Meal Plan - 1400 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

1424 cals • 98g protein (28%) • 68g fat (43%) • 68g carbs (19%) • 36g fiber (10%)

Breakfast

310 cals, 8g protein, 22g net carbs, 18g fat



Soy milk yogurt 1 container- 136 cals



Avocado 176 cals

Snacks

140 cals, 3g protein, 4g net carbs, 11g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Walnuts 1/6 cup(s)- 117 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals Lunch

395 cals, 25g protein, 20g net carbs, 20g fat



Vegan buttery garlic green beans 121 cals



Cajun tofu 275 cals

415 cals, 26g protein, 21g net carbs, 18g fat



Tempeh taco salad bowl 416 cals



Breakfast

310 cals, 8g protein, 22g net carbs, 18g fat



Soy milk yogurt 1 container- 136 cals



Avocado 176 cals

Snacks

140 cals, 3g protein, 4g net carbs, 11g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Walnuts 1/6 cup(s)- 117 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

Lunch

400 cals, 18g protein, 28g net carbs, 21g fat



Vegan cream of mushroom soup

Dinner

415 cals, 26g protein, 21g net carbs, 18g fat



Tempeh taco salad bowl 416 cals

Day 3

Breakfast 220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk 1 cup(s)- 85 cals



Almond protein balls 1 ball(s)- 135 cals

Snacks

155 cals, 2g protein, 21g net carbs, 5g fat



Roasted pepper wedges with vegan cheese 2 wedge(s)- 68 cals



Orange 1 orange(s)-85 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

Lunch

1384 cals ● 97g protein (28%) ● 63g fat (41%) ● 74g carbs (21%) ● 32g fiber (9%)

400 cals, 18g protein, 28g net carbs, 21g fat



Vegan cream of mushroom soup 401 cals

Dinner

445 cals, 27g protein, 20g net carbs, 22g fat



Carrot & grounds stir fry 332 cals



Simple kale & avocado salad 115 cals

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk 1 cup(s)- 85 cals



Almond protein balls 1 ball(s)- 135 cals

Snacks

155 cals, 2g protein, 21g net carbs, 5g fat



Roasted pepper wedges with vegan cheese 2 wedge(s)- 68 cals



Orange 1 orange(s)-85 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

Lunch

395 cals, 26g protein, 23g net carbs, 16g fat



Roasted carrots 4 carrots(s)- 211 cals



Vegan crumbles 1 1/4 cup(s)- 183 cals

Dinner

445 cals, 27g protein, 20g net carbs, 22g fat



Carrot & grounds stir fry 332 cals



Simple kale & avocado salad 115 cals

Day 5

Breakfast 220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk



Almond protein balls 1 ball(s)- 135 cals

Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



Raspberries 3/4 cup(s)- 54 cals



Bell pepper strips and hummus 114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

Lunch

465 cals, 25g protein, 28g net carbs, 25g fat

1368 cals ● 92g protein (27%) ● 67g fat (44%) ● 72g carbs (21%) ● 29g fiber (8%)



Chunky canned soup (non-creamy) 1 can(s)- 247 cals



Mixed nuts 1/4 cup(s)- 218 cals

Dinner

355 cals, 11g protein, 27g net carbs, 20g fat



Simple mixed greens salad 136 cals



Breakfast

200 cals, 4g protein, 14g net carbs, 12g fat



Blueberry nut apple slices 1/2 apple(s)- 198 cals

Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



Raspberries
3/4 cup(s)- 54 cals



Bell pepper strips and hummus 114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

Lunch

465 cals, 25g protein, 28g net carbs, 25g fat



Chunky canned soup (non-creamy) 1 can(s)- 247 cals



Mixed nuts 1/4 cup(s)- 218 cals

Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



Seitan salad 359 cals



Peach 1 peach(es)- 66 cals

Day 7

Breakfast
200 cals, 4g protein, 14g net carbs, 12g fat



Blueberry nut apple slices 1/2 apple(s)- 198 cals

Lunch

475 cals, 38g protein, 18g net carbs, 25g fat

1428 cals 113g protein (32%) 61g fat (39%) 74g carbs (21%) 31g fiber (9%)



