

# Meal Plan - 2200 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

2088 cal ● 155g protein (30%) ● 83g fat (36%) ● 128g carbs (25%) ● 53g fiber (10%)

### Breakfast

330 cal, 16g protein, 19g net carbs, 19g fat



[Breakfast cereal with protein almond milk](#)  
112 cal



[Celery and peanut butter](#)  
218 cal

### Snacks

290 cal, 8g protein, 15g net carbs, 20g fat



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



[Ants on a log](#)  
184 cal

### Protein Supplement(s)

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



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

### Lunch

520 cal, 40g protein, 14g net carbs, 27g fat



[Garlic collard greens](#)  
80 cal



[Basic tempeh](#)  
6 oz- 443 cal

### Dinner

675 cal, 30g protein, 77g net carbs, 15g fat



[Simple salad with tomatoes and carrots](#)  
98 cal



[White bean cassoulet](#)  
577 cal

## Day 2

2178 cals ● 138g protein (25%) ● 99g fat (41%) ● 131g carbs (24%) ● 52g fiber (10%)

### Breakfast

330 cals, 16g protein, 19g net carbs, 19g fat



**Breakfast cereal with protein almond milk**  
112 cals



**Celery and peanut butter**  
218 cals

### Snacks

290 cals, 8g protein, 15g net carbs, 20g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Ants on a log**  
184 cals

### Protein Supplement(s)

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



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

### Lunch

695 cals, 24g protein, 50g net carbs, 33g fat



**Pistachios**  
188 cals



**Grapes**  
116 cals



**Edamame slaw salad bowl**  
393 cals

### Dinner

590 cals, 29g protein, 45g net carbs, 25g fat



**Pumpkin seeds**  
183 cals



**Chickpea & kale soup**  
409 cals

## Day 3

2210 cals ● 166g protein (30%) ● 100g fat (41%) ● 114g carbs (21%) ● 46g fiber (8%)

### Breakfast

320 cals, 14g protein, 18g net carbs, 18g fat



**Hummus toast**  
1 slice(s)- 146 cals



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

### Snacks

290 cals, 8g protein, 15g net carbs, 20g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Ants on a log**  
184 cals

### Protein Supplement(s)

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



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

### Lunch

695 cals, 24g protein, 50g net carbs, 33g fat



**Pistachios**  
188 cals



**Grapes**  
116 cals



**Edamame slaw salad bowl**  
393 cals

### Dinner

635 cals, 60g protein, 28g net carbs, 27g fat



**Simple salad with tomatoes and carrots**  
98 cals



**Vegan sausage**  
2 sausage(s)- 536 cals

## Day 4

2211 cal ● 161g protein (29%) ● 103g fat (42%) ● 129g carbs (23%) ● 31g fiber (6%)

### Breakfast

320 cal, 14g protein, 18g net carbs, 18g fat



**Hummus toast**  
1 slice(s)- 146 cal



**Roasted peanuts**  
1/6 cup(s)- 173 cal

### Snacks

320 cal, 9g protein, 20g net carbs, 21g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal



**Roasted cashews**  
1/4 cup(s)- 209 cal



**Kale chips**  
69 cal

### Protein Supplement(s)

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



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

### Lunch

665 cal, 18g protein, 61g net carbs, 35g fat



**Simple mixed greens salad**  
170 cal



**Vegan grilled cheese**  
1 1/2 sandwich(es)- 496 cal

### Dinner

635 cal, 60g protein, 28g net carbs, 27g fat



**Simple salad with tomatoes and carrots**  
98 cal



**Vegan sausage**  
2 sausage(s)- 536 cal

## Day 5

2240 cal ● 153g protein (27%) ● 129g fat (52%) ● 77g carbs (14%) ● 40g fiber (7%)

### Breakfast

320 cal, 14g protein, 18g net carbs, 18g fat



**Hummus toast**  
1 slice(s)- 146 cal



**Roasted peanuts**  
1/6 cup(s)- 173 cal

### Snacks

320 cal, 9g protein, 20g net carbs, 21g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal



**Roasted cashews**  
1/4 cup(s)- 209 cal



**Kale chips**  
69 cal

### Protein Supplement(s)

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



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

### Lunch

665 cal, 30g protein, 18g net carbs, 48g fat



**Simple salad with tomatoes and carrots**  
98 cal



**Walnut crusted tofu (vegan)**  
568 cal

### Dinner

660 cal, 40g protein, 19g net carbs, 40g fat



**Sunflower seeds**  
240 cal



**Crack slaw with tempeh**  
422 cal

## Day 6

2184 cal ● 150g protein (27%) ● 120g fat (49%) ● 96g carbs (18%) ● 31g fiber (6%)

