

# Meal Plan - 2200 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

2221 cals ● 235g protein (42%) ● 45g fat (18%) ● 169g carbs (31%) ● 50g fiber (9%)

### Breakfast

445 cals, 10g protein, 80g net carbs, 6g fat



[Banana](#)

2 banana(s)- 233 cals



[Medium toasted bagel with vegan cream cheese](#)

1/2 bagel(s)- 192 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

### Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



[Double chocolate almond milk protein shake](#)

251 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)

5 scoop- 545 cals

### Lunch

770 cals, 52g protein, 74g net carbs, 17g fat



[Pear](#)

1 pear(s)- 113 cals



[Bbq tempeh lettuce wrap](#)

8 lettuce wrap(s)- 658 cals

### Dinner

205 cals, 13g protein, 6g net carbs, 12g fat



[Cooked peppers](#)

1/2 bell pepper(s)- 60 cals



[Basic tempeh](#)

2 oz- 148 cals

## Day 2

2221 cals ● 235g protein (42%) ● 45g fat (18%) ● 169g carbs (31%) ● 50g fiber (9%)

### Breakfast

445 cals, 10g protein, 80g net carbs, 6g fat



**Banana**  
2 banana(s)- 233 cals



**Medium toasted bagel with vegan cream cheese**  
1/2 bagel(s)- 192 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



**Double chocolate almond milk protein shake**  
251 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

770 cals, 52g protein, 74g net carbs, 17g fat



**Pear**  
1 pear(s)- 113 cals



**Bbq tempeh lettuce wrap**  
8 lettuce wrap(s)- 658 cals

### Dinner

205 cals, 13g protein, 6g net carbs, 12g fat



**Cooked peppers**  
1/2 bell pepper(s)- 60 cals



**Basic tempeh**  
2 oz- 148 cals

## Day 3

2192 cals ● 225g protein (41%) ● 60g fat (25%) ● 137g carbs (25%) ● 51g fiber (9%)

### Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



**Hummus toast**  
2 slice(s)- 293 cals

### Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



**Double chocolate almond milk protein shake**  
251 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

550 cals, 25g protein, 60g net carbs, 13g fat



**Simple salad with tomatoes and carrots**  
147 cals



**Tuscan white bean soup**  
403 cals

### Dinner

555 cals, 25g protein, 39g net carbs, 28g fat



**Simple vegan garlic bread**  
1 slice(s)- 126 cals



**Mixed vegetables**  
1 3/4 cup(s)- 170 cals



**Basic tofu**  
6 oz- 257 cals

## Day 4

2184 cals ● 195g protein (36%) ● 72g fat (30%) ● 138g carbs (25%) ● 52g fiber (9%)

### Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



[Hummus toast](#)  
2 slice(s)- 293 cals

### Snacks

245 cals, 10g protein, 5g net carbs, 19g fat



[Almond protein balls](#)  
1 ball(s)- 135 cals



[Celery and peanut butter](#)  
109 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)  
5 scoop- 545 cals

### Lunch

550 cals, 25g protein, 60g net carbs, 13g fat



[Simple salad with tomatoes and carrots](#)  
147 cals



[Tuscan white bean soup](#)  
403 cals

### Dinner

555 cals, 25g protein, 39g net carbs, 28g fat



[Simple vegan garlic bread](#)  
1 slice(s)- 126 cals



[Mixed vegetables](#)  
1 3/4 cup(s)- 170 cals



[Basic tofu](#)  
6 oz- 257 cals

## Day 5

2175 cals ● 200g protein (37%) ● 64g fat (26%) ● 161g carbs (30%) ● 39g fiber (7%)

### Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



[Hummus toast](#)  
2 slice(s)- 293 cals

### Snacks

245 cals, 10g protein, 5g net carbs, 19g fat



[Almond protein balls](#)  
1 ball(s)- 135 cals



[Celery and peanut butter](#)  
109 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)  
5 scoop- 545 cals

### Lunch

585 cals, 30g protein, 70g net carbs, 13g fat



[Bbq tempeh wrap](#)  
1 wrap(s)- 472 cals



[Pear](#)  
1 pear(s)- 113 cals

### Dinner

510 cals, 25g protein, 52g net carbs, 21g fat



[Crispy chik'n tenders](#)  
5 1/3 tender(s)- 305 cals



[Walnuts](#)  
1/8 cup(s)- 87 cals



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

## Day 6

2205 cals ● 196g protein (36%) ● 71g fat (29%) ● 157g carbs (28%) ● 38g fiber (7%)

### Breakfast

310 cals, 12g protein, 18g net carbs, 20g fat



[Pumpkin seeds](#)

