

# Meal Plan - 2400 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

2295 cals ● 166g protein (29%) ● 105g fat (41%) ● 119g carbs (21%) ● 53g fiber (9%)

### Breakfast

385 cals, 30g protein, 7g net carbs, 23g fat



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



[Avocado](#)  
176 cals

### Snacks

305 cals, 9g protein, 20g net carbs, 19g fat



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



[Pistachios](#)  
188 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 scoop- 327 cals

### Lunch

485 cals, 17g protein, 32g net carbs, 27g fat



[Olive oil drizzled sugar snap peas](#)  
245 cals



[Curried lentils](#)  
241 cals

### Dinner

790 cals, 37g protein, 57g net carbs, 35g fat



[Tempeh taco salad bowl](#)  
554 cals



[Tortilla chips](#)  
235 cals

## Day 2

2364 cals ● 174g protein (30%) ● 101g fat (38%) ● 139g carbs (23%) ● 51g fiber (9%)

### Breakfast

385 cals, 30g protein, 7g net carbs, 23g fat



Protein shake (almond milk)  
210 cals



Avocado  
176 cals

### Snacks

305 cals, 9g protein, 20g net carbs, 19g fat



Small granola bar  
1 bar(s)- 119 cals



Pistachios  
188 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cals

### Lunch

555 cals, 25g protein, 52g net carbs, 23g fat



Crackers  
10 cracker(s)- 169 cals



Vegan deli smashed avocado sandwich  
1 sandwich(es)- 387 cals

### Dinner

790 cals, 37g protein, 57g net carbs, 35g fat



Tempeh taco salad bowl  
554 cals



Tortilla chips  
235 cals

## Day 3

2398 cals ● 179g protein (30%) ● 113g fat (42%) ● 123g carbs (21%) ● 44g fiber (7%)

### Breakfast

400 cals, 12g protein, 14g net carbs, 28g fat



Mixed nuts  
3/8 cup(s)- 327 cals



Raspberries  
1 cup(s)- 72 cals

### Snacks

225 cals, 11g protein, 8g net carbs, 15g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Pumpkin seeds  
183 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cals

### Lunch

700 cals, 67g protein, 37g net carbs, 25g fat



Sugar snap peas  
164 cals



Vegan sausage  
2 sausage(s)- 536 cals

### Dinner

745 cals, 18g protein, 62g net carbs, 43g fat



Simple vegan garlic bread  
1 slice(s)- 126 cals



Pecans  
1/2 cup- 366 cals



Pasta with store-bought sauce  
255 cals

## Day 4

2398 cals ● 179g protein (30%) ● 113g fat (42%) ● 123g carbs (21%) ● 44g fiber (7%)

### Breakfast

400 cals, 12g protein, 14g net carbs, 28g fat



Mixed nuts  
3/8 cup(s)- 327 cals



Raspberries  
1 cup(s)- 72 cals

### Snacks

225 cals, 11g protein, 8g net carbs, 15g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Pumpkin seeds  
183 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cals

### Lunch

700 cals, 67g protein, 37g net carbs, 25g fat



Sugar snap peas  
164 cals



Vegan sausage  
2 sausage(s)- 536 cals

### Dinner

745 cals, 18g protein, 62g net carbs, 43g fat



Simple vegan garlic bread  
1 slice(s)- 126 cals



Pecans  
1/2 cup- 366 cals



Pasta with store-bought sauce  
255 cals

## Day 5

2398 cals ● 161g protein (27%) ● 127g fat (48%) ● 100g carbs (17%) ● 53g fiber (9%)

### Breakfast

400 cals, 12g protein, 14g net carbs, 28g fat



Mixed nuts  
3/8 cup(s)- 327 cals



Raspberries  
1 cup(s)- 72 cals

### Snacks

225 cals, 11g protein, 8g net carbs, 15g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Pumpkin seeds  
183 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cals

### Lunch

675 cals, 30g protein, 56g net carbs, 30g fat



Beets  
3 beets- 72 cals



Sweet potato medallions  
1 sweet potato- 309 cals



Basic tempeh  
4 oz- 295 cals

### Dinner

770 cals, 37g protein, 20g net carbs, 54g fat



Crack slaw with tempeh  
422 cals



Walnuts  
1/2 cup(s)- 350 cals

## Day 6

2361 cals ● 173g protein (29%) ● 103g fat (39%) ● 129g carbs (22%) ● 57g fiber (10%)

### Breakfast

320 cals, 13g protein, 22g net carbs, 13g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Blackberries**  
1 2/3 cup(s)- 116 cals

### Snacks

265 cals, 21g protein, 29g net carbs, 5g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Protein bar**  
1 bar- 245 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

675 cals, 30g protein, 56g net carbs, 30g fat



**Beets**  
3 beets- 72 cals



**Sweet potato medallions**  
1 sweet potato- 309 cals



**Basic tempeh**  
4 oz- 295 cals

### Dinner

770 cals, 37g protein, 20g net carbs, 54g fat



**Crack slaw with tempeh**  
422 cals



**Walnuts**  
1/2 cup(s)- 350 cals

## Day 7

2351 cals ● 178g protein (30%) ● 104g fat (40%) ● 123g carbs (21%) ● 52g fiber (9%)