### Breakfast

365 cal, 5g protein, 18g net carbs, 29g fat



**Sweet potato chips**  
25 chips- 193 cal



**Walnuts**  
1/4 cup(s)- 175 cal

### Snacks

255 cal, 29g protein, 13g net carbs, 9g fat



**Protein shake (almond milk)**  
210 cal



**Kiwi**  
1 kiwi- 47 cal

### Protein Supplement(s)

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



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

### Lunch

665 cal, 30g protein, 18g net carbs, 48g fat



**Simple salad with tomatoes and carrots**  
98 cal



**Walnut crusted tofu (vegan)**  
568 cal

### Dinner

620 cal, 26g protein, 45g net carbs, 33g fat



**Simple mixed greens salad**  
170 cal



**Tofu lo-mein**  
451 cal

## Day 7

2168 cal ● 162g protein (30%) ● 96g fat (40%) ● 126g carbs (23%) ● 38g fiber (7%)

### Breakfast

365 cal, 5g protein, 18g net carbs, 29g fat



**Sweet potato chips**  
25 chips- 193 cal



**Walnuts**  
1/4 cup(s)- 175 cal

### Snacks

255 cal, 29g protein, 13g net carbs, 9g fat



**Protein shake (almond milk)**  
210 cal



**Kiwi**  
1 kiwi- 47 cal

### Protein Supplement(s)

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



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

### Lunch

650 cal, 42g protein, 47g net carbs, 25g fat



**Bbq tempeh lettuce wrap**  
6 lettuce wrap(s)- 494 cal



**Roasted cashews**  
1/6 cup(s)- 156 cal

### Dinner

620 cal, 26g protein, 45g net carbs, 33g fat



**Simple mixed greens salad**  
170 cal



**Tofu lo-mein**  
451 cal

## Fats and Oils

- salad dressing  
1 1/2 cup (345mL)
- oil  
1 3/4 oz (53mL)
- olive oil  
2 tbsp (30mL)
- vegan mayonnaise  
4 tbsp (60g)

## Vegetables and Vegetable Products

- tomatoes  
6 medium whole (2-3/5" dia) (716g)
- carrots  
6 1/3 medium (384g)
- romaine lettuce  
2 head (1286g)
- garlic  
8 3/4 clove(s) (26g)
- onion  
3/4 medium (2-1/2" dia) (83g)
- raw celery  
7 3/4 stalk, medium (7-1/2" - 8" long) (310g)
- collard greens  
4 oz (113g)
- kale leaves  
6 oz (173g)
- edamame, frozen, shelled  
2 cup (236g)
- frozen mixed veggies  
2/3 lbs (302g)
- bell pepper  
3/4 small (56g)

## Soups, Sauces, and Gravies

- vegetable broth  
3 1/2 cup(s) (mL)
- hot sauce  
1 tsp (5mL)
- oriental flavored ramen  
2/3 package with flavor packet (57g)
- barbecue sauce  
3 tbsp (51g)

## Legumes and Legume Products

- white beans, canned  
3/4 can(s) (329g)

## Beverages

- water  
18 1/2 cup(s) (4385mL)
- protein powder  
20 scoop (1/3 cup ea) (620g)
- almond milk, unsweetened  
2 1/2 cup (600mL)

## Breakfast Cereals

- breakfast cereal  
1 serving (30g)

## Nut and Seed Products

- roasted cashews  
1 cup, halves and whole (146g)
- roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- sunflower kernels  
1 3/4 oz (50g)
- walnuts  
1/4 lbs (127g)

## Fruits and Fruit Juices

- raisins  
1 1/2 miniature box (.5 oz) (21g)
- grapes  
4 cup (368g)
- lemon juice  
2 tsp (10mL)
- kiwi  
2 fruit (138g)

## Spices and Herbs

- salt  
1/4 tbsp (4g)
- dijon mustard  
2 tbsp (30g)

## Other

- coleslaw mix  
9 1/2 cup (855g)
- vegan sausage  
4 sausage (400g)

- peanut butter  
1/2 cup (136g)
- tempeh  
1 lbs (454g)
- chickpeas, canned  
3/4 can (336g)
- hummus  
1/2 cup (113g)
- roasted peanuts  
1/2 cup (82g)
- firm tofu  
1 lbs (454g)
- soy sauce  
2 tsp (10mL)
- extra firm tofu  
2/3 lbs (302g)