183 cals



[Celery sticks](#)

1 celery stalk- 7 cals



[Small granola bar](#)

1 bar(s)- 119 cals

### Snacks

255 cals, 9g protein, 12g net carbs, 16g fat



[Mixed nuts](#)

1/6 cup(s)- 145 cals



[Bell pepper strips and hummus](#)

85 cals



[Carrot sticks](#)

1 carrot(s)- 27 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)

5 scoop- 545 cals

### Lunch

585 cals, 30g protein, 70g net carbs, 13g fat



[Bbq tempeh wrap](#)

1 wrap(s)- 472 cals



[Pear](#)

1 pear(s)- 113 cals

### Dinner

510 cals, 25g protein, 52g net carbs, 21g fat



[Crispy chik'n tenders](#)

5 1/3 tender(s)- 305 cals



[Walnuts](#)

1/8 cup(s)- 87 cals



[Banana](#)

1 banana(s)- 117 cals

## Day 7

2218 cals ● 209g protein (38%) ● 77g fat (31%) ● 126g carbs (23%) ● 47g fiber (8%)

### Breakfast

310 cals, 12g protein, 18g net carbs, 20g fat



[Pumpkin seeds](#)

183 cals



[Celery sticks](#)

1 celery stalk- 7 cals



[Small granola bar](#)

1 bar(s)- 119 cals

### Snacks

255 cals, 9g protein, 12g net carbs, 16g fat



[Mixed nuts](#)

1/6 cup(s)- 145 cals



[Bell pepper strips and hummus](#)

85 cals



[Carrot sticks](#)

1 carrot(s)- 27 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)

5 scoop- 545 cals

### Lunch

600 cals, 35g protein, 30g net carbs, 35g fat



[Lemon pepper tofu](#)

14 oz- 504 cals



[Simple salad with tomatoes and carrots](#)

98 cals

### Dinner

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



[Lentil pasta](#)

505 cals

## Fats and Oils

- ☐ oil  
3 oz (93mL)
- ☐ olive oil  
2 tsp (10mL)
- ☐ salad dressing  
3 tbsp (45mL)

## Vegetables and Vegetable Products

- ☐ bell pepper  
3 large (505g)
- ☐ tomatoes  
3 2/3 medium whole (2-3/5" dia) (450g)
- ☐ romaine lettuce  
1 3/4 head (1096g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ frozen mixed veggies  
3 1/2 cup (473g)
- ☐ carrots  
4 medium (255g)
- ☐ fresh spinach  
2 cup(s) (60g)
- ☐ raw celery  
1/2 bunch (224g)
- ☐ onion  
1 small (70g)
- ☐ ketchup  
2 2/3 tbsp (45g)

## Legumes and Legume Products

- ☐ tempeh  
1 3/4 lbs (794g)
- ☐ hummus  
2/3 lbs (306g)
- ☐ firm tofu  
26 oz (737g)
- ☐ white beans, canned  
1 can(s) (439g)
- ☐ peanut butter  
2 tbsp (32g)

## Beverages

- ☐ water  
39 1/2 cup(s) (9362mL)
- ☐ protein powder  
2 1/2 lbs (1091g)

## Baked Products

- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ bread  
8 slice (256g)
- ☐ flour tortillas  
2 tortilla (approx 7-8" dia) (98g)

## Other

- ☐ dairy-free cream cheese  
2 tbsp (30g)
- ☐ protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ coleslaw mix  
6 cup (540g)
- ☐ italian seasoning  
1 tbsp (11g)
- ☐ almond flour  
1 tbsp (7g)
- ☐ meatless chik'n tenders  
10 2/3 pieces (272g)
- ☐ lentil pasta  
4 oz (113g)

## Sweets

- ☐ cocoa powder  
1 1/2 tbsp (8g)

## Soups, Sauces, and Gravies

- ☐ barbecue sauce  
3/4 cup (204g)
- ☐ vegetable broth  
4 cup(s) (mL)
- ☐ pasta sauce  
1/4 jar (24 oz) (168g)

## Spices and Herbs

- ☐ crushed red pepper  
4 dash (1g)
- ☐ lemon pepper  
4 dash (1g)

## Nut and Seed Products

- ☐ almond butter  
2 tbsp (31g)

- ☐ almond milk, unsweetened  
2 1/4 cup (540mL)

## Fruits and Fruit Juices

- ☐ banana  
6 medium (7" to 7-7/8" long) (708g)
- ☐ pears  
4 medium (712g)
- ☐ lemon  
1 small (58g)

- ☐ walnuts  
4 tbsp, shelled (25g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ mixed nuts  
1/3 cup (45g)

## Snacks

- ☐ small granola bar  
2 bar (50g)

## Cereal Grains and Pasta

- ☐ cornstarch  
2 tbsp (16g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

#### **banana**

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

#### **banana**

4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.

