

Meal Plan - 2100 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

2115 cals ● 188g protein (36%) ● 39g fat (17%) ● 201g carbs (38%) ● 51g fiber (10%)

Breakfast

325 cals, 15g protein, 33g net carbs, 12g fat



[Soy milk](#)

1 1/4 cup(s)- 106 cals



[Simple cinnamon oatmeal with almond milk](#)
220 cals

Snacks

185 cals, 5g protein, 32g net carbs, 2g fat



[Instant oatmeal with water](#)
1 packet(s)- 165 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

515 cals, 27g protein, 60g net carbs, 9g fat



[Lentils](#)

116 cals



[Green beans](#)
32 cals



[Teriyaki chickpea stir fry](#)
369 cals

Dinner

595 cals, 32g protein, 72g net carbs, 13g fat



[Quinoa](#)

1 1/2 cup quinoa, cooked- 313 cals



[Roasted tomatoes](#)
1/2 tomato(es)- 30 cals



[Veggie burger patty](#)
2 patty- 254 cals

Day 2

2062 cals ● 198g protein (39%) ● 47g fat (20%) ● 155g carbs (30%) ● 57g fiber (11%)

Breakfast

325 cals, 15g protein, 33g net carbs, 12g fat



Soy milk
1 1/4 cup(s)- 106 cals



Simple cinnamon oatmeal with almond milk
220 cals

Snacks

185 cals, 5g protein, 32g net carbs, 2g fat



Instant oatmeal with water
1 packet(s)- 165 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

505 cals, 33g protein, 61g net carbs, 4g fat



Lentil pasta
505 cals

Dinner

555 cals, 37g protein, 25g net carbs, 27g fat



Peanut tempeh
4 oz tempeh- 434 cals



Tossed salad
121 cals

Day 3

2019 cals ● 219g protein (43%) ● 54g fat (24%) ● 111g carbs (22%) ● 53g fiber (10%)

Breakfast

265 cals, 30g protein, 13g net carbs, 8g fat



Carrot sticks
2 carrot(s)- 54 cals



Protein shake (almond milk)
210 cals

Snacks

205 cals, 11g protein, 8g net carbs, 13g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

505 cals, 33g protein, 61g net carbs, 4g fat



Lentil pasta
505 cals

Dinner

555 cals, 37g protein, 25g net carbs, 27g fat



Peanut tempeh
4 oz tempeh- 434 cals



Tossed salad
121 cals

Day 4

2077 cals ● 223g protein (43%) ● 52g fat (23%) ● 155g carbs (30%) ● 24g fiber (5%)

Breakfast

265 cals, 30g protein, 13g net carbs, 8g fat



Carrot sticks
2 carrot(s)- 54 cals



Protein shake (almond milk)
210 cals

Snacks

205 cals, 11g protein, 8g net carbs, 13g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

495 cals, 54g protein, 28g net carbs, 18g fat



Simple mixed greens salad
68 cals



Simple seitan
7 oz- 426 cals

Dinner

625 cals, 20g protein, 102g net carbs, 11g fat



Pasta with store-bought sauce
510 cals



Simple mixed greens and tomato salad
113 cals

Day 5

2101 cals ● 202g protein (38%) ● 70g fat (30%) ● 136g carbs (26%) ● 30g fiber (6%)

Breakfast

265 cals, 30g protein, 13g net carbs, 8g fat



Carrot sticks
2 carrot(s)- 54 cals



Protein shake (almond milk)
210 cals

Snacks

205 cals, 11g protein, 8g net carbs, 13g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

595 cals, 22g protein, 54g net carbs, 27g fat



Tempeh tacos
2 taco(s)- 479 cals



Fruit juice
1 cup(s)- 115 cals

Dinner

550 cals, 30g protein, 57g net carbs, 20g fat



Vegan guinness stew
549 cals

Day 6

2141 cals ● 188g protein (35%) ● 60g fat (25%) ● 179g carbs (33%) ● 33g fiber (6%)

Breakfast

270 cals, 12g protein, 39g net carbs, 7g fat



[Soy milk yogurt](#)

2 container- 271 cals

Lunch

595 cals, 22g protein, 54g net carbs, 27g fat



[Tempeh tacos](#)

2 taco(s)- 479 cals



[Fruit juice](#)

1 cup(s)- 115 cals

Snacks

235 cals, 15g protein, 25g net carbs, 4g fat



[Blackberries](#)

1 cup(s)- 70 cals



[Breakfast cereal with protein almond milk](#)

168 cals

Dinner

550 cals, 30g protein, 57g net carbs, 20g fat



[Vegan guinness stew](#)

