

Meal Plan - 3100 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

3134 cal ● 232g protein (30%) ● 108g fat (31%) ● 250g carbs (32%) ● 58g fiber (7%)

Breakfast

490 cal, 16g protein, 29g net carbs, 31g fat



[Sunflower seeds](#)
180 cal



[Apple & peanut butter](#)
1 apple(s)- 310 cal

Snacks

220 cal, 5g protein, 42g net carbs, 2g fat



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



[Fruit juice](#)
1/2 cup(s)- 57 cal

Protein Supplement(s)

545 cal, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)
5 scoop- 545 cal

Lunch

920 cal, 28g protein, 141g net carbs, 21g fat



[Simple mixed greens salad](#)
237 cal



[Pasta with store-bought sauce](#)
680 cal

Dinner

960 cal, 62g protein, 35g net carbs, 51g fat



[Crack slaw with tempeh](#)
843 cal



[Roasted peanuts](#)
1/8 cup(s)- 115 cal

Day 2

3091 cals ● 235g protein (30%) ● 111g fat (32%) ● 211g carbs (27%) ● 78g fiber (10%)

Breakfast

490 cals, 16g protein, 29g net carbs, 31g fat



Sunflower seeds
180 cals



Apple & peanut butter
1 apple(s)- 310 cals

Snacks

220 cals, 5g protein, 42g net carbs, 2g fat



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



Fruit juice
1/2 cup(s)- 57 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Lunch

875 cals, 31g protein, 101g net carbs, 24g fat



Chips and salsa
489 cals



Black bean and salsa soup
386 cals

Dinner

960 cals, 62g protein, 35g net carbs, 51g fat



Crack slaw with tempeh
843 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Day 3

3045 cals ● 248g protein (33%) ● 142g fat (42%) ● 142g carbs (19%) ● 51g fiber (7%)

Breakfast

405 cals, 7g protein, 28g net carbs, 27g fat



Walnuts
3/8 cup(s)- 291 cals



Applesauce
114 cals

Snacks

410 cals, 5g protein, 39g net carbs, 21g fat



Grapes
102 cals



Dark chocolate
2 square(s)- 120 cals



Popcorn
4 2/3 cups- 188 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Lunch

860 cals, 53g protein, 51g net carbs, 43g fat



Pumpkin seeds
366 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Dinner

825 cals, 62g protein, 19g net carbs, 49g fat



Simple sauteed spinach
299 cals



Baked tofu
18 2/3 oz- 528 cals

Day 4

3087 cals ● 244g protein (32%) ● 130g fat (38%) ● 199g carbs (26%) ● 38g fiber (5%)

Breakfast

405 cals, 7g protein, 28g net carbs, 27g fat



Walnuts

3/8 cup(s)- 291 cals



Applesauce

114 cals

Snacks

410 cals, 5g protein, 39g net carbs, 21g fat



Grapes

102 cals



Dark chocolate

2 square(s)- 120 cals



Popcorn

4 2/3 cups- 188 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Lunch

860 cals, 53g protein, 51g net carbs, 43g fat



Pumpkin seeds

366 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Dinner

870 cals, 58g protein, 76g net carbs, 36g fat



Crispy chik'n tenders

14 tender(s)- 800 cals



Simple mixed greens salad

68 cals

Day 5

3057 cals ● 240g protein (31%) ● 76g fat (22%) ● 307g carbs (40%) ● 47g fiber (6%)

Breakfast

485 cals, 13g protein, 100g net carbs, 3g fat



Small toasted bagel with jelly

1 1/2 bagel(s)- 371 cals



Fruit juice

1 cup(s)- 115 cals

Snacks

285 cals, 9g protein, 46g net carbs, 7g fat



Soy milk yogurt

1 container- 136 cals



Baked chips

15 crisps- 152 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Lunch

860 cals, 55g protein, 65g net carbs, 31g fat



Simple mixed greens salad

203 cals



Bbq tempeh lettuce wrap

8 lettuce wrap(s)- 658 cals

Dinner

875 cals, 43g protein, 93g net carbs, 32g fat



Apple

1 apple(s)- 105 cals



Chik'n nuggets

14 nuggets- 772 cals

Day 6

3118 cals ● 226g protein (29%) ● 75g fat (22%) ● 340g carbs (44%) ● 44g fiber (6%)

