

Meal Plan - 2400 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
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Day 1

2406 cals ● 210g protein (35%) ● 74g fat (28%) ● 180g carbs (30%) ● 44g fiber (7%)

Breakfast

425 cals, 11g protein, 51g net carbs, 14g fat



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



[Almond yogurt](#)
1 container(s)- 191 cals



[Blackberries](#)
1 cup(s)- 70 cals

Snacks

190 cals, 3g protein, 28g net carbs, 5g fat



[Grapes](#)
102 cals



[Crackers](#)
5 1/3 cracker(s)- 90 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



[Protein shake](#)
5 1/2 scoop- 600 cals

Lunch

605 cals, 35g protein, 43g net carbs, 29g fat



[Lentils](#)
260 cals



[Basic tofu](#)
8 oz- 342 cals

Dinner

585 cals, 28g protein, 53g net carbs, 25g fat



[Soy milk](#)
1 2/3 cup(s)- 141 cals



[Vegan tofu lasagna](#)
445 cals

Day 2

2390 cals ● 214g protein (36%) ● 84g fat (32%) ● 140g carbs (24%) ● 55g fiber (9%)

Breakfast

425 cals, 11g protein, 51g net carbs, 14g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Almond yogurt
1 container(s)- 191 cals



Blackberries
1 cup(s)- 70 cals

Snacks

190 cals, 3g protein, 28g net carbs, 5g fat



Grapes
102 cals



Crackers
5 1/3 cracker(s)- 90 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



Protein shake
5 1/2 scoop- 600 cals

Lunch

605 cals, 35g protein, 43g net carbs, 29g fat



Lentils
260 cals



Basic tofu
8 oz- 342 cals

Dinner

570 cals, 32g protein, 14g net carbs, 34g fat



Tomato and avocado salad
352 cals



Vegan crumbles
1 1/2 cup(s)- 219 cals

Day 3

2405 cals ● 242g protein (40%) ● 96g fat (36%) ● 99g carbs (17%) ● 45g fiber (7%)

Breakfast

360 cals, 21g protein, 30g net carbs, 15g fat



Protein shake (almond milk)
105 cals



Almond yogurt
1 container(s)- 191 cals



Peach
1 peach(es)- 66 cals

Snacks

295 cals, 10g protein, 31g net carbs, 13g fat



Soy milk
2/3 cup(s)- 56 cals



Small granola bar
2 bar(s)- 238 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



Protein shake
5 1/2 scoop- 600 cals

Lunch

575 cals, 46g protein, 20g net carbs, 31g fat



Sauteed peppers and onions
125 cals



Baked tofu
16 oz- 452 cals

Dinner

570 cals, 32g protein, 14g net carbs, 34g fat



Tomato and avocado salad
352 cals



Vegan crumbles
1 1/2 cup(s)- 219 cals

Day 4

2373 cals ● 250g protein (42%) ● 85g fat (32%) ● 110g carbs (19%) ● 42g fiber (7%)

Breakfast

360 cals, 21g protein, 30g net carbs, 15g fat



Protein shake (almond milk)
105 cals



Almond yogurt
1 container(s)- 191 cals



Peach
1 peach(es)- 66 cals

Snacks

295 cals, 10g protein, 31g net carbs, 13g fat



Soy milk
2/3 cup(s)- 56 cals



Small granola bar
2 bar(s)- 238 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



Protein shake
5 1/2 scoop- 600 cals

Lunch

575 cals, 46g protein, 20g net carbs, 31g fat



Sautéed peppers and onions
125 cals



Baked tofu
16 oz- 452 cals

Dinner

540 cals, 40g protein, 25g net carbs, 23g fat



Mixed vegetables
1 cup(s)- 97 cals



Basic tempeh
6 oz- 443 cals

Day 5

2476 cals ● 222g protein (36%) ● 104g fat (38%) ● 120g carbs (19%) ● 44g fiber (7%)

Breakfast

360 cals, 21g protein, 30g net carbs, 15g fat



Protein shake (almond milk)
105 cals



Almond yogurt
1 container(s)- 191 cals



Peach
1 peach(es)- 66 cals

Snacks

295 cals, 10g protein, 31g net carbs, 13g fat



Soy milk
2/3 cup(s)- 56 cals



Small granola bar
2 bar(s)- 238 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