Soy milk 1 1/3 cup(s)- 113 cals



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

Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



Seitan salad 359 cals



Peach 1 peach(es)- 66 cals

Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



Raspberries 3/4 cup(s)- 54 cals



Bell pepper strips and hummus 114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

Grocery List



Fats and Oils	Beverages
oil 2 1/2 oz (79mL) salad dressing 5 tbsp (75mL)	water 2/3 gallon (2534mL) protein powder 3/4 lbs (334g) almond milk, unsweetened
Legumes and Legume Products	4 cup(s) (960mL)
refried beans 3/4 cup (182g)	Vegetables and Vegetable Products
tempeh 6 oz (170g)	tomatoes 24 cherry tomatoes (408g)
firm tofu 2/3 lbs (319g)	garlic 5 3/4 clove(s) (17g)
soy sauce 2 tbsp (30mL)	fresh green beans 10 oz (283g)
vegetarian burger crumbles 1 package (12 oz) (352g)	cauliflower 4 cup chopped (428g)
hummus 2/3 cup (162g)	mushrooms 1/2 lbs (245g)
Soups, Sauces, and Gravies	onion 2 medium (2-1/2" dia) (205g)
salsa 1/4 cup (81g) vegetable broth 1/4 cup(s) (mL) chunky canned soup (non-creamy varieties) 2 can (~19 oz) (1052g)	bell pepper 3 medium (357g) fresh cilantro 2 tbsp, chopped (6g) carrots 6 2/3 large (480g) kale leaves
Other	1/2 bunch (85g) shallots
mixed greens 3 3/4 cup (113g) soy milk yogurt 2 container(s) (301g) vegan butter	1/4 shallot (28g) potatoes 2 1/2 oz (71g) fresh spinach 4 cup(s) (120g)
1 3/4 tbsp (25g) soy milk, unsweetened	Nut and Seed Products
1/4 gallon (1039mL) almond flour 1 1/2 tbsp (11g) vegan cheese, shredded 1 oz (28g)	walnuts 1 1/2 oz (41g) almond butter 2 3/4 oz (79g) mixed nuts
nutritional yeast 2 tsp (3g)	1/2 cup (67g)
vegan sausage 1 sausage (100g)	Cereal Grains and Pasta
frozen cauliflower 3/4 cup (85g)	cornstarch 4 dash (1g)

Fruits and Fruit Juices	seitan 6 oz (170g)
avocados 2 3/4 avocado(s) (553g)	0.02 (.7.09)
lemon juice 1 tsp (5mL)	
orange 2 orange (308g)	
lime juice 2 tsp (10mL)	
lemon 1/2 small (29g)	
raspberries 2 1/4 cup (277g)	
blueberries 4 tbsp (37g)	
apples 1 medium (3" dia) (182g)	
peach 2 medium (2-2/3" dia) (300g)	
Spices and Herbs	
taco seasoning mix 1 1/2 tbsp (13g)	
lemon pepper	
☐ 2 dash (0g)	
= 2 dash (0g) salt 1 1/3 tsp (8g)	
☐ salt	
salt 1 1/3 tsp (8g) cajun seasoning 1 tsp (2g) onion powder	
salt 1 1/3 tsp (8g) cajun seasoning 1 tsp (2g) onion powder 4 tsp (10g) black pepper	
salt 1 1/3 tsp (8g) cajun seasoning 1 tsp (2g) onion powder 4 tsp (10g) black pepper 2 tsp, ground (5g) crushed red pepper	
salt 1 1/3 tsp (8g) cajun seasoning 1 tsp (2g) onion powder 4 tsp (10g) black pepper 2 tsp, ground (5g)	

Recipes



Breakfast 1 🗹

Eat on day 1, day 2

Soy milk yogurt

1 container - 136 cals

6g protein
4g fat
20g carbs
0g fiber



For single meal:

soy milk yogurt 1 container(s) (150g) For all 2 meals:

soy milk yogurt 2 container(s) (301g)

1. This recipe has no instructions.

Avocado

176 cals • 2g protein • 15g fat • 2g carbs • 7g fiber



For single meal:

avocados 1/2 avocado(s) (101g) lemon juice 1/2 tsp (3mL) For all 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.

