

Meal Plan - 2700 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

2598 cals ● 238g protein (37%) ● 82g fat (28%) ● 177g carbs (27%) ● 49g fiber (8%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



[Pumpkin seeds](#)

366 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Snacks

365 cals, 13g protein, 50g net carbs, 8g fat



[Soy milk](#)

1 1/4 cup(s)- 106 cals



[Instant oatmeal with water](#)

1 packet(s)- 165 cals



[Blueberries](#)

1 cup(s)- 95 cals

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cals

Lunch

365 cals, 18g protein, 29g net carbs, 14g fat



[Sunflower seeds](#)

90 cals



[Chickpea & kale soup](#)

273 cals

Dinner

885 cals, 56g protein, 86g net carbs, 28g fat



[Easy chickpea salad](#)

350 cals



[Crispy chik'n tenders](#)

9 1/3 tender(s)- 533 cals

Day 2

2766 cals ● 227g protein (33%) ● 85g fat (28%) ● 214g carbs (31%) ● 59g fiber (9%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Pumpkin seeds
366 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

365 cals, 13g protein, 50g net carbs, 8g fat



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



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



Blueberries
1 cup(s)- 95 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

665 cals, 28g protein, 66g net carbs, 25g fat



Soy milk yogurt
2 container- 271 cals



Edamame slaw salad bowl
393 cals

Dinner

750 cals, 34g protein, 86g net carbs, 19g fat



Lentil chili
580 cals



Edamame & beet salad
171 cals

Day 3

2649 cals ● 226g protein (34%) ● 104g fat (35%) ● 158g carbs (24%) ● 44g fiber (7%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Pumpkin seeds
366 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

305 cals, 9g protein, 14g net carbs, 20g fat



Celery and peanut butter
109 cals



Roasted almonds
1/6 cup(s)- 148 cals



Blueberries
1/2 cup(s)- 47 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

665 cals, 28g protein, 66g net carbs, 25g fat



Soy milk yogurt
2 container- 271 cals



Edamame slaw salad bowl
393 cals

Dinner

695 cals, 37g protein, 65g net carbs, 26g fat



Soy milk
1 3/4 cup(s)- 148 cals



Apple
1 apple(s)- 105 cals



Chik'n nuggets
8 nuggets- 441 cals

Day 4

2701 cals ● 237g protein (35%) ● 84g fat (28%) ● 183g carbs (27%) ● 64g fiber (9%)

Breakfast

400 cals, 14g protein, 15g net carbs, 28g fat



Pistachios
375 cals



Carrot sticks
1 carrot(s)- 27 cals

Snacks

305 cals, 9g protein, 14g net carbs, 20g fat



Celery and peanut butter
109 cals



Roasted almonds
1/6 cup(s)- 148 cals



Blueberries
1/2 cup(s)- 47 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

700 cals, 44g protein, 83g net carbs, 7g fat



Simple kale salad
1/2 cup(s)- 28 cals



Lentil pasta
673 cals

Dinner

695 cals, 37g protein, 65g net carbs, 26g fat



Soy milk
1 3/4 cup(s)- 148 cals



Apple
1 apple(s)- 105 cals



Chik'n nuggets
8 nuggets- 441 cals

Day 5

2707 cals ● 255g protein (38%) ● 104g fat (35%) ● 132g carbs (19%) ● 55g fiber (8%)

Breakfast

400 cals, 14g protein, 15g net carbs, 28g fat



Pistachios
375 cals



Carrot sticks
1 carrot(s)- 27 cals

Snacks

305 cals, 9g protein, 14g net carbs, 20g fat



Celery and peanut butter
109 cals



Roasted almonds
1/6 cup(s)- 148 cals



Blueberries
1/2 cup(s)- 47 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

715 cals, 49g protein, 74g net carbs, 17g fat



Protein bar
1 bar- 245 cals



Bbq tempeh wrap
1 wrap(s)- 472 cals

Dinner

685 cals, 50g protein, 23g net carbs, 36g fat



Sauteed peppers and onions
94 cals



Basic tempeh
8 oz- 590 cals

Day 6

2639 cals ● 242g protein (37%) ● 106g fat (36%) ● 123g carbs (19%) ● 57g fiber (9%)

Breakfast

455 cals, 14g protein, 23g net carbs, 26g fat



Avocado
176 cals



Chickpea scramble
280 cals

Snacks

225 cals, 10g protein, 27g net carbs, 6g fat



Nectarine
2 nectarine(s)- 140 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

