

# Meal Plan - 2000 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

2045 cals ● 156g protein (31%) ● 97g fat (43%) ● 98g carbs (19%) ● 40g fiber (8%)

### Breakfast

350 cals, 19g protein, 14g net carbs, 22g fat



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



[Dark chocolate](#)  
2 square(s)- 120 cals

### Snacks

330 cals, 15g protein, 21g net carbs, 15g fat



[Pumpkin seeds](#)  
183 cals



[Cucumber slices](#)  
1 cucumber- 60 cals



[Blackberries](#)  
1 1/4 cup(s)- 87 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Lunch

375 cals, 8g protein, 29g net carbs, 23g fat



[Peanut butter and jelly sandwich](#)  
1/2 sandwich(es)- 191 cals



[Pecans](#)  
1/4 cup- 183 cals

### Dinner

720 cals, 54g protein, 33g net carbs, 35g fat



[Seitan salad](#)  
718 cals

## Day 2

2017 cals ● 134g protein (27%) ● 88g fat (39%) ● 125g carbs (25%) ● 49g fiber (10%)

### Breakfast

350 cals, 19g protein, 14g net carbs, 22g fat



Dairy-free strawberry protein smoothie  
230 cals



Dark chocolate  
2 square(s)- 120 cals

### Snacks

330 cals, 15g protein, 21g net carbs, 15g fat



Pumpkin seeds  
183 cals



Cucumber slices  
1 cucumber- 60 cals



Blackberries  
1 1/4 cup(s)- 87 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

375 cals, 8g protein, 29g net carbs, 23g fat



Peanut butter and jelly sandwich  
1/2 sandwich(es)- 191 cals



Pecans  
1/4 cup- 183 cals

### Dinner

690 cals, 31g protein, 59g net carbs, 26g fat



Chickpea & kale soup  
546 cals



Mixed nuts  
1/6 cup(s)- 145 cals

## Day 3

2004 cals ● 143g protein (29%) ● 94g fat (42%) ● 111g carbs (22%) ● 36g fiber (7%)

### Breakfast

350 cals, 19g protein, 14g net carbs, 22g fat



Dairy-free strawberry protein smoothie  
230 cals



Dark chocolate  
2 square(s)- 120 cals

### Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Avocado  
176 cals



Kale chips  
138 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

505 cals, 29g protein, 43g net carbs, 20g fat



Simple mixed greens salad  
136 cals



Chunky canned soup (non-creamy)  
1 1/2 can(s)- 371 cals

### Dinner

565 cals, 29g protein, 42g net carbs, 27g fat



General tso's tofu  
307 cals



Edamame & beet salad  
257 cals

## Day 4

1958 cals ● 141g protein (29%) ● 94g fat (43%) ● 103g carbs (21%) ● 33g fiber (7%)

### Breakfast

305 cals, 17g protein, 6g net carbs, 22g fat



Protein shake (almond milk)  
105 cals



Pecans  
1/4 cup- 183 cals



Cucumber slices  
1/4 cucumber- 15 cals

### Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Avocado  
176 cals



Kale chips  
138 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

505 cals, 29g protein, 43g net carbs, 20g fat



Simple mixed greens salad  
136 cals



Chunky canned soup (non-creamy)  
1 1/2 can(s)- 371 cals

### Dinner

565 cals, 29g protein, 42g net carbs, 27g fat



General tso's tofu  
307 cals



Edamame & beet salad  
257 cals

## Day 5

2029 cals ● 171g protein (34%) ● 104g fat (46%) ● 71g carbs (14%) ● 32g fiber (6%)

### Breakfast

305 cals, 17g protein, 6g net carbs, 22g fat



Protein shake (almond milk)  
105 cals



Pecans  
1/4 cup- 183 cals



Cucumber slices  
1/4 cucumber- 15 cals

### Snacks

200 cals, 15g protein, 21g net carbs, 1g fat



Raspberries  
1 cup(s)- 72 cals



Green protein shake  
130 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

595 cals, 50g protein, 30g net carbs, 27g fat



Simple kale & avocado salad  
230 cals



Simple seitan  
6 oz- 365 cals

### Dinner

655 cals, 29g protein, 12g net carbs, 53g fat



Simple sauteed spinach  
149 cals



Buffalo tofu with vegan ranch  
506 cals

## Day 6

1967 cals ● 164g protein (33%) ● 95g fat (43%) ● 81g carbs (16%) ● 34g fiber (7%)

