

Meal Plan - 1700 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

1663 cals ● 123g protein (30%) ● 70g fat (38%) ● 103g carbs (25%) ● 32g fiber (8%)

Breakfast

300 cals, 29g protein, 5g net carbs, 17g fat



[Double chocolate almond milk protein shake](#)
167 cals



[Walnuts](#)
1/6 cup(s)- 131 cals

Snacks

165 cals, 5g protein, 4g net carbs, 14g fat



[Mixed nuts](#)
1/6 cup(s)- 163 cals

Protein Supplement(s)

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



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

Lunch

485 cals, 27g protein, 34g net carbs, 20g fat



[Roasted brussels sprouts](#)
232 cals



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

Dinner

500 cals, 13g protein, 60g net carbs, 20g fat



[Simple mixed greens salad](#)
136 cals



[Belizean rice & beans](#)
362 cals

Day 2

1668 cals ● 132g protein (32%) ● 76g fat (41%) ● 76g carbs (18%) ● 37g fiber (9%)

Breakfast

300 cals, 29g protein, 5g net carbs, 17g fat



Double chocolate almond milk protein shake
167 cals



Walnuts
1/6 cup(s)- 131 cals

Snacks

165 cals, 5g protein, 4g net carbs, 14g fat



Mixed nuts
1/6 cup(s)- 163 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

485 cals, 27g protein, 34g net carbs, 20g fat



Roasted brussels sprouts
232 cals



Veggie burger patty
2 patty- 254 cals

Dinner

505 cals, 22g protein, 33g net carbs, 26g fat



Chickpea & kale soup
273 cals



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

Day 3

1658 cals ● 140g protein (34%) ● 60g fat (33%) ● 95g carbs (23%) ● 45g fiber (11%)

Breakfast

300 cals, 29g protein, 5g net carbs, 17g fat



Double chocolate almond milk protein shake
167 cals



Walnuts
1/6 cup(s)- 131 cals

Snacks

165 cals, 5g protein, 4g net carbs, 14g fat



Mixed nuts
1/6 cup(s)- 163 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

495 cals, 31g protein, 40g net carbs, 15g fat



Carrots and hummus
164 cals



Bbq tempeh lettuce wrap
4 lettuce wrap(s)- 329 cals

Dinner

485 cals, 25g protein, 45g net carbs, 14g fat



Soy milk
1 3/4 cup(s)- 148 cals



Zoodles marinara
338 cals

Day 4

1653 cals ● 125g protein (30%) ● 60g fat (32%) ● 108g carbs (26%) ● 46g fiber (11%)

Breakfast

225 cals, 14g protein, 13g net carbs, 12g fat



Indian tofu scramble
189 cals



Vegan breakfast sausage links
1 links- 38 cals

Snacks

230 cals, 6g protein, 8g net carbs, 18g fat



Super simple green smoothie
115 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

495 cals, 31g protein, 40g net carbs, 15g fat



Carrots and hummus
164 cals



Bbq tempeh lettuce wrap
4 lettuce wrap(s)- 329 cals

Dinner

485 cals, 25g protein, 45g net carbs, 14g fat



Soy milk
1 3/4 cup(s)- 148 cals



Zoodles marinara
338 cals

Day 5

1676 cals ● 117g protein (28%) ● 77g fat (41%) ● 99g carbs (24%) ● 30g fiber (7%)

Breakfast

225 cals, 14g protein, 13g net carbs, 12g fat



Indian tofu scramble
189 cals



Vegan breakfast sausage links
1 links- 38 cals

Snacks

230 cals, 6g protein, 8g net carbs, 18g fat



Super simple green smoothie
115 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

495 cals, 24g protein, 37g net carbs, 22g fat



Simple mixed greens salad
203 cals



Vegan chili con 'carne'
291 cals

Dinner

510 cals, 25g protein, 39g net carbs, 24g fat



Tofu lo-mein
508 cals

Day 6

1667 cals ● 128g protein (31%) ● 66g fat (36%) ● 103g carbs (25%) ● 37g fiber (9%)

