

# Meal Plan - 3200 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

3217 cals ● 247g protein (31%) ● 75g fat (21%) ● 321g carbs (40%) ● 66g fiber (8%)

### Breakfast

470 cals, 36g protein, 42g net carbs, 13g fat



[Hummus toast](#)

1 slice(s)- 146 cals



[Protein shake \(almond milk\)](#)

210 cals



[Pear](#)

1 pear(s)- 113 cals

### Snacks

215 cals, 6g protein, 41g net carbs, 2g fat



[Pretzels](#)

193 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 1/2 scoop- 491 cals

### Lunch

955 cals, 46g protein, 120g net carbs, 21g fat



[Simple salad with tomatoes and carrots](#)

294 cals



[Tofu alfredo pasta with broccoli](#)

663 cals

### Dinner

1085 cals, 51g protein, 115g net carbs, 37g fat



[Grapes](#)

203 cals



[Chik'n nuggets](#)

16 nuggets- 882 cals

## Day 2

3188 cals ● 236g protein (30%) ● 93g fat (26%) ● 284g carbs (36%) ● 66g fiber (8%)

### Breakfast

470 cals, 36g protein, 42g net carbs, 13g fat



[Hummus toast](#)

1 slice(s)- 146 cals



[Protein shake \(almond milk\)](#)

210 cals



[Pear](#)

1 pear(s)- 113 cals

### Snacks

215 cals, 6g protein, 41g net carbs, 2g fat



[Pretzels](#)

193 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

### Lunch

955 cals, 46g protein, 120g net carbs, 21g fat



[Simple salad with tomatoes and carrots](#)

294 cals



[Tofu alfredo pasta with broccoli](#)

663 cals

### Dinner

1055 cals, 40g protein, 78g net carbs, 56g fat



[Couscous](#)

251 cals



[Roasted brussels sprouts](#)

463 cals



[Basic tofu](#)

8 oz- 342 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 1/2 scoop- 491 cals

## Day 3

3196 cals ● 253g protein (32%) ● 142g fat (40%) ● 146g carbs (18%) ● 80g fiber (10%)

### Breakfast

450 cals, 18g protein, 15g net carbs, 32g fat



[Pistachios](#)

188 cals



[Pumpkin seeds](#)

183 cals



[Carrots and hummus](#)

82 cals

### Lunch

915 cals, 44g protein, 85g net carbs, 20g fat



[Simple salad with tomatoes and carrots](#)

343 cals



[Smokey black bean stew](#)

571 cals

### Snacks

435 cals, 10g protein, 4g net carbs, 41g fat



[Walnuts](#)

5/8 cup(s)- 437 cals

### Dinner

900 cals, 73g protein, 39g net carbs, 48g fat



[Vegan bangers and cauliflower mash](#)

2 1/2 sausage link(s)- 902 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 1/2 scoop- 491 cals

## Day 4

3192 cals ● 239g protein (30%) ● 122g fat (34%) ● 182g carbs (23%) ● 103g fiber (13%)

### Breakfast

450 cals, 18g protein, 15g net carbs, 32g fat



Pistachios  
188 cals



Pumpkin seeds  
183 cals



Carrots and hummus  
82 cals

### Snacks

435 cals, 10g protein, 4g net carbs, 41g fat



Walnuts  
5/8 cup(s)- 437 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

915 cals, 44g protein, 85g net carbs, 20g fat



Simple salad with tomatoes and carrots  
343 cals



Smokey black bean stew  
571 cals

### Dinner

900 cals, 59g protein, 74g net carbs, 27g fat



Vegan chili con 'carne'  
727 cals



Edamame & beet salad  
171 cals

## Day 5

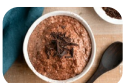
3198 cals ● 267g protein (33%) ● 154g fat (43%) ● 120g carbs (15%) ● 65g fiber (8%)

### Breakfast

455 cals, 23g protein, 29g net carbs, 19g fat



Pear  
1 pear(s)- 113 cals



Chocolate avocado vegan chia pudding  
344 cals

### Snacks

340 cals, 9g protein, 8g net carbs, 26g fat



Avocado  
176 cals



Carrot sticks  
1 carrot(s)- 27 cals



Sunflower seeds  
135 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

970 cals, 42g protein, 33g net carbs, 65g fat



Simple salad with tomatoes and carrots  
294 cals



Buffalo tofu with vegan ranch  
675 cals

### Dinner

945 cals, 85g protein, 47g net carbs, 42g fat



Garlic pepper seitan  
856 cals



Broccoli  
3 cup(s)- 87 cals

## Day 6

3193 cals ● 255g protein (32%) ● 151g fat (43%) ● 136g carbs (17%) ● 66g fiber (8%)