- mixed greens  
11 1/4 cup (338g)
- vegan cheese, sliced  
3 slice(s) (60g)
- sweet potato chips  
50 chips (71g)

### **Baked Products**

- bread  
6 slice (192g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Breakfast cereal with protein almond milk

112 cals ● 8g protein ● 3g fat ● 13g carbs ● 2g fiber



For single meal:

**protein powder**  
1/4 scoop (1/3 cup ea) (8g)  
**breakfast cereal**  
1/2 serving (15g)  
**almond milk, unsweetened**  
4 tbsp (60mL)

For all 2 meals:

**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**breakfast cereal**  
1 serving (30g)  
**almond milk, unsweetened**  
1/2 cup (120mL)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**peanut butter**  
2 tbsp (32g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)  
**peanut butter**  
4 tbsp (64g)

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

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**hummus**  
2 1/2 tbsp (38g)  
**bread**  
1 slice (32g)

For all 3 meals:

**hummus**  
1/2 cup (113g)  
**bread**  
3 slice (96g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

### Roasted peanuts

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



For single meal:

**roasted peanuts**  
3 tbsp (27g)

For all 3 meals:

**roasted peanuts**  
1/2 cup (82g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Sweet potato chips

25 chips - 193 cals ● 1g protein ● 13g fat ● 16g carbs ● 3g fiber



For single meal:

**sweet potato chips**  
25 chips (35g)

For all 2 meals:

**sweet potato chips**  
50 chips (71g)

1. Serve chips in a bowl and enjoy.



## Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
4 tbsp, shelled (25g)

For all 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Garlic collard greens

80 cal ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



**collard greens**

4 oz (113g)

**oil**

1/4 tbsp (4mL)

**garlic, minced**

3/4 clove(s) (2g)

**salt**

1/2 dash (0g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

1. Slice tempeh 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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Pistachios

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



For single meal:

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

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**  
1/2 cup (62g)

1. This recipe has no instructions.

### Grapes

116 cal ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. This recipe has no instructions.

### Edamame slaw salad bowl

393 cal ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:

**salad dressing**  
4 tbsp (60mL)  
**coleslaw mix**  
3 cup (270g)  
**carrots, sliced into matchsticks**  
2 small (5-1/2" long) (100g)  
**edamame, frozen, shelled**  
1 cup (118g)

For all 2 meals:

**salad dressing**  
1/2 cup (120mL)  
**coleslaw mix**  
6 cup (540g)  
**carrots, sliced into matchsticks**  
4 small (5-1/2" long) (200g)  
**edamame, frozen, shelled**  
2 cup (236g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

## Lunch 3 [↗](#)

Eat on day 4

### Simple mixed greens salad

170 cal ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

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

### Vegan grilled cheese

1 1/2 sandwich(es) - 496 cal ● 15g protein ● 24g fat ● 50g carbs ● 6g fiber

Makes 1 1/2 sandwich(es)



**vegan cheese, sliced**  
3 slice(s) (60g)  
**bread**  
3 slice (96g)  
**oil**  
1/2 tbsp (8mL)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11 mL)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)

For all 2 meals:

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

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

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### Walnut crusted tofu (vegan)

568 cal ● 26g protein ● 45g fat ● 11g carbs ● 4g fiber



For single meal:

**firm tofu, drained**  
1/2 lbs (227g)  
**walnuts**  
1/3 cup, chopped (39g)  
**lemon juice**  
1 tsp (5 mL)  
**garlic, diced**  
2 clove(s) (6g)  
**dijon mustard**  
1 tbsp (15g)  
**vegan mayonnaise**  
2 tbsp (30g)

For all 2 meals:

**firm tofu, drained**  
1 lbs (454g)  
**walnuts**  
2/3 cup, chopped (77g)  
**lemon juice**  
2 tsp (10 mL)  
**garlic, diced**  
4 clove(s) (12g)  
**dijon mustard**  
2 tbsp (30g)  
**vegan mayonnaise**  
4 tbsp (60g)

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.
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## Lunch 5 [↗](#)

Eat on day 7

### Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cal ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



Makes 6 lettuce wrap(s)

**romaine lettuce**

6 leaf inner (36g)

**tempeh, cubed**

6 oz (170g)

**barbecue sauce**

3 tbsp (51g)

**coleslaw mix**

1 1/2 cup (135g)

**oil**

1/4 tbsp (4mL)

**bell pepper, deseeded and sliced**

3/4 small (56g)

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.