Breakfast

485 cals, 13g protein, 100g net carbs, 3g fat



Small toasted bagel with jelly

1 1/2 bagel(s)- 371 cals



Fruit juice

1 cup(s)- 115 cals

Snacks

285 cals, 9g protein, 46g net carbs, 7g fat



Soy milk yogurt

1 container- 136 cals



Baked chips

15 crisps- 152 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Lunch

850 cals, 33g protein, 105g net carbs, 26g fat



Veggie burger with 'cheese'

2 burger- 679 cals



Edamame & beet salad

171 cals

Dinner

950 cals, 51g protein, 86g net carbs, 37g fat



Protein bar

1 bar- 245 cals



Grapefruit

1 grapefruit- 119 cals



Crunchy Asian tofu salad

587 cals

Day 7

3118 cals ● 226g protein (29%) ● 75g fat (22%) ● 340g carbs (44%) ● 44g fiber (6%)

Breakfast

485 cals, 13g protein, 100g net carbs, 3g fat



Small toasted bagel with jelly

1 1/2 bagel(s)- 371 cals



Fruit juice

1 cup(s)- 115 cals

Snacks

285 cals, 9g protein, 46g net carbs, 7g fat



Soy milk yogurt

1 container- 136 cals



Baked chips

15 crisps- 152 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Lunch

850 cals, 33g protein, 105g net carbs, 26g fat



Veggie burger with 'cheese'

2 burger- 679 cals



Edamame & beet salad

171 cals

Dinner

950 cals, 51g protein, 86g net carbs, 37g fat



Protein bar

1 bar- 245 cals



Grapefruit

1 grapefruit- 119 cals



Crunchy Asian tofu salad

587 cals

Legumes and Legume Products

- ☐ tempeh
1 1/2 lbs (680g)
- ☐ roasted peanuts
2 1/4 oz (64g)
- ☐ peanut butter
1/4 lbs (96g)
- ☐ black beans
3/4 can(s) (329g)
- ☐ soy sauce
1/2 lbs (170mL)
- ☐ extra firm tofu
18 2/3 oz (529g)
- ☐ firm tofu
3/4 lbs (340g)

Other

- ☐ coleslaw mix
10 cup (900g)
- ☐ mixed greens
3 1/3 package (5.5 oz) (511g)
- ☐ Popcorn, microwave, salted
9 1/3 cup popped (103g)
- ☐ meatless chik'n tenders
14 pieces (357g)
- ☐ vegan chik'n nuggets
14 nuggets (301g)
- ☐ soy milk yogurt
3 container(s) (451g)
- ☐ baked chips, any flavor
45 crips (105g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ vegan cheese, sliced
4 slice(s) (80g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ sesame oil
1 tbsp (15mL)

Soups, Sauces, and Gravies

- ☐ hot sauce
4 tsp (20mL)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)
- ☐ salsa
5/8 jar (292g)
- ☐ vegetable broth
1/2 cup(s) (mL)

Vegetables and Vegetable Products

- ☐ garlic
5 1/2 clove (17g)
- ☐ fresh spinach
12 cup(s) (360g)
- ☐ fresh ginger
1 1/6 slices (1" dia) (3g)
- ☐ ketchup
2/3 cup (187g)
- ☐ romaine lettuce
8 leaf inner (48g)
- ☐ bell pepper
1 small (74g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ cabbage
4 1/2 cup, shredded (315g)
- ☐ carrots
1 1/2 medium (92g)

Beverages

- ☐ water
36 1/2 cup(s) (8651mL)
- ☐ protein powder
35 scoop (1/3 cup ea) (1085g)

Fruits and Fruit Juices

- ☐ apples
3 medium (3" dia) (546g)
- ☐ fruit juice
32 fl oz (960mL)
- ☐ applesauce
4 to-go container (~4 oz) (488g)
- ☐ grapes
3 1/2 cup (322g)
- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)
- ☐ lime juice
2 tbsp (30mL)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Cereal Grains and Pasta

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ barbecue sauce
4 tbsp (68g)

Nut and Seed Products

- ☐ sunflower kernels
1/4 lbs (105g)
- ☐ walnuts
13 1/4 tbsp, shelled (83g)
- ☐ sesame seeds
3 1/2 tsp (10g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)

