

Meal Plan - 2500 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

2317 cals ● 230g protein (40%) ● 69g fat (27%) ● 148g carbs (26%) ● 45g fiber (8%)

Breakfast

380 cals, 44g protein, 20g net carbs, 13g fat



Peach

1 peach(es)- 66 cals



Protein shake (almond milk)

315 cals

Snacks

325 cals, 12g protein, 20g net carbs, 20g fat



Sunflower seeds

135 cals



Peach pie overnight oats

191 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

275 cals, 13g protein, 30g net carbs, 6g fat



Chips and salsa

82 cals



Black bean and salsa soup

193 cals

Dinner

735 cals, 29g protein, 73g net carbs, 29g fat



Olive oil drizzled lima beans

215 cals



Basic baked potato

1 potato(es)- 264 cals



Basic tofu

6 oz- 257 cals

Day 2

2564 cals ● 232g protein (36%) ● 75g fat (26%) ● 199g carbs (31%) ● 41g fiber (6%)

Breakfast

380 cals, 44g protein, 20g net carbs, 13g fat



Peach

1 peach(es)- 66 cals



Protein shake (almond milk)

315 cals

Snacks

325 cals, 12g protein, 20g net carbs, 20g fat



Sunflower seeds

135 cals



Peach pie overnight oats

191 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

520 cals, 15g protein, 80g net carbs, 12g fat



Peanut butter and jelly sandwich

1 sandwich(es)- 382 cals



Nectarine

2 nectarine(s)- 140 cals

Dinner

735 cals, 29g protein, 73g net carbs, 29g fat



Olive oil drizzled lima beans

215 cals



Basic baked potato

1 potato(es)- 264 cals



Basic tofu

6 oz- 257 cals

Day 3

2465 cals ● 225g protein (37%) ● 56g fat (20%) ● 232g carbs (38%) ● 34g fiber (6%)

Breakfast

380 cals, 44g protein, 20g net carbs, 13g fat



Peach

1 peach(es)- 66 cals



Protein shake (almond milk)

315 cals

Snacks

325 cals, 12g protein, 20g net carbs, 20g fat



Sunflower seeds

135 cals



Peach pie overnight oats

191 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

520 cals, 15g protein, 80g net carbs, 12g fat



Peanut butter and jelly sandwich

1 sandwich(es)- 382 cals



Nectarine

2 nectarine(s)- 140 cals

Dinner

635 cals, 22g protein, 107g net carbs, 9g fat



Simple vegan garlic bread

1 slice(s)- 126 cals



Pasta with store-bought sauce

510 cals

Day 4

2476 cals ● 219g protein (35%) ● 108g fat (39%) ● 112g carbs (18%) ● 45g fiber (7%)

Breakfast

340 cals, 17g protein, 19g net carbs, 17g fat



Avocado
176 cals



Coffee overnight protein oats (dairy-free)
163 cals

Snacks

275 cals, 14g protein, 15g net carbs, 14g fat



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



Avocado toast
1 slice(s)- 168 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

610 cals, 30g protein, 13g net carbs, 45g fat



Broccoli
1 1/2 cup(s)- 44 cals



Walnut crusted tofu (vegan)
568 cals

Dinner

650 cals, 25g protein, 60g net carbs, 28g fat



Veggie stuffed tomatoes (dairy-free)
3 stuffed tomato(es)- 391 cals



Lentils
260 cals

Day 5

2550 cals ● 230g protein (36%) ● 103g fat (36%) ● 125g carbs (20%) ● 50g fiber (8%)

Breakfast

340 cals, 17g protein, 19g net carbs, 17g fat



Avocado
176 cals



Coffee overnight protein oats (dairy-free)
163 cals

Snacks

275 cals, 14g protein, 15g net carbs, 14g fat



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



Avocado toast
1 slice(s)- 168 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

