

Meal Plan - 1000 calorie low carb 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

929 cals ● 100g protein (43%) ● 27g fat (26%) ● 54g carbs (23%) ● 19g fiber (8%)

Breakfast

130 cals, 5g protein, 10g net carbs, 7g fat



[Sunflower seeds](#)

90 cals



[Watermelon](#)

4 oz- 41 cals

Dinner

170 cals, 8g protein, 13g net carbs, 8g fat



[Tofu lo-mein](#)

169 cals

Lunch

355 cals, 26g protein, 28g net carbs, 10g fat



[Bbq tempeh lettuce wrap](#)

4 lettuce wrap(s)- 329 cals



[Simple kale salad](#)

1/2 cup(s)- 28 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 2

1036 cals ● 107g protein (41%) ● 35g fat (31%) ● 57g carbs (22%) ● 16g fiber (6%)

Breakfast

130 cals, 5g protein, 10g net carbs, 7g fat



[Sunflower seeds](#)

90 cals



[Watermelon](#)

4 oz- 41 cals

Dinner

350 cals, 24g protein, 16g net carbs, 17g fat



[Roasted tofu & veggies](#)

352 cals

Lunch

280 cals, 17g protein, 29g net carbs, 9g fat



[Crispy chik'n tenders](#)

4 tender(s)- 229 cals



[Strawberries](#)

1 cup(s)- 52 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 3

1045 cal ● 112g protein (43%) ● 37g fat (32%) ● 56g carbs (22%) ● 10g fiber (4%)

Breakfast

130 cal, 5g protein, 10g net carbs, 7g fat



Sunflower seeds

90 cal



Watermelon

4 oz- 41 cal

Dinner

360 cal, 29g protein, 16g net carbs, 19g fat



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cal

Lunch

280 cal, 17g protein, 29g net carbs, 9g fat



Crispy chik'n tenders

4 tender(s)- 229 cal



Strawberries

1 cup(s)- 52 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Day 4

984 cal ● 107g protein (43%) ● 31g fat (28%) ● 47g carbs (19%) ● 23g fiber (9%)

Breakfast

145 cal, 7g protein, 15g net carbs, 5g fat



Hummus toast

1 slice(s)- 146 cal

Dinner

260 cal, 25g protein, 9g net carbs, 10g fat



Vegan crumbles

1 1/4 cup(s)- 183 cal



Simple mixed greens and tomato salad

76 cal

Lunch

305 cal, 15g protein, 21g net carbs, 15g fat



Baked fries

97 cal



Sautéed peppers and onions

63 cal



Basic tempeh

2 oz- 148 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Day 5

1014 cal ● 92g protein (36%) ● 36g fat (32%) ● 53g carbs (21%) ● 27g fiber (11%)

Breakfast

145 cal, 7g protein, 15g net carbs, 5g fat



Hummus toast

1 slice(s)- 146 cal

Dinner

330 cal, 12g protein, 15g net carbs, 20g fat



Lemony chickpea salad

162 cal



Roasted almonds

1/6 cup(s)- 166 cal

Lunch

265 cal, 12g protein, 22g net carbs, 10g fat



Edamame and chickpea salad

267 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Day 6

1002 cals ● 91g protein (36%) ● 35g fat (32%) ● 53g carbs (21%) ● 27g fiber (11%)

Breakfast

135 cals, 7g protein, 15g net carbs, 4g fat



[Vegan breakfast sausage links](#)
1 links- 38 cals



[Vegan English bubble & squeak](#)
1 patties- 97 cals

Dinner

330 cals, 12g protein, 15g net carbs, 20g fat



[Lemony chickpea salad](#)
162 cals



[Roasted almonds](#)
1/6 cup(s)- 166 cals

Lunch

265 cals, 12g protein, 22g net carbs, 10g fat



[Edamame and chickpea salad](#)
267 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 7

