

Meal Plan - 2800 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

2830 cals ● 231g protein (33%) ● 76g fat (24%) ● 246g carbs (35%) ● 61g fiber (9%)

Breakfast

500 cals, 12g protein, 42g net carbs, 30g fat



[Roasted cashews](#)

1/3 cup(s)- 261 cals



[Small granola bar](#)

2 bar(s)- 238 cals

Snacks

315 cals, 14g protein, 45g net carbs, 7g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Soy milk yogurt](#)

2 container- 271 cals

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cals

Lunch

370 cals, 17g protein, 27g net carbs, 17g fat



[Basic tempeh](#)

2 oz- 148 cals



[Nectarine](#)

1 nectarine(s)- 70 cals



[Simple mixed greens and tomato salad](#)

151 cals

Dinner

1050 cals, 56g protein, 126g net carbs, 18g fat



[Vegan chunky chili](#)

805 cals



[Chips and salsa](#)

245 cals

Day 2

2830 cals ● 231g protein (33%) ● 76g fat (24%) ● 246g carbs (35%) ● 61g fiber (9%)

Breakfast

500 cals, 12g protein, 42g net carbs, 30g fat



Roasted cashews
1/3 cup(s)- 261 cals



Small granola bar
2 bar(s)- 238 cals

Snacks

315 cals, 14g protein, 45g net carbs, 7g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Soy milk yogurt
2 container- 271 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

370 cals, 17g protein, 27g net carbs, 17g fat



Basic tempeh
2 oz- 148 cals



Nectarine
1 nectarine(s)- 70 cals



Simple mixed greens and tomato salad
151 cals

Dinner

1050 cals, 56g protein, 126g net carbs, 18g fat



Vegan chunky chili
805 cals



Chips and salsa
245 cals

Day 3

2864 cals ● 276g protein (39%) ● 84g fat (27%) ● 213g carbs (30%) ● 38g fiber (5%)

Breakfast

445 cals, 25g protein, 52g net carbs, 11g fat



[Tofu breakfast tacos with salsa](#)

4 taco(s)- 445 cals

Lunch

700 cals, 66g protein, 55g net carbs, 21g fat



[Simple mixed greens salad](#)

102 cals



[Lentils](#)

174 cals



[Simple seitan](#)

7 oz- 426 cals

Snacks

315 cals, 14g protein, 45g net carbs, 7g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Soy milk yogurt](#)

2 container- 271 cals

Dinner

805 cals, 38g protein, 56g net carbs, 42g fat



[Seitan salad](#)

359 cals



[Peach](#)

2 peach(es)- 132 cals



[Roasted cashews](#)

3/8 cup(s)- 313 cals

Protein Supplement(s)

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



[Protein shake](#)

5 1/2 scoop- 600 cals

Day 4

2860 cals ● 270g protein (38%) ● 91g fat (29%) ● 201g carbs (28%) ● 40g fiber (6%)

Breakfast

445 cals, 25g protein, 52g net carbs, 11g fat



[Tofu breakfast tacos with salsa](#)
4 taco(s)- 445 cals

Lunch

700 cals, 66g protein, 55g net carbs, 21g fat



[Simple mixed greens salad](#)
102 cals



[Lentils](#)
174 cals



[Simple seitan](#)
7 oz- 426 cals

Snacks

310 cals, 8g protein, 33g net carbs, 14g fat



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



[Mixed nuts](#)
1/6 cup(s)- 145 cals

Dinner

805 cals, 38g protein, 56g net carbs, 42g fat



[Seitan salad](#)
359 cals



[Peach](#)
2 peach(es)- 132 cals



[Roasted cashews](#)
3/8 cup(s)- 313 cals

Protein Supplement(s)

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



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

Day 5

2831 cals ● 239g protein (34%) ● 73g fat (23%) ● 259g carbs (37%) ● 44g fiber (6%)