720 cals, 28g protein, 47g net carbs, 43g fat



Vegan chipotle tofu tacos
3 taco(s)- 619 cals



Simple mixed greens salad
102 cals

Dinner

620 cals, 38g protein, 39g net carbs, 26g fat



Olive oil drizzled lima beans
323 cals



Basic tempeh
4 oz- 295 cals

Day 6

2523 cals ● 230g protein (36%) ● 79g fat (28%) ● 182g carbs (29%) ● 42g fiber (7%)

Breakfast

405 cals, 15g protein, 63g net carbs, 8g fat



[Soy milk yogurt](#)

2 container- 271 cals



[Peach](#)

2 peach(es)- 132 cals

Snacks

240 cals, 9g protein, 23g net carbs, 11g fat



[Soy milk](#)

3/4 cup(s)- 64 cals



[Large granola bar](#)

1 bar(s)- 176 cals

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cals

Lunch

665 cals, 35g protein, 51g net carbs, 32g fat



[Basic tofu sandwich](#)

1 1/2 sandwich(es)- 663 cals

Dinner

620 cals, 38g protein, 39g net carbs, 26g fat



[Olive oil drizzled lima beans](#)

323 cals



[Basic tempeh](#)

4 oz- 295 cals

Day 7

2539 cals ● 220g protein (35%) ● 67g fat (24%) ● 232g carbs (37%) ● 32g fiber (5%)

Breakfast

405 cals, 15g protein, 63g net carbs, 8g fat



[Soy milk yogurt](#)

2 container- 271 cals



[Peach](#)

2 peach(es)- 132 cals

Snacks

240 cals, 9g protein, 23g net carbs, 11g fat



[Soy milk](#)

3/4 cup(s)- 64 cals



[Large granola bar](#)

1 bar(s)- 176 cals

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cals

Lunch

665 cals, 35g protein, 51g net carbs, 32g fat



[Basic tofu sandwich](#)

1 1/2 sandwich(es)- 663 cals

Dinner

635 cals, 28g protein, 89g net carbs, 15g fat



[Mushroom quinoa lentil soup \(vegan\)](#)

371 cals



[Naan bread](#)

1 piece(s)- 262 cals

Spices and Herbs

- ☐ black pepper
5 dash, ground (1g)
- ☐ salt
1/3 oz (10g)
- ☐ cinnamon
3 dash (1g)
- ☐ ground cumin
1 1/2 dash (0g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ chipotle seasoning
4 dash (1g)
- ☐ rosemary, dried
1 dash (0g)
- ☐ paprika
1 dash (0g)

Vegetables and Vegetable Products

- ☐ lima beans, frozen
2 1/2 package (10 oz) (710g)
- ☐ potatoes
2 large (3" to 4-1/4" dia.) (738g)
- ☐ garlic
5 1/2 clove(s) (17g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (489g)
- ☐ zucchini
3/4 large (242g)
- ☐ onion
1 medium (2-1/2" dia) (118g)
- ☐ fresh spinach
1 1/2 cup(s) (45g)
- ☐ frozen broccoli
1 1/2 cup (137g)
- ☐ romaine lettuce
1 1/2 leaf inner (9g)
- ☐ fresh cilantro
1 tbsp, chopped (3g)
- ☐ mushrooms
2 cup, pieces or slices (140g)

Fats and Oils

- ☐ olive oil
2 oz (65mL)
- ☐ oil
2 1/2 oz (80mL)
- ☐ vegan mayonnaise
1/3 cup (83g)

Fruits and Fruit Juices

- ☐ peach
7 2/3 medium (2-2/3" dia) (1148g)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lemon juice
2 tsp (10mL)

Nut and Seed Products

- ☐ sunflower kernels
2 1/4 oz (64g)
- ☐ walnuts
2 oz (60g)
- ☐ chia seeds
1/4 tbsp (4g)
- ☐ almond butter
1 tbsp (16g)

Sweets

- ☐ maple syrup
3 1/2 tsp (18mL)
- ☐ jelly
4 tbsp (84g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1/4 lbs (101g)

Soups, Sauces, and Gravies

- ☐ salsa
1/6 jar (81g)
- ☐ vegetable broth
2 1/4 cup(s) (mL)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)

Snacks

- ☐ tortilla chips
1/2 oz (14g)
- ☐ large granola bar
2 bar (74g)