969 cals ● 97g protein (40%) ● 33g fat (31%) ● 53g carbs (22%) ● 18g fiber (7%)

Breakfast

135 cals, 7g protein, 15g net carbs, 4g fat



[Vegan breakfast sausage links](#)
1 links- 38 cals



[Vegan English bubble & squeak](#)
1 patties- 97 cals

Dinner

315 cals, 18g protein, 21g net carbs, 16g fat



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



[Vegan sausage & veggie sheet pan](#)
240 cals

Lunch

245 cals, 12g protein, 16g net carbs, 12g fat



[Roasted tomatoes](#)
2 tomato(es)- 119 cals



[Veggie burger patty](#)
1 patty- 127 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Beverages

- water
17 2/3 cup(s) (4193mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Vegetables and Vegetable Products

- frozen mixed veggies
2 oz (57g)
- romaine lettuce
4 leaf inner (24g)
- bell pepper
1 1/4 large (206g)
- kale leaves
1/2 cup, chopped (20g)
- ketchup
2 tbsp (34g)
- brussels sprouts
1/4 lbs (126g)
- carrots
2 medium (116g)
- broccoli
13 1/4 tbsp chopped (76g)
- onion
3/4 medium (2-1/2" dia) (81g)
- tomatoes
2 medium whole (2-3/5" dia) (257g)
- potatoes
3/4 lbs (322g)
- sun-dried tomatoes
2 piece(s) (20g)
- edamame beans, frozen
5 tbsp (47g)

Fats and Oils

- olive oil
5 tsp (26mL)
- oil
1 1/2 oz (42mL)
- salad dressing
1/4 cup (53mL)

Legumes and Legume Products

- soy sauce
3/8 tsp (2mL)
- extra firm tofu
9 1/2 oz (273g)

Other

- coleslaw mix
1 cup (90g)
- meatless chik'n tenders
8 pieces (204g)
- vegan sausage
1 1/2 sausage (150g)
- frozen cauliflower
3/4 cup (85g)
- mixed greens
5 cup (150g)
- italian seasoning
1/2 tsp (2g)
- vegan breakfast sausage links
2 links (45g)
- veggie burger patty
1 patty (71g)

Nut and Seed Products

- sunflower kernels
1 1/2 oz (43g)
- almonds
6 tbsp, whole (54g)

Fruits and Fruit Juices

- Watermelon
12 oz (340g)
- strawberries
2 cup, whole (288g)
- avocados
1/4 avocado(s) (50g)
- lemon juice
1/2 tbsp (8mL)
- dried cranberries
2 1/2 tsp (8g)

Spices and Herbs

- salt
1/3 tsp (2g)
- black pepper
1/3 tsp, ground (1g)
- dijon mustard
1 tsp (5g)
- ground cumin
2 dash (1g)
- vinegar
3/8 tsp (2mL)

- tempeh
6 oz (170g)
- vegetarian burger crumbles
1 1/4 cup (125g)
- hummus
6 1/2 tbsp (98g)
- chickpeas, canned
1 can (470g)

Baked Products

- bread
2 slice (64g)

Soups, Sauces, and Gravies

- oriental flavored ramen
1/8 package with flavor packet (11g)
 - barbecue sauce
2 tbsp (34g)
 - hot sauce
2 tsp (10mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

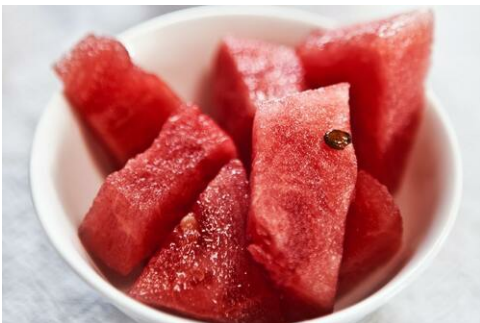
For all 3 meals:

sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon
4 oz (113g)

For all 3 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.
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Breakfast 2 [↗](#)