Breakfast

420 cals, 9g protein, 56g net carbs, 15g fat



[Peach](#)
1 peach(es)- 66 cals



[Large granola bar](#)
2 bar(s)- 352 cals

Snacks

310 cals, 8g protein, 33g net carbs, 14g fat



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



[Mixed nuts](#)
1/6 cup(s)- 145 cals

Lunch

730 cals, 47g protein, 66g net carbs, 24g fat



[Simple mixed greens and tomato salad](#)
113 cals



[Chunky canned soup \(non-creamy\)](#)
2 1/2 can(s)- 618 cals

Dinner

770 cals, 42g protein, 101g net carbs, 18g fat



[Rice pilaf with meatless meatballs](#)
744 cals



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

Protein Supplement(s)

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



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

Day 6

2796 cals ● 239g protein (34%) ● 78g fat (25%) ● 242g carbs (35%) ● 42g fiber (6%)

Breakfast

420 cals, 9g protein, 56g net carbs, 15g fat



Peach

1 peach(es)- 66 cals



Large granola bar

2 bar(s)- 352 cals

Snacks

275 cals, 9g protein, 15g net carbs, 19g fat



Ants on a log

275 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

730 cals, 47g protein, 66g net carbs, 24g fat



Simple mixed greens and tomato salad

113 cals



Chunky canned soup (non-creamy)

2 1/2 can(s)- 618 cals

Dinner

770 cals, 42g protein, 101g net carbs, 18g fat



Rice pilaf with meatless meatballs

744 cals



Simple kale salad

1/2 cup(s)- 28 cals

Day 7

2786 cals ● 233g protein (33%) ● 99g fat (32%) ● 195g carbs (28%) ● 46g fiber (7%)

Breakfast

420 cals, 9g protein, 56g net carbs, 15g fat



Peach

1 peach(es)- 66 cals



Large granola bar

2 bar(s)- 352 cals

Snacks

275 cals, 9g protein, 15g net carbs, 19g fat



Ants on a log

275 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

745 cals, 40g protein, 66g net carbs, 25g fat



Tempeh taco salad bowl

554 cals



Flavored rice mix

191 cals

Dinner

745 cals, 43g protein, 54g net carbs, 37g fat



Avocado

176 cals



Crispy chik'n tenders

10 tender(s)- 571 cals

Legumes and Legume Products

- ☐ extra firm tofu
1 1/3 lbs (586g)
- ☐ dry kidney beans
1/2 cup (92g)
- ☐ dry white beans
1/2 cup (101g)
- ☐ lentils, raw
1 cup (192g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ peanut butter
1/4 cup (72g)
- ☐ refried beans
1/2 cup (121g)

Spices and Herbs

- ☐ chili powder
3 tbsp (24g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ salt
1 tsp (5g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ onion powder
2 1/2 tsp (6g)
- ☐ turmeric, ground
2 dash (1g)
- ☐ taco seasoning mix
1 tbsp (9g)

Vegetables and Vegetable Products

- ☐ tomatoes
19 medium whole (2-3/5" dia) (2361g)
- ☐ green pepper
1/2 cup, chopped (75g)
- ☐ red bell pepper
1/2 cup, chopped (75g)
- ☐ onion
1/2 medium (2-1/2" dia) (55g)
- ☐ mushrooms
1 cup, chopped (70g)
- ☐ fresh green beans
1/2 cup 1/2" pieces (50g)
- ☐ raw celery
1/3 bunch (171g)
- ☐ fresh spinach
4 cup(s) (120g)

Soups, Sauces, and Gravies

- ☐ salsa
5/6 jar (378g)
- ☐ chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

Snacks

- ☐ tortilla chips
3 oz (85g)
- ☐ small granola bar
4 bar (100g)
- ☐ large granola bar
6 bar (222g)

Nut and Seed Products

- ☐ roasted cashews
1 1/2 cup, halves and whole (188g)
- ☐ mixed nuts
1/3 cup (45g)

Other

- ☐ soy milk yogurt
6 container(s) (902g)
- ☐ mixed greens
15 1/2 cup (465g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ snow peas
1/2 cup (43g)
- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ meatless chik'n tenders
10 pieces (255g)

Fats and Oils

- ☐ oil
2 2/3 tbsp (40mL)
- ☐ salad dressing
1 cup (270mL)

Fruits and Fruit Juices

- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ avocados
1 1/2 avocado(s) (302g)

☐ kale leaves
1 cup, chopped (40g)