Dairy and Egg Products

☐ salad dressing
2 1/4 tbsp (34mL)

Legumes and Legume Products

☐ firm tofu
2 2/3 lbs (1269g)

☐ black beans
3/8 can(s) (165g)

☐ peanut butter
2 tbsp (32g)

☐ lentils, raw
1/2 cup (104g)

☐ tempeh
1/2 lbs (227g)

☐ soy sauce
1 tsp (5mL)

Beverages

☐ water
2 1/2 gallon (9600mL)

☐ protein powder
44 scoop (1/3 cup ea) (1364g)

☐ almond milk, unsweetened
6 cup (1440mL)

☐ coffee, brewed
3 tbsp (44g)

☐ sour cream
3/4 tbsp (9g)

Baked Products

☐ bread
14 2/3 oz (416g)

☐ corn tortillas
3 tortilla, medium (approx 6" dia) (78g)

☐ naan bread
1 piece (90g)

Cereal Grains and Pasta

☐ uncooked dry pasta
4 oz (114g)

☐ quinoa, uncooked
2 3/4 tbsp (28g)

Other

☐ vegan cheese, shredded
4 tbsp (28g)

☐ italian seasoning
1 3/4 tsp (6g)

☐ soy milk, unsweetened
4 cup (960mL)

☐ mixed greens
1 package (5.5 oz) (153g)

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

☐ vegan cheese, sliced
3 slice(s) (60g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Peach

1 peach(es) - 66 cal ● 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.

Protein shake (almond milk)

315 cal ● 43g protein ● 12g fat ● 8g carbs ● 2g fiber



For single meal:

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder

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

For all 3 meals:

almond milk, unsweetened

1/4 gallon (1080mL)

protein powder

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

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Coffee overnight protein oats (dairy-free)

163 cals ● 15g protein ● 3g fat ● 17g carbs ● 3g fiber



For single meal:

protein powder
1/2 scoop (1/3 cup ea) (16g)
maple syrup
1 tsp (5mL)
coffee, brewed
1 1/2 tbsp (22g)
oatmeal, old-fashioned oats, rolled oats
4 tbsp (20g)
almond milk, unsweetened
2 tbsp (30mL)

For all 2 meals:

protein powder
1 scoop (1/3 cup ea) (31g)
maple syrup
2 tsp (10mL)
coffee, brewed
3 tbsp (44g)
oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)
almond milk, unsweetened
4 tbsp (60mL)

1. In a small airtight container, mix together all of the ingredients.
 2. Place mixture to chill in the fridge overnight or for at least 4 hours. Serve.
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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.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

peach

2 medium (2-2/3" dia) (300g)

For all 2 meals:

peach

4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Chips and salsa

82 cals ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



salsa

2 tbsp (32g)

tortilla chips

1/2 oz (14g)

1. Serve salsa with the tortilla chips.

Black bean and salsa soup

193 cals ● 11g protein ● 2g fat ● 19g carbs ● 12g fiber



black beans
3/8 can(s) (165g)
vegetable broth
1/4 cup(s) (mL)
salsa, chunky
3 tbsp (49g)
ground cumin
1 1/2 dash (0g)
sour cream
3/4 tbsp (9g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Peanut butter and jelly sandwich

1 sandwich(es) - 382 cals ● 12g protein ● 11g fat ● 55g carbs ● 5g fiber



For single meal:

jelly
2 tbsp (42g)
bread
2 slice (64g)
peanut butter
1 tbsp (16g)

For all 2 meals:

jelly
4 tbsp (84g)
bread
4 slice (128g)
peanut butter
2 tbsp (32g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.
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Lunch 3 [↗](#)

Eat on day 4

Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen broccoli

1 1/2 cup (137g)

1. Prepare according to instructions on package.

Walnut crusted tofu (vegan)

568 cal ● 26g protein ● 45g fat ● 11g carbs ● 4g fiber



firm tofu, drained

1/2 lbs (227g)

walnuts

1/3 cup, chopped (39g)

lemon juice

1 tsp (5mL)

garlic, diced

2 clove(s) (6g)

dijon mustard

1 tbsp (15g)

vegan mayonnaise

2 tbsp (30g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Lunch 4 [🔗](#)

