

Meal Plan - 2500 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

2518 cals ● 184g protein (29%) ● 109g fat (39%) ● 137g carbs (22%) ● 64g fiber (10%)

Breakfast

420 cals, 15g protein, 20g net carbs, 27g fat



[Soy milk](#)

1 1/2 cup(s)- 127 cals



[Avocado](#)

176 cals



[Small granola bar](#)

1 bar(s)- 119 cals

Snacks

325 cals, 12g protein, 17g net carbs, 19g fat



[Sunflower seeds](#)

135 cals



[Avocado toast](#)

1 slice(s)- 168 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Lunch

940 cals, 52g protein, 57g net carbs, 43g fat



[Bbq tempeh lettuce wrap](#)

6 lettuce wrap(s)- 494 cals



[Grapes](#)

77 cals



[Roasted almonds](#)

3/8 cup(s)- 370 cals

Dinner

505 cals, 32g protein, 41g net carbs, 18g fat



[Quinoa](#)

1 cup quinoa, cooked- 208 cals



[Basic tempeh](#)

4 oz- 295 cals

Day 2

2518 cals ● 168g protein (27%) ● 122g fat (44%) ● 143g carbs (23%) ● 43g fiber (7%)

Breakfast

420 cals, 15g protein, 20g net carbs, 27g fat



Soy milk

1 1/2 cup(s)- 127 cals



Avocado

176 cals



Small granola bar

1 bar(s)- 119 cals

Snacks

325 cals, 12g protein, 17g net carbs, 19g fat



Sunflower seeds

135 cals



Avocado toast

1 slice(s)- 168 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

755 cals, 30g protein, 83g net carbs, 30g fat



Bbq tofu & pineapple bowl

649 cals



Roasted cashews

1/8 cup(s)- 104 cals

Dinner

690 cals, 38g protein, 21g net carbs, 44g fat



Roasted almonds

3/8 cup(s)- 333 cals



Seitan salad

359 cals

Day 3

2437 cals ● 167g protein (27%) ● 143g fat (53%) ● 86g carbs (14%) ● 35g fiber (6%)

Breakfast

420 cals, 15g protein, 20g net carbs, 27g fat



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



Avocado
176 cals



Small granola bar
1 bar(s)- 119 cals

Snacks

320 cals, 8g protein, 21g net carbs, 21g fat



Soy milk yogurt
1 container- 136 cals



Pecans
1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

680 cals, 33g protein, 22g net carbs, 49g fat



Pan roasted zucchini
166 cals



Spicy sriracha peanut tofu
512 cals

Dinner

690 cals, 38g protein, 21g net carbs, 44g fat



Roasted almonds
3/8 cup(s)- 333 cals



Seitan salad
359 cals

Day 4

2458 cals ● 185g protein (30%) ● 116g fat (42%) ● 128g carbs (21%) ● 40g fiber (6%)

Breakfast

380 cals, 22g protein, 35g net carbs, 10g fat



Vegan breakfast sausage links
3 links- 113 cals



Blackberries
2 cup(s)- 139 cals



Small toasted bagel with vegan cream cheese
1/2 bagel(s)- 130 cals

Snacks

320 cals, 8g protein, 21g net carbs, 21g fat



Soy milk yogurt
1 container- 136 cals



Pecans
1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

680 cals, 33g protein, 22g net carbs, 49g fat



Pan roasted zucchini
166 cals



Spicy sriracha peanut tofu
512 cals

Dinner

750 cals, 50g protein, 49g net carbs, 35g fat



Chik'n nuggets
8 nuggets- 441 cals



Soy milk
3 2/3 cup(s)- 311 cals

Day 5

2516 cals ● 191g protein (30%) ● 133g fat (48%) ● 94g carbs (15%) ● 44g fiber (7%)

Breakfast

380 cals, 22g protein, 35g net carbs, 10g fat



[Vegan breakfast sausage links](#)
3 links- 113 cals



[Blackberries](#)
2 cup(s)- 139 cals



[Small toasted bagel with vegan cream cheese](#)
1/2 bagel(s)- 130 cals

Snacks

320 cals, 8g protein, 21g net carbs, 21g fat



[Soy milk yogurt](#)
1 container- 136 cals



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

Protein Supplement(s)

