

# Meal Plan - 2300 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

2292 cal ● 157g protein (27%) ● 113g fat (44%) ● 122g carbs (21%) ● 41g fiber (7%)

### Breakfast

385 cal, 10g protein, 32g net carbs, 22g fat



[Roasted almonds](#)

1/6 cup(s)- 148 cal



[Small granola bar](#)

2 bar(s)- 238 cal

### Snacks

270 cal, 6g protein, 24g net carbs, 14g fat



[Kale chips](#)

206 cal



[Watermelon](#)

6 oz- 61 cal

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cal

### Lunch

500 cal, 40g protein, 14g net carbs, 25g fat



[Roasted tomatoes](#)

3 1/2 tomato(es)- 208 cal



[Vegan crumbles](#)

2 cup(s)- 292 cal

### Dinner

865 cal, 40g protein, 50g net carbs, 50g fat



[Avocado](#)

351 cal



[Crispy chik'n tenders](#)

9 tender(s)- 514 cal

## Day 2

2348 cals ● 156g protein (27%) ● 120g fat (46%) ● 134g carbs (23%) ● 27g fiber (5%)

### Breakfast

385 cals, 10g protein, 32g net carbs, 22g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Small granola bar**  
2 bar(s)- 238 cals

### Snacks

270 cals, 6g protein, 24g net carbs, 14g fat



**Kale chips**  
206 cals



**Watermelon**  
6 oz- 61 cals

### Protein Supplement(s)

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



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

### Lunch

720 cals, 40g protein, 33g net carbs, 47g fat



**Lemon pepper tofu**  
17 1/2 oz- 630 cals



**Sauteed Kale**  
91 cals

### Dinner

700 cals, 39g protein, 43g net carbs, 36g fat



**Sunflower seeds**  
226 cals



**Seitan salad**  
359 cals



**Banana**  
1 banana(s)- 117 cals

## Day 3

2282 cals ● 158g protein (28%) ● 111g fat (44%) ● 131g carbs (23%) ● 32g fiber (6%)

### Breakfast

385 cals, 10g protein, 32g net carbs, 22g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Small granola bar**  
2 bar(s)- 238 cals

### Snacks

200 cals, 8g protein, 20g net carbs, 5g fat



**Grapes**  
116 cals



**Soy milk**  
1 cup(s)- 85 cals

### Protein Supplement(s)

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



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

### Lunch

720 cals, 40g protein, 33g net carbs, 47g fat



**Lemon pepper tofu**  
17 1/2 oz- 630 cals



**Sauteed Kale**  
91 cals

### Dinner

700 cals, 39g protein, 43g net carbs, 36g fat



**Sunflower seeds**  
226 cals



**Seitan salad**  
359 cals



**Banana**  
1 banana(s)- 117 cals

## Day 4

2338 cals ● 200g protein (34%) ● 87g fat (34%) ● 129g carbs (22%) ● 59g fiber (10%)

### Breakfast

375 cals, 34g protein, 8g net carbs, 21g fat



Protein shake (almond milk)  
210 cals



Roasted almonds  
1/6 cup(s)- 166 cals

### Snacks

200 cals, 8g protein, 20g net carbs, 5g fat



Grapes  
116 cals



Soy milk  
1 cup(s)- 85 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

660 cals, 36g protein, 61g net carbs, 23g fat



Chik'n stir fry  
427 cals



Simple kale & avocado salad  
230 cals

### Dinner

830 cals, 62g protein, 38g net carbs, 37g fat



Carrot & grounds stir fry  
830 cals

## Day 5

2246 cals ● 192g protein (34%) ● 108g fat (43%) ● 97g carbs (17%) ● 29g fiber (5%)

### Breakfast

375 cals, 34g protein, 8g net carbs, 21g fat



Protein shake (almond milk)  
210 cals



Roasted almonds  
1/6 cup(s)- 166 cals

### Snacks

305 cals, 13g protein, 14g net carbs, 20g fat



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



Dark chocolate  
3 square(s)- 180 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

