

# Meal Plan - 1900 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

1909 cals ● 141g protein (30%) ● 78g fat (37%) ● 113g carbs (24%) ● 47g fiber (10%)

### Breakfast

395 cals, 13g protein, 25g net carbs, 23g fat



[Sunflower seeds](#)

180 cals



[Apple](#)

1 apple(s)- 105 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

### Snacks

225 cals, 29g protein, 6g net carbs, 8g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Protein shake \(almond milk\)](#)

210 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Lunch

405 cals, 13g protein, 25g net carbs, 24g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Green bean, beet, & pepita salad](#)

360 cals

### Dinner

670 cals, 38g protein, 55g net carbs, 22g fat



[Soy milk](#)

3 1/4 cup(s)- 275 cals



[Zoodles marinara](#)

394 cals

## Day 2

1909 cals ● 141g protein (30%) ● 78g fat (37%) ● 113g carbs (24%) ● 47g fiber (10%)

### Breakfast

395 cals, 13g protein, 25g net carbs, 23g fat



Sunflower seeds

180 cals



Apple

1 apple(s)- 105 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Snacks

225 cals, 29g protein, 6g net carbs, 8g fat



Celery sticks

2 celery stalk- 13 cals



Protein shake (almond milk)

210 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

405 cals, 13g protein, 25g net carbs, 24g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Green bean, beet, & pepita salad

360 cals

### Dinner

670 cals, 38g protein, 55g net carbs, 22g fat



Soy milk

3 1/4 cup(s)- 275 cals



Zoodles marinara

394 cals

## Day 3

1934 cals ● 131g protein (27%) ● 92g fat (43%) ● 113g carbs (23%) ● 33g fiber (7%)

### Breakfast

350 cals, 12g protein, 16g net carbs, 25g fat



Celery and peanut butter

109 cals



Rice cakes with peanut butter

1 cake(s)- 240 cals

### Snacks

275 cals, 3g protein, 18g net carbs, 21g fat



Vegan cheese

3 1" cube- 273 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

535 cals, 34g protein, 38g net carbs, 24g fat



Soy milk

2 cup(s)- 169 cals



Chik'n nuggets

6 2/3 nuggets- 368 cals

### Dinner

560 cals, 33g protein, 40g net carbs, 21g fat



Olive oil drizzled lima beans

161 cals



Spinach cauliflower mince

2 cup(s)- 142 cals



Veggie burger patty

2 patty- 254 cals

## Day 4

1934 cals ● 131g protein (27%) ● 92g fat (43%) ● 113g carbs (23%) ● 33g fiber (7%)

### Breakfast

350 cals, 12g protein, 16g net carbs, 25g fat



[Celery and peanut butter](#)  
109 cals



[Rice cakes with peanut butter](#)  
1 cake(s)- 240 cals

### Snacks

275 cals, 3g protein, 18g net carbs, 21g fat



[Vegan cheese](#)  
3 1" cube- 273 cals

### Lunch

535 cals, 34g protein, 38g net carbs, 24g fat



[Soy milk](#)  
2 cup(s)- 169 cals



[Chik'n nuggets](#)  
6 2/3 nuggets- 368 cals

### Dinner

560 cals, 33g protein, 40g net carbs, 21g fat



[Olive oil drizzled lima beans](#)  
161 cals



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



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

### Protein Supplement(s)

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



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

## Day 5

1931 cals ● 145g protein (30%) ● 101g fat (47%) ● 89g carbs (18%) ● 22g fiber (5%)

### Breakfast

350 cals, 12g protein, 16g net carbs, 25g fat



[Celery and peanut butter](#)  
109 cals



[Rice cakes with peanut butter](#)  
1 cake(s)- 240 cals

### Snacks

275 cals, 3g protein, 18g net carbs, 21g fat



[Vegan cheese](#)  
3 1" cube- 273 cals

### Lunch

540 cals, 36g protein, 19g net carbs, 32g fat



[Pumpkin seeds](#)  
183 cals



[Seitan salad](#)  
359 cals

### Dinner

550 cals, 46g protein, 35g net carbs, 22g fat



[Sauteed corn & lima beans](#)  
179 cals



[Soy milk](#)  
1 1/2 cup(s)- 127 cals



[Simple seitan](#)  
4 oz- 244 cals

### Protein Supplement(s)

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



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

## Day 6

1884 cals ● 149g protein (32%) ● 83g fat (40%) ● 98g carbs (21%) ● 38g fiber (8%)