### Medium toasted bagel with vegan cream cheese

1/2 bagel(s) - 192 cals ● 6g protein ● 5g fat ● 29g carbs ● 1g fiber



For single meal:

#### **bagel**

1/2 medium bagel (3-1/2" to 4" dia) (53g)

#### **dairy-free cream cheese**

1 tbsp (15g)

For all 2 meals:

#### **bagel**

1 medium bagel (3-1/2" to 4" dia) (105g)

#### **dairy-free cream cheese**

2 tbsp (30g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

### 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 2 meals:

#### **tomatoes**

12 cherry tomatoes (204g)

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



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## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

For all 3 meals:

**hummus**  
1 cup (225g)  
**bread**  
6 slice (192g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.

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## Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

1. Slice celery into sticks and serve.

## Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. This recipe has no instructions.

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## Bbq tempeh lettuce wrap

8 lettuce wrap(s) - 658 cals ● 51g protein ● 17g fat ● 52g carbs ● 23g fiber



For single meal:	For all 2 meals:
<b>romaine lettuce</b>	<b>romaine lettuce</b>
8 leaf inner (48g)	16 leaf inner (96g)
<b>tempeh, cubed</b>	<b>tempeh, cubed</b>
1/2 lbs (227g)	1 lbs (454g)
<b>barbecue sauce</b>	<b>barbecue sauce</b>
4 tbsp (68g)	1/2 cup (136g)
<b>coleslaw mix</b>	<b>coleslaw mix</b>
2 cup (180g)	4 cup (360g)
<b>oil</b>	<b>oil</b>
1 tsp (5mL)	2 tsp (10mL)
<b>bell pepper, deseeded and sliced</b>	<b>bell pepper, deseeded and sliced</b>
1 small (74g)	2 small (148g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:	For all 2 meals:
<b>salad dressing</b>	<b>salad dressing</b>
1 tbsp (17mL)	2 1/4 tbsp (34mL)
<b>tomatoes, diced</b>	<b>tomatoes, diced</b>
3/4 medium whole (2-3/5" dia) (92g)	1 1/2 medium whole (2-3/5" dia) (185g)
<b>carrots, sliced</b>	<b>carrots, sliced</b>
3/8 medium (23g)	3/4 medium (46g)
<b>romaine lettuce, roughly chopped</b>	<b>romaine lettuce, roughly chopped</b>
3/4 hearts (375g)	1 1/2 hearts (750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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### Tuscan white bean soup

403 cal ● 19g protein ● 8g fat ● 49g carbs ● 14g fiber



For single meal:

**fresh spinach**  
1 cup(s) (30g)  
**vegetable broth**  
2 cup(s) (mL)  
**crushed red pepper**  
2 dash (0g)  
**italian seasoning**  
1/2 tbsp (5g)  
**white beans, canned, rinsed & drained**  
1/2 can(s) (220g)  
**raw celery, chopped**  
1/2 stalk, large (11"-12" long) (32g)  
**carrots, chopped**  
1/2 large (36g)  
**garlic, minced**  
2 clove(s) (6g)  
**oil**  
1/2 tbsp (8mL)  
**onion, diced**  
1/2 small (35g)

For all 2 meals:

**fresh spinach**  
2 cup(s) (60g)  
**vegetable broth**  
4 cup(s) (mL)  
**crushed red pepper**  
4 dash (1g)  
**italian seasoning**  
1 tbsp (11g)  
**white beans, canned, rinsed & drained**  
1 can(s) (439g)  
**raw celery, chopped**  
1 stalk, large (11"-12" long) (64g)  
**carrots, chopped**  
1 large (72g)  
**garlic, minced**  
4 clove(s) (12g)  
**oil**  
1 tbsp (15mL)  
**onion, diced**  
1 small (70g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

## Lunch 3 [🔗](#)

Eat on day 5, day 6

### Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



For single meal:

**bell pepper, deseeded and sliced**  
1/2 small (37g)  
**oil**  
1/2 tsp (3mL)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**coleslaw mix**  
1 cup (90g)  
**barbecue sauce**  
2 tbsp (34g)  
**tempeh, cut into strips**  
4 oz (113g)

For all 2 meals:

**bell pepper, deseeded and sliced**  
1 small (74g)  
**oil**  
1 tsp (5mL)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**coleslaw mix**  
2 cup (180g)  
**barbecue sauce**  
4 tbsp (68g)  
**tempeh, cut into strips**  
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

## Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

### pears

1 medium (178g)

For all 2 meals:

### pears

2 medium (356g)

1. This recipe has no instructions.

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## Lunch 4 [🔗](#)

Eat on day 7

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### Lemon pepper tofu

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



Makes 14 oz

#### 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)

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.