670 cals, 28g protein, 49g net carbs, 36g fat



Vegan buttery garlic green beans  
73 cals



Sesame orange tofu  
7 oz tofu- 377 cals



Mixed nuts  
1/4 cup(s)- 218 cals

### Dinner

625 cals, 56g protein, 25g net carbs, 30g fat



Baked tofu  
20 oz- 566 cals



Brown rice  
1/4 cup brown rice, cooked- 57 cals

## Day 6

2256 cals ● 177g protein (31%) ● 116g fat (46%) ● 97g carbs (17%) ● 30g fiber (5%)

### Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



**Pumpkin seeds**

366 cals



**Cherry tomatoes**

6 cherry tomatoes- 21 cals

### Snacks

305 cals, 13g protein, 14g net carbs, 20g fat



**Soy milk**

1 1/2 cup(s)- 127 cals



**Dark chocolate**

3 square(s)- 180 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

670 cals, 28g protein, 49g net carbs, 36g fat



**Vegan buttery garlic green beans**

73 cals



**Sesame orange tofu**

7 oz tofu- 377 cals



**Mixed nuts**

1/4 cup(s)- 218 cals

### Dinner

625 cals, 56g protein, 25g net carbs, 30g fat



**Baked tofu**

20 oz- 566 cals



**Brown rice**

1/4 cup brown rice, cooked- 57 cals

## Day 7

2166 cals ● 144g protein (27%) ● 115g fat (48%) ● 107g carbs (20%) ● 33g fiber (6%)

### Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



**Pumpkin seeds**

366 cals



**Cherry tomatoes**

6 cherry tomatoes- 21 cals

### Snacks

305 cals, 13g protein, 14g net carbs, 20g fat



**Soy milk**

1 1/2 cup(s)- 127 cals



**Dark chocolate**

3 square(s)- 180 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

680 cals, 33g protein, 33g net carbs, 39g fat



**Roasted almonds**

1/3 cup(s)- 296 cals



**Vegan deli smashed avocado sandwich**

1 sandwich(es)- 387 cals

### Dinner

520 cals, 19g protein, 50g net carbs, 26g fat



**Brown rice**

5/6 cup brown rice, cooked- 191 cals



**Tomato cucumber salad**

71 cals



**Basic tofu**

6 oz- 257 cals

## Fruits and Fruit Juices

- ☐ lemon juice  
1 tsp (5mL)
- ☐ avocados  
2 1/3 avocado(s) (469g)
- ☐ Watermelon  
12 oz (340g)
- ☐ banana  
2 medium (7" to 7-7/8" long) (236g)
- ☐ lemon  
3 small (174g)
- ☐ grapes  
4 cup (368g)
- ☐ lime juice  
2 1/2 tsp (13mL)
- ☐ orange  
1/2 fruit (2-7/8" dia) (70g)

## Vegetables and Vegetable Products

- ☐ ketchup  
2 1/4 tbsp (38g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (788g)
- ☐ kale leaves  
19 1/4 oz (545g)
- ☐ fresh spinach  
4 cup(s) (120g)
- ☐ fresh cilantro  
2 1/2 tbsp, chopped (7g)
- ☐ onion  
5/6 large (125g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ carrots  
5 medium (315g)
- ☐ bell pepper  
3/4 medium (89g)
- ☐ fresh green beans  
3/4 lbs (340g)
- ☐ fresh ginger  
2 1/2 slices (1" dia) (6g)
- ☐ cucumber  
1/4 cucumber (8-1/4") (75g)
- ☐ red onion  
1/4 small (18g)

## Other

- ☐ meatless chik'n tenders  
9 pieces (230g)

## Beverages

- ☐ water  
19 cup (4570mL)
- ☐ protein powder  
19 1/2 scoop (1/3 cup ea) (605g)
- ☐ almond milk, unsweetened  
2 cup (480mL)

## Fats and Oils

- ☐ oil  
4 oz (118mL)
- ☐ olive oil  
2 tbsp (30mL)
- ☐ salad dressing  
1 1/2 oz (45mL)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
1 1/2 package (12 oz) (483g)
- ☐ firm tofu  
3 1/2 lbs (1559g)
- ☐ soy sauce  
16 1/3 oz (386mL)
- ☐ extra firm tofu  
2 1/2 lbs (1134g)

## Spices and Herbs

- ☐ salt  
1 tbsp (16g)
- ☐ lemon pepper  
3 g (3g)
- ☐ crushed red pepper  
1/2 tsp (1g)
- ☐ black pepper  
1/3 tsp, ground (1g)