### Breakfast

370 cals, 11g protein, 29g net carbs, 17g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Raspberries**  
1/2 cup(s)- 36 cals

### Snacks

205 cals, 8g protein, 14g net carbs, 11g fat



**Smashed raspberry almond butter toast**  
1 toast(s)- 203 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

540 cals, 36g protein, 19g net carbs, 32g fat



**Pumpkin seeds**  
183 cals



**Seitan salad**  
359 cals

### Dinner

550 cals, 46g protein, 35g net carbs, 22g fat



**Sauteed corn & lima beans**  
179 cals



**Soy milk**  
1 1/2 cup(s)- 127 cals



**Simple seitan**  
4 oz- 244 cals

## Day 7

1853 cals ● 135g protein (29%) ● 91g fat (44%) ● 86g carbs (18%) ● 38g fiber (8%)

### Breakfast

370 cals, 11g protein, 29g net carbs, 17g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Raspberries**  
1/2 cup(s)- 36 cals

### Snacks

205 cals, 8g protein, 14g net carbs, 11g fat



**Smashed raspberry almond butter toast**  
1 toast(s)- 203 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

520 cals, 25g protein, 18g net carbs, 33g fat



**Avocado**  
176 cals



**Garlic pepper seitan**  
228 cals



**Simple kale & avocado salad**  
115 cals

### Dinner

540 cals, 44g protein, 23g net carbs, 29g fat



**Vegan bangers and cauliflower mash**  
1 1/2 sausage link(s)- 541 cals

## Other

- ☐ soy milk, unsweetened  
13 1/2 cup (3240mL)
- ☐ mixed greens  
3 cup (90g)
- ☐ vegan cheese, block  
9 1" cube (255g)
- ☐ frozen riced cauliflower  
4 cup, frozen (424g)
- ☐ veggie burger patty  
4 patty (284g)
- ☐ vegan chik'n nuggets  
13 1/3 nuggets (287g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ vegan sausage  
1 1/2 sausage (150g)
- ☐ frozen cauliflower  
1 cup (128g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3 1/2 cup (910g)

## Vegetables and Vegetable Products

- ☐ zucchini  
7 medium (1372g)
- ☐ raw celery  
7 stalk, medium (7-1/2" - 8" long) (280g)
- ☐ tomatoes  
36 cherry tomatoes (612g)
- ☐ beets, precooked (canned or refrigerated)  
3 beets (2" dia, sphere) (150g)
- ☐ fresh green beans  
2 1/4 cup 1/2" pieces (225g)
- ☐ lima beans, frozen  
1 1/6 package (10 oz) (333g)
- ☐ fresh spinach  
6 cup(s) (180g)
- ☐ garlic  
5 clove(s) (15g)
- ☐ ketchup  
3 1/3 tbsp (57g)
- ☐ frozen corn kernels  
3/4 cup (102g)
- ☐ onion  
5/8 medium (2-1/2" dia) (66g)
- ☐ green pepper  
2 tsp, chopped (6g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (57g)
- ☐ almonds  
4 tbsp, whole (36g)
- ☐ roasted pumpkin seeds, unsalted  
1/4 lbs (103g)
- ☐ flax seeds  
2 dash (2g)
- ☐ almond butter  
2 tbsp (32g)

## Fruits and Fruit Juices

- ☐ apples  
2 medium (3" dia) (364g)
- ☐ avocados  
2 1/4 avocado(s) (452g)
- ☐ raspberries  
5 2/3 oz (161g)
- ☐ lemon juice  
1/2 tsp (3mL)
- ☐ lemon  
1/4 small (15g)

## Fats and Oils

- ☐ balsamic vinaigrette  
6 tbsp (90mL)
- ☐ olive oil  
1 oz (36mL)
- ☐ oil  
1 2/3 oz (50mL)
- ☐ salad dressing  
2 tbsp (30mL)

