Meal Plan - 3300 calorie high protein vegan meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

3311 cals 263g protein (32%) 118g fat (32%) 250g carbs (30%) 48g fiber (6%)

Breakfast

295 cals, 30g protein, 21g net carbs, 8g fat

Orange
1 orange(s)- 85 cals

Protein shake (almond milk)
210 cals

Lunch

1095 cals, 82g protein, 68g net carbs, 50g fat

Garlic pepper seitan
799 cals

Simple salad with celery, cucumber & tomato
299 cals

Snacks

370 cals, 10g protein, 71g net carbs, 3g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Pretzels
330 cals

Dinner

1055 cals, 33g protein, 86g net carbs, 55g fat

Creamy lentils and sweet potato
614 cals

Pecans
1/2 cup- 366 cals

Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Day 2

3201 cals 244g protein (30%) 75g fat (21%) 308g carbs (39%) 80g fiber (10%)

Breakfast

295 cals, 30g protein, 21g net carbs, 8g fat

Orange
1 orange(s)- 85 cals

Protein shake (almond milk)
210 cals

Lunch

975 cals, 48g protein, 137g net carbs, 12g fat

Simple salad with celery, cucumber & tomato
171 cals

Bbq cauliflower wings
803 cals

Snacks

370 cals, 10g protein, 71g net carbs, 3g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Pretzels
330 cals

Dinner

1070 cals, 47g protein, 76g net carbs, 49g fat

Chickpea & kale soup
682 cals

Roasted almonds
1/2 cup(s)- 388 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Day 3

3266 cals 259g protein (32%) 99g fat (27%) 280g carbs (34%) 55g fiber (7%)

Breakfast

460 cals, 28g protein, 34g net carbs, 18g fat

Hummus toast
2 slice(s)- 293 cals

Soy milk
2 cup(s)- 169 cals

Lunch

975 cals, 66g protein, 83g net carbs, 33g fat

Roasted almonds
1/8 cup(s)- 111 cals

Chunky canned soup (non-creamy)
3 1/2 can(s)- 865 cals

Snacks

360 cals, 8g protein, 31g net carbs, 19g fat

Kale chips
275 cals

Orange
1 orange(s)- 85 cals

Dinner

980 cals, 48g protein, 128g net carbs, 26g fat

Crispy chik'n tenders
11 tender(s)- 628 cals

Banana
3 banana(s)- 350 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Day 4

3266 cals ● 259g protein (32%) ● 99g fat (27%) ● 280g carbs (34%) ● 55g fiber (7%)

Breakfast

460 cals, 28g protein, 34g net carbs, 18g fat

Hummus toast
2 slice(s)- 293 cals

Soy milk
2 cup(s)- 169 cals

Lunch

975 cals, 66g protein, 83g net carbs, 33g fat

Roasted almonds
1/8 cup(s)- 111 cals

Chunky canned soup (non-creamy)
3 1/2 can(s)- 865 cals

Snacks

360 cals, 8g protein, 31g net carbs, 19g fat

Kale chips
275 cals

Orange
1 orange(s)- 85 cals

Dinner

980 cals, 48g protein, 128g net carbs, 26g fat

Crispy chik'n tenders
11 tender(s)- 628 cals

Banana
3 banana(s)- 350 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Day 5

3341 cals ● 235g protein (28%) ● 102g fat (27%) ● 282g carbs (34%) ● 90g fiber (11%)

Breakfast

460 cals, 28g protein, 34g net carbs, 18g fat

Hummus toast
2 slice(s)- 293 cals

Soy milk
2 cup(s)- 169 cals

Lunch

925 cals, 40g protein, 117g net carbs, 27g fat

Tofu alfredo pasta with broccoli
663 cals

Simple mixed greens and tomato salad
265 cals

Snacks

415 cals, 13g protein, 22g net carbs, 26g fat

Roasted almonds
1/4 cup(s)- 222 cals

Celery and peanut butter
109 cals

Orange
1 orange(s)- 85 cals

Dinner

1045 cals, 46g protein, 105g net carbs, 27g fat

Black bean & sweet potato stew
830 cals

Walnut almond trail mix
1/4 cup(s)- 216 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Day 6

3274 cals 230g protein (28%) 112g fat (31%) 285g carbs (35%) 51g fiber (6%)

