

# Meal Plan - 3400 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

3369 cals ● 278g protein (33%) ● 120g fat (32%) ● 241g carbs (29%) ● 53g fiber (6%)

### Breakfast

500 cals, 13g protein, 55g net carbs, 21g fat



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



[Apple](#)  
1 apple(s)- 105 cals



[Roasted peanuts](#)  
1/4 cup(s)- 230 cals

### Snacks

445 cals, 15g protein, 34g net carbs, 20g fat



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Sunflower seeds](#)  
240 cals



[Grapes](#)  
160 cals

### Protein Supplement(s)

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



[Protein shake](#)  
4 1/2 scoop- 491 cals

### Lunch

700 cals, 47g protein, 90g net carbs, 11g fat



[Basic baked potato](#)  
1 1/2 potato(es)- 396 cals



[Simple seitan](#)  
5 oz- 305 cals

### Dinner

1235 cals, 95g protein, 58g net carbs, 66g fat



[Roasted tomatoes](#)  
3 1/2 tomato(es)- 208 cals



[Garlic pepper seitan](#)  
1027 cals

## Day 2

3295 cals ● 257g protein (31%) ● 103g fat (28%) ● 277g carbs (34%) ● 58g fiber (7%)

### Breakfast

500 cals, 13g protein, 55g net carbs, 21g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cals



[Apple](#)

1 apple(s)- 105 cals



[Roasted peanuts](#)

1/4 cup(s)- 230 cals

### Snacks

445 cals, 15g protein, 34g net carbs, 20g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Sunflower seeds](#)

240 cals



[Grapes](#)

160 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

### Lunch

700 cals, 47g protein, 90g net carbs, 11g fat



[Basic baked potato](#)

1 1/2 potato(es)- 396 cals



[Simple seitan](#)

5 oz- 305 cals

### Dinner

1160 cals, 74g protein, 94g net carbs, 49g fat



[Lemon pepper tofu](#)

21 oz- 756 cals



[Lentils](#)

405 cals

## Day 3

3429 cals ● 231g protein (27%) ● 112g fat (29%) ● 312g carbs (36%) ● 62g fiber (7%)

### Breakfast

500 cals, 13g protein, 55g net carbs, 21g fat



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



[Apple](#)  
1 apple(s)- 105 cals



[Roasted peanuts](#)  
1/4 cup(s)- 230 cals

### Snacks

445 cals, 15g protein, 34g net carbs, 20g fat



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Sunflower seeds](#)  
240 cals



[Grapes](#)  
160 cals

### Protein Supplement(s)

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



[Protein shake](#)  
4 1/2 scoop- 491 cals

### Lunch

835 cals, 20g protein, 125g net carbs, 21g fat



[Banana](#)  
3 banana(s)- 350 cals



[Grilled peanut butter and banana sandwich](#)  
1 sandwich(es)- 485 cals

### Dinner

1160 cals, 74g protein, 94g net carbs, 49g fat



[Lemon pepper tofu](#)  
21 oz- 756 cals



[Lentils](#)  
405 cals

## Day 4

3377 cals ● 240g protein (28%) ● 108g fat (29%) ● 281g carbs (33%) ● 79g fiber (9%)

### Breakfast

520 cals, 36g protein, 12g net carbs, 33g fat



Peanut butter chocolate almond milk protein shake  
346 cals



Avocado  
176 cals

### Snacks

390 cals, 16g protein, 6g net carbs, 30g fat



Chocolate avocado vegan chia pudding  
172 cals



Walnuts  
1/3 cup(s)- 219 cals

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

980 cals, 49g protein, 108g net carbs, 22g fat



Simple mixed greens salad  
68 cals



Lentils  
174 cals



Teriyaki chickpea stir fry  
738 cals

### Dinner

995 cals, 31g protein, 151g net carbs, 21g fat



Pasta with store-bought sauce  
766 cals



Simple kale & avocado salad  
230 cals

## Day 5

3350 cals ● 243g protein (29%) ● 157g fat (42%) ● 163g carbs (19%) ● 78g fiber (9%)