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### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



#### salad dressing

3/4 tbsp (11mL)

#### tomatoes, diced

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

#### carrots, sliced

1/4 medium (15g)

#### romaine lettuce, roughly chopped

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Double chocolate almond milk protein shake

251 cal ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

**cocoa powder**

1/2 tbsp (3g)

**water**

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

**almond milk, unsweetened**

3/4 cup (180mL)

**protein powder, chocolate**

1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

**cocoa powder**

1 1/2 tbsp (8g)

**water**

4 1/2 cup(s) (1067mL)

**almond milk, unsweetened**

2 1/4 cup (540mL)

**protein powder, chocolate**

4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Almond protein balls

1 ball(s) - 135 cal ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**

1/2 tbsp (3g)

**almond flour**

1/2 tbsp (4g)

**almond butter**

1 tbsp (16g)

For all 2 meals:

**protein powder**

1 tbsp (6g)

**almond flour**

1 tbsp (7g)

**almond butter**

2 tbsp (31g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

### Celery and peanut butter

109 cal ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**  
1 stalk, medium (7-1/2" - 8" long)  
(40g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**peanut butter**  
2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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### Snacks 3 [↗](#)

Eat on day 6, day 7

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#### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**  
1/3 cup (45g)

1. This recipe has no instructions.

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#### Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

**hummus**  
2 1/2 tbsp (41g)  
**bell pepper**  
1/2 medium (60g)

For all 2 meals:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

#### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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## Dinner 1 [🔗](#)

Eat on day 1, day 2

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### Cooked peppers

1/2 bell pepper(s) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**bell pepper, seeded & cut into strips**  
1/2 large (82g)

For all 2 meals:

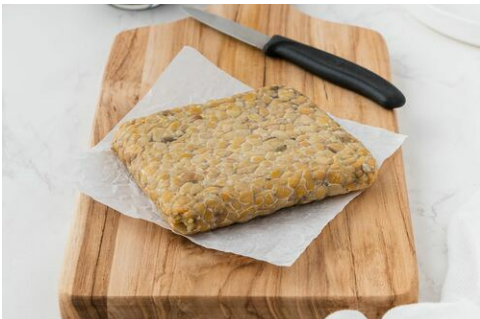
**oil**  
2 tsp (10mL)  
**bell pepper, seeded & cut into strips**  
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

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### Basic tempeh

2 oz - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**tempeh**  
2 oz (57g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

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.
-



## Dinner 2 [↗](#)

Eat on day 3, day 4

### Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

**garlic, minced**

1 clove(s) (3g)

**olive oil**

1 tsp (5mL)

**bread**

1 slice (32g)

For all 2 meals:

**garlic, minced**

2 clove(s) (6g)

**olive oil**

2 tsp (10mL)

**bread**

2 slice (64g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

**frozen mixed veggies**

1 3/4 cup (236g)

For all 2 meals:

**frozen mixed veggies**

3 1/2 cup (473g)

1. Prepare according to instructions on package.

### Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**firm tofu**

6 oz (170g)

**oil**

1 tbsp (15mL)

For all 2 meals:

**firm tofu**

3/4 lbs (340g)

**oil**

2 tbsp (30mL)

1. Slice tofu 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.

Dinner 3 [🔗](#)

Eat on day 5, day 6

Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:

**ketchup**  
4 tsp (23g)  
**meatless chik'n tenders**  
5 1/3 pieces (136g)

For all 2 meals:

**ketchup**  
2 2/3 tbsp (45g)  
**meatless chik'n tenders**  
10 2/3 pieces (272g)

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

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**  
4 tbsp, shelled (25g)

- 1. This recipe has no instructions.

Banana

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



For single meal:

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

For all 2 meals:

**banana**  
2 medium (7" to 7-7/8" long) (236g)

- 1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 7

Lentil pasta

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



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

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

5 scoop - 545 cals ● 121g protein ● 3g fat ● 5g carbs ● 5g fiber



For single meal:  
**water**  
5 cup(s) (1185mL)  
**protein powder**  
5 scoop (1/3 cup ea) (155g)

For all 7 meals:  
**water**  
35 cup(s) (8295mL)  
**protein powder**  
35 scoop (1/3 cup ea) (1085g)

1. This recipe has no instructions.