### Breakfast

320 cals, 13g protein, 22g net carbs, 13g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Blackberries**  
1 2/3 cup(s)- 116 cals

### Snacks

265 cals, 21g protein, 29g net carbs, 5g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Protein bar**  
1 bar- 245 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

810 cals, 23g protein, 41g net carbs, 53g fat



**Mixed bean salad**  
444 cals



**Pecans**  
1/2 cup- 366 cals

### Dinner

625 cals, 48g protein, 28g net carbs, 32g fat



**Roasted broccoli with nutritional yeast**  
3 cup(s)- 323 cals



**Simple seitan**  
5 oz- 305 cals

## Fats and Oils

- ☐ oil  
1/4 lbs (102mL)
- ☐ olive oil  
1 1/4 oz (40mL)

## Legumes and Legume Products

- ☐ refried beans  
1 cup (242g)
- ☐ tempeh  
1 1/2 lbs (680g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)
- ☐ chickpeas, canned  
1/4 can (112g)
- ☐ kidney beans  
1/2 can (224g)

## Soups, Sauces, and Gravies

- ☐ salsa  
6 tbsp (108g)
- ☐ hot sauce  
1/2 fl oz (15mL)
- ☐ pasta sauce  
1/4 jar (24 oz) (168g)

## Other

- ☐ mixed greens  
1 1/2 cup (45g)
- ☐ curry paste  
1 tsp (5g)
- ☐ plant-based deli slices  
5 slices (52g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ nutritional yeast  
1 1/2 tbsp (6g)

## Fruits and Fruit Juices

- ☐ avocados  
2 1/3 avocado(s) (469g)
- ☐ lemon juice  
2/3 fl oz (20mL)

## Beverages

- ☐ water  
21 1/3 cup(s) (5055mL)
- ☐ protein powder  
23 scoop (1/3 cup ea) (713g)
- ☐ almond milk, unsweetened  
2 cup (480mL)

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- ☐ coconut milk, canned  
4 tbsp (60mL)
- ☐ mixed nuts  
1 cup (151g)
- ☐ roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- ☐ pecans  
1 1/2 cup, halves (149g)
- ☐ sunflower kernels  
2 tbsp (24g)
- ☐ walnuts  
1 cup, shelled (100g)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
7 1/3 cup (1056g)
- ☐ tomatoes  
48 cherry tomatoes (816g)
- ☐ garlic  
4 3/4 clove(s) (14g)
- ☐ beets, precooked (canned or refrigerated)  
6 beets (2" dia, sphere) (300g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ cucumber  
1/4 cucumber (8-1/4") (75g)
- ☐ onion  
1/4 small (18g)
- ☐ broccoli  
3 cup chopped (273g)

## Baked Products

- ☐ crackers  
10 crackers (35g)
- ☐ bread  
1/4 lbs (128g)

- ☐ raspberries  
3 cup (369g)
- ☐ blackberries  
3 1/3 cup (480g)

### Spices and Herbs

- ☐ taco seasoning mix  
2 tbsp (17g)
- ☐ black pepper  
1 1/2 dash (0g)
- ☐ salt  
1/8 oz (1g)
- ☐ dried dill weed  
2 dash (0g)

### Snacks

- ☐ tortilla chips  
3 1/3 oz (95g)
  - ☐ small granola bar  
2 bar (50g)
  - ☐ high-protein granola bar  
2 bar (80g)
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### Cereal Grains and Pasta

- ☐ uncooked dry pasta  
4 oz (114g)
- ☐ seitan  
5 oz (142g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### 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.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

#### **mixed nuts**

6 tbsp (50g)

For all 3 meals:

#### **mixed nuts**

1 cup (151g)

1. This recipe has no instructions.

## 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.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

#### **high-protein granola bar**

1 bar (40g)

For all 2 meals:

#### **high-protein granola bar**

2 bar (80g)

1. This recipe has no instructions.

## Blackberries



1 2/3 cup(s) - 116 cals ● 3g protein ● 1g fat ● 10g carbs ● 13g fiber



For single meal:

**blackberries**

1 2/3 cup (240g)

For all 2 meals:

**blackberries**

3 1/3 cup (480g)

1. Rinse blackberries and serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen sugar snap peas**

2 cup (288g)

**olive oil**

1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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### Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



**lentils, raw**

2 2/3 tbsp (32g)

**water**

1/3 cup(s) (79mL)

**salt**

1/3 dash (0g)

**coconut milk, canned**

4 tbsp (60mL)

**curry paste**

1 tsp (5g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

## Lunch 2 [↗](#)

Eat on day 2

### Crackers

10 cracker(s) - 169 cals ● 3g protein ● 7g fat ● 22g carbs ● 1g fiber



Makes 10 cracker(s)

#### **crackers**

10 crackers (35g)