549 cals

Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

Day 7

2119 cals ● 184g protein (35%) ● 45g fat (19%) ● 196g carbs (37%) ● 48g fiber (9%)

Breakfast

270 cals, 12g protein, 39g net carbs, 7g fat



[Soy milk yogurt](#)

2 container- 271 cals

Lunch

585 cals, 30g protein, 86g net carbs, 4g fat



[Bbq cauliflower wings](#)

535 cals



[Mixed vegetables](#)

1/2 cup(s)- 49 cals

Snacks

235 cals, 15g protein, 25g net carbs, 4g fat



[Blackberries](#)

1 cup(s)- 70 cals



[Breakfast cereal with protein almond milk](#)

168 cals

Dinner

535 cals, 19g protein, 42g net carbs, 27g fat



[Roasted carrots](#)

4 carrots(s)- 211 cals



[Soy milk](#)

1 cup(s)- 85 cals



[Curried lentils](#)

241 cals

Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/2 cup (85g)
- ☐ uncooked dry pasta
4 oz (114g)
- ☐ seitan
14 oz (397g)
- ☐ all-purpose flour
1 tbsp (8g)

Beverages

- ☐ water
35 cup(s) (8295mL)
- ☐ protein powder
35 1/4 scoop (1/3 cup ea) (1093g)
- ☐ almond milk, unsweetened
5 cup (1171mL)

Vegetables and Vegetable Products

- ☐ tomatoes
3 1/4 medium whole (2-3/5" dia) (396g)
- ☐ frozen green beans
2/3 cup (81g)
- ☐ frozen mixed veggies
1/2 lbs (210g)
- ☐ red onion
1/4 medium (2-1/2" dia) (28g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ romaine lettuce
5/6 head (516g)
- ☐ carrots
12 1/2 medium (765g)
- ☐ onion
5/6 medium (2-1/2" dia) (92g)
- ☐ raw celery
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- ☐ potatoes
1 medium (2+-1/4" to 3-1/4" dia.) (213g)
- ☐ garlic
3 clove(s) (8g)
- ☐ cauliflower
2 head small (4" dia.) (530g)

Fats and Oils

- ☐ oil
2/3 oz (25mL)

Sweets

- ☐ sugar
1 1/2 tbsp (20g)
- ☐ brown sugar
1 tbsp (12g)

Spices and Herbs

- ☐ cinnamon
1/2 tbsp (4g)
- ☐ salt
1 tsp (7g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ fresh thyme
1/2 tbsp (1g)
- ☐ oregano, dried
1/4 tbsp, leaves (1g)
- ☐ taco seasoning mix
1/3 packet (12g)

Breakfast Cereals

- ☐ quick oats
3/4 cup (60g)
- ☐ flavored instant oatmeal
2 packet (86g)
- ☐ breakfast cereal
1 1/2 serving (45g)

Legumes and Legume Products

- ☐ lentils, raw
1/3 cup (64g)
- ☐ chickpeas, canned
1/2 can (224g)
- ☐ soy sauce
1 oz (25mL)
- ☐ peanut butter
4 oz (113g)
- ☐ tempeh
13 1/3 oz (378g)

Fruits and Fruit Juices

- ☐ lemon juice
1 tbsp (15mL)
- ☐ avocados
4 slices (100g)
- ☐ fruit juice
16 fl oz (480mL)

- ☐ salad dressing
3 oz (86mL)
- ☐ olive oil
4 tbsp (57mL)

Other

- ☐ veggie burger patty
2 patty (142g)
- ☐ soy milk, unsweetened
6 1/2 cup (1560mL)
- ☐ teriyaki sauce
2 tbsp (31mL)
- ☐ nutritional yeast
1 oz (34g)
- ☐ lentil pasta
1/2 lbs (227g)
- ☐ mixed greens
3 3/4 cup (113g)
- ☐ dark beer (e.g. Guinness)
1 bottle (12 oz) (mL)
- ☐ soy milk yogurt
4 container(s) (601g)
- ☐ curry paste
1 tsp (5g)

- ☐ blackberries
2 cup (288g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
3/4 jar (24 oz) (504g)
- ☐ vegetable broth
1/3 cup(s) (mL)
- ☐ salsa
1/3 cup (87g)
- ☐ barbecue sauce
1/2 cup (143g)

Snacks

- ☐ rice cakes, any flavor
1 1/2 cakes (14g)

Baked Products

- ☐ taco shells
4 shell (52g)

Nut and Seed Products

- ☐ coconut milk, canned
4 tbsp (60mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/4 cup (300mL)

For all 2 meals:

soy milk, unsweetened
2 1/2 cup (600mL)