Breakfast

295 cals, 20g protein, 32g net carbs, 9g fat



Medium toasted bagel with vegan cream cheese
1/2 bagel(s)- 192 cals



Protein shake (almond milk)
105 cals

Snacks

225 cals, 12g protein, 3g net carbs, 16g fat



Soy milk
1/2 cup(s)- 42 cals



Sunflower seeds
180 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

495 cals, 24g protein, 37g net carbs, 22g fat



Simple mixed greens salad
203 cals



Vegan chili con 'carne'
291 cals

Dinner

435 cals, 24g protein, 29g net carbs, 17g fat



Simple salad with tomatoes and carrots
196 cals



Vegan sausage & veggie sheet pan
240 cals

Day 7

1679 cals ● 137g protein (33%) ● 72g fat (39%) ● 91g carbs (22%) ● 29g fiber (7%)

Breakfast

295 cals, 20g protein, 32g net carbs, 9g fat



Medium toasted bagel with vegan cream cheese
1/2 bagel(s)- 192 cals



Protein shake (almond milk)
105 cals

Snacks

225 cals, 12g protein, 3g net carbs, 16g fat



Soy milk
1/2 cup(s)- 42 cals



Sunflower seeds
180 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

505 cals, 33g protein, 25g net carbs, 28g fat



Simple mixed greens salad
237 cals



Vegan sausage
1 sausage(s)- 268 cals

Dinner

435 cals, 24g protein, 29g net carbs, 17g fat



Simple salad with tomatoes and carrots
196 cals



Vegan sausage & veggie sheet pan
240 cals

Other

- ☐ mixed greens
17 1/4 cup (518g)
- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ soy milk, unsweetened
1/4 gallon (1080mL)
- ☐ coleslaw mix
2 cup (180g)
- ☐ vegan breakfast sausage links
2 links (45g)
- ☐ dairy-free cream cheese
2 tbsp (30g)
- ☐ italian seasoning
4 dash (2g)
- ☐ vegan sausage
2 sausage (200g)

Fats and Oils

- ☐ salad dressing
1 1/4 cup (304mL)
- ☐ olive oil
2 3/4 tbsp (41mL)
- ☐ oil
1 1/4 oz (38mL)

Vegetables and Vegetable Products

- ☐ garlic
2 3/4 clove(s) (8g)
- ☐ onion
1/2 medium (2-1/2" dia) (50g)
- ☐ red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- ☐ brussels sprouts
1 lbs (454g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ zucchini
6 medium (1176g)
- ☐ baby carrots
32 medium (320g)
- ☐ romaine lettuce
1 2/3 head (1048g)
- ☐ bell pepper
1 large (153g)
- ☐ fresh spinach
1/6 10oz package (43g)

Legumes and Legume Products

- ☐ kidney beans
5/8 can (261g)
- ☐ chickpeas, canned
1/2 can (224g)
- ☐ roasted peanuts
1/2 cup (73g)
- ☐ hummus
1/2 cup (120g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ firm tofu
1/2 lbs (198g)
- ☐ soy sauce
1 tsp (6mL)
- ☐ extra firm tofu
6 oz (170g)
- ☐ lentils, raw
2 3/4 tbsp (32g)
- ☐ vegetarian burger crumbles
1/3 package (12 oz) (113g)

Nut and Seed Products

- ☐ coconut milk, canned
1/2 cup (134mL)
- ☐ walnuts
1/2 cup, shelled (56g)
- ☐ mixed nuts
1/2 cup (75g)
- ☐ sunflower kernels
2 oz (57g)

Sweets

- ☐ cocoa powder
1 tbsp (5g)

Spices and Herbs

- ☐ salt
4 dash (3g)
- ☐ black pepper
1/3 tsp, ground (1g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ curry powder
1 tsp (2g)
- ☐ turmeric, ground
1 tsp (3g)

- ☐ potatoes
6 1/4 oz (177g)
- ☐ shallots
1/4 shallot (28g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (303g)
- ☐ frozen mixed veggies
6 oz (170g)
- ☐ canned stewed tomatoes
1/3 can (~14.5 oz) (135g)
- ☐ carrots
2 medium (122g)
- ☐ broccoli
1 cup chopped (91g)

Cereal Grains and Pasta

- ☐ long-grain white rice
4 tbsp (46g)

Beverages

- ☐ water
17 3/4 cup(s) (4207mL)
- ☐ protein powder
15 scoop (1/3 cup ea) (465g)
- ☐ almond milk, unsweetened
2 1/2 cup (600mL)

