

Meal Plan - 2600 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

2632 cals ● 251g protein (38%) ● 71g fat (24%) ● 200g carbs (30%) ● 48g fiber (7%)

Breakfast

250 cals, 5g protein, 45g net carbs, 2g fat



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



[Orange](#)
1 orange(s)- 85 cals

Snacks

305 cals, 12g protein, 34g net carbs, 11g fat



[Soy milk](#)
3/4 cup(s)- 64 cals



[Instant oatmeal with almond milk](#)
1 packet(s)- 241 cals

Protein Supplement(s)

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



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

Lunch

795 cals, 52g protein, 83g net carbs, 17g fat



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



[Bbq tempeh lettuce wrap](#)
8 lettuce wrap(s)- 658 cals

Dinner

685 cals, 49g protein, 33g net carbs, 37g fat



[Sauteed garlic & herb tomatoes](#)
318 cals



[Simple seitan](#)
6 oz- 365 cals

Day 2

2513 cal ● 225g protein (36%) ● 91g fat (33%) ● 160g carbs (25%) ● 37g fiber (6%)

Breakfast

250 cal, 5g protein, 45g net carbs, 2g fat



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



Orange
1 orange(s)- 85 cal

Snacks

305 cal, 12g protein, 34g net carbs, 11g fat



Soy milk
3/4 cup(s)- 64 cal



Instant oatmeal with almond milk
1 packet(s)- 241 cal

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cal

Lunch

680 cal, 40g protein, 41g net carbs, 33g fat



White rice
1/2 cup rice, cooked- 110 cal



Basic tempeh
6 oz- 443 cal



Sautéed garlic & herb tomatoes
127 cal

Dinner

680 cal, 35g protein, 34g net carbs, 42g fat



Lentils
174 cal



Buffalo tofu with vegan ranch
506 cal

Day 3

2513 cal ● 225g protein (36%) ● 91g fat (33%) ● 160g carbs (25%) ● 37g fiber (6%)

Breakfast

250 cal, 5g protein, 45g net carbs, 2g fat



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



Orange
1 orange(s)- 85 cal

Snacks

305 cal, 12g protein, 34g net carbs, 11g fat



Soy milk
3/4 cup(s)- 64 cal



Instant oatmeal with almond milk
1 packet(s)- 241 cal

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cal

Lunch

680 cal, 40g protein, 41g net carbs, 33g fat



White rice
1/2 cup rice, cooked- 110 cal



Basic tempeh
6 oz- 443 cal



Sautéed garlic & herb tomatoes
127 cal

Dinner

680 cal, 35g protein, 34g net carbs, 42g fat



Lentils
174 cal



Buffalo tofu with vegan ranch
506 cal

Day 4

2551 cal ● 230g protein (36%) ● 69g fat (24%) ● 194g carbs (30%) ● 57g fiber (9%)

Breakfast

345 cal, 17g protein, 42g net carbs, 10g fat



[Small toasted bagel with vegan cream cheese](#)
1 bagel(s)- 261 cal



[Vegan breakfast sausage patties](#)
1 patties- 83 cal

Snacks

210 cal, 13g protein, 10g net carbs, 11g fat



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



[Bell pepper strips and hummus](#)
128 cal

Protein Supplement(s)

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



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

Lunch

685 cal, 40g protein, 59g net carbs, 25g fat



[Chunky canned soup \(non-creamy\)](#)
2 can(s)- 494 cal



[Simple mixed greens and tomato salad](#)
189 cal

Dinner

715 cal, 28g protein, 78g net carbs, 20g fat



[Southwest potato & lentil skillet](#)
565 cal



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

Day 5

2540 cal ● 253g protein (40%) ● 79g fat (28%) ● 155g carbs (24%) ● 48g fiber (8%)

Breakfast

345 cal, 17g protein, 42g net carbs, 10g fat



[Small toasted bagel with vegan cream cheese](#)
1 bagel(s)- 261 cal



[Vegan breakfast sausage patties](#)
1 patties- 83 cal

Snacks

210 cal, 13g protein, 10g net carbs, 11g fat



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



[Bell pepper strips and hummus](#)
128 cal

Protein Supplement(s)

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



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

Lunch

685 cal, 40g protein, 59g net carbs, 25g fat



[Chunky canned soup \(non-creamy\)](#)
2 can(s)- 494 cal



[Simple mixed greens and tomato salad](#)
189 cal

Dinner

700 cal, 50g protein, 39g net carbs, 30g fat



[Garlic pepper seitan](#)
456 cal



[Simple salad with tomatoes and carrots](#)
245 cal

Day 6

2628 cal ● 237g protein (36%) ● 71g fat (24%) ● 209g carbs (32%) ● 51g fiber (8%)

Breakfast

370 cal, 12g protein, 68g net carbs, 3g fat



[Small toasted bagel with 'butter'](#)