1. This recipe has no instructions.

Simple cinnamon oatmeal with almond milk

220 cals ● 7g protein ● 6g fat ● 30g carbs ● 4g fiber



For single meal:

almond milk, unsweetened
1/2 cup (135mL)
sugar
3/4 tbsp (10g)
cinnamon
1/4 tbsp (2g)
quick oats
6 tbsp (30g)

For all 2 meals:

almond milk, unsweetened
1 cup (270mL)
sugar
1 1/2 tbsp (20g)
cinnamon
1/2 tbsp (4g)
quick oats
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the almond milk over it and microwave for 90 seconds - 2 minutes.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Protein shake (almond milk)

210 cals ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

almond milk, unsweetened
3 cup (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Soy milk yogurt

2 container - 271 cals ● 12g protein ● 7g fat ● 39g carbs ● 1g fiber



For single meal:

soy milk yogurt
2 container(s) (301g)

For all 2 meals:

soy milk yogurt
4 container(s) (601g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

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.

Green beans

32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



frozen green beans

2/3 cup (81g)

1. Prepare according to instructions on package.

Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



chickpeas, canned, drained and rinsed

1/2 can (224g)

teriyaki sauce

2 tbsp (30mL)

oil

1/4 tbsp (4mL)

frozen mixed veggies

1/2 10oz package (142g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
 2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
 3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



For single meal:

pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

For all 2 meals:

pasta sauce
1/2 jar (24 oz) (336g)
lentil pasta
1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Lunch 3 [↗](#)

Eat on day 4

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.

Simple seitan

7 oz - 426 cals ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz

oil
1 3/4 tsp (9mL)
seitan
1/2 lbs (198g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Tempeh tacos

2 taco(s) - 479 cal ● 20g protein ● 26g fat ● 28g carbs ● 13g fiber



For single meal:

romaine lettuce

2 2/3 tbsp shredded (8g)

oregano, dried

1/3 tsp, leaves (0g)

taco seasoning mix

1/6 packet (6g)

vegetable broth

1/6 cup(s) (mL)

tempeh

2 2/3 oz (76g)

onion, minced

1/6 medium (2-1/2" dia) (18g)

avocados

2 slices (50g)

salsa

2 2/3 tbsp (43g)

taco shells

2 shell (26g)

garlic, minced

2/3 clove(s) (2g)

olive oil

2 tsp (10mL)

For all 2 meals:

romaine lettuce

1/3 cup shredded (16g)

oregano, dried

1/4 tbsp, leaves (1g)

taco seasoning mix

1/3 packet (12g)

vegetable broth

1/3 cup(s) (mL)

tempeh

1/3 lbs (151g)

onion, minced

1/3 medium (2-1/2" dia) (37g)

avocados

4 slices (100g)

salsa

1/3 cup (87g)

taco shells

4 shell (52g)

garlic, minced

1 1/3 clove(s) (4g)

olive oil

4 tsp (20mL)

1. Heat oil in skillet on medium-high heat. Cook and stir onion in the hot oil until it begins to soften, about 5 minutes; add garlic and continue to cook until fragrant, 1 to 2 minutes. Stir grated tempeh into onion mixture; cook and stir until lightly browned, about 5 minutes.
2. Pour vegetable broth over the tempeh mixture and reduce heat to low; season with taco seasoning and oregano. Cook, stirring regularly, until most of the liquid has evaporated, about 5 minutes.
3. Fill taco shells with tempeh mixture and top with salsa, shredded lettuce, and an avocado slice when ready to serve.

Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



barbecue sauce

1/2 cup (143g)

salt

4 dash (3g)

nutritional yeast

1/2 cup (30g)

cauliflower

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)

frozen mixed veggies

1/2 cup (68g)

1. Prepare according to instructions on package.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Cherry tomatoes

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



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter

1 tbsp (16g)

rice cakes, any flavor

1/2 cakes (5g)

For all 3 meals:

peanut butter

3 tbsp (48g)

rice cakes, any flavor

1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.

