

Meal Plan - 1300 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

1330 cals ● 102g protein (31%) ● 63g fat (43%) ● 63g carbs (19%) ● 26g fiber (8%)

Breakfast

130 cals, 4g protein, 5g net carbs, 9g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Mixed nuts](#)

1/8 cup(s)- 109 cals

Snacks

175 cals, 4g protein, 2g net carbs, 16g fat



[Walnuts](#)

1/4 cup(s)- 175 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

Lunch

340 cals, 18g protein, 25g net carbs, 14g fat



[Edamame & beet salad](#)

342 cals

Dinner

465 cals, 27g protein, 29g net carbs, 23g fat



[Soy milk](#)

1 1/2 cup(s)- 127 cals



[Tofu lo-mein](#)

339 cals

Day 2

1300 cals ● 94g protein (29%) ● 65g fat (45%) ● 64g carbs (20%) ● 21g fiber (6%)

Breakfast

130 cals, 4g protein, 5g net carbs, 9g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Mixed nuts](#)

1/8 cup(s)- 109 cals

Snacks

175 cals, 4g protein, 2g net carbs, 16g fat



[Walnuts](#)

1/4 cup(s)- 175 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

Lunch

310 cals, 11g protein, 26g net carbs, 16g fat



[Pita bread](#)

1/2 pita bread(s)- 39 cals



[Spiced coconut lentil soup](#)

272 cals

Dinner

465 cals, 27g protein, 29g net carbs, 23g fat



[Soy milk](#)

1 1/2 cup(s)- 127 cals



[Tofu lo-mein](#)

339 cals

Day 3

1297 cals ● 102g protein (32%) ● 64g fat (44%) ● 59g carbs (18%) ● 19g fiber (6%)

Breakfast

230 cals, 10g protein, 14g net carbs, 12g fat



[Soy milk](#)

3/4 cup(s)- 64 cals



[Avocado toast](#)

1 slice(s)- 168 cals

Snacks

175 cals, 4g protein, 2g net carbs, 16g fat



[Walnuts](#)

1/4 cup(s)- 175 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

Lunch

310 cals, 11g protein, 26g net carbs, 16g fat



[Pita bread](#)

1/2 pita bread(s)- 39 cals



[Spiced coconut lentil soup](#)

272 cals

Dinner

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



[Vegan bangers and cauliflower mash](#)

1 sausage link(s)- 361 cals

Day 4

1271 cals ● 111g protein (35%) ● 51g fat (36%) ● 75g carbs (24%) ● 18g fiber (6%)

Breakfast

230 cals, 10g protein, 14g net carbs, 12g fat



[Soy milk](#)
3/4 cup(s)- 64 cals



[Avocado toast](#)
1 slice(s)- 168 cals

Snacks

135 cals, 3g protein, 12g net carbs, 7g fat



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



[Vegan cheese](#)
1 1" cube- 91 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Lunch

325 cals, 21g protein, 32g net carbs, 11g fat



[Simple mixed greens salad](#)
102 cals



[Teriyaki seitan with veggies and rice](#)
226 cals

Dinner

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



[Vegan bangers and cauliflower mash](#)
1 sausage link(s)- 361 cals

Day 5

1279 cals ● 109g protein (34%) ● 49g fat (34%) ● 71g carbs (22%) ● 30g fiber (9%)

Breakfast

180 cals, 9g protein, 16g net carbs, 7g fat



[Soy milk](#)
1 cup(s)- 85 cals



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

Snacks

135 cals, 3g protein, 12g net carbs, 7g fat



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



[Vegan cheese](#)
1 1" cube- 91 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Lunch

360 cals, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)
359 cals

Dinner

385 cals, 22g protein, 26g net carbs, 16g fat



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



[Simple salad with tomatoes and carrots](#)
147 cals

Day 6

1238 cal ● 121g protein (39%) ● 43g fat (31%) ● 66g carbs (21%) ● 26g fiber (8%)

Breakfast

180 cal, 9g protein, 16g net carbs, 7g fat



[Soy milk](#)
1 cup(s)- 85 cal



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

Snacks

120 cal, 2g protein, 21g net carbs, 3g fat



[Baked chips](#)
12 crisps- 122 cal

Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cal

Lunch

360 cal, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)
359 cal

Dinner

355 cal, 35g protein, 11g net carbs, 15g fat



[Vegan crumbles](#)
1 3/4 cup(s)- 256 cal



[Simple mixed greens salad](#)
102 cal

Day 7

1334 cal ● 116g protein (35%) ● 47g fat (32%) ● 80g carbs (24%) ● 32g fiber (10%)

