n tenders
7 pieces (179g)
- ☐ mixed greens
1 1/2 package (5.5 oz) (213g)
- ☐ vegan sausage
6 1/2 oz (188g)
- ☐ diced tomatoes
1/6 28oz can (132g)
- ☐ snow peas
1/8 cup (11g)
- ☐ vegan meatballs, frozen
3 meatball(s) (90g)
- ☐ soy milk, unsweetened
6 cup (1440mL)
- ☐ vegan chik'n nuggets
10 nuggets (215g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ curry paste
4 tsp (20g)

Fats and Oils

- ☐ salad dressing
6 tbsp (90mL)
- ☐ oil
1 2/3 oz (52mL)

Baked Products

- ☐ bread
1/2 lbs (224g)
- ☐ bagel
2 small bagel (3" dia) (138g)

Legumes and Legume Products

- ☐ tempeh
6 oz (170g)
- ☐ black beans
1 can(s) (439g)
- ☐ firm tofu
1 3/4 lbs (794g)
- ☐ refried beans
1/2 cup (121g)
- ☐ lentils, raw
56 tsp (224g)
- ☐ vegetarian burger crumbles
4 cup (400g)

Cereal Grains and Pasta

- ☐ seitan
1 1/3 oz (38g)
- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ cornstarch
4 tbsp (32g)

Spices and Herbs

- ☐ cajun seasoning
1/4 tbsp (2g)
- ☐ ground cumin
4 dash (1g)
- ☐ lemon pepper
1 tsp (2g)
- ☐ salt
1 tsp (6g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1/3 tsp (2mL)
- ☐ vegetable broth
1 cup(s) (mL)
- ☐ salsa
1/2 cup (130g)
- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)

- ☐ olive oil
2 1/2 tsp (12mL)

Beverages

- ☐ water
35 cup(s) (8255mL)
- ☐ protein powder
31 1/2 scoop (1/3 cup ea) (977g)

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (402g)
- ☐ raisins
3/4 cup, packed (124g)
- ☐ lemon
2 3/4 small (160g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/4 box (8 oz) (57g)

Dairy and Egg Products

- ☐ sour cream
2 tbsp (24g)

Nut and Seed Products

- ☐ coconut milk, canned
1 cup (240mL)

Sweets

- ☐ jelly
2 serving 1 tbsp (42g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Avocado & vegan sausage toast

1 toast(s) - 302 cals ● 19g protein ● 15g fat ● 18g carbs ● 6g fiber



For single meal:

vegan sausage

1/2 sausage (50g)

avocados

1/4 avocado(s) (50g)

bread

1 slice(s) (32g)

For all 3 meals:

vegan sausage

1 1/2 sausage (150g)

avocados

3/4 avocado(s) (151g)

bread

3 slice(s) (96g)

1. Cook sausage according to package instructions. When sausage is cool enough to handle, slice it in half lengthwise, and then, if needed, slice again so that it will fit on your slice of bread.
2. Toast bread, if desired.
3. Using a fork, mash the avocado onto the bread. Season with some salt and pepper and top with sausage slices. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

fresh spinach
1/8 cup(s) (4g)
refried beans
4 tbsp (61g)
guacamole, store-bought
2 tbsp (31g)
bread
1 slice(s) (32g)

For all 2 meals:

fresh spinach
1/4 cup(s) (8g)
refried beans
1/2 cup (121g)
guacamole, store-bought
4 tbsp (62g)
bread
2 slice(s) (64g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Small toasted bagel with jelly

1 bagel(s) - 248 cals ● 7g protein ● 2g fat ● 50g carbs ● 2g fiber



For single meal:

bagel
1 small bagel (3" dia) (69g)
jelly
1 serving 1 tbsp (21g)

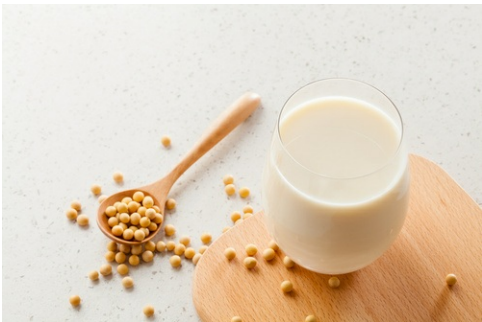
For all 2 meals:

bagel
2 small bagel (3" dia) (138g)
jelly
2 serving 1 tbsp (42g)

1. Toast the bagel to desired toastiness.
2. Spread the butter and jelly.
3. Enjoy.

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

tomatoes

1 1/2 small whole (2-2 5/8" dia) (137g)

oil

1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Lunch 2 [↗](#)

Eat on day 2

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



mixed greens

1/2 package (5.5 oz) (78g)

salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, sliced

1/2 cucumber (8-1 1/4") (151g)

raw celery, chopped

1 stalk, medium (7-1 1/2" - 8" long) (40g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Rice pilaf with meatless meatballs