☐ ketchup
2 1/2 tbsp (43g)

Beverages

☐ water
48 cup(s) (11376mL)

☐ protein powder
38 1/2 scoop (1/3 cup ea) (1194g)

☐ peach
7 medium (2-2/3" dia) (1050g)

☐ raisins
1 1/2 miniature box (.5 oz) (21g)

☐ lemon juice
1/2 tsp (3mL)

Baked Products

☐ corn tortillas
8 tortilla, medium (approx 6" dia) (208g)

Cereal Grains and Pasta

☐ seitan
1 1/4 lbs (567g)

Breakfast Cereals

☐ flavored instant oatmeal
2 packet (86g)

Meals, Entrees, and Side Dishes

☐ flavored rice mix
1 3/4 pouch (~5.6 oz) (279g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews

5 tbsp, halves and whole (43g)

For all 2 meals:

roasted cashews

10 tbsp, halves and whole (86g)

1. This recipe has no instructions.

Small granola bar

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



For single meal:

small granola bar

2 bar (50g)

For all 2 meals:

small granola bar

4 bar (100g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Tofu breakfast tacos with salsa

4 taco(s) - 445 cal ● 25g protein ● 11g fat ● 52g carbs ● 9g fiber



For single meal:

salsa

4 tbsp (65g)

corn tortillas

4 tortilla, medium (approx 6" dia)
(104g)

extra firm tofu, drained

1/2 lbs (198g)

onion powder

1 tsp (2g)

garlic powder

2 dash (1g)

turmeric, ground

1 dash (0g)

For all 2 meals:

salsa

1/2 cup (130g)

corn tortillas

8 tortilla, medium (approx 6" dia)
(208g)

extra firm tofu, drained

14 oz (397g)

onion powder

2 tsp (5g)

garlic powder

4 dash (2g)

turmeric, ground

2 dash (1g)

1. Place drained tofu on a plate. Place another plate on top of it and put about 1 pound of weight on it (book, cans, etc) for about 20 minutes to help the liquid drain out. Pour away excess liquid.
2. In a bowl, crumble the tofu and sprinkle with the turmeric, onion powder, and garlic powder. Toss until coated.
3. Heat a large skillet over medium heat. Once hot, add the tofu mixture and mix. Stir frequently to prevent sticking. Cook until tofu is browned and crisp- about 5 minutes.
4. Serve on warm tortillas and top with salsa.
5. To store: Store any extra cooked tofu in an airtight container in the fridge. Should last about 3 days. Reheat on stovetop or by microwaving.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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.

Large granola bar

2 bar(s) - 352 cal ● 7g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:
large granola bar
2 bar (74g)

For all 3 meals:
large granola bar
6 bar (222g)

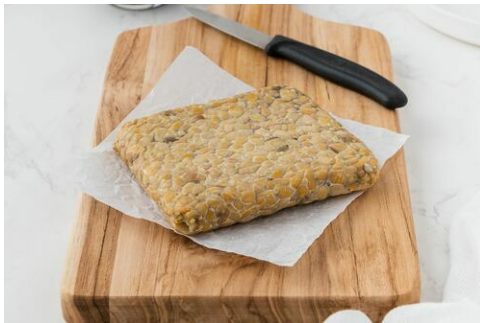
1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Basic tempeh

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



For single meal:

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

For all 2 meals:

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

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

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

1. Remove nectarine pit, slice, and serve.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

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

Lunch 2 [🔗](#)

Eat on day 3, day 4

Simple mixed greens salad

102 cal ● 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.

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.

Simple seitan

7 oz - 426 cal ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



For single meal:

oil
1 3/4 tsp (9mL)
seitan
1/2 lbs (198g)

For all 2 meals:

oil
3 1/2 tsp (18mL)
seitan
14 oz (397g)

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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)

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

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.
-

Lunch 4 [↗](#)

Eat on day 7

Tempeh taco salad bowl

554 cals ● 34g protein ● 24g fat ● 27g carbs ● 23g fiber



oil
1/2 tsp (3mL)
refried beans
1/2 cup (121g)
salsa
3 tbsp (54g)
mixed greens
1/2 cup (15g)
avocados, cubed
1/2 avocado(s) (101g)
taco seasoning mix
1 tbsp (9g)
tempeh
4 oz (113g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



flavored rice mix
1/3 pouch (~5.6 oz) (53g)