Breakfast

480 cals, 13g protein, 84g net carbs, 3g fat

Raspberries
1 1/2 cup(s)- 108 cals

Small toasted bagel with jelly
1 1/2 bagel(s)- 371 cals

Lunch

925 cals, 40g protein, 117g net carbs, 27g fat

Tofu alfredo pasta with broccoli
663 cals

Simple mixed greens and tomato salad
265 cals

Snacks

415 cals, 13g protein, 22g net carbs, 26g fat

Roasted almonds
1/4 cup(s)- 222 cals

Celery and peanut butter
109 cals

Orange
1 orange(s)- 85 cals

Dinner

960 cals, 55g protein, 58g net carbs, 52g fat

Seitan in peanut sauce
834 cals

Simple salad with celery, cucumber & tomato
128 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Day 7

3265 cals 259g protein (32%) 121g fat (33%) 239g carbs (29%) 47g fiber (6%)

Breakfast

480 cals, 13g protein, 84g net carbs, 3g fat

Raspberries
1 1/2 cup(s)- 108 cals

Small toasted bagel with jelly
1 1/2 bagel(s)- 371 cals

Lunch

920 cals, 68g protein, 70g net carbs, 36g fat

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

Corn
139 cals

Tasty breaded seitan
632 cals

Snacks

415 cals, 13g protein, 22g net carbs, 26g fat

Roasted almonds
1/4 cup(s)- 222 cals

Celery and peanut butter
109 cals

Orange
1 orange(s)- 85 cals

Dinner

960 cals, 55g protein, 58g net carbs, 52g fat

Seitan in peanut sauce
834 cals

Simple salad with celery, cucumber & tomato
128 cals

Protein Supplement(s)

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

Protein shake
4 1/2 scoop- 491 cals

Grocery List

STRONGR FASTR

Legumes and Legume Products

- [ ] lentils, raw
  1/2 cup (85g)
- [ ] chickpeas, canned
  1 1/4 can (560g)
- [ ] hummus
  1 cup (225g)
- [ ] black beans
  1 1/3 can(s) (585g)
- [ ] firm tofu
  3/4 package (16 oz) (340g)
- [ ] peanut butter
  5 tbsp (80g)
- [ ] soy sauce
  1 oz (26mL)

Vegetables and Vegetable Products

- [ ] sweet potatoes
  1 1/3 sweetpotato, 5" long (280g)
- [ ] fresh spinach
  1 10oz package (267g)
- [ ] onion
  2 medium (2-1/2" dia) (240g)
- [ ] tomatoes
  8 1/2 medium whole (2-3/5" dia) (1054g)
- [ ] garlic
  10 1/4 clove(s) (31g)
- [ ] green pepper
  2 1/2 tbsp, chopped (22g)
- [ ] cucumber
  3 cucumber (8-1/4") (853g)
- [ ] raw celery
  8 2/3 stalk, medium (7-1/2" - 8" long) (347g)
- [ ] kale leaves
  1 1/3 lbs (594g)
- [ ] cauliflower
  3 head small (4" dia.) (795g)
- [ ] ketchup
  1/3 cup (94g)
- [ ] tomato paste
  4 tsp (21g)
- [ ] frozen broccoli
  3/4 package (213g)
- [ ] fresh ginger
  1/2 tbsp (3g)
- [ ] green onions
  2 2/3 medium (4-1/8" long) (40g)
- [ ] frozen corn kernels
  1 cup (136g)

Fats and Oils

- [ ] oil
  1 3/4 oz (53mL)
- [ ] salad dressing
  1 1/4 cup (308mL)
- [ ] olive oil
  2 1/2 oz (75mL)

Spices and Herbs

- [ ] ground cumin
  4 g (4g)
- [ ] black pepper
  3 dash, ground (1g)
- [ ] salt
  3/4 oz (22g)
- [ ] basil, dried
  1/2 tbsp, ground (2g)
- [ ] garlic powder
  1/4 tbsp (2g)
- [ ] ground coriander
  3 dash (1g)

Other

- [ ] mixed greens
  5 package (5.5 oz) (799g)
- [ ] nutritional yeast
  3/4 cup (45g)
- [ ] soy milk, unsweetened
  1/2 gallon (1860mL)
- [ ] meatless chik'n tenders
  22 pieces (561g)
- [ ] chocolate chips
  2 tsp (9g)
- [ ] curry paste
  1/4 tbsp (3g)