### Breakfast

520 cals, 36g protein, 12g net carbs, 33g fat



Peanut butter chocolate almond milk protein shake  
346 cals



Avocado  
176 cals

### Snacks

390 cals, 16g protein, 6g net carbs, 30g fat



Chocolate avocado vegan chia pudding  
172 cals



Walnuts  
1/3 cup(s)- 219 cals

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

960 cals, 42g protein, 46g net carbs, 59g fat



Baked fries  
193 cals



Roasted tomatoes  
3 tomato(es)- 179 cals



Buffalo tempeh with vegan ranch  
589 cals

### Dinner

990 cals, 41g protein, 95g net carbs, 33g fat



Garlic collard greens  
438 cals



Veggie burger  
2 burger- 550 cals

## Day 6

3446 cals ● 230g protein (27%) ● 93g fat (24%) ● 331g carbs (38%) ● 92g fiber (11%)

### Breakfast

570 cals, 19g protein, 75g net carbs, 16g fat



[Peanut butter & banana breakfast sandwich](#)  
570 cals

### Snacks

375 cals, 17g protein, 38g net carbs, 14g fat



[Instant oatmeal with almond milk](#)  
1 packet(s)- 241 cals



[Soy milk](#)  
1 1/3 cup(s)- 113 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

1020 cals, 44g protein, 119g net carbs, 27g fat



[Simple vegan garlic bread](#)  
2 slice(s)- 252 cals



[White bean cassoulet](#)  
770 cals

### Dinner

990 cals, 41g protein, 95g net carbs, 33g fat



[Garlic collard greens](#)  
438 cals



[Veggie burger](#)  
2 burger- 550 cals

## Day 7

3370 cals ● 233g protein (28%) ● 86g fat (23%) ● 332g carbs (39%) ● 85g fiber (10%)

### Breakfast

570 cals, 19g protein, 75g net carbs, 16g fat



[Peanut butter & banana breakfast sandwich](#)  
570 cals

### Snacks

375 cals, 17g protein, 38g net carbs, 14g fat



[Instant oatmeal with almond milk](#)  
1 packet(s)- 241 cals



[Soy milk](#)  
1 1/3 cup(s)- 113 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

1020 cals, 44g protein, 119g net carbs, 27g fat



[Simple vegan garlic bread](#)  
2 slice(s)- 252 cals



[White bean cassoulet](#)  
770 cals

### Dinner

910 cals, 44g protein, 95g net carbs, 26g fat



[Lentils](#)  
289 cals



[Carrot fries](#)  
369 cals



[Veggie burger patty](#)  
2 patty- 254 cals

## Vegetables and Vegetable Products

- ☐ tomatoes  
11 1/2 medium whole (2-3/5" dia) (1408g)
- ☐ onion  
2 1/2 medium (2-1/2" dia) (280g)
- ☐ garlic  
20 clove(s) (60g)
- ☐ green pepper  
3 tbsp, chopped (28g)
- ☐ potatoes  
3 1/2 large (3" to 4-1/4" dia.) (1292g)
- ☐ kale leaves  
1/2 bunch (85g)
- ☐ frozen mixed veggies  
1 10oz package (284g)
- ☐ collard greens  
2 3/4 lbs (1247g)
- ☐ ketchup  
4 tbsp (68g)
- ☐ raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ carrots  
12 medium (742g)

## Fats and Oils

- ☐ oil  
6 1/2 oz (193mL)
- ☐ olive oil  
2 2/3 oz (85mL)
- ☐ cooking spray  
1 spray(s) , about 1/3 second each (0g)
- ☐ salad dressing  
1 1/2 tbsp (23mL)

## Cereal Grains and Pasta

- ☐ seitan  
22 oz (624g)
- ☐ cornstarch  
6 tbsp (48g)
- ☐ uncooked dry pasta  
6 oz (171g)

## Spices and Herbs

- ☐ black pepper  
3 dash, ground (1g)
- ☐ salt  
11 1/2 g (11g)

## Legumes and Legume Products

- ☐ roasted peanuts  
3/4 cup (110g)
- ☐ firm tofu  
2 1/2 lbs (1191g)
- ☐ lentils, raw  
2 cup (352g)
- ☐ peanut butter  
3 oz (91g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ tempeh  
6 oz (170g)
- ☐ white beans, canned  
2 can(s) (878g)

