

Meal Plan - 1500 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

1471 cals ● 98g protein (27%) ● 70g fat (43%) ● 79g carbs (21%) ● 32g fiber (9%)

Breakfast

285 cals, 16g protein, 7g net carbs, 19g fat



Soy milk
1 cup(s)- 85 cals



Sunflower seeds
180 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



Kale chips
138 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

495 cals, 24g protein, 32g net carbs, 25g fat



Sautéed Kale
242 cals



Veggie burger patty
2 patty- 254 cals

Dinner

390 cals, 18g protein, 30g net carbs, 16g fat



Chickpea & kale soup
273 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Day 2

1503 cals ● 97g protein (26%) ● 88g fat (53%) ● 61g carbs (16%) ● 19g fiber (5%)

Breakfast

285 cals, 16g protein, 7g net carbs, 19g fat



Soy milk
1 cup(s)- 85 cals



Sunflower seeds
180 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



Kale chips
138 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

415 cals, 20g protein, 32g net carbs, 21g fat



Nectarine
1 nectarine(s)- 70 cals



Crispy chik'n tenders
3 tender(s)- 171 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Dinner

500 cals, 21g protein, 14g net carbs, 38g fat



Pumpkin seeds
183 cals



Roasted tomatoes
2 1/2 tomato(es)- 149 cals



Spicy sriracha peanut tofu
171 cals

Day 3

1537 cal ● 97g protein (25%) ● 85g fat (50%) ● 72g carbs (19%) ● 22g fiber (6%)

Breakfast

205 cal, 5g protein, 22g net carbs, 9g fat



Rice cakes with peanut butter

1/2 cake(s)- 120 cal



Orange

1 orange(s)- 85 cal

Snacks

175 cal, 4g protein, 8g net carbs, 13g fat



Roasted pepper wedges with vegan cheese

2 wedge(s)- 68 cal



Cherry tomatoes

6 cherry tomatoes- 21 cal



Walnuts

1/8 cup(s)- 87 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

575 cal, 25g protein, 11g net carbs, 45g fat



Simple sauteed spinach

149 cal



Walnut crusted tofu (vegan)

426 cal

Dinner

415 cal, 27g protein, 29g net carbs, 19g fat



Soy milk

1 2/3 cup(s)- 141 cal



Chik'n nuggets

5 nuggets- 276 cal

Day 4

1537 cal ● 97g protein (25%) ● 85g fat (50%) ● 72g carbs (19%) ● 22g fiber (6%)

Breakfast

205 cal, 5g protein, 22g net carbs, 9g fat



Rice cakes with peanut butter

1/2 cake(s)- 120 cal



Orange

1 orange(s)- 85 cal

Snacks

175 cal, 4g protein, 8g net carbs, 13g fat



Roasted pepper wedges with vegan cheese

2 wedge(s)- 68 cal



Cherry tomatoes

6 cherry tomatoes- 21 cal



Walnuts

1/8 cup(s)- 87 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

575 cal, 25g protein, 11g net carbs, 45g fat



Simple sauteed spinach

149 cal



Walnut crusted tofu (vegan)

426 cal

Dinner

415 cal, 27g protein, 29g net carbs, 19g fat



Soy milk

1 2/3 cup(s)- 141 cal



Chik'n nuggets

5 nuggets- 276 cal

Day 5

1460 cals ● 102g protein (28%) ● 67g fat (41%) ● 82g carbs (23%) ● 31g fiber (9%)

Breakfast

205 cals, 5g protein, 22g net carbs, 9g fat



Rice cakes with peanut butter

1/2 cake(s)- 120 cals



Orange

1 orange(s)- 85 cals

Snacks

175 cals, 4g protein, 8g net carbs, 13g fat



Roasted pepper wedges with vegan cheese

2 wedge(s)- 68 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Walnuts

1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

440 cals, 26g protein, 32g net carbs, 18g fat



Pistachios

188 cals



Beets

6 beets- 145 cals



Vegan crumbles

3/4 cup(s)- 110 cals

Dinner

475 cals, 31g protein, 19g net carbs, 27g fat



Seitan salad

359 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Day 6

1456 cals ● 104g protein (28%) ● 81g fat (50%) ● 51g carbs (14%) ● 27g fiber (8%)

Breakfast

230 cals, 18g protein, 7g net carbs, 13g fat



Dairy-free strawberry protein smoothie

230 cals

Snacks

145 cals, 8g protein, 6g net carbs, 9g fat



Dark chocolate

1 square(s)- 60 cals



Soy milk

1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

445 cals, 10g protein, 19g net carbs, 31g fat



Zoodles with avocado sauce

235 cals



Roasted cashews

1/4 cup(s)- 209 cals

Dinner

475 cals, 31g protein, 19g net carbs, 27g fat



Seitan salad

359 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Day 7

1497 cal ● 98g protein (26%) ● 74g fat (45%) ● 76g carbs (20%) ● 34g fiber (9%)