Beverages

- [ ] water
  2 gallon (8026mL)
- [ ] protein powder
  33 1/2 scoop (1/3 cup ea) (1039g)
- [ ] almond milk, unsweetened
  2 1/2 cup (571mL)

Fruits and Fruit Juices

- [ ] orange
  7 orange (1078g)

Soups, Sauces, and Gravies

- [ ] vegetable broth
  6 1/3 cup(s) (mL)
- [ ] barbecue sauce
  3/4 cup (215g)
- [ ] chunky canned soup (non-creamy varieties)
  7 can (~19 oz) (3682g)
- [ ] chili garlic sauce
  1/3 tsp (2g)
- [ ] oyster sauce
  1/3 tsp (2g)

Nut and Seed Products

- [ ] coconut milk, canned
  3/4 can (343mL)
- [ ] pecans
  1/2 cup, halves (50g)
- [ ] almonds
  1 1/2 cup, whole (217g)
- [ ] walnuts
  4 tsp, chopped (10g)

- [ ] banana
  6 medium (7" to 7-7/8" long) (708g)
- [ ] lemon juice
  2 tsp (10mL)
- [ ] raisins
  2 tsp (not packed) (6g)
- [ ] raspberries
  3 cup (369g)

Snacks

- [ ] pretzels, hard, salted
  6 oz (170g)

Cereal Grains and Pasta

- [ ] seitan
  1 1/2 lbs (737g)
- [ ] uncooked dry pasta
  1/2 lbs (257g)

Baked Products

- [ ] bread
  6 slice (192g)
- [ ] bagel
  3 small bagel (3" dia) (207g)
- [ ] bread crumbs
  4 tbsp (27g)

Sweets

- [ ] jelly
  3 serving 1 tbsp (63g)
- [ ] sugar
  2 tbsp (26g)

Recipes

Breakfast 1

Eat on day 1, day 2

Orange

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

For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

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.

Breakfast 2

Eat on day 3, day 4, day 5

Hummus toast

2 slice(s) - 293 cals 14g protein 9g fat 30g carbs 8g fiber

For single meal:

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

For all 3 meals:

hummus
1 cup (225g)
bread
6 slice (192g)

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

Soy milk

2 cup(s) - 169 cals 14g protein 9g fat 4g carbs 4g fiber

For single meal:

soy milk, unsweetened
2 cup (480mL)

For all 3 meals:

soy milk, unsweetened
6 cup (1440mL)

1. This recipe has no instructions.

Breakfast 3

Eat on day 6, day 7

Raspberries

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

For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

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 2 meals:

bagel
3 small bagel (3" dia) (207g)
jelly
3 serving 1 tbsp (63g)

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

Lunch 1

Eat on day 1

Garlic pepper seitan

799 cals 71g protein 39g fat 38g carbs 3g fiber

olive oil
2 1/3 tbsp (35mL)
onion
1/4 cup, chopped (47g)
garlic, minced
3 clove(s) (9g)
green pepper
2 1/3 tbsp, chopped (22g)
seitan, chicken style
9 1/3 oz (265g)
black pepper
1/4 tsp, ground (1g)
water
3 1/2 tsp (17mL)
salt
1 dash (1g)

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

Simple salad with celery, cucumber & tomato

299 cals 10g protein 11g fat 30g carbs 9g fiber

mixed greens
1 1/6 package (5.5 oz) (181g)
salad dressing
1/4 cup (53mL)
tomatoes, diced
1 1/6 medium whole (2-3/5" dia) (144g)
cucumber, sliced
1 1/6 cucumber (8-1/4") (351g)
raw celery, chopped
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Lunch 2

Eat on day 2

Simple salad with celery, cucumber & tomato

171 cals 6g protein 6g fat 17g carbs 5g fiber

mixed greens
2/3 package (5.5 oz) (103g)
salad dressing
2 tbsp (30mL)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)
cucumber, sliced
2/3 cucumber (8-1/4") (201g)
raw celery, chopped
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Bbq cauliflower wings

803 cals 42g protein 6g fat 120g carbs 26g fiber

barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Lunch 3

Eat on day 3, day 4

Roasted almonds

1/8 cup(s) - 111 cals 4g protein 9g fat 2g carbs 2g fiber

For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

3 1/2 can(s) - 865 cals 63g protein 24g fat 81g carbs 19g fiber

For single meal:

chunky canned soup (non-creamy varieties)
3 1/2 can (~19 oz) (1841g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
7 can (~19 oz) (3682g)

1. Prepare according to instructions on package.

Lunch 4

Eat on day 5, day 6

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.