Eat on day 4, day 5

Hummus toast

1 slice(s) - 146 cal ● 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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Vegan breakfast sausage links

1 links - 38 cal ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links
1 links (23g)

For all 2 meals:

vegan breakfast sausage links
2 links (45g)

1. Cook links according to package instructions. Serve.

Vegan English bubble & squeak

1 patties - 97 cal ● 2g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

potatoes, peeled & cut into chunks
 1 small (1-3/4" to 2-1/4" dia.) (92g)
hot sauce
 1 tsp (5mL)
brussels sprouts, shredded
 1/2 cup, shredded (25g)
oil
 1/2 tsp (3mL)

For all 2 meals:

potatoes, peeled & cut into chunks
 2 small (1-3/4" to 2-1/4" dia.) (184g)
hot sauce
 2 tsp (10mL)
brussels sprouts, shredded
 1 cup, shredded (50g)
oil
 1 tsp (5mL)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

Lunch 1 [↗](#)

Eat on day 1

Bbq tempeh lettuce wrap

4 lettuce wrap(s) - 329 cal ● 26g protein ● 9g fat ● 26g carbs ● 11g fiber



Makes 4 lettuce wrap(s)

romaine lettuce
 4 leaf inner (24g)
tempeh, cubed
 4 oz (113g)
barbecue sauce
 2 tbsp (34g)
coleslaw mix
 1 cup (90g)
oil
 1/2 tsp (3mL)
bell pepper, deseeded and sliced
 1/2 small (37g)

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.

Simple kale salad

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



Makes 1/2 cup(s)

salad dressing
 1/2 tbsp (8mL)
kale leaves
 1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

ketchup
1 tbsp (17g)
meatless chik'n tenders
4 pieces (102g)

For all 2 meals:

ketchup
2 tbsp (34g)
meatless chik'n tenders
8 pieces (204g)

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

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 4

Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



oil

1/4 tbsp (4mL)

potatoes

1/4 large (3" to 4-1/4" dia.) (92g)

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.

Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



oil

1/4 tbsp (4mL)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

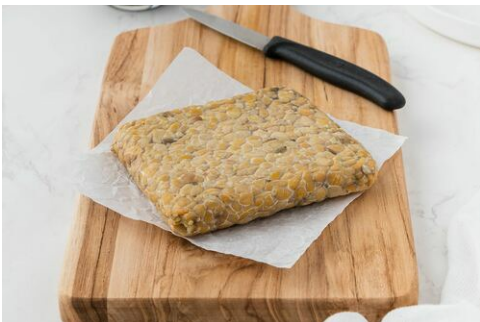
bell pepper, sliced into strips

1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Basic tempeh

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



Makes 2 oz

oil

1 tsp (5mL)

tempeh

2 oz (57g)

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

Lunch 4 [↗](#)

Eat on day 5, day 6

Edamame and chickpea salad

267 cal ● 12g protein ● 10g fat ● 22g carbs ● 10g fiber



For single meal:

chickpeas, canned, drained and rinsed

3/8 can (179g)

bell pepper, diced

1/6 medium (24g)

carrots, diced

1/6 medium (12g)

dried cranberries

1 tsp (4g)

olive oil

1 tsp (6mL)

vinegar

1/6 tsp (1mL)

italian seasoning

1 dash (1g)

edamame beans, frozen

2 1/2 tbsp (23g)

For all 2 meals:

chickpeas, canned, drained and rinsed

5/6 can (358g)

bell pepper, diced

3/8 medium (48g)

carrots, diced

3/8 medium (24g)

dried cranberries

2 1/2 tsp (8g)

olive oil

2 1/2 tsp (12mL)

vinegar

3/8 tsp (2mL)

italian seasoning

1/3 tsp (1g)

edamame beans, frozen

5 tbsp (47g)

1. Cook the edamame according to its package. Discard any pods.
2. In a large bowl, add the rinsed chickpeas, edamame beans, pepper, carrots, and cranberries. Set aside.
3. In a small bowl, mix together the olive oil, vinegar, and seasoning until blended.
4. Pour dressing over chickpea mixture and toss.
5. Best served chilled.