Breakfast

230 cal, 18g protein, 7g net carbs, 13g fat



[Dairy-free strawberry protein smoothie](#)
230 cal

Lunch

445 cal, 10g protein, 19g net carbs, 31g fat



[Zoodles with avocado sauce](#)
235 cal



[Roasted cashews](#)
1/4 cup(s)- 209 cal

Snacks

145 cal, 8g protein, 6g net carbs, 9g fat



[Dark chocolate](#)
1 square(s)- 60 cal



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

Dinner

515 cal, 25g protein, 44g net carbs, 20g fat



[Simple kale & avocado salad](#)
230 cal



[Chik'n stir fry](#)
285 cal

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cal

Fats and Oils

- oil
1 2/3 oz (51mL)
- olive oil
3 tbsp (42mL)
- vegan mayonnaise
3 tbsp (45g)
- salad dressing
2 tbsp (30mL)

Vegetables and Vegetable Products

- garlic
6 clove(s) (18g)
- kale leaves
1 lbs (512g)
- tomatoes
9 medium whole (2-3/5" dia) (1112g)
- ketchup
3 1/4 tbsp (55g)
- bell pepper
2 medium (238g)
- fresh spinach
16 cup(s) (480g)
- beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)
- zucchini
1 large (323g)
- carrots
1 small (5-1/2" long) (50g)

Soups, Sauces, and Gravies

- vegetable broth
2 cup(s) (mL)

Legumes and Legume Products

- chickpeas, canned
1/2 can (224g)
- roasted peanuts
1/2 cup (82g)
- soy sauce
3/4 oz (15mL)
- peanut butter
1/4 cup (56g)
- firm tofu
1 lbs (439g)
- vegetarian burger crumbles
3/4 cup (75g)

Nut and Seed Products

- sunflower kernels
2 oz (57g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)
- walnuts
1/4 lbs (14 halves) (95g)
- pistachios, dry roasted, without shells or salt added
4 tbsp (31g)
- almond butter
2 tbsp (32g)
- roasted cashews
1/2 cup, halves and whole (69g)

Spices and Herbs

- salt
1/2 tbsp (10g)
- black pepper
3 dash, ground (1g)
- dijon mustard
1 1/2 tbsp (23g)
- fresh basil
1 cup leaves, whole (24g)

Fruits and Fruit Juices

- nectarine
1 medium (2-1/2" dia) (142g)
- orange
3 orange (462g)
- lemon juice
1 3/4 fl oz (52mL)
- avocados
2 avocado(s) (402g)
- frozen strawberries
2/3 cup, unthawed (98g)
- lemon
1/2 small (29g)

Snacks

- rice cakes, any flavor
1 1/2 cakes (14g)

Cereal Grains and Pasta

- seitan
6 oz (170g)
- brown rice
3 tbsp (36g)

Beverages

- water
12 cup(s) (2832mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- almond milk, unsweetened
1 cup(s) (240mL)
- protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

Other

- soy milk, unsweetened
1/2 gallon (1759mL)
 - veggie burger patty
2 patty (142g)
 - sriracha chili sauce
3/8 tbsp (6g)
 - meatless chik'n tenders
3 pieces (77g)
 - vegan cheese, shredded
1 1/2 oz (43g)
 - vegan chik'n nuggets
10 nuggets (215g)
 - nutritional yeast
2 tsp (3g)
 - vegan chik'n strips
2 1/2 oz (71g)
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Sweets

- Chocolate, dark, 70-85%
2 square(s) (20g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Soy milk

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



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. This recipe has no instructions.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 3 meals:

peanut butter
3 tbsp (48g)
rice cakes, any flavor
1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.

Orange

1 orange(s) - 85 cal ● 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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Dairy-free strawberry protein smoothie

230 cal ● 18g protein ● 13g fat ● 7g carbs ● 4g fiber



For single meal:

frozen strawberries
1/3 cup, unthawed (49g)
almond milk, unsweetened
1/2 cup(s) (120mL)
protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)
almond butter
1 tbsp (16g)
water
1/3 cup(s) (78mL)

For all 2 meals:

frozen strawberries
2/3 cup, unthawed (98g)
almond milk, unsweetened
1 cup(s) (240mL)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
almond butter
2 tbsp (32g)
water
2/3 cup(s) (156mL)

1. Put all ingredients into a blender and combine. Add water if needed to make the smoothie less thick.

Lunch 1 [↗](#)

Eat on day 1

Sauteed Kale

242 cals ● 4g protein ● 19g fat ● 10g carbs ● 3g fiber



oil
4 tsp (20mL)
kale leaves
4 cup, chopped (160g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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.