- ☐ chili powder
1/3 tsp (1g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
2 1/3 cup(s) (mL)
- ☐ pasta sauce
3 cup (780g)
- ☐ barbecue sauce
4 tbsp (68g)
- ☐ oriental flavored ramen
3/8 package with flavor packet (32g)

Fruits and Fruit Juices

- ☐ pineapple, frozen
1/2 cup, chunks (83g)

Baked Products

- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Double chocolate almond milk protein shake

167 cal ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

cocoa powder

1 tsp (2g)

water

1 cup(s) (237mL)

almond milk, unsweetened

1/2 cup (120mL)

protein powder, chocolate

1 scoop (1/3 cup ea) (31g)

For all 3 meals:

cocoa powder

1 tbsp (5g)

water

3 cup(s) (711mL)

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

3 tbsp, shelled (19g)

For all 3 meals:

walnuts

1/2 cup, shelled (56g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Indian tofu scramble

189 cals ● 10g protein ● 10g fat ● 12g carbs ● 3g fiber



For single meal:

potatoes, cut into wedges

1 1/2 oz (43g)

ground cumin

2 dash (1g)

oil

1 tsp (6mL)

curry powder

4 dash (1g)

turmeric, ground

4 dash (2g)

shallots, minced

1/8 shallot (14g)

fresh spinach

1/2 oz (14g)

tomatoes

1 oz, cherry tomatoes (28g)

firm tofu, drained & patted dry

1/4 lbs (99g)

For all 2 meals:

potatoes, cut into wedges

3 oz (85g)

ground cumin

4 dash (1g)

oil

3/4 tbsp (11mL)

curry powder

1 tsp (2g)

turmeric, ground

1 tsp (3g)

shallots, minced

1/4 shallot (28g)

fresh spinach

1 oz (28g)

tomatoes

2 oz, cherry tomatoes (57g)

firm tofu, drained & patted dry

1/2 lbs (198g)

1. Preheat oven to 425°F (220°C). Add potatoes to a baking sheet and toss with half of the oil and some salt and pepper. Roast until tender, about 20-25 minutes.
2. Meanwhile, heat remaining half of the oil in a skillet over medium heat. Add spices, tomatoes, shallot, and some salt and pepper. Stir and cook for 1-2 minutes until fragrant.
3. Crumble tofu into the skillet and stir. Cook until tomatoes are nearly bursting and tofu is warmed through, about 5 minutes. Stir in spinach and cook until wilted, 1-2 minutes.
4. Add roast potatoes to the scrambled tofu and serve.

Vegan breakfast sausage links

1 links - 38 cals ● 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.

Breakfast 3 [🔗](#)

Eat on day 6, day 7

Medium toasted bagel with vegan cream cheese

1/2 bagel(s) - 192 cals ● 6g protein ● 5g fat ● 29g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

dairy-free cream cheese

1 tbsp (15g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

dairy-free cream cheese

2 tbsp (30g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted brussels sprouts

232 cals ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

brussels sprouts

1/2 lbs (227g)

olive oil

3 tsp (15mL)

salt

2 dash (1g)

black pepper

1 1/3 dash, ground (0g)

For all 2 meals:

brussels sprouts

16 oz (454g)

olive oil

2 tbsp (30mL)

salt

4 dash (3g)

black pepper

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Veggie burger patty

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



For single meal:

veggie burger patty

2 patty (142g)

For all 2 meals:

veggie burger patty

4 patty (284g)

1. Cook burger according to package instructions.
 2. Serve.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Carrots and hummus

164 cal ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

For all 2 meals:

hummus
1/2 cup (120g)
baby carrots
32 medium (320g)

1. Serve carrots with hummus.

Bbq tempeh lettuce wrap

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



For single meal:

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)

For all 2 meals:

romaine lettuce
8 leaf inner (48g)
tempeh, cubed
1/2 lbs (227g)
barbecue sauce
4 tbsp (68g)
coleslaw mix
2 cup (180g)
oil
1 tsp (5mL)
bell pepper, deseeded and sliced
1 small (74g)

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.
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Lunch 3 [🔗](#)

Eat on day 5, day 6

Simple mixed greens salad

203 cal ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

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

Vegan chili con 'carne'