1. Prepare according to instructions on package.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

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 3 meals:

soy milk yogurt

6 container(s) (902g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Mixed nuts

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



For single meal:

mixed nuts

2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts

1/3 cup (45g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Ants on a log

275 cals ● 9g protein ● 19g fat ● 15g carbs ● 3g fiber



For single meal:

raisins

3/4 miniature box (.5 oz) (11g)

raw celery, trimmed

1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

peanut butter

2 1/4 tbsp (36g)

For all 2 meals:

raisins

1 1/2 miniature box (.5 oz) (21g)

raw celery, trimmed

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

peanut butter

1/4 cup (72g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Dinner 1 [↗](#)

Eat on day 1, day 2

Vegan chunky chili

805 cals ● 52g protein ● 9g fat ● 95g carbs ● 35g fiber



For single meal:

extra firm tofu
6 tbsp (95g)
chili powder
1 1/2 tbsp (12g)
garlic powder
1 dash (0g)
tomatoes
3 cup, chopped (540g)
water
3 cup(s) (711mL)
green pepper
4 tbsp, chopped (37g)
red bell pepper
4 tbsp, chopped (37g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
dry kidney beans, soaked overnight
4 tbsp (46g)
dry white beans, soaked overnight
4 tbsp (51g)
lentils, raw, soaked overnight
4 tbsp (48g)
mushrooms
1/2 cup, chopped (35g)
fresh green beans
4 tbsp 1/2" pieces (25g)
raw celery
4 tbsp chopped (25g)
onion powder
2 dash (1g)

For all 2 meals:

extra firm tofu
3/4 cup (189g)
chili powder
3 tbsp (24g)
garlic powder
2 dash (1g)
tomatoes
6 cup, chopped (1080g)
water
6 cup(s) (1422mL)
green pepper
1/2 cup, chopped (75g)
red bell pepper
1/2 cup, chopped (75g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
dry kidney beans, soaked overnight
1/2 cup (92g)
dry white beans, soaked overnight
1/2 cup (101g)
lentils, raw, soaked overnight
1/2 cup (96g)
mushrooms
1 cup, chopped (70g)
fresh green beans
1/2 cup 1/2" pieces (50g)
raw celery
1/2 cup chopped (51g)
onion powder
4 dash (1g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

Chips and salsa

245 cals ● 4g protein ● 10g fat ● 31g carbs ● 4g fiber



For single meal:

salsa
6 tbsp (97g)
tortilla chips
1 1/2 oz (43g)

For all 2 meals:

salsa
3/4 cup (194g)
tortilla chips
3 oz (85g)

1. Serve salsa with the tortilla chips.

Dinner 2 [🔗](#)

Eat on day 3, day 4

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Peach

2 peach(es) - 132 cal ● 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.

Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



For single meal:

roasted cashews

6 tbsps, halves and whole (51g)

For all 2 meals:

roasted cashews

3/4 cup, halves and whole (103g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5, day 6

Rice pilaf with meatless meatballs

744 cals ● 41g protein ● 16g fat ● 98g carbs ● 11g fiber



For single meal:

snow peas, ends trimmed

1/4 cup (21g)

tomatoes

6 cherry tomatoes (102g)

vegan meatballs, frozen

6 meatball(s) (180g)

flavored rice mix

1/2 box (8 oz) (113g)

For all 2 meals:

snow peas, ends trimmed

1/2 cup (43g)

tomatoes

12 cherry tomatoes (204g)

vegan meatballs, frozen

12 meatball(s) (360g)

flavored rice mix

1 box (8 oz) (226g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Simple kale salad

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



For single meal:

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

For all 2 meals:

salad dressing

1 tbsp (15mL)

kale leaves

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.
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Dinner 4 [↗](#)

Eat on day 7

Avocado

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



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Crispy chik'n tenders

10 tender(s) - 571 cals ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



Makes 10 tender(s)

ketchup

2 1/2 tbsp (43g)

meatless chik'n tenders

10 pieces (255g)

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

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.