## Nut and Seed Products

- ☐ sunflower kernels  
4 oz (113g)
- ☐ chia seeds  
2 tbsp (28g)
- ☐ walnuts  
10 tbsp, shelled (63g)

## Baked Products

- ☐ bread  
12 slice (384g)
- ☐ hamburger buns  
4 bun(s) (204g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3/8 jar (24 oz) (252g)
- ☐ Frank's Red Hot sauce  
3 tbsp (46mL)
- ☐ vegetable broth  
1 cup(s) (mL)

## Other

- ☐ cacao powder  
1 tbsp (6g)
- ☐ mixed greens  
1 package (5.5 oz) (158g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ ice cubes  
1/2 cup (70g)

- ☐ lemon pepper  
1/2 tbsp (3g)
- ☐ rosemary, dried  
1/2 tbsp (2g)

## Beverages

- ☐ water  
2 1/2 gallon (9869mL)
- ☐ protein powder  
32 scoop (1/3 cup ea) (992g)
- ☐ almond milk, unsweetened  
6 1/4 cup (1500mL)

## Breakfast Cereals

- ☐ flavored instant oatmeal  
5 packet (215g)

## Fruits and Fruit Juices

- ☐ apples  
3 medium (3" dia) (546g)
  - ☐ grapes  
8 1/4 cup (759g)
  - ☐ lemon  
3 1/2 small (203g)
  - ☐ banana  
7 medium (7" to 7-7/8" long) (826g)
  - ☐ avocados  
1 1/2 avocado(s) (327g)
  - ☐ lemon juice  
1 tsp (5mL)
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- ☐ protein powder, chocolate  
2 scoop (1/3 cup ea) (62g)
- ☐ veggie burger patty  
6 patty (426g)
- ☐ vegan ranch  
3 tbsp (46mL)
- ☐ soy milk, unsweetened  
2 2/3 cup (641mL)

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### 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 3 meals:

#### **flavored instant oatmeal**

3 packet (129g)

#### **water**

2 1/4 cup(s) (533mL)

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

### Apple

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



For single meal:

#### **apples**

1 medium (3" dia) (182g)

For all 3 meals:

#### **apples**

3 medium (3" dia) (546g)

1. This recipe has no instructions.

### Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

#### **roasted peanuts**

4 tbsp (37g)

For all 3 meals:

#### **roasted peanuts**

3/4 cup (110g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Peanut butter chocolate almond milk protein shake

346 cal ● 34g protein ● 18g fat ● 10g carbs ● 1g fiber



For single meal:

**ice cubes**  
4 tbsp (35g)  
**peanut butter**  
1 tsp (5g)  
**almond milk, unsweetened**  
2 cup (480mL)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**ice cubes**  
1/2 cup (70g)  
**peanut butter**  
2 tsp (11g)  
**almond milk, unsweetened**  
4 cup (960mL)  
**protein powder, chocolate**  
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in the blender.
2. Mix until well-combined.
3. Serve cold.

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### Avocado

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



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
  2. Sprinkle with lemon or lime juice as desired.
  3. Serve and eat.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Peanut butter & banana breakfast sandwich

570 cals ● 19g protein ● 16g fat ● 75g carbs ● 12g fiber



For single meal:

**bread, toasted**

3 slice (96g)

**peanut butter**

1 1/2 tbsp (24g)

**banana, sliced**

1 1/2 medium (7" to 7-7/8" long)  
(177g)

For all 2 meals:

**bread, toasted**

6 slice (192g)

**peanut butter**

3 tbsp (48g)

**banana, sliced**

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

1. Toast bread if desired and spread with peanut butter.
2. Add as many slices of banana as you can and top with other half of bread. Any left over banana can be eaten on the side.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Basic baked potato

1 1/2 potato(es) - 396 cals ● 9g protein ● 1g fat ● 74g carbs ● 13g fiber



For single meal:

**potatoes**

1 1/2 large (3" to 4-1/4" dia.) (554g)

**salt**

1 1/2 dash (1g)

**oil**

1/4 tbsp (4mL)

For all 2 meals:

**potatoes**

3 large (3" to 4-1/4" dia.) (1107g)

**salt**

3 dash (1g)

**oil**

1/2 tbsp (8mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

## Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

**oil**  
1 1/4 tsp (6mL)  
**seitan**  
5 oz (142g)

For all 2 meals:

**oil**  
2 1/2 tsp (13mL)  
**seitan**  
10 oz (284g)

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.