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



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

Lunch

700 cals, 49g protein, 20g net carbs, 43g fat



[Pan roasted zucchini](#)
250 cals



[Baked tofu](#)
16 oz- 452 cals

Dinner

785 cals, 40g protein, 16g net carbs, 58g fat



[Low carb asian tofu bowl](#)
786 cals

Day 6

2522 cals ● 172g protein (27%) ● 127g fat (45%) ● 131g carbs (21%) ● 41g fiber (6%)

Breakfast

390 cals, 13g protein, 23g net carbs, 26g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Rice cakes with peanut butter](#)
1 1/2 cake(s)- 359 cals

Snacks

320 cals, 20g protein, 35g net carbs, 9g fat



[Protein bar](#)
1 bar- 245 cals



[Plantain chips](#)
75 cals

Protein Supplement(s)

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



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

Lunch

700 cals, 27g protein, 55g net carbs, 33g fat



[Easy chickpea salad](#)
350 cals



[Roasted cashews](#)
3/8 cup(s)- 348 cals

Dinner

785 cals, 40g protein, 16g net carbs, 58g fat



[Low carb asian tofu bowl](#)
786 cals

Day 7

2504 cals ● 188g protein (30%) ● 111g fat (40%) ● 144g carbs (23%) ● 45g fiber (7%)

Breakfast

390 cals, 13g protein, 23g net carbs, 26g fat



Cherry tomatoes

9 cherry tomatoes- 32 cals



Rice cakes with peanut butter

1 1/2 cake(s)- 359 cals

Snacks

320 cals, 20g protein, 35g net carbs, 9g fat



Protein bar

1 bar- 245 cals



Plantain chips

75 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

700 cals, 27g protein, 55g net carbs, 33g fat



Easy chickpea salad

350 cals



Roasted cashews

3/8 cup(s)- 348 cals

Dinner

765 cals, 55g protein, 29g net carbs, 41g fat



Simple seitan

5 oz- 305 cals



Soy milk

2 cup(s)- 169 cals



Tomato and avocado salad

293 cals

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/3 cup (57g)
- ☐ seitan
2/3 lbs (312g)

Beverages

- ☐ water
22 cup(s) (5254mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Fats and Oils

- ☐ oil
5 oz (151mL)
- ☐ salad dressing
2 tbsp (30mL)
- ☐ olive oil
4 tbsp (57mL)

Legumes and Legume Products

- ☐ tempeh
10 oz (284g)
- ☐ firm tofu
3 lbs (1446g)
- ☐ soy sauce
2/3 lbs (255mL)
- ☐ peanut butter
1/2 cup (144g)
- ☐ extra firm tofu
1 lbs (454g)
- ☐ chickpeas, canned
1 1/2 can (672g)

Other

- ☐ soy milk, unsweetened
10 cup (2441mL)
- ☐ coleslaw mix
1 1/2 cup (135g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ soy milk yogurt
3 container(s) (451g)
- ☐ sriracha chili sauce
2 1/4 tbsp (34g)
- ☐ vegan chik'n nuggets
8 nuggets (172g)

Snacks

- ☐ small granola bar
3 bar (75g)
- ☐ rice cakes, any flavor
3 cakes (27g)
- ☐ Plantain chips
1 oz (28g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ almonds
56 tsp, whole (167g)
- ☐ roasted cashews
1 cup, halves and whole (131g)
- ☐ pecans
3/4 cup, halves (74g)
- ☐ sesame seeds
3/4 oz (21g)

Baked Products

- ☐ bread
2 slice (64g)
- ☐ bagel
1 small bagel (3" dia) (69g)

Vegetables and Vegetable Products

- ☐ tomatoes
8 1/4 medium whole (2-3/5" dia) (1014g)
- ☐ romaine lettuce
6 leaf inner (36g)
- ☐ bell pepper
3/4 small (56g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ broccoli
3 1/4 cup chopped (296g)
- ☐ zucchini
3 1/2 medium (686g)
- ☐ garlic
7 clove (21g)
- ☐ ketchup
2 tbsp (34g)
- ☐ fresh ginger
10 1/4 g (10g)
- ☐ fresh parsley
4 1/2 sprigs (5g)

- ☐ vegan breakfast sausage links
6 links (135g)
- ☐ dairy-free cream cheese
1 1/2 tbsp (23g)
- ☐ frozen riced cauliflower
3 cup, prepared (510g)
- ☐ protein bar (20g protein)
2 bar (100g)

