

Meal Plan - 1800 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

1737 cals ● 123g protein (28%) ● 85g fat (44%) ● 91g carbs (21%) ● 29g fiber (7%)

Breakfast

295 cals, 7g protein, 13g net carbs, 22g fat



[Dark chocolate](#)

3 square(s)- 180 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

Snacks

240 cals, 4g protein, 21g net carbs, 13g fat



[Dark chocolate & raspberries](#)

69 cals



[Walnuts](#)

1/8 cup(s)- 87 cals



[Orange](#)

1 orange(s)- 85 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

600 cals, 46g protein, 26g net carbs, 33g fat



[Sautéed mushrooms](#)

6 oz mushrooms- 143 cals



[Garlic pepper seitan](#)

456 cals

Dinner

385 cals, 17g protein, 30g net carbs, 16g fat



[Chickpea & kale soup](#)

273 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

Day 2

1798 cals ● 140g protein (31%) ● 78g fat (39%) ● 108g carbs (24%) ● 27g fiber (6%)

Breakfast

295 cals, 7g protein, 13g net carbs, 22g fat



[Dark chocolate](#)

3 square(s)- 180 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

Snacks

240 cals, 4g protein, 21g net carbs, 13g fat



[Dark chocolate & raspberries](#)

69 cals



[Walnuts](#)

1/8 cup(s)- 87 cals



[Orange](#)

1 orange(s)- 85 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

495 cals, 18g protein, 38g net carbs, 27g fat



[Roasted cashews](#)

1/8 cup(s)- 104 cals



[Lentil kale salad](#)

389 cals

Dinner

550 cals, 63g protein, 35g net carbs, 16g fat



[Green beans](#)

63 cals



[Simple seitan](#)

8 oz- 487 cals

Day 3

1773 cals ● 118g protein (27%) ● 85g fat (43%) ● 96g carbs (22%) ● 38g fiber (9%)

Breakfast

295 cals, 7g protein, 13g net carbs, 22g fat



[Dark chocolate](#)

3 square(s)- 180 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

Snacks

255 cals, 10g protein, 9g net carbs, 15g fat



[Pumpkin seeds](#)

183 cals



[Raspberries](#)

1 cup(s)- 72 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

495 cals, 18g protein, 38g net carbs, 27g fat



[Roasted cashews](#)

1/8 cup(s)- 104 cals



[Lentil kale salad](#)

389 cals

Dinner

510 cals, 35g protein, 35g net carbs, 20g fat



[Roasted tofu & veggies](#)

396 cals



[Lentils](#)

116 cals

Day 4

1752 cals ● 126g protein (29%) ● 77g fat (40%) ● 99g carbs (23%) ● 40g fiber (9%)

Breakfast

265 cals, 10g protein, 18g net carbs, 14g fat



Orange

1 orange(s)- 85 cals



Sunflower seeds

180 cals

Snacks

255 cals, 10g protein, 9g net carbs, 15g fat



Pumpkin seeds

183 cals



Raspberries

1 cup(s)- 72 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

500 cals, 23g protein, 35g net carbs, 26g fat



Vegan cream of mushroom soup

502 cals

Dinner

510 cals, 35g protein, 35g net carbs, 20g fat



Roasted tofu & veggies

396 cals



Lentils

116 cals

Day 5

1802 cals ● 138g protein (31%) ● 81g fat (41%) ● 93g carbs (21%) ● 36g fiber (8%)

Breakfast

265 cals, 10g protein, 18g net carbs, 14g fat



Orange

1 orange(s)- 85 cals



Sunflower seeds

180 cals

Snacks

270 cals, 29g protein, 8g net carbs, 12g fat



Double chocolate almond milk protein shake

167 cals



Roasted cashews

1/8 cup(s)- 104 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

500 cals, 23g protein, 35g net carbs, 26g fat



Vegan cream of mushroom soup

502 cals

Dinner

545 cals, 28g protein, 30g net carbs, 27g fat



Roasted tomatoes

2 1/2 tomato(es)- 149 cals



Spinach cauliflower mince

2 cup(s)- 142 cals



Veggie burger patty

2 patty- 254 cals

Day 6

1797 cals ● 132g protein (29%) ● 82g fat (41%) ● 97g carbs (21%) ● 35g fiber (8%)

Breakfast

230 cals, 6g protein, 16g net carbs, 14g fat



[Small granola bar](#)
1 bar(s)- 119 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Snacks

270 cals, 29g protein, 8g net carbs, 12g fat



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



[Roasted cashews](#)
1/8 cup(s)- 104 cals

Protein Supplement(s)