Breakfast

180 cal, 9g protein, 16g net carbs, 7g fat



[Soy milk](#)
1 cup(s)- 85 cal



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

Snacks

120 cal, 2g protein, 21g net carbs, 3g fat



[Baked chips](#)
12 crisps- 122 cal

Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cal

Lunch

455 cal, 22g protein, 31g net carbs, 22g fat



[Pumpkin seeds](#)
183 cal



[Chickpea & kale soup](#)
273 cal

Dinner

355 cal, 35g protein, 11g net carbs, 15g fat



[Vegan crumbles](#)
1 3/4 cup(s)- 256 cal



[Simple mixed greens salad](#)
102 cal

Other

- ☐ soy milk, unsweetened
1/2 gallon (1800mL)
- ☐ mixed greens
8 3/4 cup (263g)
- ☐ diced tomatoes
1/4 can(s) (105g)
- ☐ vegan sausage
2 1/2 sausage (250g)
- ☐ frozen cauliflower
1 1/2 cup (170g)
- ☐ vegan cheese, block
2 1" cube (57g)
- ☐ teriyaki sauce
1 tbsp (14mL)
- ☐ italian seasoning
2 dash (1g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ baked chips, any flavor
24 craps (56g)

Vegetables and Vegetable Products

- ☐ frozen mixed veggies
9 2/3 oz (275g)
- ☐ tomatoes
7 1/2 medium whole (2-3/5" dia) (908g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ onion
1 medium (2-1/2" dia) (108g)
- ☐ garlic
2 1/4 clove(s) (7g)
- ☐ fresh ginger
1/2 slices (1" dia) (1g)
- ☐ frozen chopped spinach
1/4 10 oz package (71g)
- ☐ potatoes
3 1/2 small (1-3/4" to 2-1/4" dia.) (322g)
- ☐ brussels sprouts
1 1/2 cup, shredded (75g)
- ☐ broccoli
1/2 cup chopped (46g)
- ☐ carrots
7/8 medium (53g)
- ☐ romaine lettuce
3/4 hearts (375g)

Beverages

- ☐ water
16 cup(s) (3792mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Legumes and Legume Products

- ☐ soy sauce
1/2 tbsp (8mL)
- ☐ extra firm tofu
1/2 lbs (227g)
- ☐ lentils, raw
4 tbsp (48g)
- ☐ vegetarian burger crumbles
3 1/2 cup (350g)
- ☐ chickpeas, canned
1/2 can (224g)

Soups, Sauces, and Gravies

- ☐ oriental flavored ramen
1/2 package with flavor packet (43g)
- ☐ hot sauce
1 tbsp (15mL)
- ☐ vegetable broth
2 cup(s) (mL)

Nut and Seed Products

- ☐ mixed nuts
4 tbsp (34g)
- ☐ walnuts
3/4 cup, shelled (75g)
- ☐ coconut milk, canned
1/4 can (113mL)
- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)

Baked Products

- ☐ pita bread
1 pita, small (4" dia) (28g)
- ☐ bread
2 slice (64g)

Spices and Herbs

- ☐ paprika
1 dash (0g)

- ☐ fresh spinach
4 cup(s) (120g)
- ☐ kale leaves
1 cup, chopped (40g)

Fats and Oils

- ☐ olive oil
1 tbsp (15mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)
- ☐ oil
1 1/2 oz (49mL)
- ☐ salad dressing
10 tbsp (148mL)

- ☐ curry powder
1/2 tbsp (3g)

Fruits and Fruit Juices

- ☐ avocados
1 avocado(s) (201g)

Cereal Grains and Pasta

- ☐ seitan
1/2 lbs (227g)
 - ☐ long-grain white rice
4 tsp (15g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts

2 tbsp (17g)

For all 2 meals:

mixed nuts

4 tbsp (34g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
3/4 cup (180mL)

For all 2 meals:

soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

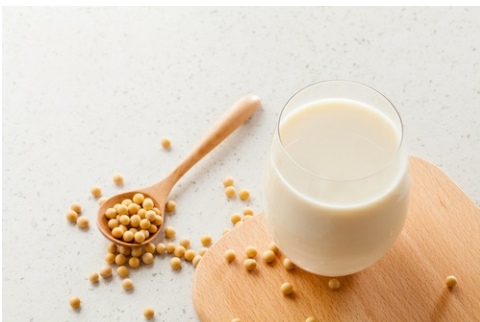
1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 3 meals:

soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.