Eat on day 5

Vegan chipotle tofu tacos

3 taco(s) - 619 cal ● 26g protein ● 36g fat ● 40g carbs ● 7g fiber



Makes 3 taco(s)

water

1 tbsp (15mL)

romaine lettuce, thinly sliced

1 1/2 leaf inner (9g)

oil

1/2 tbsp (8mL)

garlic, minced

1 clove(s) (3g)

corn tortillas

3 tortilla, medium (approx 6" dia) (78g)

vegan mayonnaise

2 tbsp (30g)

firm tofu, patted dry & cubed

1/2 lbs (198g)

fresh cilantro

1 tbsp, chopped (3g)

almond butter

1 tbsp (16g)

soy sauce

1 tsp (5mL)

chipotle seasoning

4 dash (1g)

1. Make cilantro mayo by mixing together the vegan mayonnaise, cilantro, only half of the minced garlic, and some salt in a small bowl. Set aside.
2. Make the chipotle sauce by mixing together in a medium bowl the remaining minced garlic, almond butter, soy sauce, chipotle seasoning, and water. Set aside.
3. Heat oil in a skillet over medium heat. Add cubed tofu and cook until crispy, about 5 minutes. Pour in sauce and cook until browned in places, stirring occasionally.
4. Spread cilantro mayo on each tortilla. Top with chipotle tofu and shredded romaine. Serve.

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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

Lunch 5 [↗](#)

Eat on day 6, day 7

Basic tofu sandwich

1 1/2 sandwich(es) - 663 cal ● 35g protein ● 32g fat ● 51g carbs ● 8g fiber



For single meal:

firm tofu, rinsed and patted dry

3 slice(s) (252g)

bread

3 slice(s) (96g)

mixed greens

1 1/2 oz (43g)

tomatoes

3 slice, medium (1/4" thick) (60g)

vegan cheese, sliced

1 1/2 slice(s) (30g)

vegan mayonnaise

3/4 tbsp (11g)

oil

1/2 tbsp (8mL)

For all 2 meals:

firm tofu, rinsed and patted dry

6 slice(s) (504g)

bread

6 slice(s) (192g)

mixed greens

3 oz (85g)

tomatoes

6 slice, medium (1/4" thick) (120g)

vegan cheese, sliced

3 slice(s) (60g)

vegan mayonnaise

1 1/2 tbsp (23g)

oil

1 tbsp (15mL)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
2. Season tofu with whichever spices you prefer.
3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

3/4 oz (21g)

For all 3 meals:

sunflower kernels

2 1/4 oz (64g)

1. This recipe has no instructions.

Peach pie overnight oats

191 cal ● 6g protein ● 9g fat ● 19g carbs ● 4g fiber



For single meal:

peach, pitted & chopped
1/4 small (2-1/2" dia) (33g)
walnuts, chopped
1 tbsp, chopped (7g)
maple syrup
1/2 tsp (3mL)
chia seeds
2 dash (1g)
almond milk, unsweetened
1/3 cup (80mL)
cinnamon
1 dash (0g)
oatmeal, old-fashioned oats, rolled oats
1/4 cup(s) (20g)

For all 3 meals:

peach, pitted & chopped
3/4 small (2-1/2" dia) (98g)
walnuts, chopped
3 tbsp, chopped (21g)
maple syrup
1/2 tbsp (8mL)
chia seeds
1/4 tbsp (4g)
almond milk, unsweetened
1 cup (240mL)
cinnamon
3 dash (1g)
oatmeal, old-fashioned oats, rolled oats
3/4 cup(s) (61g)