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



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

Lunch

530 cals, 20g protein, 40g net carbs, 28g fat



[Avocado](#)
176 cals



[Mediterranean vegan chik'n wrap](#)
1 wrap(s)- 357 cals

Dinner

545 cals, 28g protein, 30g net carbs, 27g fat



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



[Spinach cauliflower mince](#)
2 cup(s)- 142 cals



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

Day 7

1755 cals ● 128g protein (29%) ● 69g fat (36%) ● 108g carbs (25%) ● 47g fiber (11%)

Breakfast

230 cals, 6g protein, 16g net carbs, 14g fat



[Small granola bar](#)
1 bar(s)- 119 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Snacks

270 cals, 29g protein, 8g net carbs, 12g fat



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



[Roasted cashews](#)
1/8 cup(s)- 104 cals

Protein Supplement(s)

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



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

Lunch

530 cals, 20g protein, 40g net carbs, 28g fat



[Avocado](#)
176 cals



[Mediterranean vegan chik'n wrap](#)
1 wrap(s)- 357 cals

Dinner

505 cals, 24g protein, 42g net carbs, 14g fat



[Tomato and avocado salad](#)
117 cals



[Black bean and salsa soup](#)
386 cals

Legumes and Legume Products

- ☐ chickpeas, canned
1/2 can (224g)
- ☐ roasted peanuts
6 tbsp (55g)
- ☐ lentils, raw
13 1/4 tbsp (160g)
- ☐ extra firm tofu
1 1/2 block (486g)
- ☐ hummus
4 tbsp (60g)
- ☐ black beans
3/4 can(s) (329g)

Fats and Oils

- ☐ oil
1/4 lbs (109mL)
- ☐ olive oil
1 1/2 oz (44mL)

Vegetables and Vegetable Products

- ☐ garlic
11 clove(s) (33g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ mushrooms
15 1/4 oz (433g)
- ☐ green pepper
4 tsp, chopped (12g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (163g)
- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ carrots
2 1/4 medium (137g)
- ☐ broccoli
3/4 cup chopped (68g)
- ☐ bell pepper
3/4 medium (89g)
- ☐ brussels sprouts
6 oz (170g)
- ☐ cauliflower
5 cup chopped (535g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (516g)
- ☐ fresh spinach
2 cup(s) (60g)
- ☐ cucumber
1/2 cup slices (52g)

Beverages

- ☐ water
1 1/4 gallon (4877mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ almond milk, unsweetened
6 1/2 cup (1560mL)

Cereal Grains and Pasta

- ☐ seitan
13 1/3 oz (378g)

Spices and Herbs

- ☐ salt
3/4 tbsp (14g)
- ☐ black pepper
3 1/2 tsp, ground (8g)
- ☐ ground cumin
1/2 tbsp (3g)
- ☐ crushed red pepper
1 tsp (2g)
- ☐ onion powder
5 tsp (12g)
- ☐ garlic powder
1 dash (0g)

Sweets

- ☐ chocolate, dark, 70-85%
11 square(s) (110g)
- ☐ cocoa powder
1 tbsp (5g)

Fruits and Fruit Juices

- ☐ raspberries
2 1/4 cup (277g)
- ☐ orange
4 orange (616g)
- ☐ lemon juice
1 1/6 fl oz (35mL)
- ☐ avocados
1 1/4 avocado(s) (251g)
- ☐ lime juice
1/2 tbsp (8mL)

Other

Soups, Sauces, and Gravies

- ☐ vegetable broth
2 1/2 cup(s) (mL)
- ☐ salsa
6 tbsp (98g)

Nut and Seed Products

- ☐ almonds
2 1/2 oz (67g)
- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ roasted cashews
10 tbsp (86g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
2 oz (57g)

- ☐ frozen riced cauliflower
4 cup, frozen (424g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- ☐ mixed greens
1/2 cup (15g)
- ☐ meatless chik'n tenders
5 oz (142g)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Snacks

- ☐ small granola bar
2 bar (50g)

Dairy and Egg Products

- ☐ sour cream
1 1/2 tbsp (18g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



Translation missing:
en.for_single_meal

chocolate, dark, 70-85%
3 square(s) (30g)

For all 3 meals:

chocolate, dark, 70-85%
9 square(s) (90g)

1. The recipe has no instructions.

Roasted peanuts

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



Translation missing:
en.for_single_meal

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Translation missing:
en.for_single_meal

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.