Vegan English bubble & squeak

1 patties - 97 cals ● 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 3 meals:

potatoes, peeled & cut into chunks

3 small (1-3/4" to 2-1/4" dia.) (276g)

hot sauce

1 tbsp (15mL)

brussels sprouts, shredded

1 1/2 cup, shredded (75g)

oil

1/2 tbsp (8mL)

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

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Pita bread

1/2 pita bread(s) - 39 cal ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



For single meal:

pita bread

1/2 pita, small (4" dia) (14g)

For all 2 meals:

pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Spiced coconut lentil soup

272 cal ● 9g protein ● 16g fat ● 19g carbs ● 5g fiber



For single meal:

onion, diced

1/8 large (19g)

garlic, diced

5/8 clove(s) (2g)

fresh ginger, diced

1/4 slices (1" dia) (1g)

diced tomatoes

1/8 can(s) (53g)

water

5/8 cup(s) (148mL)

lentils, raw, rinsed

2 tbsp (24g)

frozen chopped spinach

1/8 10 oz package (36g)

coconut milk, canned

1/8 can (56mL)

paprika

1/2 dash (0g)

curry powder

1/4 tbsp (2g)

oil

1/4 tbsp (4mL)

For all 2 meals:

onion, diced

1/4 large (38g)

garlic, diced

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

fresh ginger, diced

1/2 slices (1" dia) (1g)

diced tomatoes

1/4 can(s) (105g)

water

1 1/4 cup(s) (296mL)

lentils, raw, rinsed

4 tbsp (48g)

frozen chopped spinach

1/4 10 oz package (71g)

coconut milk, canned

1/4 can (113mL)

paprika

1 dash (0g)

curry powder

1/2 tbsp (3g)

oil

1/2 tbsp (8mL)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

Lunch 3 [🔗](#)

Eat on day 4

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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

Teriyaki seitan with veggies and rice

226 cals ● 19g protein ● 4g fat ● 26g carbs ● 2g fiber



seitan, cut into strips

2 oz (57g)

oil

1/2 tsp (3mL)

teriyaki sauce

2 2/3 tsp (13mL)

frozen mixed veggies

1/6 package (10 oz ea) (48g)

long-grain white rice

4 tsp (15g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
 2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
 3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
 4. Serve over rice.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Lunch 5 [↗](#)

Eat on day 7

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



oil
1/2 tsp (3mL)
garlic, minced
1 clove(s) (3g)
vegetable broth
2 cup(s) (mL)
kale leaves, chopped
1 cup, chopped (40g)
chickpeas, canned, drained
1/2 can (224g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 3 meals:

walnuts
3/4 cup, shelled (75g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Vegan cheese

1 1" cube - 91 cals ● 1g protein ● 7g fat ● 6g carbs ● 0g fiber



For single meal:
vegan cheese, block
1 1" cube (28g)

For all 2 meals:
vegan cheese, block
2 1" cube (57g)

1. Slice and enjoy.

Snacks 3 [↗](#)

Eat on day 6, day 7

Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:
baked chips, any flavor
12 crisps (28g)

For all 2 meals:
baked chips, any flavor
24 crisps (56g)

1. Enjoy.

Dinner 1 [↗](#)

Eat on day 1, day 2

Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:
soy milk, unsweetened
1 1/2 cup (360mL)

For all 2 meals:
soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.

Tofu lo-mein

339 cals ● 17g protein ● 16g fat ● 26g carbs ● 6g fiber



For single meal:

frozen mixed veggies

4 oz (113g)

olive oil

1/2 tbsp (8mL)

water

3/8 cup(s) (89mL)

soy sauce

1/4 tbsp (4mL)

oriental flavored ramen

1/4 package with flavor packet (21g)

extra firm tofu

4 oz (113g)

For all 2 meals:

frozen mixed veggies

1/2 lbs (227g)

olive oil

1 tbsp (15mL)

water

3/4 cup(s) (178mL)

soy sauce

1/2 tbsp (8mL)

oriental flavored ramen

1/2 package with flavor packet (43g)

extra firm tofu

1/2 lbs (227g)

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 3, day 4

Vegan bangers and cauliflower mash

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



For single meal:

onion, thinly sliced

1/2 small (35g)

vegan sausage

1 sausage (100g)

oil

1/2 tbsp (8mL)

frozen cauliflower

3/4 cup (85g)

For all 2 meals:

onion, thinly sliced

1 small (70g)

vegan sausage

2 sausage (200g)

oil

1 tbsp (15mL)

frozen cauliflower

1 1/2 cup (170g)

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 3 [↗](#)

Eat on day 5

Vegan sausage & veggie sheet pan

240 cals ● 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.

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



salad dressing

1 tbsp (17mL)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles

1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles

3 1/2 cup (350g)

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

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

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

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water
2 cup(s) (474mL)
protein powder
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water
14 cup(s) (3318mL)
protein powder
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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