Protein shake
5 1/2 scoop- 600 cals

Lunch

655 cals, 17g protein, 36g net carbs, 41g fat



Tomato and avocado salad
313 cals



Ginger coconut chickpea soup
343 cals

Dinner

565 cals, 42g protein, 18g net carbs, 31g fat



Simple salad with tomatoes and carrots
98 cals



Chik'n satay with peanut sauce
4 skewers- 466 cals

Day 6

2347 cals ● 241g protein (41%) ● 88g fat (34%) ● 96g carbs (16%) ● 53g fiber (9%)

Breakfast

325 cals, 41g protein, 12g net carbs, 8g fat



Raspberries
1 cup(s)- 72 cals



Double chocolate almond milk protein shake
251 cals

Snacks

205 cals, 8g protein, 25g net carbs, 5g fat



Apples with lime juice
121 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



Protein shake
5 1/2 scoop- 600 cals

Lunch

655 cals, 17g protein, 36g net carbs, 41g fat



Tomato and avocado salad
313 cals



Ginger coconut chickpea soup
343 cals

Dinner

565 cals, 42g protein, 18g net carbs, 31g fat



Simple salad with tomatoes and carrots
98 cals



Chik'n satay with peanut sauce
4 skewers- 466 cals

Day 7

2383 cals ● 248g protein (42%) ● 69g fat (26%) ● 149g carbs (25%) ● 44g fiber (7%)

Breakfast

325 cals, 41g protein, 12g net carbs, 8g fat



Raspberries
1 cup(s)- 72 cals



Double chocolate almond milk protein shake
251 cals

Snacks

205 cals, 8g protein, 25g net carbs, 5g fat



Apples with lime juice
121 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



Protein shake
5 1/2 scoop- 600 cals

Lunch

550 cals, 23g protein, 68g net carbs, 14g fat



Tempeh bacon & avocado bagel sandwich
1/2 bagel(s)- 349 cals



Peach
3 peach(es)- 198 cals

Dinner

705 cals, 43g protein, 40g net carbs, 40g fat



Lemon pepper tofu
17 1/2 oz- 630 cals



Lima beans
77 cals

Fruits and Fruit Juices

- ☐ grapes
3 1/2 cup (322g)
- ☐ blackberries
2 cup (288g)
- ☐ lime juice
1/2 cup (115mL)
- ☐ avocados
3 avocado(s) (620g)
- ☐ peach
6 medium (2-2/3" dia) (900g)
- ☐ raspberries
2 cup (246g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ limes
1 fruit (2" dia) (67g)
- ☐ lemon
1 1/4 small (73g)

Baked Products

- ☐ crackers
10 2/3 crackers (37g)
- ☐ bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Beverages

- ☐ water
47 1/4 cup(s) (11198mL)
- ☐ protein powder
40 scoop (1/3 cup ea) (1240g)
- ☐ almond milk, unsweetened
3 cup (720mL)

Other

- ☐ almond yogurt, flavored
5 container (750g)
- ☐ soy milk, unsweetened
5 2/3 cup (1361mL)
- ☐ italian seasoning
2 dash (1g)
- ☐ vegan cheese, shredded
1/2 cup (56g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (216g)
- ☐ firm tofu
2 1/4 lbs (1035g)
- ☐ vegetarian burger crumbles
3 cup (300g)
- ☐ soy sauce
1 cup (240mL)
- ☐ extra firm tofu
2 lbs (907g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ chickpeas, canned
1/4 can (112g)
- ☐ peanut butter
2 2/3 tbsp (43g)

Fats and Oils

- ☐ oil
3 oz (95mL)
- ☐ olive oil
1 1/2 tbsp (21mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)

Cereal Grains and Pasta

- ☐ dry lasagna noodles
1 1/2 oz (43g)
- ☐ cornstarch
2 1/2 tbsp (20g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
4 tbsp (65g)

Vegetables and Vegetable Products

- ☐ onion
2 medium (2-1/2" dia) (232g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (471g)
- ☐ bell pepper
2 large (328g)
- ☐ fresh ginger
11 3/4 g (12g)
- ☐ frozen mixed veggies
1 cup (135g)

- ☐ nutritional yeast
3/4 tbsp (3g)
- ☐ skewer(s)
8 skewer(s) (8g)
- ☐ vegan chik'n strips
2/3 lbs (302g)
- ☐ sesame oil
4 tsp (20mL)
- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

Spices and Herbs

- ☐ salt
2 tsp (11g)
- ☐ black pepper
1 3/4 tsp, ground (4g)
- ☐ garlic powder
1/2 tbsp (4g)
- ☐ turmeric, ground
1 dash (0g)
- ☐ curry powder
1/2 tbsp (3g)
- ☐ lemon pepper
5 dash (1g)
- ☐ onion powder
1/2 dash (0g)
- ☐ ground cumin
1/2 dash (0g)

- ☐ garlic
1 clove(s) (3g)
- ☐ carrots
1/2 medium (31g)
- ☐ romaine lettuce
1 hearts (500g)
- ☐ lima beans, frozen
1/4 package (10 oz) (71g)

Nut and Seed Products

- ☐ sesame seeds
2 tbsp (18g)
- ☐ coconut milk, canned
1/4 can (113mL)

Snacks

- ☐ small granola bar
6 bar (150g)

Sweets

- ☐ cocoa powder
1 tbsp (5g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Instant oatmeal with water

1 packet(s) - 165 cals ● 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.