Sunflower seeds

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



Translation missing:
en.for_single_meal

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



Translation missing:
en.for_single_meal

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. The recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Translation missing:
en.for_single_meal

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Sauteed mushrooms

6 oz mushrooms - 143 cals ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

mushrooms, sliced
6 oz (170g)
oil
3/4 tbsp (11mL)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



garlic, minced
1 2/3 clove(s) (5g)
seitan, chicken style
1/3 lbs (151g)
salt
2/3 dash (0g)
water
2 tsp (10mL)
black pepper
1 1/3 dash, ground (0g)
green pepper
4 tsp, chopped (12g)
onion
2 2/3 tbsp, chopped (27g)
olive oil
4 tsp (20mL)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Translation missing:
en.for_single_meal
roasted cashews
2 tbsp (17g)

For all 2 meals:
roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Lentil kale salad

389 cal ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



Translation missing:
en.for_single_meal

garlic, diced
1 clove(s) (3g)
ground cumin
4 dash (1g)
water
1 cup(s) (237mL)
crushed red pepper
4 dash (1g)
kale leaves
1 1/2 cup, chopped (60g)
oil
1 tbsp (15mL)
almonds
1 tbsp, slivered (7g)
lemon juice
1 tbsp (15mL)
lentils, raw
4 tbsp (48g)

For all 2 meals:

garlic, diced
2 clove(s) (6g)
ground cumin
1 tsp (2g)
water
2 cup(s) (474mL)
crushed red pepper
1 tsp (2g)
kale leaves
3 cup, chopped (120g)
oil
2 tbsp (30mL)
almonds
2 tbsp, slivered (14g)
lemon juice
2 tbsp (30mL)
lentils, raw
1/2 cup (96g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Vegan cream of mushroom soup

502 cals ● 23g protein ● 26g fat ● 35g carbs ● 9g fiber



Translation missing:
en.for_single_meal

garlic, diced

1 1/4 clove (4g)

onion, diced

5/8 small (44g)

mushrooms, diced

2 cup, pieces or slices (131g)

cauliflower

2 1/2 cup chopped (268g)

almond milk, unsweetened

2 1/2 cup(s) (600mL)

onion powder

2 1/2 tsp (6g)

salt

5 dash (4g)

oil

1 1/4 tsp (6mL)

black pepper

1 1/4 tsp, ground (3g)

For all 2 meals:

garlic, diced

2 1/2 clove (8g)

onion, diced

1 1/4 small (88g)

mushrooms, diced

3 3/4 cup, pieces or slices (263g)

cauliflower

5 cup chopped (535g)

almond milk, unsweetened

5 cup(s) (1200mL)

onion powder

5 tsp (12g)

salt

1 1/4 tsp (8g)

oil

2 1/2 tsp (13mL)

black pepper

2 1/2 tsp, ground (6g)

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 4 [🔗](#)

Eat on day 6 and day 7

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



Translation missing:
en.for_single_meal

lemon juice

1/2 tsp (3mL)

avocados

1/2 avocado(s) (101g)

For all 2 meals:

lemon juice

1 tsp (5mL)

avocados

1 avocado(s) (201g)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Mediterranean vegan chik'n wrap

1 wrap(s) - 357 cal ● 18g protein ● 13g fat ● 38g carbs ● 4g fiber



Translation missing:
en.for_single_meal

tomatoes, chopped
1 slice(s), thin/small (15g)
cucumber, chopped
4 tbsp slices (26g)
hummus
2 tbsp (30g)
mixed greens
4 tbsp (8g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
meatless chik'n tenders
2 1/2 oz (71g)

For all 2 meals:

tomatoes, chopped
2 slice(s), thin/small (30g)
cucumber, chopped
1/2 cup slices (52g)
hummus
4 tbsp (60g)
mixed greens
1/2 cup (15g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
meatless chik'n tenders
5 oz (142g)

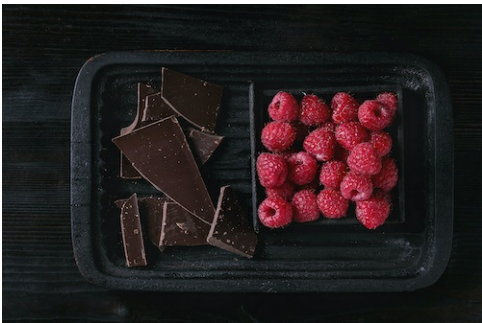
1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Dark chocolate & raspberries

69 cals ● 1g protein ● 4g fat ● 4g carbs ● 2g fiber



Translation missing:
en.for_single_meal

chocolate, dark, 70-85%
1 square(s) (10g)
raspberries
2 tbsp (15g)

For all 2 meals:

chocolate, dark, 70-85%
2 square(s) (20g)
raspberries
4 tbsp (31g)