Simple mixed greens and tomato salad

265 cals 6g protein 16g fat 18g carbs 5g fiber

For single meal:

salad dressing
1/3 cup (79mL)
mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)

For all 2 meals:

salad dressing
2/3 cup (158mL)
mixed greens
10 1/2 cup (315g)
tomatoes
1 3/4 cup cherry tomatoes (261g)

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

Lunch 5

Eat on day 7

Soy milk

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

Makes 1 3/4 cup(s)

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

1. This recipe has no instructions.

Corn

139 cals 4g protein 1g fat 25g carbs 3g fiber

frozen corn kernels
1 cup (136g)

1. Prepare according to instructions on package.

Tasty breaded seitan

632 cals 52g protein 27g fat 41g carbs 3g fiber

seitan
6 oz (170g)
bread crumbs
4 tbsp (27g)
garlic powder
1/4 tbsp (2g)
ground coriander
3 dash (1g)
ground cumin
3 dash (1g)
black pepper
3/4 dash, ground (0g)
soy sauce
1 1/2 tbsp (23mL)
oil
1 1/2 tbsp (23mL)

1. In a small bowl, combine bread crumbs garlic powder, coriander, cumin, and black pepper. Dip seitan in soy sauce, then in the yeast and spice mixture. Set aside.
2. Heat oil in a skillet over medium heat. Fry seitan in batches until browned on all sides.

Snacks 1

Eat on day 1, day 2

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 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Pretzels

330 cals 8g protein 2g fat 65g carbs 3g fiber

For single meal:

pretzels, hard, salted
3 oz (85g)

For all 2 meals:

pretzels, hard, salted
6 oz (170g)

1. This recipe has no instructions.

Snacks 2

Eat on day 3, day 4

Kale chips

275 cals 6g protein 19g fat 15g carbs 4g fiber

For single meal:

olive oil
4 tsp (20mL)
kale leaves
1 1/3 bunch (227g)
salt
1/2 tbsp (8g)

For all 2 meals:

olive oil
2 2/3 tbsp (40mL)
kale leaves
2 2/3 bunch (454g)
salt
2 2/3 tsp (16g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Orange

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

For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Snacks 3

Eat on day 5, day 6, day 7

Roasted almonds

1/4 cup(s) - 222 cals 8g protein 18g fat 3g carbs 5g fiber

For single meal:

almonds
4 tbsp, whole (36g)

For all 3 meals:

almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

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

Orange

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

For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. This recipe has no instructions.

Dinner 1

Eat on day 1

Creamy lentils and sweet potato

614 cals 27g protein 14g fat 79g carbs 16g fiber

lentils, raw
1/2 cup (85g)
sweet potatoes, chopped into bite-sized pieces
2/3 sweetpotato, 5" long (140g)
vegetable broth
1 1/3 cup(s) (mL)
fresh spinach
1 1/3 cup(s) (40g)
onion, diced
2/3 medium (2-1/2" dia) (73g)
coconut milk, canned
2 2/3 tbsp (40mL)
oil
1 tsp (5mL)
ground cumin
4 dash (1g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

Pecans

1/2 cup - 366 cals 5g protein 36g fat 2g carbs 5g fiber

Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

76 cals 2g protein 5g fat 5g carbs 2g fiber

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

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

Dinner 2

Eat on day 2

Chickpea & kale soup

682 cals 34g protein 18g fat 70g carbs 27g fiber

oil
1 1/4 tsp (6mL)
garlic, minced
2 1/2 clove(s) (8g)
vegetable broth
5 cup(s) (mL)
kale leaves, chopped
2 1/2 cup, chopped (100g)
chickpeas, canned, drained
1 1/4 can (560g)

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.