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored

1 container (150g)

For all 2 meals:

almond yogurt, flavored

2 container (300g)

1. This recipe has no instructions.

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 2 [↗](#)

Eat on day 3, day 4, day 5

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder

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

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

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored

1 container (150g)

For all 3 meals:

almond yogurt, flavored

3 container (450g)

1. This recipe has no instructions.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 3 meals:

peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

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 2 meals:

cocoa powder

1 tbsp (5g)

water

3 cup(s) (711mL)

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
 2. Mix until well-blended. Add more water depending on your preferred consistency.
 3. Serve immediately.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

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.

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

firm tofu
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

For all 2 meals:

oil
1 tbsp (15mL)
onion, sliced
1 medium (2-1/2" dia) (110g)
bell pepper, sliced into strips
2 large (328g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

soy sauce
1/2 cup (120mL)
extra firm tofu
1 lbs (454g)
fresh ginger, peeled and grated
1 slices (1" dia) (2g)
sesame seeds
1 tbsp (9g)

For all 2 meals:

soy sauce
1 cup (240mL)
extra firm tofu
2 lbs (907g)
fresh ginger, peeled and grated
2 slices (1" dia) (4g)
sesame seeds
2 tbsp (18g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
5. Spread marinated tofu onto the prepared baking sheet.
6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.

Lunch 3 [↗](#)

Eat on day 5, day 6

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



For single meal:

onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

onion

2 2/3 tbsp minced (40g)

lime juice

2 2/3 tbsp (40mL)

avocados, cubed

1 1/3 avocado(s) (268g)

tomatoes, diced

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

(164g)

olive oil

2 tsp (10mL)

garlic powder

1/4 tbsp (2g)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Ginger coconut chickpea soup

343 cals ● 13g protein ● 17g fat ● 28g carbs ● 8g fiber



For single meal:

turmeric, ground
1/2 dash (0g)
water
5/8 cup(s) (148mL)
lentils, raw, rinsed
3 tbsp (36g)
coconut milk, canned
1/8 can (56mL)
chickpeas, canned, drained
1/8 can (56g)
curry powder
1/4 tbsp (2g)
fresh ginger, diced
1/8 slices (1" dia) (0g)
garlic, diced
1/2 clove(s) (2g)
onion, diced
1/8 large (19g)
oil
1/4 tbsp (4mL)

For all 2 meals:

turmeric, ground
1 dash (0g)
water
1 1/4 cup(s) (296mL)
lentils, raw, rinsed
6 tbsp (72g)
coconut milk, canned
1/4 can (113mL)
chickpeas, canned, drained
1/4 can (112g)
curry powder
1/2 tbsp (3g)
fresh ginger, diced
1/4 slices (1" dia) (1g)
garlic, diced
1 clove(s) (3g)
onion, diced
1/4 large (38g)
oil
1/2 tbsp (8mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Lunch 4 [🔗](#)

Eat on day 7

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cal ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

onion powder
1/2 dash (0g)
oil
1/4 tsp (1mL)
ground cumin
1/2 dash (0g)
tempeh, cut into strips
2 oz (57g)
avocados, sliced
1/4 avocado(s) (50g)
bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Peach

3 peach(es) - 198 cal ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



Makes 3 peach(es)

peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

grapes

1 3/4 cup (161g)

For all 2 meals:

grapes

3 1/2 cup (322g)

1. This recipe has no instructions.

Crackers

5 1/3 cracker(s) - 90 cals ● 1g protein ● 4g fat ● 12g carbs ● 1g fiber



For single meal:

crackers

5 1/3 crackers (19g)

For all 2 meals:

crackers

10 2/3 crackers (37g)

1. Enjoy.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Soy milk

2/3 cup(s) - 56 cal● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened
2/3 cup (160mL)

For all 3 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Small granola bar

2 bar(s) - 238 cal● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar
2 bar (50g)

For all 3 meals:

small granola bar
6 bar (150g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Apples with lime juice

121 cal● 1g protein ● 0g fat ● 23g carbs ● 5g fiber



For single meal:

apples
1 medium (3" dia) (182g)
limes
1/2 fruit (2" dia) (34g)

For all 2 meals:

apples
2 medium (3" dia) (364g)
limes
1 fruit (2" dia) (67g)

1. Slice apple, and squeeze lime juice onto slices.

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.