### Breakfast

455 cals, 23g protein, 29g net carbs, 19g fat



Pear

1 pear(s)- 113 cals



Chocolate avocado vegan chia pudding

344 cals

### Snacks

340 cals, 9g protein, 8g net carbs, 26g fat



Avocado

176 cals



Carrot sticks

1 carrot(s)- 27 cals



Sunflower seeds

135 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

### Lunch

970 cals, 49g protein, 55g net carbs, 57g fat



Roasted carrots

4 carrots(s)- 211 cals



Lemon pepper tofu

21 oz- 756 cals

### Dinner

940 cals, 66g protein, 40g net carbs, 47g fat



Roasted tofu & veggies

792 cals



Soy milk

1 3/4 cup(s)- 148 cals

## Day 7

3193 cals ● 255g protein (32%) ● 151g fat (43%) ● 136g carbs (17%) ● 66g fiber (8%)

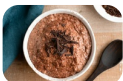
### Breakfast

455 cals, 23g protein, 29g net carbs, 19g fat



Pear

1 pear(s)- 113 cals



Chocolate avocado vegan chia pudding

344 cals

### Snacks

340 cals, 9g protein, 8g net carbs, 26g fat



Avocado

176 cals



Carrot sticks

1 carrot(s)- 27 cals



Sunflower seeds

135 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

### Lunch

970 cals, 49g protein, 55g net carbs, 57g fat



Roasted carrots

4 carrots(s)- 211 cals



Lemon pepper tofu

21 oz- 756 cals

### Dinner

940 cals, 66g protein, 40g net carbs, 47g fat



Roasted tofu & veggies

792 cals



Soy milk

1 3/4 cup(s)- 148 cals

## Fruits and Fruit Juices

- ☐ grapes  
3 1/2 cup (322g)
- ☐ pears  
5 medium (890g)
- ☐ lime juice  
2 tbsp (30mL)
- ☐ avocados  
2 avocado(s) (377g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ lemon  
3 small (174g)

## Other

- ☐ vegan chik'n nuggets  
16 nuggets (344g)
- ☐ vegan sausage  
2 1/2 sausage (250g)
- ☐ frozen cauliflower  
2 cup (213g)
- ☐ smoked paprika  
2 tsp (5g)
- ☐ diced tomatoes  
1 can(s) (420g)
- ☐ mixed greens  
1 cup (30g)
- ☐ cacao powder  
3 tbsp (18g)
- ☐ vegan ranch  
4 tbsp (60mL)
- ☐ soy milk, unsweetened  
1/4 gallon (840mL)

## Vegetables and Vegetable Products

- ☐ ketchup  
4 tbsp (68g)
- ☐ tomatoes  
9 2/3 medium whole (2-3/5" dia) (1188g)
- ☐ carrots  
21 medium (1277g)
- ☐ romaine lettuce  
8 hearts (4000g)
- ☐ frozen broccoli  
17 oz (486g)
- ☐ garlic  
8 clove(s) (24g)
- ☐ brussels sprouts  
1 3/4 lbs (794g)

## Legumes and Legume Products

- ☐ hummus  
1/2 cup (135g)
- ☐ firm tofu  
4 3/4 lbs (2154g)
- ☐ black beans  
2 can(s) (878g)
- ☐ kidney beans  
3/8 can (187g)
- ☐ lentils, raw  
1/4 cup (40g)
- ☐ vegetarian burger crumbles  
3/8 package (12 oz) (142g)
- ☐ extra firm tofu  
3 block (972g)

## Baked Products

- ☐ bread  
2 slice (64g)

## Snacks

- ☐ pretzels, hard, salted  
1/4 lbs (99g)

## Fats and Oils

- ☐ salad dressing  
3/4 cup (180mL)
- ☐ olive oil  
1/4 lbs (112mL)
- ☐ oil  
1/3 lbs (145mL)
- ☐ balsamic vinaigrette  
1 tbsp (15mL)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/2 lbs (257g)
- ☐ instant couscous, flavored  
3/8 box (5.8 oz) (69g)
- ☐ seitan  
10 oz (284g)
- ☐ cornstarch  
6 tbsp (48g)