1. Enjoy.

### 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.

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

#### **frozen sugar snap peas**

2 2/3 cup (384g)

For all 2 meals:

#### **frozen sugar snap peas**

5 1/3 cup (768g)

1. Prepare according to instructions on package.

### 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.

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## Lunch 4 [🔗](#)

Eat on day 5, day 6

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### Beets

3 beets - 72 cal ● 3g protein ● 0g fat ● 12g carbs ● 3g fiber



For single meal:  
**beets, precooked (canned or refrigerated)**  
3 beets (2" dia, sphere) (150g)

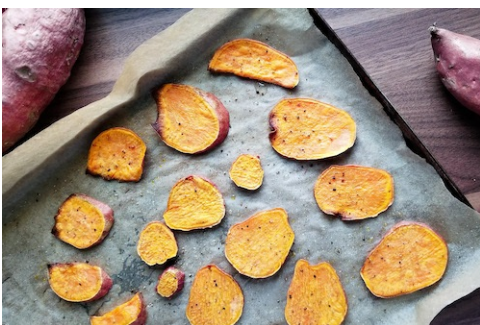
For all 2 meals:  
**beets, precooked (canned or refrigerated)**  
6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

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### Sweet potato medallions

1 sweet potato - 309 cal ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:  
**sweet potatoes, sliced**  
1 sweetpotato, 5" long (210g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:  
**sweet potatoes, sliced**  
2 sweetpotato, 5" long (420g)  
**oil**  
2 tbsp (30mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

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.

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## Lunch 5 [↗](#)

Eat on day 7

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### Mixed bean salad

444 cals ● 18g protein ● 17g fat ● 39g carbs ● 15g fiber



**garlic, minced**  
3/4 clove(s) (2g)  
**dried dill weed**  
2 dash (0g)  
**lemon juice**  
1 tbsp (15mL)  
**olive oil**  
1 tbsp (15mL)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**onion, diced**  
1/4 small (18g)  
**chickpeas, canned, rinsed & drained**  
1/4 can (112g)  
**kidney beans, rinsed & drained**  
1/2 can (224g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

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## Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

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

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

Eat on day 1, day 2

### Small granola bar

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



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. This recipe has no instructions.

### Pistachios

188 cals ● 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.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### 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 3 meals:

**tomatoes**  
36 cherry tomatoes (612g)

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

### Pumpkin seeds

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



For single meal:

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

For all 3 meals:

**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Cherry tomatoes

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



For single meal:

**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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### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**  
2 bar (100g)

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

Eat on day 1, day 2

### Tempeh taco salad bowl

554 cals ● 34g protein ● 24g fat ● 27g carbs ● 23g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**refried beans**  
1/2 cup (121g)  
**salsa**  
3 tbsp (54g)  
**mixed greens**  
1/2 cup (15g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**taco seasoning mix**  
1 tbsp (9g)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**refried beans**  
1 cup (242g)  
**salsa**  
6 tbsp (108g)  
**mixed greens**  
1 cup (30g)  
**avocados, cubed**  
1 avocado(s) (201g)  
**taco seasoning mix**  
2 tbsp (17g)  
**tempeh**  
1/2 lbs (227g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

### Tortilla chips

235 cals ● 3g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

**tortilla chips**  
1 2/3 oz (47g)

For all 2 meals:

**tortilla chips**  
1/4 lbs (95g)

1. This recipe has no instructions.



## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

**garlic, minced**

1 clove(s) (3g)

**olive oil**

1 tsp (5mL)

**bread**

1 slice (32g)

For all 2 meals:

**garlic, minced**

2 clove(s) (6g)

**olive oil**

2 tsp (10mL)

**bread**

2 slice (64g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

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### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

**pecans**

1/2 cup, halves (50g)

For all 2 meals:

**pecans**

1 cup, halves (99g)

1. This recipe has no instructions.

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**

4 oz (114g)

**pasta sauce**

1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
  2. Top with sauce and enjoy.
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## Dinner 3 [↗](#)

Eat on day 5, day 6

### Crack slaw with tempeh

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



For single meal:

**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)

For all 2 meals:

**tempeh, cubed**  
1/2 lbs (227g)  
**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)

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.

### Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**walnuts**  
1 cup, shelled (100g)

1. This recipe has no instructions.

## Dinner 4 [↗](#)

Eat on day 7

### Roasted broccoli with nutritional yeast

3 cup(s) - 323 cals ● 11g protein ● 22g fat ● 12g carbs ● 8g fiber



Makes 3 cup(s)

#### **nutritional yeast**

1 1/2 tbsp (6g)

#### **oil**

1 1/2 tbsp (23mL)

#### **broccoli**

3 cup chopped (273g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

### Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



Makes 5 oz

#### **oil**

1 1/4 tsp (6mL)

#### **seitan**

5 oz (142g)

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.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

#### **water**

3 cup(s) (711mL)

#### **protein powder**

3 scoop (1/3 cup ea) (93g)

For all 7 meals:

#### **water**

21 cup(s) (4977mL)

#### **protein powder**

21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.