372 cals ● 21g protein ● 8g fat ● 49g carbs ● 6g fiber



snow peas, ends trimmed
1/8 cup (11g)
tomatoes
3 cherry tomatoes (51g)
vegan meatballs, frozen
3 meatball(s) (90g)
flavored rice mix
1/4 box (8 oz) (57g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



For single meal:

lemon pepper
4 dash (1g)
oil
1 tbsp (15mL)
cornstarch
2 tbsp (16g)
lemon, zested
1 small (58g)
firm tofu, patted dry & cubed
14 oz (397g)

For all 2 meals:

lemon pepper
1 tsp (2g)
oil
2 tbsp (30mL)
cornstarch
4 tbsp (32g)
lemon, zested
2 small (116g)
firm tofu, patted dry & cubed
1 3/4 lbs (794g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

frozen green beans
2 cup (242g)

For all 2 meals:

frozen green beans
4 cup (484g)

1. Prepare according to instructions on package.

Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



For single meal:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

For all 2 meals:

lentils, raw
2/3 cup (128g)
water
1 1/3 cup(s) (316mL)
salt
1 1/3 dash (1g)
coconut milk, canned
16 tbsp (240mL)
curry paste
4 tsp (20g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Lunch 5 [↗](#)

Eat on day 7

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



Makes 1 banana(s)

banana
1 medium (7" to 7-7/8" long) (118g)

1. This recipe has no instructions.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup

1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins

4 tbsp, packed (41g)

For all 3 meals:

raisins

3/4 cup, packed (124g)

1. This recipe has no instructions.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:
tomatoes
6 cherry tomatoes (102g)

For all 3 meals:
tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Snacks 2 [↗](#)

Eat on day 4, day 5

Avocado toast
1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:
bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:
bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Cucumber slices
1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:
cucumber
1 cucumber (8-1/4") (301g)

For all 2 meals:
cucumber
2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.
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Snacks 3 [🔗](#)

Eat on day 6, day 7

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

olive oil

1 tsp (5mL)

kale leaves

1/3 bunch (57g)

salt

1/3 tsp (2g)

For all 2 meals:

olive oil

2 tsp (10mL)

kale leaves

2/3 bunch (113g)

salt

1/4 tbsp (4g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
 5. Spread the leaves over the baking sheet and sprinkle with salt.
 6. Bake about 10-15 minutes- until edges are browned but not burnt.
 7. Serve
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Dinner 1 [↗](#)

Eat on day 1

Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

ketchup

1 3/4 tbsp (30g)

meatless chik'n tenders

7 pieces (179g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 2 [↗](#)

Eat on day 2

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Slow cooker vegan jambalaya

346 cals ● 25g protein ● 8g fat ● 41g carbs ● 2g fiber



seitan, cut into cubes
1 1/3 oz (38g)
green pepper, seeded and chopped
1/8 large (14g)
garlic, minced
1/3 clove(s) (1g)
cajun seasoning
1/4 tbsp (2g)
vegan sausage, sliced
1 1/3 oz (38g)
olive oil
1/2 tsp (3mL)
diced tomatoes, with juice
1/6 28oz can (132g)
onion, chopped
1/8 large (13g)
raw celery, chopped
1/2 stalk, medium (7-1/2" - 8" long) (20g)
hot sauce
1/3 tsp (2mL)
vegetable broth
1/6 cup(s) (mL)
long-grain white rice
2 2/3 tbsp (31g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

Dinner 3 [🔗](#)

Eat on day 3

Black bean and salsa soup

514 cals ● 30g protein ● 7g fat ● 51g carbs ● 33g fiber



black beans
1 can(s) (439g)
vegetable broth
3/4 cup(s) (mL)
salsa, chunky
1/2 cup (130g)
ground cumin
4 dash (1g)
sour cream
2 tbsp (24g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
 2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
 3. Top with sour cream when serving.
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Dinner 4 [↗](#)

Eat on day 4, day 5

Soy milk

2 cup(s) - 169 cal ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
2 cup (480mL)

For all 2 meals:

soy milk, unsweetened
4 cup (960mL)

1. This recipe has no instructions.

Chik'n nuggets

5 nuggets - 276 cal ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

vegan chik'n nuggets
5 nuggets (108g)
ketchup
1 1/4 tbsp (21g)

For all 2 meals:

vegan chik'n nuggets
10 nuggets (215g)
ketchup
2 1/2 tbsp (43g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Dinner 5 [↗](#)

Eat on day 6, day 7

Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

vegetarian burger crumbles
2 cup (200g)

For all 2 meals:

vegetarian burger crumbles
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 1/2 scoop - 491 cals ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

water
4 1/2 cup(s) (1067mL)
protein powder
4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

water
31 1/2 cup(s) (7466mL)
protein powder
31 1/2 scoop (1/3 cup ea) (977g)

1. This recipe has no instructions.
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