## Spices and Herbs

- ☐ baby carrots  
16 medium (160g)
- ☐ onion  
3 medium (2-1/2" dia) (336g)
- ☐ tomato paste  
1 tbsp (16g)
- ☐ canned stewed tomatoes  
3/8 can (~14.5 oz) (169g)
- ☐ bell pepper  
2 1/3 medium (278g)
- ☐ beets, precooked (canned or refrigerated)  
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled  
1/2 cup (59g)
- ☐ green pepper  
2 1/2 tbsp, chopped (23g)
- ☐ broccoli  
1 1/2 cup chopped (137g)

### **Beverages**

- ☐ water  
2 gallon (7565mL)
- ☐ protein powder  
35 scoop (1/3 cup ea) (1085g)
- ☐ almond milk, unsweetened  
1/4 gallon (1111mL)

- ☐ salt  
1/2 oz (13g)
- ☐ basil, dried  
1/2 tbsp, ground (2g)
- ☐ black pepper  
2 tsp, ground (5g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ chili powder  
1/2 tsp (1g)
- ☐ lemon pepper  
1/2 tbsp (3g)

### **Nut and Seed Products**

- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ walnuts  
1 1/4 cup, shelled (125g)
- ☐ chia seeds  
6 tbsp (85g)
- ☐ sunflower kernels  
2 1/4 oz (64g)

### **Soups, Sauces, and Gravies**

- ☐ vegetable broth  
2 1/2 cup(s) (mL)
  - ☐ Frank's Red Hot sauce  
1/3 cup (79mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**hummus**  
2 1/2 tbsp (38g)  
**bread**  
1 slice (32g)

For all 2 meals:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

### Protein shake (almond milk)

210 cals ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**almond milk, unsweetened**  
2 cup (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

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

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. This recipe has no instructions.



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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 2 meals:

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

1. This recipe has no instructions.
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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.
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### Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

1. Serve carrots with hummus.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

#### pears

1 medium (178g)

For all 3 meals:

#### pears

3 medium (534g)

1. This recipe has no instructions.

### Chocolate avocado vegan chia pudding

344 cals ● 22g protein ● 19g fat ● 8g carbs ● 14g fiber



For single meal:

#### almond milk, unsweetened

3/4 cup(s) (180mL)

#### chia seeds

2 tbsp (28g)

#### cacao powder

1 tbsp (6g)

#### avocados

1 slices (25g)

#### protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

#### almond milk, unsweetened

2 1/4 cup(s) (540mL)

#### chia seeds

6 tbsp (85g)

#### cacao powder

3 tbsp (18g)

#### avocados

3 slices (75g)

#### protein powder

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

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



For single meal:

**salad dressing**  
2 1/4 tbsp (34mL)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)  
**carrots, sliced**  
3/4 medium (46g)  
**romaine lettuce, roughly chopped**  
1 1/2 hearts (750g)

For all 2 meals:

**salad dressing**  
1/4 cup (68mL)  
**tomatoes, diced**  
3 medium whole (2-3/5" dia) (369g)  
**carrots, sliced**  
1 1/2 medium (92g)  
**romaine lettuce, roughly chopped**  
3 hearts (1500g)

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

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### Tofu alfredo pasta with broccoli

663 cals ● 34g protein ● 11g fat ● 99g carbs ● 8g fiber



For single meal:

**uncooked dry pasta**  
1/4 lbs (128g)  
**firm tofu**  
3/8 package (16 oz) (170g)  
**frozen broccoli**  
3/8 package (107g)  
**garlic**  
3/4 clove(s) (2g)  
**salt**  
1/6 dash (0g)  
**almond milk, unsweetened**  
3 tbsp (45mL)  
**basil, dried**  
1/4 tbsp, ground (1g)

For all 2 meals:

**uncooked dry pasta**  
1/2 lbs (257g)  
**firm tofu**  
3/4 package (16 oz) (340g)  
**frozen broccoli**  
3/4 package (213g)  
**garlic**  
1 1/2 clove(s) (5g)  
**salt**  
3/8 dash (0g)  
**almond milk, unsweetened**  
6 tbsp (90mL)  
**basil, dried**  
1/2 tbsp, ground (2g)

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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## Lunch 2 [↗](#)

Eat on day 3, day 4

### Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



For single meal:

**salad dressing**  
2 1/2 tbsp (39mL)  
**tomatoes, diced**  
1 3/4 medium whole (2-3/5" dia)  
(215g)  
**carrots, sliced**  
7/8 medium (53g)  
**romaine lettuce, roughly chopped**  
1 3/4 hearts (875g)

For all 2 meals:

**salad dressing**  
1/3 cup (79mL)  
**tomatoes, diced**  
3 1/2 medium whole (2-3/5" dia)  
(431g)  
**carrots, sliced**  
1 3/4 medium (107g)  
**romaine lettuce, roughly chopped**  
3 1/2 hearts (1750g)

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

### Smokey black bean stew

571 cals ● 30g protein ● 9g fat ● 60g carbs ● 32g fiber



For single meal:

**smoked paprika**  
1 tsp (2g)  
**lime juice**  
1 tbsp (15mL)  
**vegetable broth**  
1 cup(s) (mL)  
**oil**  
1/2 tbsp (8mL)  
**tomato paste**  
1/2 tbsp (8g)  
**ground cumin**  
4 dash (1g)  
**garlic, minced**  
1 clove(s) (3g)  
**onion, diced**  
1/2 small (35g)  
**diced tomatoes**  
1/2 can(s) (210g)  
**black beans, drained and rinsed**  
1 can(s) (439g)

For all 2 meals:

**smoked paprika**  
2 tsp (5g)  
**lime juice**  
2 tbsp (30mL)  
**vegetable broth**  
2 cup(s) (mL)  
**oil**  
1 tbsp (15mL)  
**tomato paste**  
1 tbsp (16g)  
**ground cumin**  
1 tsp (2g)  
**garlic, minced**  
2 clove(s) (6g)  
**onion, diced**  
1 small (70g)  
**diced tomatoes**  
1 can(s) (420g)  
**black beans, drained and rinsed**  
2 can(s) (878g)

1. Heat oil in a large pot over medium heat. Add in onion and garlic and cook until softened.
2. Add in spices and stir, toasting them for about 1 minute.
3. Add in broth, beans, tomatoes, and tomato paste. Stir and simmer for 15 minutes. Season with salt/pepper to taste.
4. Spritz some lime juice on top and serve.

## Lunch 3 [🔗](#)

Eat on day 5

### Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



#### salad dressing

2 1/4 tbsp (34mL)

#### tomatoes, diced

1 1/2 medium whole (2-3/5" dia) (185g)

#### carrots, sliced

3/4 medium (46g)

#### romaine lettuce, roughly chopped

1 1/2 hearts (750g)

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

### Buffalo tofu with vegan ranch

675 cals ● 31g protein ● 56g fat ● 12g carbs ● 1g fiber



#### vegan ranch

4 tbsp (60mL)

#### firm tofu, patted dry & cubed

14 oz (397g)

#### Frank's Red Hot sauce

1/3 cup (79mL)

#### oil

1 tbsp (15mL)

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.

## Lunch 4 [🔗](#)

Eat on day 6, day 7

### Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

#### oil

2 tsp (10mL)

#### carrots, sliced

4 large (288g)

For all 2 meals:

#### oil

4 tsp (20mL)

#### carrots, sliced

8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

## Lemon pepper tofu



21 oz - 756 cals ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

**lemon pepper**

1/4 tbsp (2g)

**oil**

1 1/2 tbsp (23mL)

**cornstarch**

3 tbsp (24g)

**lemon, zested**

1 1/2 small (87g)

**firm tofu, patted dry & cubed**

1 1/3 lbs (595g)

For all 2 meals:

**lemon pepper**

1/2 tbsp (3g)

**oil**

3 tbsp (45mL)

**cornstarch**

6 tbsp (48g)

**lemon, zested**

3 small (174g)

**firm tofu, patted dry & cubed**

2 1/2 lbs (1191g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Pretzels

193 cals ● 5g protein ● 1g fat ● 38g carbs ● 2g fiber



For single meal:

**pretzels, hard, salted**

1 3/4 oz (50g)

For all 2 meals:

**pretzels, hard, salted**

1/4 lbs (99g)

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 2 meals:

**tomatoes**

12 cherry tomatoes (204g)

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

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Walnuts

5/8 cup(s) - 437 cals ● 10g protein ● 41g fat ● 4g carbs ● 4g fiber



For single meal:

#### walnuts

10 tbsp, shelled (63g)

For all 2 meals:

#### walnuts

1 1/4 cup, shelled (125g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 5, 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 3 meals:

#### avocados

1 1/2 avocado(s) (302g)

#### lemon juice

1/2 tbsp (8mL)

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

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

#### carrots

1 medium (61g)

For all 3 meals:

#### carrots

3 medium (183g)

1. Cut carrots into strips and serve.



## Sunflower seeds

135 cals ● 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.