1 1/2 bagel(s)- 286 cal



[Orange](#)

1 orange(s)- 85 cal

Snacks

290 cal, 4g protein, 22g net carbs, 15g fat



[Raspberries](#)

1 1/2 cup(s)- 108 cal



[Vegan cheese](#)

2 1" cube- 182 cal

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cal

Lunch

665 cal, 37g protein, 75g net carbs, 20g fat



[Simple mixed greens and tomato salad](#)

76 cal



[Soy milk](#)

1 3/4 cup(s)- 148 cal



[Tofu alfredo pasta with broccoli](#)

442 cal

Dinner

700 cal, 50g protein, 39g net carbs, 30g fat



[Garlic pepper seitan](#)

456 cal



[Simple salad with tomatoes and carrots](#)

245 cal

Day 7

2554 cal ● 245g protein (38%) ● 65g fat (23%) ● 208g carbs (33%) ● 39g fiber (6%)

Breakfast

370 cal, 12g protein, 68g net carbs, 3g fat



[Small toasted bagel with 'butter'](#)

1 1/2 bagel(s)- 286 cal



[Orange](#)

1 orange(s)- 85 cal

Snacks

290 cal, 4g protein, 22g net carbs, 15g fat



[Raspberries](#)

1 1/2 cup(s)- 108 cal



[Vegan cheese](#)

2 1" cube- 182 cal

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cal

Lunch

665 cal, 37g protein, 75g net carbs, 20g fat



[Simple mixed greens and tomato salad](#)

76 cal



[Soy milk](#)

1 3/4 cup(s)- 148 cal



[Tofu alfredo pasta with broccoli](#)

442 cal

Dinner

630 cal, 59g protein, 38g net carbs, 25g fat



[Corn](#)

92 cal



[Vegan sausage](#)

2 sausage(s)- 536 cal

Spices and Herbs

- black pepper
1 tsp, ground (2g)
- salt
10 1/2 g (11g)
- paprika
1 tsp (2g)
- basil, dried
1 tsp, ground (1g)

Fats and Oils

- olive oil
3 oz (91mL)
- oil
2 1/2 oz (78mL)
- salad dressing
1 cup (231mL)

Vegetables and Vegetable Products

- garlic
6 1/2 clove(s) (20g)
- tomatoes
11 medium whole (2-3/5" dia) (1331g)
- romaine lettuce
2 2/3 head (1673g)
- bell pepper
2 1/2 large (417g)
- potatoes
2 small (1-3/4" to 2-1/4" dia.) (184g)
- jalapeno pepper
2 pepper (28g)
- carrots
1 1/2 medium (99g)
- onion
1/3 cup, chopped (53g)
- green pepper
2 3/4 tbsp, chopped (25g)
- frozen broccoli
1/2 package (142g)
- frozen corn kernels
2/3 cup (91g)

Other

- italian seasoning
1 tbsp (12g)
- soy milk, unsweetened
1/2 gallon (1860mL)

Cereal Grains and Pasta

- seitan
16 2/3 oz (472g)
- long-grain white rice
1/3 cup (62g)
- uncooked dry pasta
6 oz (171g)

Beverages

- water
2 3/4 gallon (10522mL)
- protein powder
38 1/2 scoop (1/3 cup ea) (1194g)
- almond milk, unsweetened
2 1/2 cup (600mL)

Breakfast Cereals

- flavored instant oatmeal
6 packet (258g)

Fruits and Fruit Juices

- orange
5 orange (770g)
- raisins
4 tbsp, packed (41g)
- raspberries
3 cup (369g)

Legumes and Legume Products

- tempeh
1 1/4 lbs (567g)
- lentils, raw
13 1/4 tbsp (160g)
- firm tofu
29 oz (822g)
- hummus
1/2 cup (122g)

Soups, Sauces, and Gravies

- barbecue sauce
4 tbsp (68g)
- Frank's Red Hot sauce
1/2 cup (120mL)
- salsa
4 tbsp (65g)

- coleslaw mix
2 cup (180g)
 - vegan ranch
6 tbsp (90mL)
 - mixed greens
10 1/2 cup (315g)
 - dairy-free cream cheese
3 tbsp (45g)
 - vegan breakfast sausage patties
2 patties (76g)
 - vegan butter
1 1/2 tbsp (21g)
 - vegan cheese, block
4 1" cube (113g)
 - vegan sausage
2 sausage (200g)
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- chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

Baked Products

- bagel
5 small bagel (3" dia) (345g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

flavored instant oatmeal

3 packet (129g)

water

2 1/4 cup(s) (533mL)

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

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 3 meals:

orange

3 orange (462g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Small toasted bagel with vegan cream cheese