Lunch 5 [↗](#)

Eat on day 7

Roasted tomatoes

2 tomato(es) - 119 cal ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

tomatoes

2 small whole (2-2 1/2" dia) (182g)

oil

2 tsp (10mL)

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.

Veggie burger patty

1 patty - 127 cal ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



Makes 1 patty

veggie burger patty

1 patty (71g)

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

Dinner 1 [↗](#)

Eat on day 1

Tofu lo-mein

169 cal ● 8g protein ● 8g fat ● 13g carbs ● 3g fiber



frozen mixed veggies

2 oz (57g)

olive oil

1/4 tbsp (4mL)

water

1/6 cup(s) (44mL)

soy sauce

3/8 tsp (2mL)

oriental flavored ramen

1/8 package with flavor packet (11g)

extra firm tofu

2 oz (57g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Dinner 2 [↗](#)

Eat on day 2

Roasted tofu & veggies

352 cal ● 24g protein ● 17g fat ● 16g carbs ● 9g fiber



extra firm tofu

2/3 block (216g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

brussels sprouts, cut in half

2 2/3 oz (76g)

carrots, cut as desired

1 medium (61g)

broccoli, cut as desired

1/3 cup chopped (30g)

bell pepper, sliced

1/3 medium (40g)

onion, thickly sliced

1/6 medium (2-1/2" dia) (18g)

olive oil

2 tsp (10mL)

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.

Dinner 3 [↗](#)

Eat on day 3

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

onion, thinly sliced

1/2 small (35g)

vegan sausage

1 sausage (100g)

oil

1/2 tbsp (8mL)

frozen cauliflower

3/4 cup (85g)

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.

Dinner 4 [↗](#)

Eat on day 4

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

vegetarian burger crumbles

1 1/4 cup (125g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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 5 [↗](#)

Eat on day 5, day 6

Lemony chickpea salad

162 cals ● 7g protein ● 7g fat ● 12g carbs ● 7g fiber



For single meal:

chickpeas, canned, rinsed and drained
1/8 can (56g)
mixed greens
1 cup (30g)
avocados, chopped
1/8 avocado(s) (25g)
sun-dried tomatoes, thinly sliced
1 piece(s) (10g)
hummus
3/4 tbsp (11g)
dijon mustard
4 dash (3g)
lemon juice
1/4 tbsp (4mL)
ground cumin
1 dash (0g)
oil
1/8 tsp (0mL)

For all 2 meals:

chickpeas, canned, rinsed and drained
1/4 can (112g)
mixed greens
2 cup (60g)
avocados, chopped
1/4 avocado(s) (50g)
sun-dried tomatoes, thinly sliced
2 piece(s) (20g)
hummus
1 1/2 tbsp (23g)
dijon mustard
1 tsp (5g)
lemon juice
1/2 tbsp (8mL)
ground cumin
2 dash (1g)
oil
1/8 tsp (1mL)

1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated. Bake 10-15 minutes until chickpeas are golden.
3. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
4. Serve greens with sun dried tomatoes, avocado, chickpeas, and dressing.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.
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Dinner 6 [↗](#)

Eat on day 7

Simple mixed greens and tomato salad

76 cal ● 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.

Vegan sausage & veggie sheet pan

240 cal ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

broccoli, chopped

1/2 cup chopped (46g)

carrots, sliced

1/2 medium (31g)

potatoes, cut into wedges

1/2 small (1-3/4" to 2-1/4" dia.) (46g)

vegan sausage, cut into bite sized pieces

1/2 sausage (50g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water

2 1/2 cup(s) (593mL)

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water

17 1/2 cup(s) (4148mL)

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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