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (628g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ grapes
1 1/3 cup (123g)
- ☐ canned pineapple
1 1/4 cup, chunks (226g)
- ☐ blackberries
4 cup (576g)
- ☐ lime juice
1 1/4 tbsp (19mL)

- ☐ onion
2/3 medium (2-1/2" dia) (71g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 fl oz (138g)
- ☐ apple cider vinegar
1 1/2 tbsp (1mL)

Spices and Herbs

- ☐ black pepper
1/2 oz (13g)
 - ☐ oregano, dried
1 3/4 tsp, ground (3g)
 - ☐ garlic powder
2 tsp (6g)
 - ☐ salt
2 tsp (12g)
 - ☐ balsamic vinegar
1 1/2 tbsp (23mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Soy milk

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



For single meal:

soy milk, unsweetened
1 1/2 cup (360mL)

For all 3 meals:

soy milk, unsweetened
1/4 gallon (1080mL)

1. This recipe has no instructions.

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

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 3 meals:

small granola bar
3 bar (75g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Vegan breakfast sausage links

3 links - 113 cals ● 14g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage links

3 links (68g)

For all 2 meals:

vegan breakfast sausage links

6 links (135g)

1. Cook links according to package instructions. Serve.

Blackberries

2 cup(s) - 139 cals ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:

blackberries

2 cup (288g)

For all 2 meals:

blackberries

4 cup (576g)

1. Rinse blackberries and serve.

Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cals ● 4g protein ● 4g fat ● 19g carbs ● 1g fiber



For single meal:

bagel

1/2 small bagel (3" dia) (35g)

dairy-free cream cheese

3/4 tbsp (11g)

For all 2 meals:

bagel

1 small bagel (3" dia) (69g)

dairy-free cream cheese

1 1/2 tbsp (23g)

1. Toast the bagel to desired toastiness.
 2. Spread the cream cheese.
 3. Enjoy.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

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

Rice cakes with peanut butter

1 1/2 cake(s) - 359 cals ● 12g protein ● 25g fat ● 19g carbs ● 3g fiber



For single meal:

peanut butter

3 tbsp (48g)

rice cakes, any flavor

1 1/2 cakes (14g)

For all 2 meals:

peanut butter

6 tbsp (96g)

rice cakes, any flavor

3 cakes (27g)

1. Spread peanut butter over top of rice cake.
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Lunch 1 [🔗](#)

Eat on day 1

Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cals ● 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.

Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



grapes

1 1/3 cup (123g)

1. This recipe has no instructions.

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds

6 2/3 tbsp, whole (60g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2

Bbq tofu & pineapple bowl

649 cal ● 27g protein ● 23g fat ● 78g carbs ● 7g fiber



oil

2 tsp (9mL)

barbecue sauce

5 tbsp (87g)

canned pineapple

1 1/4 cup, chunks (226g)

firm tofu

10 oz (284g)

broccoli

1 1/4 cup chopped (114g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

Roasted cashews

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

Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)



1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Pan roasted zucchini

166 cals ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 medium (196g)
black pepper
1/2 tbsp, ground (3g)
oregano, dried
4 dash, ground (1g)
garlic powder
4 dash (2g)
salt
4 dash (3g)
olive oil
1 tbsp (15mL)

For all 2 meals:

zucchini
2 medium (392g)
black pepper
1 tbsp, ground (7g)
oregano, dried
1 tsp, ground (2g)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
olive oil
2 tbsp (30mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



For single meal:

oil
3/4 tbsp (11mL)
water
1/4 cup(s) (59mL)
soy sauce
1/2 tbsp (8mL)
peanut butter
1 1/2 tbsp (24g)
sriracha chili sauce
1 tbsp (17g)
garlic, minced
1 1/2 clove (5g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
water
1/2 cup(s) (118mL)
soy sauce
1 tbsp (15mL)
peanut butter
3 tbsp (48g)
sriracha chili sauce
2 1/4 tbsp (34g)
garlic, minced
3 clove (9g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Lunch 4 [🔗](#)

Eat on day 5

Pan roasted zucchini

250 cals ● 5g protein ● 19g fat ● 9g carbs ● 5g fiber



zucchini

1 1/2 medium (294g)

black pepper

3/4 tbsp, ground (5g)

oregano, dried

1/4 tbsp, ground (1g)

garlic powder

1/4 tbsp (2g)

salt

1/4 tbsp (5g)

olive oil

1 1/2 tbsp (23mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



Makes 16 oz

soy sauce

1/2 cup (120mL)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

sesame seeds

1 tbsp (9g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
 2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
 3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
 4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
 5. Spread marinated tofu onto the prepared baking sheet.
 6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.
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Lunch 5 [🔗](#)