### Breakfast

240 cals, 10g protein, 17g net carbs, 13g fat



**Pumped up almond yogurt**  
1 container(s)- 242 cals

### Snacks

200 cals, 15g protein, 21g net carbs, 1g fat



**Raspberries**  
1 cup(s)- 72 cals



**Green protein shake**  
130 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

595 cals, 50g protein, 30g net carbs, 27g fat



**Simple kale & avocado salad**  
230 cals



**Simple seitan**  
6 oz- 365 cals

### Dinner

655 cals, 29g protein, 12g net carbs, 53g fat



**Simple sauteed spinach**  
149 cals



**Buffalo tofu with vegan ranch**  
506 cals

## Day 7

1983 cals ● 149g protein (30%) ● 86g fat (39%) ● 113g carbs (23%) ● 40g fiber (8%)

### Breakfast

240 cals, 10g protein, 17g net carbs, 13g fat



**Pumped up almond yogurt**  
1 container(s)- 242 cals

### Snacks

200 cals, 15g protein, 21g net carbs, 1g fat



**Raspberries**  
1 cup(s)- 72 cals



**Green protein shake**  
130 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

635 cals, 35g protein, 50g net carbs, 29g fat



**Sauteed Kale**  
91 cals



**Lentils**  
289 cals



**Basic tofu**  
6 oz- 257 cals

### Dinner

630 cals, 29g protein, 24g net carbs, 42g fat



**Simple mixed greens salad**  
237 cals



**Buffalo tempeh with vegan ranch**  
393 cals

## Fats and Oils

- ☐ oil  
3 1/4 oz (99mL)
- ☐ salad dressing  
13 1/4 tbsp (199mL)
- ☐ olive oil  
3 tbsp (42mL)
- ☐ balsamic vinaigrette  
3 tbsp (45mL)

## Other

- ☐ nutritional yeast  
2 tsp (3g)
- ☐ mixed greens  
14 1/4 cup (428g)
- ☐ vegan ranch  
1/4 lbs (120mL)
- ☐ almond yogurt, flavored  
2 container (300g)
- ☐ cacao nibs  
2 tsp (7g)

## Fruits and Fruit Juices

- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ frozen strawberries  
1 cup, unthawed (148g)
- ☐ blackberries  
2 1/2 cup (360g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ lemon  
1 small (58g)
- ☐ raspberries  
14 oz (399g)
- ☐ orange  
1 1/2 orange (231g)
- ☐ banana  
3/4 medium (7" to 7-7/8" long) (89g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
12 cherry tomatoes (204g)
- ☐ fresh spinach  
17 1/2 cup(s) (525g)
- ☐ cucumber  
2 1/2 cucumber (8-1/4") (753g)

## Beverages

- ☐ water  
20 1/2 cup(s) (4866mL)
- ☐ protein powder  
1 1/4 lbs (585g)
- ☐ almond milk, unsweetened  
2 1/2 cup (600mL)
- ☐ protein powder, vanilla  
3 scoop (1/3 cup ea) (93g)

## Nut and Seed Products

- ☐ almond butter  
3 tbsp (48g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ pecans  
1 cup, halves (99g)
- ☐ mixed nuts  
2 3/4 tbsp (22g)

## Sweets

- ☐ Chocolate, dark, 70-85%  
6 square(s) (60g)
- ☐ jelly  
2 serving 1 tbsp (42g)
- ☐ sugar  
1 1/4 tbsp (16g)

## Baked Products

- ☐ bread  
2 slice (64g)