Breakfast 2 2

Eat on day 3, day 4, day 5

Soy milk

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



For single meal:

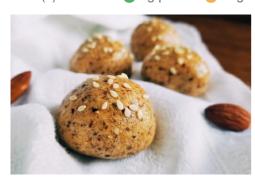
soy milk, unsweetened 1 cup (240mL) For all 3 meals:

soy milk, unsweetened 3 cup (720mL)

1. This recipe has no instructions.

Almond protein balls

1 ball(s) - 135 cals • 6g protein • 10g fat • 2g carbs • 2g fiber



For single meal:

protein powder 1/2 tbsp (3g) almond flour 1/2 tbsp (4g) almond butter 1 tbsp (16g) For all 3 meals:

protein powder 1 1/2 tbsp (9g) almond flour 1 1/2 tbsp (11g) almond butter 3 tbsp (47g)

- 1. Mix all ingredients together until well incorporated.
- 2. Form into balls.
- 3. Store any leftovers in an airtight container in the fridge.

Breakfast 3 🗹

Eat on day 6, day 7

Blueberry nut apple slices

1/2 apple(s) - 198 cals • 4g protein • 12g fat • 14g carbs • 5g fiber



blueberries
2 tbsp (19g)
walnuts, chopped
2 walnuts (4g)
almond butter
1 tbsp (16g)
apples

1/2 medium (3" dia) (91g)

For single meal:

For all 2 meals:

blueberries
4 tbsp (37g)
walnuts, chopped
4 walnuts (8g)
almond butter
2 tbsp (32g)
apples
1 medium (3" dia) (182g)

- 1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
- 2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

Lunch 1 🗹

Eat on day 1

Vegan buttery garlic green beans

121 cals • 6g protein • 1g fat • 14g carbs • 8g fiber



vegan butter
1 1/4 tbsp (18g)
garlic, minced
2 clove(s) (6g)
fresh green beans, trimmed,
snapped in half
10 oz (283g)
lemon pepper
2 dash (0g)
salt
1/3 tsp (2g)

- 1. Place green beans in a large skillet and cover with water; bring to a boil.
- 2. Reduce heat to mediumlow and simmer until beans start to soften, about 5 minutes. Drain water.
- 3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
- 4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
- 5. Serve.

Cajun tofu

275 cals 19g protein 19g fat 6g carbs 1g fiber



oil
1 3/4 tsp (9mL)
cajun seasoning
1 tsp (2g)
firm tofu, patted dry & cubed
1/2 lbs (248g)

- 1. Preheat oven to 425°F (220°C).
- Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
- 3. Bake until crisp, 20-25 minutes. Serve.

Lunch 2 Z Eat on day 2, day 3

Vegan cream of mushroom soup

401 cals • 18g protein • 21g fat • 28g carbs • 7g fiber



For single meal:

cauliflower

2 cup chopped (214g)

almond milk, unsweetened

2 cup(s) (480mL)

onion powder

2 tsp (5g)

salt

4 dash (3g)

oil

1 tsp (5mL)

mushrooms, diced

1 1/2 cup, pieces or slices (105g)

garlic, diced

1 clove (3g)

black pepper

1 tsp, ground (2g)

onion, diced

1/2 small (35g)

For all 2 meals:

cauliflower

4 cup chopped (428g)

almond milk, unsweetened

4 cup(s) (960mL)

onion powder

4 tsp (10g)

salt

1 tsp (6g)

oil

2 tsp (10mL)

mushrooms, diced

3 cup, pieces or slices (210g)

garlic, diced

2 clove (6g)

black pepper

2 tsp, ground (5g)

onion, diced

1 small (70g)