1 bagel(s) - 261 cals ● 8g protein ● 7g fat ● 39g carbs ● 2g fiber



For single meal:

bagel

1 small bagel (3" dia) (69g)

dairy-free cream cheese

1 1/2 tbsp (23g)

For all 2 meals:

bagel

2 small bagel (3" dia) (138g)

dairy-free cream cheese

3 tbsp (45g)

1. Toast the bagel to desired toastiness.
 2. Spread the cream cheese.
 3. Enjoy.
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Vegan breakfast sausage patties

1 patties - 83 cals ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage patties

1 patties (38g)

For all 2 meals:

vegan breakfast sausage patties

2 patties (76g)

1. Cook patties according to package instructions. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Small toasted bagel with 'butter'

1 1/2 bagel(s) - 286 cal ● 11g protein ● 3g fat ● 53g carbs ● 2g fiber



For single meal:

bagel

1 1/2 small bagel (3" dia) (104g)

vegan butter

3/4 tbsp (11g)

For all 2 meals:

bagel

3 small bagel (3" dia) (207g)

vegan butter

1 1/2 tbsp (21g)

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

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Raisins

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



Makes 1/4 cup

raisins

4 tbsp, packed (41g)

1. This recipe has no instructions.

Bbq tempeh lettuce wrap

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



Makes 8 lettuce wrap(s)

romaine lettuce
8 leaf inner (48g)
tempeh, cubed
1/2 lbs (227g)
barbecue sauce
4 tbsp (68g)
coleslaw mix
2 cup (180g)
oil
1 tsp (5mL)
bell pepper, deseeded and sliced
1 small (74g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

White rice

1/2 cup rice, cooked - 110 cal ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



For single meal:

long-grain white rice
2 2/3 tbsp (31g)
water
1/3 cup(s) (79mL)
salt
1 1/3 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

long-grain white rice
1/3 cup (62g)
water
2/3 cup(s) (158mL)
salt
1/3 tsp (2g)
black pepper
2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Basic tempeh

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



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Sauteed garlic & herb tomatoes

127 cal ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



For single meal:

black pepper
1/2 dash, ground (0g)
olive oil
3/4 tbsp (11mL)
garlic, minced
1/2 clove(s) (2g)
tomatoes
1/2 pint, cherry tomatoes (149g)
italian seasoning
1/4 tbsp (3g)
salt
2 dash (2g)

For all 2 meals:

black pepper
1 dash, ground (0g)
olive oil
1 1/2 tbsp (23mL)
garlic, minced
1 clove(s) (3g)
tomatoes
1 pint, cherry tomatoes (298g)
italian seasoning
1/2 tbsp (5g)
salt
4 dash (3g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
 2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
 3. Serve.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing

1/2 cup (113mL)

mixed greens

7 1/2 cup (225g)

tomatoes

1 1/4 cup cherry tomatoes (186g)

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

Lunch 4 [↗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
1 3/4 cup (420mL)

For all 2 meals:

soy milk, unsweetened
1/4 gallon (840mL)

1. This recipe has no instructions.

Tofu alfredo pasta with broccoli

442 cal ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



For single meal:

uncooked dry pasta
3 oz (86g)
firm tofu
1/4 package (16 oz) (113g)
frozen broccoli
1/4 package (71g)
garlic
1/2 clove(s) (2g)
salt
1/8 dash (0g)
almond milk, unsweetened
2 tbsp (30mL)
basil, dried
4 dash, ground (1g)

For all 2 meals:

uncooked dry pasta
6 oz (171g)
firm tofu
1/2 package (16 oz) (227g)
frozen broccoli
1/2 package (142g)
garlic
1 clove(s) (3g)
salt
1/4 dash (0g)
almond milk, unsweetened
4 tbsp (60mL)
basil, dried
1 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
 2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
 3. Add in the almond milk in small amounts until desired consistency is reached.
 4. Pour into a pan to heat through. Do not let it boil as it will separate.
 5. To serve, top pasta with broccoli and sauce.
 6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Soy milk

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



For single meal:

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

For all 3 meals:

soy milk, unsweetened
2 1/4 cup (540mL)

1. This recipe has no instructions.
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Instant oatmeal with almond milk

1 packet(s) - 241 cal ● 7g protein ● 8g fat ● 33g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
almond milk, unsweetened
3/4 cup (180mL)

For all 3 meals:

flavored instant oatmeal
3 packet (129g)
almond milk, unsweetened
2 1/4 cup (540mL)

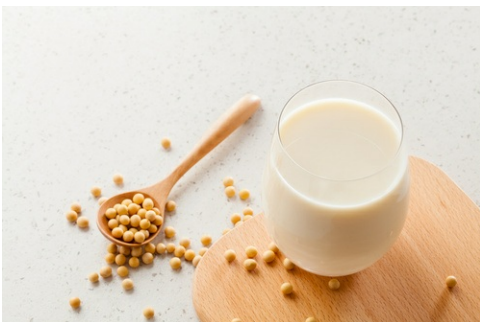
1. Put the oatmeal in a bowl and pour the milk over it.
 2. Microwave for 90 seconds - 2 minutes.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Soy milk