## Legumes and Legume Products

- ☐ peanut butter  
1/2 cup (144g)

## Snacks

- ☐ rice cakes, any flavor  
3 cakes (27g)

## Spices and Herbs

- ☐ black pepper  
4 dash, ground (1g)

☐ kale leaves  
1/4 bunch (43g)

☐ salt  
1/4 tbsp (4g)

## Beverages

☐ water  
14 cup (3341mL)

☐ protein powder  
16 scoop (1/3 cup ea) (496g)

☐ almond milk, unsweetened  
2 cup (480mL)

## Cereal Grains and Pasta

☐ seitan  
16 2/3 oz (473g)

## Baked Products

☐ bread  
6 3/4 oz (192g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

1. This recipe has no instructions.

### Roasted almonds

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



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Celery and peanut butter

109 cal ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**peanut butter**

1 tbsp (16g)

For all 3 meals:

**raw celery**

3 stalk, medium (7-1/2" - 8" long)  
(120g)

**peanut butter**

3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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### Rice cakes with peanut butter

1 cake(s) - 240 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**peanut butter**

2 tbsp (32g)

**rice cakes, any flavor**

1 cakes (9g)

For all 3 meals:

**peanut butter**

6 tbsp (96g)

**rice cakes, any flavor**

3 cakes (27g)

1. Spread peanut butter over top of rice cake.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

#### bread

2 slice (64g)

#### avocados, ripe, sliced

1/2 avocado(s) (101g)

For all 2 meals:

#### bread

4 slice (128g)

#### avocados, ripe, sliced

1 avocado(s) (201g)

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

### Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

#### raspberries

1/2 cup (62g)

For all 2 meals:

#### raspberries

1 cup (123g)

1. Rinse raspberries and serve.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### 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.

## Green bean, beet, & pepita salad

360 cals ● 11g protein ● 23g fat ● 20g carbs ● 7g fiber



For single meal:

### **balsamic vinaigrette**

3 tbsp (45mL)

### **roasted pumpkin seeds, unsalted**

3 tbsp (22g)

### **beets, precooked (canned or refrigerated), chopped**

1 1/2 beets (2" dia, sphere) (75g)

### **fresh green beans, ends trimmed and discarded**

1 cup 1/2" pieces (113g)

### **mixed greens**

1 1/2 cup (45g)

For all 2 meals:

### **balsamic vinaigrette**

6 tbsp (90mL)

### **roasted pumpkin seeds, unsalted**

6 tbsp (44g)

### **beets, precooked (canned or refrigerated), chopped**

3 beets (2" dia, sphere) (150g)

### **fresh green beans, ends trimmed and discarded**

2 1/4 cup 1/2" pieces (225g)

### **mixed greens**

3 cup (90g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

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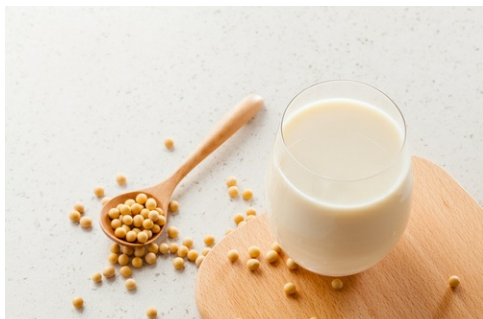
## Lunch 2 [🔗](#)

Eat on day 3, day 4

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### Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

### **soy milk, unsweetened**

2 cup (480mL)

For all 2 meals:

### **soy milk, unsweetened**

4 cup (960mL)

1. This recipe has no instructions.

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## Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

**vegan chik'n nuggets**  
6 2/3 nuggets (143g)  
**ketchup**  
5 tsp (28g)

For all 2 meals:

**vegan chik'n nuggets**  
13 1/3 nuggets (287g)  
**ketchup**  
1/4 cup (57g)

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

Lunch 3 [↗](#)

Eat on day 5, day 6

Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

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 4 [🔗](#)

Eat on day 7

### Avocado

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



- avocados**  
1/2 avocado(s) (101g)
- lemon juice**  
1/2 tsp (3mL)

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

### Garlic pepper seitan

228 cals ● 20g protein ● 11g fat ● 11g carbs ● 1g fiber





**olive oil**  
2 tsp (10mL)  
**onion**  
4 tsp, chopped (13g)  
**garlic, minced**  
5/6 clove(s) (3g)  
**green pepper**  
2 tsp, chopped (6g)  
**seitan, chicken style**  
2 2/3 oz (76g)  
**black pepper**  
2/3 dash, ground (0g)  
**water**  
1 tsp (5mL)  
**salt**  
1/3 dash (0g)

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.

