

# Meal Plan - 2600 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

2648 cals ● 228g protein (34%) ● 120g fat (41%) ● 101g carbs (15%) ● 63g fiber (10%)

### Breakfast

440 cals, 34g protein, 28g net carbs, 18g fat



[Banana almond protein shake](#)  
350 cals



[Sunflower seeds](#)  
90 cals

### Snacks

195 cals, 3g protein, 5g net carbs, 15g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Avocado](#)  
176 cals

### Protein Supplement(s)

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



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

### Lunch

890 cals, 55g protein, 45g net carbs, 45g fat



[Baked fries](#)  
193 cals



[Roasted broccoli with nutritional yeast](#)  
1 cup(s)- 108 cals



[Basic tempeh](#)  
8 oz- 590 cals

### Dinner

795 cals, 63g protein, 20g net carbs, 41g fat



[Garlic collard greens](#)  
266 cals



[Baked tofu](#)  
18 2/3 oz- 528 cals

## Day 2

2648 cals ● 228g protein (34%) ● 120g fat (41%) ● 101g carbs (15%) ● 63g fiber (10%)

### Breakfast

440 cals, 34g protein, 28g net carbs, 18g fat



Banana almond protein shake  
350 cals



Sunflower seeds  
90 cals

### Snacks

195 cals, 3g protein, 5g net carbs, 15g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



Avocado  
176 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

890 cals, 55g protein, 45g net carbs, 45g fat



Baked fries  
193 cals



Roasted broccoli with nutritional yeast  
1 cup(s)- 108 cals



Basic tempeh  
8 oz- 590 cals

### Dinner

795 cals, 63g protein, 20g net carbs, 41g fat



Garlic collard greens  
266 cals



Baked tofu  
18 2/3 oz- 528 cals

## Day 3

2591 cals ● 185g protein (29%) ● 133g fat (46%) ● 114g carbs (18%) ● 50g fiber (8%)

### Breakfast

440 cals, 34g protein, 28g net carbs, 18g fat



Banana almond protein shake  
350 cals



Sunflower seeds  
90 cals

### Snacks

195 cals, 3g protein, 5g net carbs, 15g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



Avocado  
176 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

775 cals, 30g protein, 52g net carbs, 45g fat



Bbq tofu & pineapple bowl  
389 cals



Roasted almonds  
1/2 cup(s)- 388 cals

### Dinner

850 cals, 46g protein, 26g net carbs, 54g fat



Chik'n satay with peanut sauce  
4 skewers- 466 cals



Simple kale & avocado salad  
384 cals

## Day 4

2641 cals ● 209g protein (32%) ● 119g fat (40%) ● 138g carbs (21%) ● 47g fiber (7%)

### Breakfast

360 cals, 31g protein, 28g net carbs, 10g fat



Overnight mixed berry protein oats w/ water  
256 cals



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

### Snacks

325 cals, 30g protein, 29g net carbs, 9g fat



Banana  
1 banana(s)- 117 cals



Protein shake (almond milk)  
210 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

775 cals, 30g protein, 52g net carbs, 45g fat



Bbq tofu & pineapple bowl  
389 cals



Roasted almonds  
1/2 cup(s)- 388 cals

### Dinner

850 cals, 46g protein, 26g net carbs, 54g fat



Chik'n satay with peanut sauce  
4 skewers- 466 cals



Simple kale & avocado salad  
384 cals

## Day 5

2601 cals ● 184g protein (28%) ● 119g fat (41%) ● 149g carbs (23%) ● 49g fiber (8%)

### Breakfast

360 cals, 31g protein, 28g net carbs, 10g fat



Overnight mixed berry protein oats w/ water  
256 cals



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

### Snacks

325 cals, 30g protein, 29g net carbs, 9g fat



Banana  
1 banana(s)- 117 cals



Protein shake (almond milk)  
210 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

810 cals, 24g protein, 43g net carbs, 51g fat



Simple kale & avocado salad  
230 cals



Grilled 'cheese' with mushrooms  
302 cals



Roasted almonds  
1/3 cup(s)- 277 cals

### Dinner

780 cals, 26g protein, 47g net carbs, 48g fat



Pistachios  
188 cals



Tomato and avocado salad  
156 cals



Tofu marsala  
434 cals

## Day 6

2562 cals ● 176g protein (27%) ● 132g fat (46%) ● 124g carbs (19%) ● 44g fiber (7%)

### Breakfast

465 cals, 15g protein, 36g net carbs, 28g fat



[Soy milk yogurt](#)

1 container- 136 cals



[Rice cakes with peanut butter](#)

1/2 cake(s)- 120 cals



[Roasted cashews](#)

1/4 cup(s)- 209 cals

### Snacks

185 cals, 6g protein, 10g net carbs, 12g fat



[Ants on a log](#)

184 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Lunch

810 cals, 24g protein, 43g net carbs, 51g fat



[Simple kale & avocado salad](#)

230 cals



[Grilled 'cheese' with mushrooms](#)

302 cals



[Roasted almonds](#)

1/3 cup(s)- 277 cals

### Dinner

780 cals, 58g protein, 32g net carbs, 39g fat



[Garlic collard greens](#)

266 cals



[Garlic pepper seitan](#)

513 cals

## Day 7

2649 cals ● 189g protein (28%) ● 142g fat (48%) ● 112g carbs (17%) ● 41g fiber (6%)

### Breakfast

465 cals, 15g protein, 36g net carbs, 28g fat



[Soy milk yogurt](#)

1 container- 136 cals



[Rice cakes with peanut butter](#)

1/2 cake(s)- 120 cals



[Roasted cashews](#)