Roasted almonds

1/2 cup(s) - 388 cals 13g protein 31g fat 6g carbs 8g fiber

Makes 1/2 cup(s)

almonds
1/2 cup, whole (63g)

1. This recipe has no instructions.

Dinner 3

Eat on day 3, day 4

Crispy chik'n tenders

11 tender(s) - 628 cals 45g protein 25g fat 57g carbs 0g fiber

For single meal:

ketchup
2 3/4 tbsp (47g)
meatless chik'n tenders
11 pieces (281g)

For all 2 meals:

ketchup
1/3 cup (94g)
meatless chik'n tenders
22 pieces (561g)

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

Banana

3 banana(s) - 350 cals 4g protein 1g fat 72g carbs 9g fiber

For single meal:

banana
3 medium (7" to 7-7/8" long) (354g)

For all 2 meals:

banana
6 medium (7" to 7-7/8" long) (708g)

1. This recipe has no instructions.

Dinner 4

Eat on day 5

Black bean & sweet potato stew

830 cals 41g protein 12g fat 93g carbs 47g fiber

tomato paste
4 tsp (21g)
oil
2 tsp (10mL)
kale leaves
1 cup, chopped (40g)
lemon juice
2 tsp (10mL)
ground cumin
1 tsp (2g)
garlic, diced
1 1/3 clove(s) (4g)
onion, chopped
2/3 small (47g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
water
2 cup(s) (474mL)
black beans, drained
1 1/3 can(s) (585g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Walnut almond trail mix

1/4 cup(s) - 216 cals 5g protein 15g fat 12g carbs 3g fiber

Makes 1/4 cup(s)

walnuts
4 tsp, chopped (10g)
almonds
4 tsp, whole (12g)
chocolate chips
2 tsp (9g)
raisins
2 tsp (not packed) (6g)

1. Mix the ingredients together. Sore any leftovers in a cool area.

Dinner 5

Eat on day 6, day 7

Seitan in peanut sauce

834 cals 51g protein 48g fat 45g carbs 5g fiber

For single meal:

fresh ginger, chopped
1/4 tbsp (1g)
garlic, chopped
1 clove(s) (3g)
coconut milk, canned
1/3 can (150mL)
seitan, chicken-style
1/3 lbs (151g)
peanut butter
1 tbsp (16g)
sugar
1 tbsp (13g)
oil
1 tsp (5mL)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
green onions, chopped
1 1/3 medium (4-1/8" long) (20g)
curry paste
1/3 tsp (2g)
soy sauce
1/3 tsp (2mL)
chili garlic sauce
1 1/3 dash (1g)
oyster sauce
1 1/3 dash (1g)
fresh spinach, chopped
1/3 bunch (113g)

For all 2 meals:

fresh ginger, chopped
1/2 tbsp (3g)
garlic, chopped
2 clove(s) (6g)
coconut milk, canned
2/3 can (301mL)
seitan, chicken-style
2/3 lbs (302g)
peanut butter
2 tbsp (32g)
sugar
2 tbsp (26g)
oil
2 tsp (10mL)
onion, chopped
2/3 medium (2-1/2" dia) (73g)
green onions, chopped
2 2/3 medium (4-1/8" long) (40g)
curry paste
1/4 tbsp (3g)
soy sauce
1/4 tbsp (3mL)
chili garlic sauce
1/3 tsp (2g)
oyster sauce
1/3 tsp (2g)
fresh spinach, chopped
2/3 bunch (227g)

1. Combine the ginger, garlic, and curry paste in small bowl. Slowly pour in 1/4 cup coconut milk; stirring until the mixture is smooth. Gently stir in the seitan, coating the seitan with the marinade. Refrigerate for 30 minutes to 1 hour. The longer you let it soak, the more flavorful the seitan will taste!
2. Stir together the remaining coconut milk, peanut butter, sugar, vegetable oil, soy sauce, chili garlic sauce, and oyster sauce in a medium bowl. Don't worry if it's not completely blended: when you cook it, the various substances will meld wonderfully. Set sauce aside.
3. Lightly coat a large skillet with cooking spray; add the chopped onion; cook over high heat for 3 to 4 minutes, or until the onion is tender. Stir in the seitan, and cook until the seitan is heated through, about 7 minutes. Pour in the sauce, and stir to combine. Mix in the spinach and green onions; cook 3 minutes, or until the sauce has thickened and the spinach is cooked.

Simple salad with celery, cucumber & tomato

128 cals 4g protein 5g fat 13g carbs 4g fiber

For single meal:

mixed greens
1/2 package (5.5 oz) (78g)
salad dressing
1 1/2 tbsp (23mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)

For all 2 meals:

mixed greens
1 package (5.5 oz) (155g)
salad dressing
3 tbsp (45mL)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
cucumber, sliced
1 cucumber (8-1/4") (301g)
raw celery, chopped
2 stalk, medium (7-1/2" - 8" long) (80g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Protein Supplement(s)

Eat every day

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.