- 1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
- 2. Once boiling, reduce heat, and continue cooking for 8 minutes.
- 3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
- 4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
- 5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

Lunch 3 Z

Eat on day 4

Roasted carrots

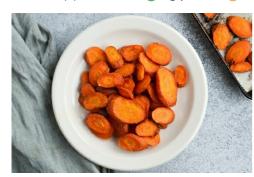
4 carrots(s) - 211 cals

3g protein

10g fat

20g carbs

8g fiber



Makes 4 carrots(s) oil 2 tsp (10mL)

carrots, sliced 4 large (288g)

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

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.

Lunch 4 🗹

Eat on day 5, day 6

Chunky canned soup (non-creamy)

1 can(s) - 247 cals

18g protein

7g fat

23g carbs

5g fiber



For single meal:

For all 2 meals:

varieties)

1 can (~19 oz) (526g)

chunky canned soup (non-creamy chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Mixed nuts

1/4 cup(s) - 218 cals • 7g protein • 18g fat • 5g carbs • 2g fiber



For single meal:

mixed nuts 4 tbsp (34g) For all 2 meals:

mixed nuts 1/2 cup (67g)

1. This recipe has no instructions.

Lunch 5 🗹

Eat on day 7

Soy milk

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



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

1. This recipe has no instructions.

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)

- 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.

Snacks 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:

tomatoes6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Walnuts

1/6 cup(s) - 117 cals

3g protein

11g fat

1g carbs

1g fiber



For single meal:

walnuts 2 2/3 tbsp, shelled (17g) For all 2 meals:

walnuts

1/3 cup, shelled (33g)

Roasted pepper wedges with vegan cheese

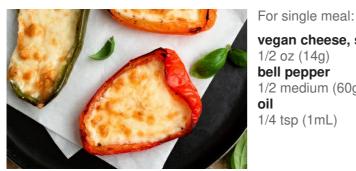
2 wedge(s) - 68 cals

1g protein

4g fat

5g carbs

2g fiber



vegan cheese, shredded 1/2 oz (14g) bell pepper 1/2 medium (60g) oil 1/4 tsp (1mL)

For all 2 meals:

vegan cheese, shredded 1 oz (28g) bell pepper 1 medium (119g) oil 1/2 tsp (3mL)

- 1. Preheat oven or toaster oven to 400°F (200°C).
- 2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
- 3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
- 4. Remove sheet from oven and add the vegan cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
- 5. Serve and enjoy.

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)

Snacks 3 2

Eat on day 5, day 6, day 7

Raspberries

3/4 cup(s) - 54 cals • 1g protein • 1g fat • 5g carbs • 6g fiber



For single meal: raspberries

For all 3 meals: raspberries

2 1/4 cup (277g)

1. Rinse raspberries and serve.

Bell pepper strips and hummus

114 cals • 5g protein • 5g fat • 7g carbs • 5g fiber



For single meal:

hummus 1/4 cup (54g) bell pepper 2/3 medium (79g) For all 3 meals:

hummus 2/3 cup (162g) bell pepper 2 medium (238g)

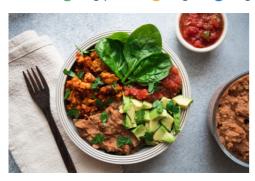
- 1. Cut bell pepper into strips.
- 2. Serve with hummus to dip in.

Dinner 1 🗹

Eat on day 1, day 2

Tempeh taco salad bowl

416 cals
26g protein
18g fat
21g carbs
17g fiber



oil
3/8 tsp (2mL)
refried beans
6 tbsp (91g)
salsa
2 1/4 tbsp (41g)
mixed greens
6 tbsp (11g)
avocados, cubed
3/8 avocado(s) (75g)
taco seasoning mix
3/4 tbsp (6g)
tempeh
3 oz (85g)