675 cals, 35g protein, 45g net carbs, 36g fat



Simple mixed greens salad
102 cals



Basic tofu
8 oz- 342 cals



Lentils
231 cals

Dinner

685 cals, 50g protein, 23g net carbs, 36g fat



Sauteed peppers and onions
94 cals



Basic tempeh
8 oz- 590 cals

Day 7

2729 cals ● 259g protein (38%) ● 96g fat (32%) ● 157g carbs (23%) ● 51g fiber (7%)

Breakfast

455 cals, 14g protein, 23g net carbs, 26g fat



Avocado
176 cals



Chickpea scramble
280 cals

Snacks

225 cals, 10g protein, 27g net carbs, 6g fat



Nectarine
2 nectarine(s)- 140 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

675 cals, 35g protein, 45g net carbs, 36g fat



Simple mixed greens salad
102 cals



Basic tofu
8 oz- 342 cals



Lentils
231 cals

Dinner

775 cals, 67g protein, 56g net carbs, 25g fat



Vegan sausage
2 sausage(s)- 536 cals



Pita bread
2 pita bread(s)- 156 cals



Sugar snap peas
82 cals

Vegetables and Vegetable Products

- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (418g)
- ☐ onion
1 1/3 medium (2-1/2" dia) (145g)
- ☐ ketchup
6 1/3 tbsp (108g)
- ☐ garlic
2 1/3 clove(s) (7g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ canned whole tomatoes
2/3 cup (160g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled
2 1/2 cup (295g)
- ☐ carrots
5 1/4 medium (322g)
- ☐ raw celery
3 stalk, medium (7-1/2" - 8" long) (120g)
- ☐ bell pepper
1 3/4 large (283g)
- ☐ frozen sugar snap peas
1 1/3 cup (192g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3/4 tbsp (1mL)
- ☐ vegetable broth
3 cup(s) (mL)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)
- ☐ barbecue sauce
2 tbsp (34g)

Spices and Herbs

- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ chili powder
2 tsp (5g)
- ☐ ground cumin
3 g (3g)
- ☐ salt
1/3 tsp (2g)
- ☐ black pepper
3/4 dash, ground (0g)

Beverages

- ☐ water
42 2/3 cup(s) (10113mL)
- ☐ protein powder
38 1/2 scoop (1/3 cup ea) (1194g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1 1/2 cup (177g)
- ☐ sunflower kernels
1/2 oz (14g)
- ☐ almonds
1/2 cup, whole (72g)
- ☐ pistachios, dry roasted, without shells or salt added
1 cup (123g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Fruits and Fruit Juices

- ☐ blueberries
3 1/2 cup (518g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ avocados
1 avocado(s) (201g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)

Fats and Oils

- ☐ oil
4 oz (118mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ salad dressing
13 tbsp (195mL)

Cereal Grains and Pasta

- ☐ dry bulgur wheat
1/3 cup (47g)

Baked Products

☐ turmeric, ground
4 dash (2g)

☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)

☐ pita bread
2 pita, small (4" dia) (56g)

Legumes and Legume Products

☐ chickpeas, canned
2 1/4 can (1008g)

☐ lentils, raw
1 cup (192g)

☐ peanut butter
3 tbsp (48g)

☐ tempeh
1 1/4 lbs (567g)

☐ firm tofu
1 lbs (454g)

Other

☐ meatless chik'n tenders
9 1/3 pieces (238g)

☐ soy milk, unsweetened
1/2 gallon (1920mL)

☐ mixed greens
6 cup (185g)

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

☐ coleslaw mix
7 cup (630g)

☐ vegan chik'n nuggets
16 nuggets (344g)

☐ lentil pasta
1/3 lbs (151g)

☐ protein bar (20g protein)
1 bar (50g)

☐ nutritional yeast
2 tsp (3g)

☐ vegan sausage
2 sausage (200g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

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

For all 3 meals:

roasted pumpkin seeds, unsalted
1 1/2 cup (177g)

1. This recipe has no instructions.

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 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Breakfast 2

Eat on day 4, day 5

Pistachios

375 cals  13g protein  28g fat  11g carbs  6g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1 cup (123g)

- 1. This recipe has no instructions.

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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

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.