1. The recipe has no instructions.

Walnuts

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



Translation missing:
en.for_single_meal

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Translation missing:
en.for_single_meal

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Pumpkin seeds

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



Translation missing:
en.for_single_meal

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Translation missing:
en.for_single_meal

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.
-

Snacks 3

Eat on day 5, day 6, and day 7

Double chocolate almond milk protein shake

167 cals  27g protein  5g fat  3g carbs  2g fiber



Translation missing:
en.for_single_meal

- protein powder, chocolate**
1 scoop (1/3 cup ea) (31g)
- cocoa powder**
1 tsp (2g)
- almond milk, unsweetened**
1/2 cup (120mL)
- water**
1 cup(s) (237mL)

For all 3 meals:

- protein powder, chocolate**
3 scoop (1/3 cup ea) (93g)
- cocoa powder**
1 tbsp (5g)
- almond milk, unsweetened**
1 1/2 cup (360mL)
- water**
3 cup(s) (711mL)

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

Roasted cashews

1/8 cup(s) - 104 cals  3g protein  8g fat  5g carbs  1g fiber



Translation missing:
en.for_single_meal

- roasted cashews**
2 tbsp (17g)

For all 3 meals:

- roasted cashews**
6 tbsp (51g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Chickpea & kale soup

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



chickpeas, canned, drained

1/2 can (224g)

oil

1/2 tsp (3mL)

garlic, minced

1 clove(s) (3g)

vegetable broth

2 cup(s) (mL)

kale leaves, chopped

1 cup, chopped (40g)

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 almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



frozen green beans

1 1/3 cup (161g)

1. Prepare according to instructions on package.

Simple seitan

8 oz - 487 cals ● 60g protein ● 15g fat ● 27g carbs ● 1g fiber



Makes 8 oz

oil
2 tsp (10mL)
seitan
1/2 lbs (227g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Roasted tofu & veggies

396 cals ● 27g protein ● 20g fat ● 18g carbs ● 10g fiber



Translation missing:
en.for_single_meal

carrots, cut as desired
1 medium (69g)
broccoli, cut as desired
6 tbsp chopped (34g)
bell pepper, sliced
3/8 medium (45g)
onion, thickly sliced
1/6 medium (2-1/2" dia) (21g)
brussels sprouts, cut in half
3 oz (85g)
olive oil
3/4 tbsp (11mL)
extra firm tofu
3/4 block (243g)
black pepper
3 dash, ground (1g)
salt
3 dash (2g)

For all 2 meals:

carrots, cut as desired
2 1/4 medium (137g)
broccoli, cut as desired
3/4 cup chopped (68g)
bell pepper, sliced
3/4 medium (89g)
onion, thickly sliced
3/8 medium (2-1/2" dia) (41g)
brussels sprouts, cut in half
6 oz (170g)
olive oil
1 1/2 tbsp (23mL)
extra firm tofu
1 1/2 block (486g)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (5g)

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.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



Translation missing:
en.for_single_meal

salt
1/3 dash (0g)
water
2/3 cup(s) (158mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

salt
2/3 dash (1g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 4 [🔗](#)

Eat on day 5 and day 6

Roasted tomatoes

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



Translation missing:
en.for_single_meal

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

For all 2 meals:

tomatoes
5 small whole (2-2/5" dia) (455g)
oil
5 tsp (25mL)

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.

Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



Translation missing:
en.for_single_meal

fresh spinach, chopped

1 cup(s) (30g)

oil

2 tsp (10mL)

frozen riced cauliflower

2 cup, frozen (212g)

garlic, diced

2 clove(s) (6g)

For all 2 meals:

fresh spinach, chopped

2 cup(s) (60g)

oil

4 tsp (20mL)

frozen riced cauliflower

4 cup, frozen (424g)

garlic, diced

4 clove(s) (12g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Veggie burger patty

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



Translation missing:
en.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.

Dinner 5 [🔗](#)

Eat on day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

garlic powder

1 dash (0g)

olive oil

3/8 tsp (2mL)

avocados, cubed

1/4 avocado(s) (50g)

lime juice

1/2 tbsp (8mL)

onion

1/2 tbsp minced (8g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Black bean and salsa soup

386 cals ● 22g protein ● 5g fat ● 39g carbs ● 25g fiber



salsa, chunky

6 tbsp (98g)

sour cream

1 1/2 tbsp (18g)

ground cumin

3 dash (1g)

black beans

3/4 can(s) (329g)

vegetable broth

1/2 cup(s) (mL)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



Translation missing:
en.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. The recipe has no instructions.
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