Eat on day 6, day 7

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

For all 2 meals:

fresh parsley, chopped

4 1/2 sprigs (5g)

apple cider vinegar

1 1/2 tbsp (1mL)

balsamic vinegar

1 1/2 tbsp (23mL)

tomatoes, halved

1 1/2 cup cherry tomatoes (224g)

onion, thinly sliced

3/4 small (53g)

chickpeas, canned, drained and rinsed

1 1/2 can (672g)

1. Add all ingredients to a bowl and toss. Serve!

Roasted cashews

3/8 cup(s) - 348 cals ● 9g protein ● 27g fat ● 17g carbs ● 2g fiber



For single meal:

roasted cashews

6 2/3 tbsp, halves and whole (57g)

For all 2 meals:

roasted cashews

13 1/3 tbsp, halves and whole (114g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

3/4 oz (21g)

For all 2 meals:

sunflower kernels

1 1/2 oz (43g)

1. This recipe has no instructions.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

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

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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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt
1 container(s) (150g)

For all 3 meals:

soy milk yogurt
3 container(s) (451g)

1. This recipe has no instructions.

Pecans

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



For single meal:

pecans
4 tbsp, halves (25g)

For all 3 meals:

pecans
3/4 cup, halves (74g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Plantain chips

75 cals ● 0g protein ● 4g fat ● 9g carbs ● 1g fiber



For single meal:

Plantain chips

1/2 oz (14g)

For all 2 meals:

Plantain chips

1 oz (28g)

1. Approximately 3/4 cup = 1 oz

Dinner 1 [↗](#)

Eat on day 1

Quinoa

1 cup quinoa, cooked - 208 cals ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Basic tempeh

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



Makes 4 oz

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

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

almonds
6 tbsp, whole (54g)

For all 2 meals:

almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

Seitan salad

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



For single meal:

- oil**
1 tsp (5mL)
- nutritional yeast**
1 tsp (1g)
- salad dressing**
1 tbsp (15mL)
- avocados, sliced**
1/4 avocado(s) (50g)
- tomatoes, halved**
6 cherry tomatoes (102g)
- fresh spinach**
2 cup(s) (60g)
- seitan, sliced**
3 oz (85g)

For all 2 meals:

- oil**
2 tsp (10mL)
- nutritional yeast**
2 tsp (3g)
- salad dressing**
2 tbsp (30mL)
- avocados, sliced**
1/2 avocado(s) (101g)
- tomatoes, halved**
12 cherry tomatoes (204g)
- fresh spinach**
4 cup(s) (120g)
- seitan, sliced**
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Dinner 3 [↗](#)

Eat on day 4

Chik'n nuggets

8 nuggets - 441 cals ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



Makes 8 nuggets

- vegan chik'n nuggets**
8 nuggets (172g)
- ketchup**
2 tbsp (34g)

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

Soy milk

3 2/3 cup(s) - 311 cals ● 26g protein ● 17g fat ● 7g carbs ● 7g fiber



Makes 3 2/3 cup(s)

- soy milk, unsweetened**
1/4 gallon (880mL)

1. This recipe has no instructions.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Low carb asian tofu bowl

786 cals ● 40g protein ● 58g fat ● 16g carbs ● 10g fiber



For single meal:

garlic, minced

2 clove (6g)

sesame seeds

2 tsp (6g)

oil

3 tbsp (45mL)

fresh ginger, minced

2 tsp (4g)

soy sauce

4 tbsp (60mL)

frozen riced cauliflower

1 1/2 cup, prepared (255g)

broccoli

1 cup chopped (91g)

firm tofu, drained and patted dry

10 oz (284g)

For all 2 meals:

garlic, minced

4 clove (12g)

sesame seeds

4 tsp (12g)

oil

6 tbsp (90mL)

fresh ginger, minced

4 tsp (8g)

soy sauce

1/2 cup (120mL)

frozen riced cauliflower

3 cup, prepared (510g)

broccoli

2 cup chopped (182g)

firm tofu, drained and patted dry

1 1/4 lbs (567g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Dinner 5 [🔗](#)

Eat on day 7

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.

Soy milk

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



Makes 2 cup(s)
soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Tomato and avocado salad

293 cal ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal ● 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.