## Nut and Seed Products

- ☐ almonds  
1 1/4 cup, whole (173g)
- ☐ sunflower kernels  
2 1/2 oz (71g)
- ☐ sesame seeds  
1 oz (29g)
- ☐ mixed nuts  
1/2 cup (67g)
- ☐ roasted pumpkin seeds, unsalted  
1 cup (118g)

- ☐ nutritional yeast  
2 tsp (3g)
- ☐ soy milk, unsweetened  
6 1/2 cup(s) (mL)
- ☐ vegan chik'n strips  
1/4 lbs (106g)
- ☐ vegan butter  
1 1/2 tbsp (21g)
- ☐ sesame oil  
1 tbsp (15mL)
- ☐ sriracha chili sauce  
1 tbsp (15g)
- ☐ mixed greens  
1/2 cup (15g)
- ☐ plant-based deli slices  
5 slices (52g)

## Snacks

- ☐ small granola bar  
6 bar (150g)

## Cereal Grains and Pasta

- ☐ seitan  
6 oz (170g)
- ☐ cornstarch  
1/2 cup (64g)
- ☐ brown rice  
3/4 cup (138g)

## Sweets

- ☐ sugar  
2 tbsp (26g)
- ☐ chocolate, dark, 70-85%  
9 square(s) (90g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
1 tsp (5mL)

## Baked Products

- ☐ bread  
2 slice(s) (64g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



Translation missing:  
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**almonds**  
2 2/3 tbsp, whole (24g)

For all 3 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

### Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



Translation missing:  
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**small granola bar**  
2 bar (50g)

For all 3 meals:

**small granola bar**  
6 bar (150g)

1. The recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Protein shake (almond milk)

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



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

For all 2 meals:

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

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

### Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Translation missing:  
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**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



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

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. The recipe has no instructions.



## Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



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### tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

### tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

### tomatoes

3 1/2 small whole (2-2/5" dia) (319g)

### oil

3 1/2 tsp (18mL)

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.

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## Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

### vegetarian burger crumbles

2 cup (200g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
-

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



Translation missing:  
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#### **firm tofu, patted dry & cubed**

17 1/2 oz (496g)

#### **lemon pepper**

5 dash (1g)

#### **oil**

1 1/4 tbsp (19mL)

#### **cornstarch**

2 1/2 tbsp (20g)

#### **lemon, zested**

1 1/4 small (73g)

For all 2 meals:

#### **firm tofu, patted dry & cubed**

35 oz (992g)

#### **lemon pepper**

1 1/4 tsp (3g)

#### **oil**

2 1/2 tbsp (38mL)

#### **cornstarch**

5 tbsp (40g)

#### **lemon, zested**

2 1/2 small (145g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

### Sauteed Kale

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



Translation missing:  
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#### **oil**

1/2 tbsp (8mL)

#### **kale leaves**

1 1/2 cup, chopped (60g)

For all 2 meals:

#### **oil**

1 tbsp (15mL)

#### **kale leaves**

3 cup, chopped (120g)

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.

## Lunch 3 [🔗](#)

Eat on day 4

### Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



**carrots, cut into thin strips**

1 1/2 small (5-1/2" long) (75g)

**bell pepper, deseeded & cut into thin strips**

3/4 medium (89g)

**vegan chik'n strips**

1/4 lbs (106g)

**soy sauce**

1 1/4 tbsp (19mL)

**water**

1/2 cup(s) (133mL)

**brown rice**

1/4 cup (53g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

### Simple kale & avocado salad

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



**lemon, juiced**

1/2 small (29g)

**avocados, chopped**

1/2 avocado(s) (101g)

**kale leaves, chopped**

1/2 bunch (85g)

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.