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## Lunch 2 [🔗](#)

Eat on day 3

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### Banana

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



Makes 3 banana(s)

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

1. This recipe has no instructions.

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### Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cals ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



Makes 1 sandwich(es)

**bread**  
2 slice (64g)  
**banana, sliced**  
1 medium (7" to 7-7/8" long) (118g)  
**peanut butter**  
2 tbsp (32g)  
**cooking spray**  
1 spray(s) , about 1/3 second each (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

## Lunch 3 [↗](#)

Eat on day 4

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### 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.

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



#### **salt**

1/2 dash (0g)

#### **water**

1 cup(s) (237mL)

#### **lentils, raw, rinsed**

4 tbsp (48g)

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.

### Teriyaki chickpea stir fry

738 cals ● 36g protein ● 17g fat ● 79g carbs ● 31g fiber



#### **chickpeas, canned, drained and rinsed**

1 can (448g)

#### **teriyaki sauce**

4 tbsp (60mL)

#### **oil**

1/2 tbsp (8mL)

#### **frozen mixed veggies**

1 10oz package (284g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
  2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
  3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.
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## Lunch 4 [🔗](#)

Eat on day 5

### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



#### oil

1/2 tbsp (8mL)

#### potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Roasted tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



Makes 3 tomato(es)

#### tomatoes

3 small whole (2-2/5" dia) (273g)

#### oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Buffalo tempeh with vegan ranch

589 cals ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



#### vegan ranch

3 tbsp (45mL)

#### tempeh, roughly chopped

6 oz (170g)

#### Frank's Red Hot sauce

3 tbsp (45mL)

#### oil

3/4 tbsp (11mL)

1. Heat oil in a skillet over medium heat. Add tempeh 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.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

**garlic, minced**

2 clove(s) (6g)

**olive oil**

2 tsp (10mL)

**bread**

2 slice (64g)

For all 2 meals:

**garlic, minced**

4 clove(s) (12g)

**olive oil**

4 tsp (20mL)

**bread**

4 slice (128g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.
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### White bean cassoulet

770 cals ● 35g protein ● 16g fat ● 94g carbs ● 28g fiber



For single meal:

**garlic, minced**

2 clove(s) (6g)

**oil**

1 tbsp (15mL)

**vegetable broth**

1/2 cup(s) (mL)

**white beans, canned, drained & rinsed**

1 can(s) (439g)

**onion, diced**

1 medium (2-1/2" dia) (110g)

**raw celery, thinly sliced**

1 stalk, medium (7-1/2" - 8" long) (40g)

**carrots, peeled & slices**

2 large (144g)

For all 2 meals:

**garlic, minced**

4 clove(s) (12g)

**oil**

2 tbsp (30mL)

**vegetable broth**

1 cup(s) (mL)

**white beans, canned, drained & rinsed**

2 can(s) (878g)

**onion, diced**

2 medium (2-1/2" dia) (220g)

**raw celery, thinly sliced**

2 stalk, medium (7-1/2" - 8" long) (80g)

**carrots, peeled & slices**

4 large (288g)

1. Preheat oven to 400°F (200°C).
  2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
  3. Stir in beans and broth. Bring to a simmer then turn off the heat.
  4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
  5. Serve.
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# 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.

## Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/3 oz (38g)

For all 3 meals:

**sunflower kernels**  
4 oz (113g)

- 1. This recipe has no instructions.

## Grapes

160 cals ● 2g protein ● 1g fat ● 25g carbs ● 10g fiber



For single meal:

**grapes**  
2 3/4 cup (253g)

For all 3 meals:

**grapes**  
8 1/4 cup (759g)

- 1. This recipe has no instructions.

## Snacks 2 [🔗](#)

Eat on day 4, day 5

### Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

**almond milk, unsweetened**

3/8 cup(s) (90mL)

**chia seeds**

1 tbsp (14g)

**cacao powder**

1/2 tbsp (3g)

**avocados**

1/2 slices (13g)

**protein powder**

1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**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)

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.

### Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**

5 tbsp, shelled (31g)

For all 2 meals:

**walnuts**

10 tbsp, shelled (63g)

1. This recipe has no instructions.



## Snacks 3 [↗](#)

Eat on day 6, day 7

### Instant oatmeal with almond milk

1 packet(s) - 241 cals ● 7g protein ● 8g fat ● 33g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**almond milk, unsweetened**  
3/4 cup (180mL)

For all 2 meals:

**flavored instant oatmeal**  
2 packet (86g)  
**almond milk, unsweetened**  
1 1/2 cup (360mL)

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

### Soy milk

1 1/3 cup(s) - 113 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

**soy milk, unsweetened**  
1 1/3 cup (320mL)

For all 2 meals:

**soy milk, unsweetened**  
2 2/3 cup (640mL)

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.

## Dinner 1 [🔗](#)

Eat on day 1

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### Roasted tomatoes

3 1/2 tomato(es) - 208 cal ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

#### **tomatoes**

3 1/2 small whole (2-2 5/8" dia) (319g)

#### **oil**

3 1/2 tsp (18mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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### Garlic pepper seitan

1027 cal ● 92g protein ● 50g fat ● 49g carbs ● 4g fiber



#### **olive oil**

3 tbsp (45mL)

#### **onion**

6 tbsp, chopped (60g)

#### **garlic, minced**

3 3/4 clove(s) (11g)

#### **green pepper**

3 tbsp, chopped (28g)

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

3/4 lbs (340g)

#### **black pepper**

3 dash, ground (1g)

#### **water**

1 1/2 tbsp (23mL)

#### **salt**

1 1/2 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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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Lemon pepper tofu

21 oz - 756 cal ● 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.

### Lentils

405 cal ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

**salt**

1 dash (1g)

**water**

2 1/3 cup(s) (553mL)

**lentils, raw, rinsed**

9 1/3 tbsp (112g)

For all 2 meals:

**salt**

1/4 tsp (2g)

**water**

4 2/3 cup(s) (1106mL)

**lentils, raw, rinsed**

56 tsp (224g)

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.

## Dinner 3 [↗](#)

Eat on day 4

### Pasta with store-bought sauce

766 cal ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



#### uncooked dry pasta

6 oz (171g)

#### pasta sauce

3/8 jar (24 oz) (252g)

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

### Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



#### kale leaves, chopped

1/2 bunch (85g)

#### lemon, juiced

1/2 small (29g)

#### avocados, chopped

1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

## Dinner 4 [↗](#)

Eat on day 5, day 6

### Garlic collard greens

438 cal ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



For single meal:

#### collard greens

22 oz (624g)

#### oil

4 tsp (21mL)

#### garlic, minced

4 clove(s) (12g)

#### salt

1/3 tsp (2g)

For all 2 meals:

#### collard greens

2 3/4 lbs (1247g)

#### oil

2 3/4 tbsp (41mL)

#### garlic, minced

8 1/4 clove(s) (25g)

#### salt

1/4 tbsp (4g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.



## Veggie burger

2 burger - 550 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

### veggie burger patty

2 patty (142g)

### hamburger buns

2 bun(s) (102g)

### ketchup

2 tbsp (34g)

### mixed greens

2 oz (57g)

For all 2 meals:

### veggie burger patty

4 patty (284g)

### hamburger buns

4 bun(s) (204g)

### ketchup

4 tbsp (68g)

### mixed greens

4 oz (113g)

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

## Dinner 5 [↗](#)

Eat on day 7

### Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



### salt

1 dash (1g)

### water

1 2/3 cup(s) (395mL)

### lentils, raw, rinsed

6 2/3 tbsp (80g)

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.

### Carrot fries

369 cal ● 4g protein ● 19g fat ● 31g carbs ● 13g fiber



### carrots, peeled

16 oz (454g)

### olive oil

4 tsp (20mL)

### rosemary, dried

1/2 tbsp (2g)

### salt

1/3 tsp (2g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

**veggie burger patty**  
2 patty (142g)

- 1. Cook burger according to package instructions.
- 2. Serve.

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.