Lunch 2 [↗](#)

Eat on day 2

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)
nectarine, pitted
1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

Crispy chik'n tenders

3 tender(s) - 171 cals ● 12g protein ● 7g fat ● 15g carbs ● 0g fiber



Makes 3 tender(s)

ketchup
3/4 tbsp (13g)
meatless chik'n tenders
3 pieces (77g)

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

Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



Makes 1/6 cup(s)

roasted peanuts
3 tbsp (27g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3, day 4

Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11 mL)
fresh spinach
6 cup(s) (180g)

For all 2 meals:

garlic, diced
1 1/2 clove (5g)
black pepper
3 dash, ground (1g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
12 cup(s) (360g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Walnut crusted tofu (vegan)

426 cal ● 20g protein ● 34g fat ● 8g carbs ● 3g fiber



For single meal:

firm tofu, drained
6 oz (170g)
walnuts
4 tbsp, chopped (29g)
lemon juice
1/4 tbsp (4mL)
garlic, diced
1 1/2 clove(s) (5g)
dijon mustard
3/4 tbsp (11g)
vegan mayonnaise
1 1/2 tbsp (23g)

For all 2 meals:

firm tofu, drained
3/4 lbs (340g)
walnuts
1/2 cup, chopped (58g)
lemon juice
1/2 tbsp (8mL)
garlic, diced
3 clove(s) (9g)
dijon mustard
1 1/2 tbsp (23g)
vegan mayonnaise
3 tbsp (45g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Lunch 4 [↗](#)

Eat on day 5

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

1. This recipe has no instructions.

Beets

6 beets - 145 cal ● 5g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 6 beets

beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Vegan crumbles

3/4 cup(s) - 110 cal ● 14g protein ● 3g fat ● 2g carbs ● 4g fiber



Makes 3/4 cup(s)

vegetarian burger crumbles

3/4 cup (75g)

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

Lunch 5 [↗](#)

Eat on day 6, day 7

Zoodles with avocado sauce

235 cal ● 5g protein ● 16g fat ● 9g carbs ● 10g fiber



For single meal:

water

1/6 cup(s) (39mL)

lemon juice

1 1/2 tbsp (23mL)

tomatoes, halved

5 cherry tomatoes (85g)

fresh basil

1/2 cup leaves, whole (12g)

zucchini

1/2 large (162g)

avocados, peeled and seed removed

1/2 avocado(s) (101g)

For all 2 meals:

water

1/3 cup(s) (79mL)

lemon juice

3 tbsp (45mL)

tomatoes, halved

10 cherry tomatoes (170g)

fresh basil

1 cup leaves, whole (24g)

zucchini

1 large (323g)

avocados, peeled and seed removed

1 avocado(s) (201g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews

4 tbsp, halves and whole (34g)

For all 2 meals:

roasted cashews

1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

kale leaves
2/3 bunch (113g)
olive oil
2 tsp (10mL)
salt
1/4 tbsp (4g)

For all 2 meals:

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

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Roasted pepper wedges with vegan cheese

2 wedge(s) - 68 cal ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

vegan cheese, shredded
1 1/2 oz (43g)
bell pepper
1 1/2 medium (179g)
oil
1/4 tbsp (4mL)

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.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 3 meals:

tomatoes

18 cherry tomatoes (306g)

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

Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp shelled (50 halves) (13g)

For all 3 meals:

walnuts

6 tbsp shelled (50 halves) (38g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

Chocolate, dark, 70-85%

1 square(s) (10g)

For all 2 meals:

Chocolate, dark, 70-85%

2 square(s) (20g)

1. This recipe has no instructions.

Soy milk

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



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Chickpea & kale soup

273 cal ● 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.

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

roasted peanuts

2 tbsp (18g)



1. This recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 2

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Roasted tomatoes

2 1/2 tomato(es) - 149 cal ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

tomatoes
2 1/2 small whole (2-2/5" dia) (228g)
oil
2 1/2 tsp (13mL)

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.

Spicy sriracha peanut tofu

171 cal ● 10g protein ● 12g fat ● 5g carbs ● 1g fiber



oil
1/4 tbsp (4mL)
water
1/8 cup(s) (20mL)
soy sauce
1/2 tsp (3mL)
peanut butter
1/2 tbsp (8g)
sriracha chili sauce
3/8 tbsp (6g)
garlic, minced
1/2 clove (2g)
firm tofu, patted dry & cubed
1/4 lbs (99g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
 2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
 3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
 4. Serve.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Soy milk

1 2/3 cup(s) - 141 cal ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 2/3 cup (400mL)

For all 2 meals:

soy milk, unsweetened
1/4 gallon (800mL)

1. This recipe has no instructions.
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Chik'n nuggets

5 nuggets - 276 cal ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

vegan chik'n nuggets
5 nuggets (108g)
ketchup
1 1/4 tbsp (21g)

For all 2 meals:

vegan chik'n nuggets
10 nuggets (215g)
ketchup
2 1/2 tbsp (43g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Seitan salad

359 cal ● 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.

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 7

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.

Chik'n stir fry

285 cal ● 21g protein ● 5g fat ● 34g carbs ● 5g fiber



vegan chik'n strips

2 1/2 oz (71g)

carrots, cut into thin strips

1 small (5-1/2" long) (50g)

water

3/8 cup(s) (89mL)

soy sauce

2 1/2 tsp (12mL)

bell pepper, deseeded & cut into thin strips

1/2 medium (60g)

brown rice

3 tbsp (36g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
 2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
 3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 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)

1. This recipe has no instructions.
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