Fats and Oils

- ☐ oil
3 tbsp (45mL)
- ☐ salad dressing
2/3 cup (169mL)
- ☐ olive oil
1 1/2 tbsp (23mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)

- ☐ uncooked dry pasta
1/3 lbs (152g)
- ☐ quinoa, uncooked
6 tbsp (64g)

Snacks

- ☐ tortilla chips
3 oz (85g)

Spices and Herbs

- ☐ ground cumin
3 dash (1g)
- ☐ black pepper
3 dash, ground (1g)
- ☐ salt
3 dash (2g)

Dairy and Egg Products

- ☐ sour cream
1 1/2 tbsp (18g)

Sweets

- ☐ Chocolate, dark, 70-85%
4 square(s) (40g)
- ☐ jelly
4 1/2 serving 1 tbsp (95g)

Baked Products

- ☐ bagel
4 1/2 small bagel (3" dia) (311g)
 - ☐ hamburger buns
4 bun(s) (204g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. This recipe has no instructions.

Apple & peanut butter

1 apple(s) - 310 cals ● 8g protein ● 17g fat ● 26g carbs ● 6g fiber



For single meal:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

For all 2 meals:

apples
2 medium (3" dia) (364g)
peanut butter
4 tbsp (64g)

1. Slice an apple and spread peanut butter evenly over each slice.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Walnuts

3/8 cup(s) - 291 cal● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 2/3 tbsp, shelled (42g)

For all 2 meals:

walnuts

13 1/3 tbsp, shelled (83g)

1. This recipe has no instructions.

Applesauce

114 cal● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce

2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce

4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
-

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Small toasted bagel with jelly

1 1/2 bagel(s) - 371 cals ● 11g protein ● 2g fat ● 74g carbs ● 3g fiber



For single meal:

bagel

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

jelly

1 1/2 serving 1 tbsp (32g)

For all 3 meals:

bagel

4 1/2 small bagel (3" dia) (311g)

jelly

4 1/2 serving 1 tbsp (95g)

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

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 3 meals:

fruit juice

24 fl oz (720mL)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

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

Pasta with store-bought sauce

680 cals ● 23g protein ● 5g fat ● 126g carbs ● 10g fiber



uncooked dry pasta

1/3 lbs (152g)

pasta sauce

1/3 jar (24 oz) (224g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Lunch 2 [↗](#)

Eat on day 2

Chips and salsa

489 cals ● 9g protein ● 19g fat ● 62g carbs ● 8g fiber



salsa

3/4 cup (194g)

tortilla chips

3 oz (85g)

1. Serve salsa with the tortilla chips.

Black bean and salsa soup

386 cals ● 22g protein ● 5g fat ● 39g carbs ● 25g fiber



black beans

3/4 can(s) (329g)

vegetable broth

1/2 cup(s) (mL)

salsa, chunky

6 tbsp (98g)

ground cumin

3 dash (1g)

sour cream

1 1/2 tbsp (18g)

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.
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Lunch 3 [🔗](#)

Eat on day 3, day 4

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 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 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.

Lunch 4 [🔗](#)

Eat on day 5

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Bbq tempeh lettuce wrap

8 lettuce wrap(s) - 658 cals ● 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 5 [🔗](#)

Eat on day 6, day 7

Veggie burger with 'cheese'

2 burger - 679 cal ● 24g protein ● 19g fat ● 92g carbs ● 11g fiber



For single meal:

veggie burger patty
2 patty (142g)
mixed greens
2 oz (57g)
ketchup
2 tbsp (34g)
hamburger buns
2 bun(s) (102g)
vegan cheese, sliced
2 slice(s) (40g)

For all 2 meals:

veggie burger patty
4 patty (284g)
mixed greens
4 oz (113g)
ketchup
4 tbsp (68g)
hamburger buns
4 bun(s) (204g)
vegan cheese, sliced
4 slice(s) (80g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Edamame & beet salad

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



For single meal:

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)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 3, day 4

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.

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

Chocolate, dark, 70-85%
2 square(s) (20g)

For all 2 meals:

Chocolate, dark, 70-85%
4 square(s) (40g)

1. This recipe has no instructions.

Popcorn

4 2/3 cups - 188 cals ● 2g protein ● 12g fat ● 16g carbs ● 3g fiber



For single meal:

Popcorn, microwave, salted
4 2/3 cup popped (51g)

For all 2 meals:

Popcorn, microwave, salted
9 1/3 cup popped (103g)

1. Follow instructions on package.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt
1 container(s) (150g)

For all 3 meals:

soy milk yogurt
3 container(s) (451g)

- 1. This recipe has no instructions.