## Legumes and Legume Products

- ☐ peanut butter  
1 tbsp (16g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ firm tofu  
2 1/2 lbs (1120g)
- ☐ soy sauce  
2 1/2 tsp (13mL)
- ☐ lentils, raw  
6 3/4 tbsp (80g)
- ☐ tempeh  
4 oz (113g)

## Soups, Sauces, and Gravies

☐ garlic  
6 clove(s) (18g)

☐ kale leaves  
19 oz (537g)

☐ fresh ginger  
2 1/2 tbsp (15g)

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

☐ edamame, frozen, shelled  
1 1/2 cup (177g)

## Cereal Grains and Pasta

☐ seitan  
18 oz (510g)

☐ cornstarch  
2 1/2 tbsp (20g)

☐ vegetable broth  
4 cup(s) (mL)

☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)

☐ Frank's Red Hot sauce  
10 tbsp (149mL)

## Spices and Herbs

☐ salt  
2 tsp (11g)

☐ apple cider vinegar  
1 1/4 tbsp (19g)

☐ black pepper  
3 dash, ground (1g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Dairy-free strawberry protein smoothie

230 cals ● 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 3 meals:

**frozen strawberries**  
1 cup, unthawed (148g)  
**almond milk, unsweetened**  
1 1/2 cup(s) (360mL)  
**protein powder, vanilla**  
1 1/2 scoop (1/3 cup ea) (47g)  
**almond butter**  
3 tbsp (48g)  
**water**  
1 cup(s) (235mL)

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

### Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

**Chocolate, dark, 70-85%**  
6 square(s) (60g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### 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.

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### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

**pecans**  
4 tbsp, halves (25g)

For all 2 meals:

**pecans**  
1/2 cup, halves (50g)

1. This recipe has no instructions.

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Pumped up almond yogurt

1 container(s) - 242 cals ● 10g protein ● 13g fat ● 17g carbs ● 5g fiber



For single meal:

#### **almond yogurt, flavored**

1 container (150g)

#### **protein powder**

1 tbsp (6g)

#### **raspberries**

8 raspberries (15g)

#### **cacao nibs**

1 tsp (3g)

For all 2 meals:

#### **almond yogurt, flavored**

2 container (300g)

#### **protein powder**

2 tbsp (12g)

#### **raspberries**

16 raspberries (30g)

#### **cacao nibs**

2 tsp (7g)

1. Mix almond yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Peanut butter and jelly sandwich

1/2 sandwich(es) - 191 cals ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



For single meal:

#### **bread**

1 slice (32g)

#### **peanut butter**

1/2 tbsp (8g)

#### **jelly**

1 serving 1 tbsp (21g)

For all 2 meals:

#### **bread**

2 slice (64g)

#### **peanut butter**

1 tbsp (16g)

#### **jelly**

2 serving 1 tbsp (42g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

## Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

#### **pecans**

4 tbsp, halves (25g)

For all 2 meals:

#### **pecans**

1/2 cup, halves (50g)

1. This recipe has no instructions.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

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### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.
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## Lunch 3 [↗](#)

Eat on day 5, day 6

### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

For all 2 meals:

**kale leaves, chopped**  
1 bunch (170g)  
**lemon, juiced**  
1 small (58g)  
**avocados, chopped**  
1 avocado(s) (201g)

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.

### Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**seitan**  
6 oz (170g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**seitan**  
3/4 lbs (340g)

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.

## Lunch 4 [↗](#)

Eat on day 7

### Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



**oil**  
1/2 tbsp (8mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)

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.

## Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



### salt

1 dash (1g)

### water

1 2/3 cup(s) (395mL)

### lentils, raw, rinsed

6 2/3 tbsp (80g)

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.

## Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

### firm tofu

6 oz (170g)

### oil

1 tbsp (15mL)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Snacks 1 [↗](#)

Eat on day 1, day 2

## 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.

## Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber





For single meal:

**cucumber**

1 cucumber (8-1/4") (301g)

For all 2 meals:

**cucumber**

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.