### Simple kale & avocado salad

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



**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

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.

### Snacks 1 [↗](#)

Eat on day 1, day 2

#### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:  
**raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)

For all 2 meals:  
**raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)

1. Slice celery into sticks and serve.

### Protein shake (almond milk)

210 cals ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**almond milk, unsweetened**  
2 cup (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

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

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## Snacks 2 [🔗](#)

Eat on day 3, day 4, day 5

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### Vegan cheese

3 1" cube - 273 cals ● 3g protein ● 21g fat ● 18g carbs ● 0g fiber



For single meal:

**vegan cheese, block**  
3 1" cube (85g)

For all 3 meals:

**vegan cheese, block**  
9 1" cube (255g)

1. Slice and enjoy.
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## Snacks 3 [🔗](#)

Eat on day 6, day 7

### Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

#### raspberries

10 raspberries (19g)

#### flax seeds

1 dash (1g)

#### almond butter

1 tbsp (16g)

#### bread

1 slice(s) (32g)

For all 2 meals:

#### raspberries

20 raspberries (38g)

#### flax seeds

2 dash (2g)

#### almond butter

2 tbsp (32g)

#### bread

2 slice(s) (64g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Soy milk

3 1/4 cup(s) - 275 cals ● 23g protein ● 15g fat ● 7g carbs ● 7g fiber



For single meal:

#### soy milk, unsweetened

3 1/4 cup (780mL)

For all 2 meals:

#### soy milk, unsweetened

6 1/2 cup (1560mL)

1. This recipe has no instructions.

### Zoodles marinara

394 cals ● 15g protein ● 7g fat ● 49g carbs ● 18g fiber





For single meal:

**pasta sauce**  
1 3/4 cup (455g)  
**zucchini**  
3 1/2 medium (686g)

For all 2 meals:

**pasta sauce**  
3 1/2 cup (910g)  
**zucchini**  
7 medium (1372g)

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 2 [↗](#)

Eat on day 3, day 4

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### Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



For single meal:

**black pepper**  
3/4 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
3/8 package (10 oz) (107g)  
**olive oil**  
1 tsp (6mL)

For all 2 meals:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
3 dash (2g)  
**lima beans, frozen**  
3/4 package (10 oz) (213g)  
**olive oil**  
3/4 tbsp (11mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

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### Spinach cauliflower mince

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



For single meal:

**oil**  
2 tsp (10mL)  
**frozen riced cauliflower**  
2 cup, frozen (212g)  
**fresh spinach, chopped**  
1 cup(s) (30g)  
**garlic, diced**  
2 clove(s) (6g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**frozen riced cauliflower**  
4 cup, frozen (424g)  
**fresh spinach, chopped**  
2 cup(s) (60g)  
**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



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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## Dinner 3 [↗](#)

Eat on day 5, day 6

### Sauteed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



For single meal:

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**lima beans, frozen**

6 tbsp (60g)

**frozen corn kernels**

6 tbsp (51g)

**olive oil**

1/2 tbsp (8mL)

For all 2 meals:

**black pepper**

2 dash, ground (1g)

**salt**

2 dash (2g)

**lima beans, frozen**

3/4 cup (120g)

**frozen corn kernels**

3/4 cup (102g)

**olive oil**

1 tbsp (15mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

### 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.

### Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**oil**

1 tsp (5mL)

**seitan**

4 oz (113g)

For all 2 meals:

**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.

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## Dinner 4 [↗](#)

Eat on day 7

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### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cal(s) ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 sausage link(s)

**onion, thinly sliced**

3/4 small (53g)

**vegan sausage**

1 1/2 sausage (150g)

**oil**

3/4 tbsp (11mL)

**frozen cauliflower**

1 cup (128g)

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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal(s) ● 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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