### Roasted cashews

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



Makes 1/6 cup(s)

**roasted cashews**

3 tbsp, halves and whole (26g)

1. This recipe has no instructions.

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Roasted cashews

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



For single meal:

**roasted cashews**

2 tbsp, halves and whole (17g)

For all 3 meals:

**roasted cashews**

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

## Ants on a log

184 cals ● 6g protein ● 12g fat ● 10g carbs ● 2g fiber



For single meal:

### raisins

1/2 miniature box (.5 oz) (7g)

### raw celery, trimmed

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

### peanut butter

1 1/2 tbsp (24g)

For all 3 meals:

### raisins

1 1/2 miniature box (.5 oz) (21g)

### raw celery, trimmed

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

### peanut butter

1/4 cup (72g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### 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.

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### Roasted cashews

1/4 cup(s) - 209 cals ● 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.

### Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**kale leaves**  
1/3 bunch (57g)  
**salt**  
1/3 tsp (2g)

For all 2 meals:

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

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 3 [↗](#)

Eat on day 6, day 7

### Protein shake (almond milk)

210 cal ● 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.

### Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

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## Dinner 1 [↗](#)

Eat on day 1

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### Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



#### salad dressing

3/4 tbsp (11 mL)

#### tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

#### carrots, sliced

1/4 medium (15g)

#### romaine lettuce, roughly chopped

1/2 hearts (250g)

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

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## White bean cassoulet

577 cal ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



#### garlic, minced

1 1/2 clove(s) (5g)

#### oil

3/4 tbsp (11 mL)

#### vegetable broth

3/8 cup(s) (mL)

#### white beans, canned, drained & rinsed

3/4 can(s) (329g)

#### onion, diced

3/4 medium (2-1/2" dia) (83g)

#### raw celery, thinly sliced

3/4 stalk, medium (7-1/2" - 8" long) (30g)

#### carrots, peeled & slices

1 1/2 large (108g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

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## Dinner 2 [↗](#)

Eat on day 2

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### Pumpkin seeds

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



#### roasted pumpkin seeds, unsalted

4 tbsp (30g)

1. This recipe has no instructions.
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## Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



### oil

1/4 tbsp (4mL)

### garlic, minced

1 1/2 clove(s) (5g)

### vegetable broth

3 cup(s) (mL)

### kale leaves, chopped

1 1/2 cup, chopped (60g)

### chickpeas, canned, drained

3/4 can (336g)

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.

## Dinner 3 [↗](#)

Eat on day 3, day 4

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

### salad dressing

3/4 tbsp (11mL)

### tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

### carrots, sliced

1/4 medium (15g)

### romaine lettuce, roughly chopped

1/2 hearts (250g)

For all 2 meals:

### 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)

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

## Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

### vegan sausage

2 sausage (200g)

For all 2 meals:

### vegan sausage

4 sausage (400g)

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

## Dinner 4 [↗](#)

Eat on day 5

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### Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



#### sunflower kernels

1 1/3 oz (38g)

1. This recipe has no instructions.

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### Crack slaw with tempeh

422 cal ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



#### tempeh, cubed

4 oz (113g)

#### coleslaw mix

2 cup (180g)

#### hot sauce

1 tsp (5mL)

#### sunflower kernels

1 tbsp (12g)

#### oil

2 tsp (10mL)

#### garlic, minced

1 clove (3g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
  2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
  3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
  4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
  5. Season with salt and pepper to taste. Serve hot or cold.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Simple mixed greens salad

170 cal ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

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### Tofu lo-mein

451 cal ● 22g protein ● 21g fat ● 35g carbs ● 8g fiber



For single meal:

**frozen mixed veggies**  
1/3 lbs (151g)  
**olive oil**  
2 tsp (10mL)  
**water**  
1/2 cup(s) (118mL)  
**soy sauce**  
1 tsp (5mL)  
**oriental flavored ramen**  
1/3 package with flavor packet (28g)  
**extra firm tofu**  
1/3 lbs (151g)

For all 2 meals:

**frozen mixed veggies**  
2/3 lbs (302g)  
**olive oil**  
4 tsp (20mL)  
**water**  
1 cup(s) (237mL)  
**soy sauce**  
2 tsp (10mL)  
**oriental flavored ramen**  
2/3 package with flavor packet (57g)  
**extra firm tofu**  
2/3 lbs (302g)

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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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cal ● 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.
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