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 3 meals:

soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

blackberries
1 cup (144g)

For all 2 meals:

blackberries
2 cup (288g)

1. Rinse blackberries and serve.

Breakfast cereal with protein almond milk

168 cals ● 13g protein ● 4g fat ● 19g carbs ● 2g fiber



For single meal:

protein powder
3/8 scoop (1/3 cup ea) (12g)
breakfast cereal
3/4 serving (23g)
almond milk, unsweetened
6 tbsp (90mL)

For all 2 meals:

protein powder
3/4 scoop (1/3 cup ea) (23g)
breakfast cereal
1 1/2 serving (45g)
almond milk, unsweetened
3/4 cup (180mL)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Dinner 1 [↗](#)

Eat on day 1

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

tomatoes

1/2 small whole (2-2/5" dia) (46g)

oil

1/2 tsp (3mL)

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.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

veggie burger patty
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

nutritional yeast
1/2 tbsp (2g)
soy sauce
1 tsp (5mL)
lemon juice
1/2 tbsp (8mL)
peanut butter
2 tbsp (32g)
tempeh
4 oz (113g)

For all 2 meals:

nutritional yeast
1 tbsp (4g)
soy sauce
2 tsp (10mL)
lemon juice
1 tbsp (15mL)
peanut butter
4 tbsp (65g)
tempeh
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

- red onion, sliced**
1/8 medium (2-1/2" dia) (14g)
- cucumber, sliced or diced**
1/8 cucumber (8-1/4") (38g)
- romaine lettuce, shredded**
1/2 hearts (250g)
- carrots, peeled and shredded or sliced**
1/2 small (5-1/2" long) (25g)
- tomatoes, diced**
1/2 small whole (2-2/5" dia) (46g)
- salad dressing**
1 tbsp (15mL)

For all 2 meals:

- red onion, sliced**
1/4 medium (2-1/2" dia) (28g)
- cucumber, sliced or diced**
1/4 cucumber (8-1/4") (75g)
- romaine lettuce, shredded**
1 hearts (500g)
- carrots, peeled and shredded or sliced**
1 small (5-1/2" long) (50g)
- tomatoes, diced**
1 small whole (2-2/5" dia) (91g)
- salad dressing**
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 3 [🔗](#)

Eat on day 4

Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



- uncooked dry pasta**
4 oz (114g)
- pasta sauce**
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



- salad dressing**
2 1/4 tbsp (34mL)
- mixed greens**
2 1/4 cup (68g)
- tomatoes**
6 tbsp cherry tomatoes (56g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Vegan guinness stew

549 cal ● 30g protein ● 20g fat ● 57g carbs ● 5g fiber



For single meal:

olive oil
1 1/4 tbsp (19mL)
soy sauce
1/2 tbsp (8mL)
seitan, cut into bite-size pieces
1/4 lbs (99g)
onion, diced
1/4 medium (2-1/2" dia) (28g)
raw celery, thinly sliced
3/4 stalk, medium (7-1/2" - 8" long) (30g)
carrots, halved lengthwise and thinly sliced
1/2 medium (31g)
potatoes, diced
1/2 medium (2+-1/4" to 3-1/4" dia.) (107g)
garlic, minced
3/4 clove(s) (2g)
brown sugar
1/2 tbsp (6g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
dark beer (e.g. Guinness)
1/2 bottle (12 oz) (mL)
all-purpose flour
1/2 tbsp (4g)
fresh thyme, chopped
1/4 tbsp (1g)

For all 2 meals:

olive oil
2 1/2 tbsp (38mL)
soy sauce
1 tbsp (15mL)
seitan, cut into bite-size pieces
1/2 lbs (198g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
raw celery, thinly sliced
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
carrots, halved lengthwise and thinly sliced
1 medium (61g)
potatoes, diced
1 medium (2+-1/4" to 3-1/4" dia.) (213g)
garlic, minced
1 1/2 clove(s) (5g)
brown sugar
1 tbsp (12g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
dark beer (e.g. Guinness)
1 bottle (12 oz) (mL)
all-purpose flour
1 tbsp (8g)
fresh thyme, chopped
1/2 tbsp (1g)

1. Heat 2 tablespoons olive oil and soy sauce in a skillet over medium-high heat. Saute seitan in hot oil until browned on all sides, about 5 minutes.
2. Heat remaining olive oil in a large pot over medium-high heat. Saute onion, celery, carrots, potatoes, and garlic in hot oil until onions are soft, 3 to 5 minutes. Reduce heat to medium and slowly stir beer into vegetable mixture.
3. Stir brown sugar, flour, thyme, salt, and black pepper into beer mixture; add seitan. Bring mixture to a simmer, reduce heat to low, and cook until stew reduces and thickens, about 45 minutes.

Dinner 5 [↗](#)

Eat on day 7

Roasted carrots

4 carrots(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil

2 tsp (10mL)

carrots, sliced

4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Soy milk

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



Makes 1 cup(s)

soy milk, unsweetened

1 cup (240mL)

1. This recipe has no instructions.

Curried lentils

241 cal ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



lentils, raw

2 2/3 tbsp (32g)

water

1/3 cup(s) (79mL)

salt

1/3 dash (0g)

coconut milk, canned

4 tbsp (60mL)

curry paste

1 tsp (5g)

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.

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.