Dinner 1 [↗](#)

Eat on day 1

Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



Makes 1 2/3 cup(s)

soy milk, unsweetened
1 2/3 cup (400mL)

1. This recipe has no instructions.

Vegan tofu lasagna

445 cals ● 17g protein ● 17g fat ● 50g carbs ● 6g fiber



dry lasagna noodles

1 1/2 oz (43g)

salt

1 dash (1g)

pasta sauce

4 tbsp (65g)

firm tofu, crumbled

3 oz (85g)

italian seasoning

2 dash (1g)

vegan cheese, shredded

1/2 cup (56g)

nutritional yeast

3/4 tbsp (3g)

black pepper

2 dash, ground (1g)

1. Preheat oven to 350°F (175°C).
2. Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
3. In a medium bowl combine tofu, salt, spaghetti sauce, nutritional yeast, Italian seasoning, and half of the shredded cheese. Spread a layer in the bottom of a baking dish.
4. Layer lasagna noodles with the sauce mixture, ending with sauce. Sprinkle with remaining shredded cheese.
5. Bake for 25 to 35 minutes.

Dinner 2 [↗](#)

Eat on day 2, day 3

Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

For all 2 meals:

onion
3 tbsp minced (45g)
lime juice
3 tbsp (45mL)
avocados, cubed
1 1/2 avocado(s) (302g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)
olive oil
3/4 tbsp (11mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



For single meal:

vegetarian burger crumbles
1 1/2 cup (150g)

For all 2 meals:

vegetarian burger crumbles
3 cup (300g)

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

Dinner 3 [↗](#)

Eat on day 4

Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

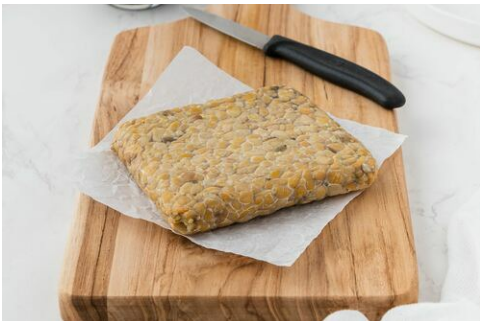
frozen mixed veggies

1 cup (135g)

1. Prepare according to instructions on package.

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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Simple salad with tomatoes and carrots

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



For single meal:

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)

For all 2 meals:

salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

carrots, sliced

1/2 medium (31g)

romaine lettuce, roughly chopped

1 hearts (500g)

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

Chik'n satay with peanut sauce

4 skewers - 466 cals ● 38g protein ● 28g fat ● 11g carbs ● 5g fiber



For single meal:

skewer(s)

4 skewer(s) (4g)

fresh ginger, grated or minced

2/3 inch (2.5cm) cube (3g)

vegan chik'n strips

1/3 lbs (151g)

sesame oil

2 tsp (10mL)

lime juice

3 tsp (15mL)

peanut butter

4 tsp (21g)

For all 2 meals:

skewer(s)

8 skewer(s) (8g)

fresh ginger, grated or minced

1 1/3 inch (2.5cm) cube (7g)

vegan chik'n strips

2/3 lbs (302g)

sesame oil

4 tsp (20mL)

lime juice

2 tbsp (30mL)

peanut butter

2 2/3 tbsp (43g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Dinner 5 [↗](#)

Eat on day 7

Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



Makes 17 1/2 oz

lemon pepper

5 dash (1g)

oil

1 1/4 tbsp (19mL)

cornstarch

2 1/2 tbsp (20g)

lemon, zested

1 1/4 small (73g)

firm tofu, patted dry & cubed

17 1/2 oz (496g)

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.

Lima beans

77 cals ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



lima beans, frozen
1/4 package (10 oz) (71g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

5 1/2 scoop - 600 cals ● 133g protein ● 3g fat ● 5g carbs ● 6g fiber



For single meal:

water
5 1/2 cup(s) (1304mL)
protein powder
5 1/2 scoop (1/3 cup ea) (171g)

For all 7 meals:

water
38 1/2 cup(s) (9125mL)
protein powder
38 1/2 scoop (1/3 cup ea) (1194g)

1. This recipe has no instructions.
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