For single meal:

oil
1/4 tbsp (4mL)
refried beans
3/4 cup (182g)
salsa
1/4 cup (81g)
mixed greens
3/4 cup (23g)
avocados, cubed
3/4 avocado(s) (151g)
taco seasoning mix
1 1/2 tbsp (13g)
tempeh

6 oz (170g)

For all 2 meals:

- 1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
- 2. Heat refried beans in the microwave or a separate pan; set aside.
- 3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
- 4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Dinner 2 🗹

Eat on day 3, day 4

Carrot & grounds stir fry

332 cals
25g protein
15g fat
15g carbs
10g fiber



For single meal:

fresh cilantro, chopped

3 tsp, chopped (3g)

oil

2 tsp (10mL)

lime juice

1 tsp (5mL)

crushed red pepper

1 1/3 dash (0g)

water

2 tsp (10mL)

sov sauce

3 tsp (15mL)

onion, chopped

1/3 large (50g)

garlic, minced

2/3 clove(s) (2g)

vegetarian burger crumbles

4 oz (113g)

carrots

1 1/3 large (96g)

For all 2 meals:

fresh cilantro, chopped

2 tbsp, chopped (6g)

oil

4 tsp (20mL)

lime juice

2 tsp (10mL)

crushed red pepper

1/3 tsp (1g)

water

4 tsp (20mL)

sov sauce

2 tbsp (30mL)

onion, chopped

2/3 large (100g)

garlic, minced

1 1/3 clove(s) (4g)

vegetarian burger crumbles

1/2 lbs (227g)

carrots

2 2/3 large (192g)

- 1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
- 2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
- 3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
- 4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Simple kale & avocado salad

115 cals 2g protein 8g fat 5g carbs 5g fiber



For single meal:

kale leaves, chopped 1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

For all 2 meals:

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 3 🗹

Eat on day 5

Simple mixed greens salad

136 cals • 3g protein • 9g fat • 8g carbs • 2g fiber



mixed greens 3 cup (90g) salad dressing 3 tbsp (45mL)

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

Tofu marsala

217 cals • 9g protein • 11g fat • 18g carbs • 3g fiber



balsamic vinegar 1/4 tbsp (4mL) garlic, minced 1/2 clove(s) (2g) shallots, minced 1/4 shallot (28g) oil 1/2 tbsp (8mL) mushrooms, sliced 1 1/4 oz (35g) firm tofu, patted dry & cubed 2 1/2 oz (71g) vegetable broth, hot 1/4 cup(s) (mL) cornstarch 4 dash (1g) vegan butter 1/2 tbsp (7g) potatoes, peeled & quartered 2 1/2 oz (71g)

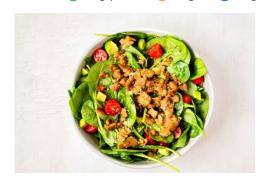
- 1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
- 2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
- 3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
- 4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
- 5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
- Return tofu to the skillet and bring to a simmer.
 Season to taste with some salt and pepper.
- 7. Serve tofu marsala with mashed potatoes.

Dinner 4 🛂

Eat on day 6, day 7

Seitan salad

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



For single meal:

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

For all 2 meals:

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

- 1. Heat the oil in a skillet over medium heat.
- 2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
- 3. Place the seitan on a bed of spinach.
- 4. Top with tomatoes, avocado, and salad dressing. Serve.

oil

1 tsp (5mL)

Peach

1 peach(es) - 66 cals

1g protein

0g fat

12g carbs

2g fiber



peach1 medium (2-2/3" dia) (150g)

For single meal:

For all 2 meals:

peach 2 medium (2-2/3" dia) (300g)

Protein Supplement(s)

Eat every day

Protein shake

1 1/2 scoop - 164 cals lacktriangle 36g protein lacktriangle 1g fat lacktriangle 1g carbs lacktriangle 2g fiber



For single meal:

water 1 1/2 cup(s) (356mL) protein powder 1 1/2 scoop (1/3 cup ea) (47g) For all 7 meals:

water 10 1/2 cup(s) (2489mL) protein powder 10 1/2 scoop (1/3 cup ea) (326g)