1 cup(s) - 85 cal ● 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.
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Bell pepper strips and hummus

128 cal ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

hummus
4 tbsp (61g)
bell pepper
3/4 medium (89g)

For all 2 meals:

hummus
1/2 cup (122g)
bell pepper
1 1/2 medium (179g)

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

Snacks 3 [↗](#)

Eat on day 6, day 7

Raspberries

1 1/2 cup(s) - 108 cal ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Vegan cheese

2 1" cube - 182 cal ● 2g protein ● 14g fat ● 12g carbs ● 0g fiber



For single meal:

vegan cheese, block
2 1" cube (57g)

For all 2 meals:

vegan cheese, block
4 1" cube (113g)

1. Slice and enjoy.
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Dinner 1 [↗](#)

Eat on day 1

Sauteed garlic & herb tomatoes

318 cal ● 4g protein ● 26g fat ● 13g carbs ● 5g fiber

**black pepper**

1 1/4 dash, ground (0g)

olive oil

2 tbsp (28mL)

garlic, minced

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

tomatoes

1 1/4 pint, cherry tomatoes (373g)

italian seasoning

2 tsp (7g)

salt

5 dash (4g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Simple seitan

6 oz - 365 cal ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

oil

1/2 tbsp (8mL)

seitan

6 oz (170g)

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Lentils

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



For single meal:

salt

1/2 dash (0g)

water

1 cup(s) (237mL)

lentils, raw, rinsed

4 tbsp (48g)

For all 2 meals:

salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

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

Buffalo tofu with vegan ranch

506 cal ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



For single meal:

vegan ranch
3 tbsp (45mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)
Frank's Red Hot sauce
4 tbsp (59mL)
oil
3/4 tbsp (11mL)

For all 2 meals:

vegan ranch
6 tbsp (90mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)
Frank's Red Hot sauce
1/2 cup (119mL)
oil
1 1/2 tbsp (23mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Dinner 3 [↗](#)

Eat on day 4

Southwest potato & lentil skillet

565 cal ● 22g protein ● 16g fat ● 68g carbs ● 17g fiber



salsa
4 tbsp (65g)
lentils, raw
1/3 cup (64g)
potatoes, thinly sliced
2 small (1-3/4" to 2-1/4" dia.) (184g)
water
1/2 cup(s) (119mL)
bell pepper, deseeded & sliced
1 large (164g)
paprika
1 tsp (2g)
jalapeno pepper, sliced
2 pepper (28g)
oil
1 tbsp (15mL)

1. Preheat oven to 400°F (200°C).
 2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.
 3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.
 4. Mix the salsa and cooked peppers with the lentils and season with some salt and pepper. Top the lentil mixture with the potatoes and jalapeno. Serve.
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Simple salad with tomatoes and carrots

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



salad dressing

1 tbsp (17mL)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Garlic pepper seitan

456 cal ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



For single meal:

olive oil

4 tsp (20mL)

onion

2 2/3 tbsp, chopped (27g)

garlic, minced

1 2/3 clove(s) (5g)

green pepper

4 tsp, chopped (12g)

seitan, chicken style

1/3 lbs (151g)

black pepper

1 1/3 dash, ground (0g)

water

2 tsp (10mL)

salt

2/3 dash (0g)

For all 2 meals:

olive oil

2 2/3 tbsp (40mL)

onion

1/3 cup, chopped (53g)

garlic, minced

3 1/3 clove(s) (10g)

green pepper

2 2/3 tbsp, chopped (25g)

seitan, chicken style

2/3 lbs (302g)

black pepper

1/3 tsp, ground (1g)

water

4 tsp (20mL)

salt

1 1/3 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Simple salad with tomatoes and carrots

245 cal ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



For single meal:

- salad dressing**
2 tbsp (28mL)
- tomatoes, diced**
1 1/4 medium whole (2-3/5" dia)
(154g)
- carrots, sliced**
5/8 medium (38g)
- romaine lettuce, roughly chopped**
1 1/4 hearts (625g)

For all 2 meals:

- salad dressing**
1/4 cup (56mL)
- tomatoes, diced**
2 1/2 medium whole (2-3/5" dia)
(308g)
- carrots, sliced**
1 1/4 medium (76g)
- romaine lettuce, roughly chopped**
2 1/2 hearts (1250g)

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

Dinner 5 [↗](#)

Eat on day 7

Corn

92 cal ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



frozen corn kernels
2/3 cup (91g)

1. Prepare according to instructions on package.

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

5 1/2 scoop - 600 cal ● 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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