291 cal ● 20g protein ● 8g fat ● 25g carbs ● 10g fiber



For single meal:

oil
1 tsp (5mL)
garlic, minced
1/2 clove(s) (2g)
kidney beans, drained and rinsed
1/6 can (75g)
lentils, raw
4 tsp (16g)
vegetarian burger crumbles
1/6 package (12 oz) (57g)
canned stewed tomatoes
1/6 can (~14.5 oz) (68g)
ground cumin
1 1/3 dash (0g)
chili powder
1 1/3 dash (0g)
vegetable broth
1/6 cup(s) (mL)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
bell pepper, chopped
1/3 medium (40g)

For all 2 meals:

oil
2 tsp (10mL)
garlic, minced
1 clove(s) (3g)
kidney beans, drained and rinsed
1/3 can (149g)
lentils, raw
2 2/3 tbsp (32g)
vegetarian burger crumbles
1/3 package (12 oz) (113g)
canned stewed tomatoes
1/3 can (~14.5 oz) (135g)
ground cumin
1/3 tsp (1g)
chili powder
1/3 tsp (1g)
vegetable broth
1/3 cup(s) (mL)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
bell pepper, chopped
2/3 medium (79g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

Lunch 4 [↗](#)

Eat on day 7

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

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

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts
3 tbsp (25g)

For all 3 meals:

mixed nuts
1/2 cup (75g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Super simple green smoothie

115 cals ● 1g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

fresh spinach
1/4 cup(s) (8g)
coconut milk, canned
3 tbsp (45mL)
pineapple, frozen
4 tbsp, chunks (41g)

For all 2 meals:

fresh spinach
1/2 cup(s) (15g)
coconut milk, canned
6 tbsp (90mL)
pineapple, frozen
1/2 cup, chunks (83g)

1. Blend coconut milk and spinach in a blender until completely smooth.
2. Add frozen pineapple chunks and blend again, until smooth.
3. Serve.

Roasted peanuts

1/8 cup(s) - 115 cals ● 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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened
1/2 cup (120mL)

For all 2 meals:

soy milk, unsweetened
1 cup (240mL)

1. This recipe has no instructions.

Sunflower seeds

180 cals ● 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.

Dinner 1 [↗](#)

Eat on day 1

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.

Belizean rice & beans

362 cals ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



garlic, minced
3/4 clove(s) (2g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
long-grain white rice
4 tbsp (46g)
water
1/6 cup(s) (44mL)
kidney beans, drained
1/4 can (112g)
coconut milk, canned
3 tbsp (45mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Dinner 2 [🔗](#)

Eat on day 2

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.

Roasted peanuts

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

Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)



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

Eat on day 3, day 4

Soy milk

1 3/4 cup(s) - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened

1 3/4 cup (420mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (840mL)

1. This recipe has no instructions.
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Zoodles marinara

338 cals ● 13g protein ● 6g fat ● 42g carbs ● 15g fiber



For single meal:

pasta sauce

1 1/2 cup (390g)

zucchini

3 medium (588g)

For all 2 meals:

pasta sauce

3 cup (780g)

zucchini

6 medium (1176g)

1. Spiralize zucchini.
 2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
 3. (optional) Transfer zoodles to towel and pat any excess water off.
 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
 5. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Tofu lo-mein

508 cals ● 25g protein ● 24g fat ● 39g carbs ● 9g fiber



frozen mixed veggies

6 oz (170g)

olive oil

3/4 tbsp (11mL)

water

1/2 cup(s) (133mL)

soy sauce

1 tsp (6mL)

oriental flavored ramen

3/8 package with flavor packet (32g)

extra firm tofu

6 oz (170g)

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.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
carrots, sliced
1 medium (61g)
romaine lettuce, roughly chopped
2 hearts (1000g)

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

Vegan sausage & veggie sheet pan

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



For single meal:

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)

For all 2 meals:

italian seasoning
4 dash (2g)
oil
2 tsp (10mL)
broccoli, chopped
1 cup chopped (91g)
carrots, sliced
1 medium (61g)
potatoes, cut into wedges
1 small (1-3/4" to 2-1/4" dia.) (92g)
vegan sausage, cut into bite sized pieces
1 sausage (100g)

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 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.