**Blackberries**

1 1/4 cup(s) - 87 cals ● 3g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

**blackberries**

1 1/4 cup (180g)

For all 2 meals:

**blackberries**

2 1/2 cup (360g)

1. Rinse blackberries and serve.

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**Snacks 2** [↗](#)

Eat on day 3, day 4

**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.

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**Kale chips**

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



For single meal:

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

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**kale leaves**  
1 1/3 bunch (227g)  
**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

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Raspberries

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



For single meal:

**raspberries**  
1 cup (123g)

For all 3 meals:

**raspberries**  
3 cup (369g)

1. Rinse raspberries and serve.

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### Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

**fresh spinach**

1/2 cup(s) (15g)

**water**

1/8 cup(s) (30mL)

**orange, peeled, sliced, and deseeded**

1/2 orange (77g)

**protein powder, vanilla**

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

**banana, frozen**

1/4 medium (7" to 7-7/8" long) (30g)

For all 3 meals:

**fresh spinach**

1 1/2 cup(s) (45g)

**water**

3/8 cup(s) (89mL)

**orange, peeled, sliced, and deseeded**

1 1/2 orange (231g)

**protein powder, vanilla**

1 1/2 scoop (1/3 cup ea) (47g)

**banana, frozen**

3/4 medium (7" to 7-7/8" long) (89g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

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## Dinner 1 [↗](#)

Eat on day 1

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### Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



**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.
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## Dinner 2 [↗](#)

Eat on day 2

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### Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



#### oil

1 tsp (5mL)

#### garlic, minced

2 clove(s) (6g)

#### vegetable broth

4 cup(s) (mL)

#### kale leaves, chopped

2 cup, chopped (80g)

#### chickpeas, canned, drained

1 can (448g)

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.

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### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



Makes 1/6 cup(s)

#### mixed nuts

2 2/3 tbsp (22g)

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

Eat on day 3, day 4

### General tso's tofu

307 cal ● 15g protein ● 17g fat ● 24g carbs ● 1g fiber



For single meal:

**oil**  
2 tsp (9mL)  
**cornstarch**  
1 1/4 tbsp (10g)  
**firm tofu, patted dry & cubed**  
6 1/4 oz (177g)  
**apple cider vinegar**  
2 tsp (9g)  
**sugar**  
2 tsp (8g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**soy sauce**  
1 1/4 tsp (6mL)  
**fresh ginger, minced**  
1 1/4 tbsp (8g)

For all 2 meals:

**oil**  
1 1/4 tbsp (19mL)  
**cornstarch**  
2 1/2 tbsp (20g)  
**firm tofu, patted dry & cubed**  
3/4 lbs (354g)  
**apple cider vinegar**  
1 1/4 tbsp (19g)  
**sugar**  
1 1/4 tbsp (16g)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**soy sauce**  
2 1/2 tsp (13mL)  
**fresh ginger, minced**  
2 1/2 tbsp (15g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

### Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**beets, precooked (canned or refrigerated), chopped**  
3 beets (2" dia, sphere) (150g)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**mixed greens**  
1 1/2 cup (45g)

For all 2 meals:

**balsamic vinaigrette**  
3 tbsp (45mL)  
**beets, precooked (canned or refrigerated), chopped**  
6 beets (2" dia, sphere) (300g)  
**edamame, frozen, shelled**  
1 1/2 cup (177g)  
**mixed greens**  
3 cup (90g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Dinner 4 [🔗](#)

Eat on day 5, day 6

### 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 (11mL)  
**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.

### Buffalo tofu with vegan ranch

506 cal ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



For single meal:

**vegan ranch**  
3 tbsp (45mL)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)  
**Frank's Red Hot sauce**  
4 tbsp (59mL)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:

**vegan ranch**  
6 tbsp (90mL)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)  
**Frank's Red Hot sauce**  
1/2 cup (119mL)  
**oil**  
1 1/2 tbsp (23mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

## Dinner 5 [↗](#)

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.

### Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



**vegan ranch**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
4 oz (113g)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**oil**  
1/2 tbsp (8mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**water**  
2 1/2 cup(s) (593mL)  
**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

**water**  
17 1/2 cup(s) (4148mL)  
**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.