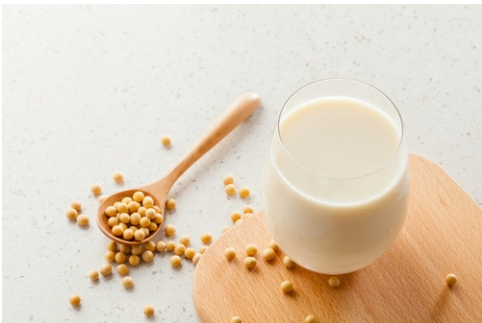
1. Mix all ingredients together in a sealable container.
2. Refrigerate overnight or for at least 4 hours. Serve.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
3/4 cup (180mL)

For all 2 meals:

soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled lima beans

215 cals ● 9g protein ● 7g fat ● 21g carbs ● 8g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
2 dash (2g)
lima beans, frozen
1/2 package (10 oz) (142g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
4 dash (3g)
lima beans, frozen
1 package (10 oz) (284g)
olive oil
1 tbsp (15mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Basic baked potato

1 potato(es) - 264 cals ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



For single meal:

potatoes
1 large (3" to 4-1/4" dia.) (369g)
salt
1 dash (0g)
oil
1/2 tsp (3mL)

For all 2 meals:

potatoes
2 large (3" to 4-1/4" dia.) (738g)
salt
2 dash (1g)
oil
1 tsp (5mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

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 2 [↗](#)

Eat on day 3

Simple vegan garlic bread

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



Makes 1 slice(s)

garlic, minced
1 clove(s) (3g)
olive oil
1 tsp (5mL)
bread
1 slice (32g)

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

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.
-

Dinner 3 [↗](#)

Eat on day 4

Veggie stuffed tomatoes (dairy-free)

3 stuffed tomato(es) - 391 cals ● 7g protein ● 27g fat ● 22g carbs ● 7g fiber



Makes 3 stuffed tomato(es)

vegan cheese, shredded

4 tbsp (28g)

tomatoes

3 medium whole (2-3/5" dia) (369g)

zucchini, diced

3/4 large (242g)

onion, diced

3/4 medium (2-1/2" dia) (83g)

fresh spinach

1 1/2 cup(s) (45g)

italian seasoning

1/2 tbsp (5g)

salt

1 1/2 dash (1g)

olive oil

1 1/2 tbsp (23mL)

1. Preheat oven to 350 F (180 C).
2. Cut the top off each tomato and discard.
3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
5. Dice zucchini and onion.
6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
10. Bake for about 20-25 minutes until tomatoes are piping hot.
11. Optionally: place under broiler for about a minute to brown cheese.

Lentils

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



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

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.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Olive oil drizzled lima beans

323 cals ● 14g protein ● 11g fat ● 31g carbs ● 12g fiber



For single meal:
black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)
olive oil
3/4 tbsp (11mL)

For all 2 meals:
black pepper
3 dash, ground (1g)
salt
1/4 tbsp (5g)
lima beans, frozen
1 1/2 package (10 oz) (426g)
olive oil
1 1/2 tbsp (23mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:
oil
2 tsp (10mL)
tempeh
4 oz (113g)

For all 2 meals:
oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

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 5 [🔗](#)

Eat on day 7

Mushroom quinoa lentil soup (vegan)

371 cal ● 19g protein ● 9g fat ● 45g carbs ● 8g fiber



rosemary, dried

1 dash (0g)

italian seasoning

2 dash (1g)

paprika

1 dash (0g)

onion, diced

1/2 small (35g)

lentils, raw

2 1/2 tbsp (32g)

quinoa, uncooked

2 1/2 tbsp (28g)

mushrooms, roughly chopped

2 cup, pieces or slices (140g)

almond milk, unsweetened

4 tbsp (60mL)

vegetable broth

2 cup(s) (mL)

garlic, diced

1 1/2 clove(s) (5g)

oil

1 tsp (5mL)

1. In a saucepan over medium heat, saute onions and garlic in oil until soft, a few minutes.
2. Add in mushrooms and spices and stir, cooking for a minute or two.
3. Add all remaining ingredients and bring to a simmer. Cook uncovered for about 20-25 minutes or until quinoa and lentils are soft. Serve.

Naan bread

1 piece(s) - 262 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)



naan bread

1 piece (90g)

1. This recipe has no instructions.

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.