## Lunch 4 [↗](#)

Eat on day 5 and day 6

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### Vegan buttery garlic green beans

73 cals ● 3g protein ● 1g fat ● 8g carbs ● 5g fiber



Translation missing:  
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**fresh green beans, trimmed,  
snapped in half**

6 oz (170g)

**vegan butter**

3/4 tbsp (11g)

**garlic, minced**

1 clove(s) (3g)

**lemon pepper**

1 dash (0g)

**salt**

1 1/2 dash (1g)

For all 2 meals:

**fresh green beans, trimmed,  
snapped in half**

3/4 lbs (340g)

**vegan butter**

1 1/2 tbsp (21g)

**garlic, minced**

2 1/4 clove(s) (7g)

**lemon pepper**

1/4 tsp (0g)

**salt**

3 dash (2g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

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### Sesame orange tofu

7 oz tofu - 377 cals ● 18g protein ● 17g fat ● 35g carbs ● 2g fiber



Translation missing:  
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**firm tofu, patted dry & cubed**  
1/2 lbs (198g)  
**sesame oil**  
1/2 tbsp (8mL)  
**sesame seeds**  
1 tsp (3g)  
**cornstarch**  
1 1/2 tbsp (12g)  
**sriracha chili sauce**  
1/2 tbsp (8g)  
**sugar**  
1 tbsp (13g)  
**soy sauce**  
1 tbsp (15mL)  
**orange, juiced**  
1/4 fruit (2-7/8" dia) (35g)  
**garlic, minced**  
1 clove(s) (3g)

For all 2 meals:

**firm tofu, patted dry & cubed**  
14 oz (397g)  
**sesame oil**  
1 tbsp (15mL)  
**sesame seeds**  
2 tsp (6g)  
**cornstarch**  
3 tbsp (24g)  
**sriracha chili sauce**  
1 tbsp (15g)  
**sugar**  
2 tbsp (26g)  
**soy sauce**  
2 tbsp (30mL)  
**orange, juiced**  
1/2 fruit (2-7/8" dia) (70g)  
**garlic, minced**  
2 clove(s) (6g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Translation missing:  
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**mixed nuts**  
4 tbsp (34g)

For all 2 meals:

**mixed nuts**  
1/2 cup (67g)

1. The recipe has no instructions.
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## Lunch 5 [🔗](#)

Eat on day 7

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### Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

#### **almonds**

1/3 cup, whole (48g)

1. The recipe has no instructions.

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### Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cals ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



Makes 1 sandwich(es)

#### **mixed greens**

1/2 cup (15g)

#### **hot sauce**

1 tsp (5mL)

#### **avocados, peeled & deseeded**

1/3 avocado(s) (67g)

#### **bread**

2 slice(s) (64g)

#### **plant-based deli slices**

5 slices (52g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.
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## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



Translation missing:  
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**olive oil**  
1 tbsp (15mL)  
**kale leaves**  
1 bunch (170g)  
**salt**  
1 tsp (6g)

For all 2 meals:

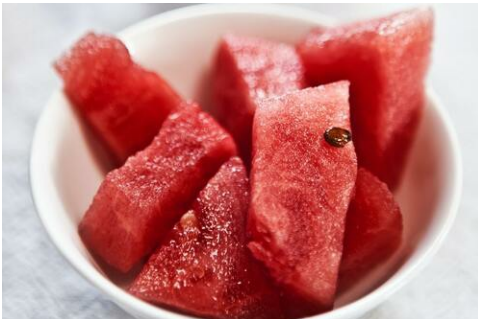
**olive oil**  
2 tbsp (30mL)  
**kale leaves**  
2 bunch (340g)  
**salt**  
2 tsp (12g)

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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### Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



Translation missing:  
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**Watermelon**  
6 oz (170g)

For all 2 meals:

**Watermelon**  
12 oz (340g)

1. Slice watermelon and serve.
-



## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Grapes

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



Translation missing:  
en.for\_single\_meal

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. The recipe has no instructions.

### Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Translation missing:  
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**soy milk, unsweetened**  
1 cup(s) (mL)

For all 2 meals:

**soy milk, unsweetened**  
2 cup(s) (mL)

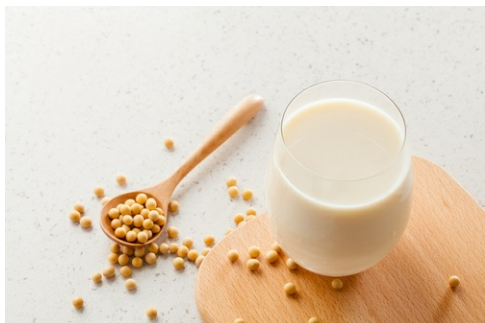
1. The recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



Translation missing:  
en.for\_single\_meal

**soy milk, unsweetened**  
1 1/2 cup(s) (mL)

For all 3 meals:

**soy milk, unsweetened**  
4 1/2 cup(s) (mL)

1. The recipe has no instructions.

### 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.

## Dinner 1 [↗](#)

Eat on day 1

### Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



**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.

### Crispy chik'n tenders

9 tender(s) - 514 cals ● 36g protein ● 20g fat ● 46g carbs ● 0g fiber



Makes 9 tender(s)  
**ketchup**  
2 1/4 tbsp (38g)  
**meatless chik'n tenders**  
9 pieces (230g)

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

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



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#### sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

#### sunflower kernels

2 1/2 oz (71g)

1. The recipe has no instructions.

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



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#### avocados, chopped

1/4 avocado(s) (50g)

#### tomatoes, halved

6 cherry tomatoes (102g)

#### seitan, crumbled or sliced

3 oz (85g)

#### fresh spinach

2 cup(s) (60g)

#### salad dressing

1 tbsp (15mL)

#### nutritional yeast

1 tsp (1g)

#### oil

1 tsp (5mL)

For all 2 meals:

#### avocados, chopped

1/2 avocado(s) (101g)

#### tomatoes, halved

12 cherry tomatoes (204g)

#### seitan, crumbled or sliced

6 oz (170g)

#### fresh spinach

4 cup(s) (120g)

#### salad dressing

2 tbsp (30mL)

#### nutritional yeast

2 tsp (3g)

#### oil

2 tsp (10mL)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



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**banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

**banana**

2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

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## Dinner 3 [↗](#)

Eat on day 4

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### Carrot & grounds stir fry

830 cals ● 62g protein ● 37g fat ● 38g carbs ● 26g fiber



**fresh cilantro, chopped**

2 1/2 tbsp, chopped (7g)

**onion, chopped**

5/6 large (125g)

**garlic, minced**

1 2/3 clove(s) (5g)

**oil**

5 tsp (25mL)

**lime juice**

2 1/2 tsp (12mL)

**crushed red pepper**

3 1/3 dash (1g)

**water**

5 tsp (25mL)

**soy sauce**

2 1/2 tbsp (37mL)

**vegetarian burger crumbles**

10 oz (283g)

**carrots**

3 1/3 large (240g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
  2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
  3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
  4. Once fully cooked, serve and top with lime juice and remaining cilantro,
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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Baked tofu

20 oz - 566 cals ● 55g protein ● 29g fat ● 14g carbs ● 7g fiber



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#### **fresh ginger, peeled and grated**

1 1/4 slices (1" dia) (3g)

#### **extra firm tofu**

1 1/4 lbs (567g)

#### **sesame seeds**

1 1/4 tbsp (11g)

#### **soy sauce**

10 tbsp (150mL)

For all 2 meals:

#### **fresh ginger, peeled and grated**

2 1/2 slices (1" dia) (6g)

#### **extra firm tofu**

2 1/2 lbs (1134g)

#### **sesame seeds**

2 1/2 tbsp (23g)

#### **soy sauce**

1 1/4 cup (300mL)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

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### Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



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#### **brown rice**

4 tsp (16g)

#### **black pepper**

1/2 dash, ground (0g)

#### **water**

1/6 cup(s) (39mL)

#### **salt**

1/2 dash (0g)

For all 2 meals:

#### **brown rice**

2 2/3 tbsp (32g)

#### **black pepper**

1 dash, ground (0g)

#### **water**

1/3 cup(s) (79mL)

#### **salt**

1 dash (1g)

1. (Note: Follow rice package instructions if they differ from below)
  2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
  3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
  4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
  5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
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## Dinner 5 [🔗](#)

Eat on day 7

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### Brown rice

5/6 cup brown rice, cooked - 191 cals ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



Makes 5/6 cup brown rice, cooked

**brown rice**

1/4 cup (53g)

**black pepper**

1/4 tsp, ground (0g)

**water**

1/2 cup(s) (132mL)

**salt**

1/4 tsp (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

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### Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



**tomatoes, thinly sliced**

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

**cucumber, thinly sliced**

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

**salad dressing**

1 tbsp (15mL)

**red onion, thinly sliced**

1/4 small (18g)

1. Mix ingredients together in a bowl and 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

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



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**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. The recipe has no instructions.
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