Baked chips

15 crisps - 152 cals ● 3g protein ● 4g fat ● 26g carbs ● 1g fiber



For single meal:

baked chips, any flavor
15 crisps (35g)

For all 3 meals:

baked chips, any flavor
45 crisps (105g)

- 1. Enjoy.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Crack slaw with tempeh

843 cals ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber



For single meal:

tempeh, cubed
1/2 lbs (227g)
coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)

For all 2 meals:

tempeh, cubed
1 lbs (454g)
coleslaw mix
8 cup (720g)
hot sauce
4 tsp (20mL)
sunflower kernels
4 tbsp (48g)
oil
2 2/3 tbsp (40mL)
garlic, minced
4 clove (12g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3

Simple sauteed spinach

299 cals ● 11g protein ● 22g fat ● 7g carbs ● 8g fiber



garlic, diced

1 1/2 clove (5g)

black pepper

3 dash, ground (1g)

salt

3 dash (2g)

olive oil

1 1/2 tbsp (23mL)

fresh spinach

12 cup(s) (360g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Baked tofu

18 2/3 oz - 528 cals ● 52g protein ● 27g fat ● 13g carbs ● 6g fiber



Makes 18 2/3 oz

soy sauce

9 1/3 tbsp (140mL)

extra firm tofu

18 2/3 oz (529g)

fresh ginger, peeled and grated

1 1/6 slices (1" dia) (3g)

sesame seeds

3 1/2 tsp (10g)

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.

Dinner 3 [↗](#)

Eat on day 4

Crispy chik'n tenders

14 tender(s) - 800 cals ● 57g protein ● 32g fat ● 72g carbs ● 0g fiber



Makes 14 tender(s)

ketchup

1/4 cup (60g)

meatless chik'n tenders

14 pieces (357g)

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

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Dinner 4 [↗](#)

Eat on day 5

Apple

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



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. This recipe has no instructions.

Chik'n nuggets

14 nuggets - 772 cals ● 43g protein ● 32g fat ● 72g carbs ● 7g fiber



Makes 14 nuggets

vegan chik'n nuggets

14 nuggets (301g)

ketchup

1/4 cup (60g)

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

Dinner 5 [↗](#)

Eat on day 6, day 7

Protein bar

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



For single meal:

protein bar (20g protein)

1 bar (50g)

For all 2 meals:

protein bar (20g protein)

2 bar (100g)

1. This recipe has no instructions.

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Crunchy Asian tofu salad

587 cal ● 29g protein ● 32g fat ● 37g carbs ● 10g fiber



For single meal:

- cabbage, shredded**
2 1/4 cup, shredded (158g)
- lime juice**
1 tbsp (15mL)
- soy sauce**
1 tbsp (15mL)
- roasted peanuts**
1 1/2 tbsp (14g)
- peanut butter**
1 tbsp (16g)
- carrots, cut into matchsticks**
3/4 medium (46g)
- quinoa, uncooked**
3 tbsp (32g)
- sesame oil**
1/2 tbsp (8mL)
- firm tofu, drained**
6 oz (170g)

For all 2 meals:

- cabbage, shredded**
4 1/2 cup, shredded (315g)
- lime juice**
2 tbsp (30mL)
- soy sauce**
2 tbsp (30mL)
- roasted peanuts**
3 tbsp (27g)
- peanut butter**
2 tbsp (32g)
- carrots, cut into matchsticks**
1 1/2 medium (92g)
- quinoa, uncooked**
6 tbsp (64g)
- sesame oil**
1 tbsp (15mL)
- firm tofu, drained**
3/4 lbs (340g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

5 scoop - 545 cal ● 121g protein ● 3g fat ● 5g carbs ● 5g fiber



For single meal:

- water**
5 cup(s) (1185mL)
- protein powder**
5 scoop (1/3 cup ea) (155g)

For all 7 meals:

- water**
35 cup(s) (8295mL)
- protein powder**
35 scoop (1/3 cup ea) (1085g)

1. This recipe has no instructions.