Chickpea scramble

280 cals ● 12g protein ● 12g fat ● 21g carbs ● 11g fiber



For single meal:

nutritional yeast
1 tsp (1g)
mixed greens
1/3 cup (10g)
ground cumin
2 dash (1g)
turmeric, ground
2 dash (1g)
oil
1/2 tbsp (8mL)
chickpeas, canned, drained
1/2 can (224g)

For all 2 meals:

nutritional yeast
2 tsp (3g)
mixed greens
2/3 cup (20g)
ground cumin
4 dash (1g)
turmeric, ground
4 dash (2g)
oil
1 tbsp (15mL)
chickpeas, canned, drained
1 can (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and mash using the back of a fork. Add turmeric, cumin, and a pinch of salt/pepper, and cook for about 4 minutes, stirring occasionally.
 2. Add in a splash of water, the nutritional yeast and the greens and cook until the greens have wilted, 1-2 minutes. Serve!
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Lunch 1 [↗](#)

Eat on day 1

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



sunflower kernels

1/2 oz (14g)

1. This recipe has no instructions.

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



oil

1/2 tsp (3mL)

garlic, minced

1 clove(s) (3g)

vegetable broth

2 cup(s) (mL)

kale leaves, chopped

1 cup, chopped (40g)

chickpeas, canned, drained

1/2 can (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

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.

Edamame slaw salad bowl

393 cals ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:

salad dressing
4 tbsp (60mL)
coleslaw mix
3 cup (270g)
carrots, sliced into matchsticks
2 small (5-1/2" long) (100g)
edamame, frozen, shelled
1 cup (118g)

For all 2 meals:

salad dressing
1/2 cup (120mL)
coleslaw mix
6 cup (540g)
carrots, sliced into matchsticks
4 small (5-1/2" long) (200g)
edamame, frozen, shelled
2 cup (236g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

Lunch 3 [🔗](#)

Eat on day 4

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

salad dressing
1/2 tbsp (8mL)
kale leaves
1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

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

Lunch 4 [↗](#)

Eat on day 5

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



Makes 1 bar

protein bar (20g protein)

1 bar (50g)

1. This recipe has no instructions.

Bbq tempeh wrap

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



Makes 1 wrap(s)

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)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Simple mixed greens salad

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



For single meal:

mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Soy milk

1 1/4 cup(s) - 106 cal ● 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.

Instant oatmeal with water

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



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

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

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

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries

1 cup (148g)

For all 2 meals:

blueberries

2 cup (296g)

1. Rinse off blueberries and serve.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Celery and peanut butter

109 cals ● 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 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

peanut butter

3 tbsp (48g)

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

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

2 2/3 tbsp, whole (24g)

For all 3 meals:

almonds

1/2 cup, whole (72g)

1. This recipe has no instructions.

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries

1/2 cup (74g)

For all 3 meals:

blueberries

1 1/2 cup (222g)

1. Rinse off blueberries and serve.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

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

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

1. Add all ingredients to a bowl and toss. Serve!

Crispy chik'n tenders

9 1/3 tender(s) - 533 cals ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



Makes 9 1/3 tender(s)

ketchup

2 1/3 tbsp (40g)

meatless chik'n tenders

9 1/3 pieces (238g)

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

Dinner 2 [↗](#)

Eat on day 2

Lentil chili

580 cals ● 25g protein ● 12g fat ● 73g carbs ● 19g fiber



oil

2 tsp (10mL)

onion, chopped

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

garlic, minced

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

lentils, raw

1/3 cup (64g)

chili powder

2 tsp (5g)

ground cumin

1 tsp (2g)

salt

1 1/3 dash (1g)

black pepper

2/3 dash, ground (0g)

canned whole tomatoes, chopped

2/3 cup (160g)

dry bulgur wheat

1/3 cup (47g)

vegetable broth

1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



balsamic vinaigrette

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

2 beets (2" dia, sphere) (100g)

edamame, frozen, shelled

1/2 cup (59g)

mixed greens

1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Dinner 3 [↗](#)

Eat on day 3, day 4

Soy milk

1 3/4 cup(s) - 148 cals ● 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.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Chik'n nuggets

8 nuggets - 441 cals ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



For single meal:

vegan chik'n nuggets

8 nuggets (172g)

ketchup

2 tbsp (34g)

For all 2 meals:

vegan chik'n nuggets

16 nuggets (344g)

ketchup

4 tbsp (68g)

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

Dinner 4 [🔗](#)

Eat on day 5, day 6

Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced into strips
3/4 large (123g)

For all 2 meals:

oil
3/4 tbsp (11mL)
onion, sliced
3/4 medium (2-1/2" dia) (83g)
bell pepper, sliced into strips
1 1/2 large (246g)

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.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

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

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.
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Dinner 5 [🔗](#)

Eat on day 7

Vegan sausage

2 sausage(s) - 536 cals ● 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.

Pita bread

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



Makes 2 pita bread(s)

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare according to instructions on package.
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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.