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## Dinner 1 [↗](#)

Eat on day 1

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### Grapes

203 cals ● 2g protein ● 1g fat ● 32g carbs ● 13g fiber



### grapes

3 1/2 cup (322g)

1. This recipe has no instructions.

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### Chik'n nuggets

16 nuggets - 882 cals ● 49g protein ● 36g fat ● 82g carbs ● 8g fiber



Makes 16 nuggets

### vegan chik'n nuggets

16 nuggets (344g)

### ketchup

4 tbsp (68g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 2 [↗](#)

Eat on day 2

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### Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



#### instant couscous, flavored

3/8 box (5.8 oz) (69g)

1. Follow instructions on package.

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### Roasted brussels sprouts

463 cals ● 14g protein ● 27g fat ● 24g carbs ● 18g fiber



#### brussels sprouts

16 oz (454g)

#### olive oil

2 tbsp (30mL)

#### salt

4 dash (3g)

#### black pepper

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

**firm tofu**

1/2 lbs (227g)

**oil**

4 tsp (20mL)

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.

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## Dinner 3 [🔗](#)

Eat on day 3

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### Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



Makes 2 1/2 sausage link(s)

**onion, thinly sliced**

1 1/4 small (88g)

**vegan sausage**

2 1/2 sausage (250g)

**oil**

1 1/4 tbsp (19mL)

**frozen cauliflower**

2 cup (213g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
  2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
  3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
  4. When all elements are done, plate and serve.
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## Dinner 4 [↗](#)

Eat on day 4

### Vegan chili con 'carne'

727 cals ● 50g protein ● 20g fat ● 62g carbs ● 25g fiber



#### oil

2 1/2 tsp (13mL)

#### garlic, minced

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

#### kidney beans, drained and rinsed

3/8 can (187g)

#### lentils, raw

1/4 cup (40g)

#### vegetarian burger crumbles

3/8 package (12 oz) (142g)

#### canned stewed tomatoes

3/8 can (~14.5 oz) (169g)

#### ground cumin

3 1/3 dash (1g)

#### chili powder

3 1/3 dash (1g)

#### vegetable broth

3/8 cup(s) (mL)

#### onion, chopped

3/8 medium (2-1/2" dia) (46g)

#### bell pepper, chopped

5/6 medium (99g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

### 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 5 [🔗](#)

Eat on day 5

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### Garlic pepper seitan

856 cals ● 77g protein ● 42g fat ● 41g carbs ● 3g fiber



#### **olive oil**

2 1/2 tbsp (38mL)

#### **onion**

5 tbsp, chopped (50g)

#### **garlic, minced**

3 clove(s) (9g)

#### **green pepper**

2 1/2 tbsp, chopped (23g)

#### **seitan, chicken style**

10 oz (284g)

#### **black pepper**

1/3 tsp, ground (1g)

#### **water**

1 1/4 tbsp (19mL)

#### **salt**

1 1/4 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.

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### Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

#### **frozen broccoli**

3 cup (273g)

1. Prepare according to instructions on package.
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## Dinner 6 [🔗](#)

Eat on day 6, day 7

### Roasted tofu & veggies

792 cals ● 54g protein ● 39g fat ● 37g carbs ● 19g fiber



For single meal:

**extra firm tofu**  
1 1/2 block (486g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**brussels sprouts, cut in half**  
6 oz (170g)  
**carrots, cut as desired**  
2 1/4 medium (137g)  
**broccoli, cut as desired**  
3/4 cup chopped (68g)  
**bell pepper, sliced**  
3/4 medium (89g)  
**onion, thickly sliced**  
3/8 medium (2-1/2" dia) (41g)  
**olive oil**  
1 1/2 tbsp (23mL)

For all 2 meals:

**extra firm tofu**  
3 block (972g)  
**salt**  
1/2 tbsp (9g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**brussels sprouts, cut in half**  
3/4 lbs (340g)  
**carrots, cut as desired**  
4 1/2 medium (275g)  
**broccoli, cut as desired**  
1 1/2 cup chopped (137g)  
**bell pepper, sliced**  
1 1/2 medium (179g)  
**onion, thickly sliced**  
3/4 medium (2-1/2" dia) (83g)  
**olive oil**  
3 tbsp (45mL)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

### 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.



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# Protein Supplement(s) [↗](#)

Eat every day

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## Protein shake

4 1/2 scoop - 491 cals ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

**water**  
4 1/2 cup(s) (1067mL)  
**protein powder**  
4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

**water**  
31 1/2 cup(s) (7466mL)  
**protein powder**  
31 1/2 scoop (1/3 cup ea) (977g)

1. This recipe has no instructions.
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