1/4 cup(s)- 209 cals

### Snacks

185 cals, 6g protein, 10g net carbs, 12g fat



[Ants on a log](#)

184 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Lunch

895 cals, 37g protein, 31g net carbs, 62g fat



[Simple kale & avocado salad](#)

384 cals



[Spicy sriracha peanut tofu](#)

512 cals

### Dinner

780 cals, 58g protein, 32g net carbs, 39g fat



[Garlic collard greens](#)

266 cals



[Garlic pepper seitan](#)

513 cals

## Vegetables and Vegetable Products

- ☐ tomatoes  
3 medium whole (2-3/5" dia) (347g)
- ☐ potatoes  
18 oz (511g)
- ☐ broccoli  
3 1/2 cup chopped (319g)
- ☐ collard greens  
3 1/3 lbs (1512g)
- ☐ garlic  
16 1/4 clove(s) (49g)
- ☐ fresh ginger  
1/2 oz (12g)
- ☐ kale leaves  
3 1/2 bunch (595g)
- ☐ mushrooms  
5 oz (141g)
- ☐ onion  
5/8 medium (2-1/2" dia) (70g)
- ☐ shallots  
1/2 shallot (57g)
- ☐ green pepper  
3 tbsp, chopped (28g)
- ☐ raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)

## Fruits and Fruit Juices

- ☐ avocados  
5 1/3 avocado(s) (1072g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ banana  
5 medium (7" to 7-7/8" long) (590g)
- ☐ canned pineapple  
1 1/2 cup, chunks (272g)
- ☐ lime juice  
2 2/3 tbsp (40mL)
- ☐ lemon  
3 1/2 small (203g)
- ☐ raisins  
1 miniature box (.5 oz) (14g)

## Nut and Seed Products

- ☐ almonds  
1/2 lbs (251g)
- ☐ sunflower kernels  
1 1/2 oz (43g)
- ☐ sesame seeds  
2 1/3 tbsp (21g)

## Beverages

- ☐ almond milk, unsweetened  
1/4 gallon (840mL)
- ☐ protein powder, vanilla  
5 scoop (1/3 cup ea) (155g)
- ☐ water  
1 1/2 gallon (5453mL)
- ☐ protein powder  
23 scoop (1/3 cup ea) (713g)

## Fats and Oils

- ☐ oil  
5 oz (156mL)
- ☐ olive oil  
2 oz (62mL)

## Legumes and Legume Products

- ☐ tempeh  
1 lbs (454g)
- ☐ soy sauce  
3/4 lbs (288mL)
- ☐ extra firm tofu  
2 1/3 lbs (1058g)
- ☐ firm tofu  
1 3/4 lbs (780g)
- ☐ peanut butter  
9 tbsp (147g)

## Spices and Herbs

- ☐ salt  
1 tsp (7g)
- ☐ thyme, dried  
2 tsp, ground (3g)
- ☐ garlic powder  
1 1/2 dash (1g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ balsamic vinegar  
1/2 tbsp (8mL)

## Soups, Sauces, and Gravies

- ☐ barbecue sauce  
6 tbsp (105g)
- ☐ vegetable broth  
1/2 cup(s) (mL)

## Breakfast Cereals

- ☐ roasted cashews  
3/4 cup, halves and whole (103g)
- ☐ pistachios, dry roasted, without shells or salt added  
4 tbsp (31g)

## Other

- ☐ ice cubes  
3/4 cup (105g)
- ☐ nutritional yeast  
1 tbsp (4g)
- ☐ skewer(s)  
8 skewer(s) (8g)
- ☐ vegan chik'n strips  
2/3 lbs (302g)
- ☐ sesame oil  
4 tsp (20mL)
- ☐ frozen mixed berries  
1 cup (136g)
- ☐ vegan cheese, sliced  
2 slice(s) (40g)
- ☐ vegan butter  
1 tbsp (14g)
- ☐ soy milk yogurt  
2 container(s) (301g)
- ☐ sriracha chili sauce  
1 tbsp (17g)

- ☐ oatmeal, old-fashioned oats, rolled oats  
2/3 cup(s) (54g)

## Baked Products

- ☐ bread  
4 slice(s) (128g)

## Cereal Grains and Pasta

- ☐ cornstarch  
1 tsp (3g)
- ☐ seitan  
3/4 lbs (340g)

## Snacks

- ☐ rice cakes, any flavor  
1 cakes (9g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Banana almond protein shake

350 cals ● 30g protein ● 11g fat ● 27g carbs ● 7g fiber



For single meal:

#### **banana**

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

#### **almonds**

10 almond (12g)

#### **ice cubes**

4 tbsp (35g)

#### **almond milk, unsweetened**

1/2 cup (120mL)

#### **protein powder, vanilla**

1 scoop (1/3 cup ea) (31g)

For all 3 meals:

#### **banana**

3 medium (7" to 7-7/8" long) (354g)

#### **almonds**

30 almond (36g)

#### **ice cubes**

3/4 cup (105g)

#### **almond milk, unsweetened**

1 1/2 cup (360mL)

#### **protein powder, vanilla**

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

1. Put all ingredients in a blender.
2. Blend until smooth.
3. Serve.

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

#### **sunflower kernels**

1/2 oz (14g)

For all 3 meals:

#### **sunflower kernels**

1 1/2 oz (43g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Overnight mixed berry protein oats w/ water

256 cal ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

**frozen mixed berries**

1/2 cup (68g)

**oatmeal, old-fashioned oats,  
rolled oats**

1/3 cup(s) (27g)

**protein powder, vanilla**

1 scoop (1/3 cup ea) (31g)

**water**

3/4 cup(s) (178mL)

For all 2 meals:

**frozen mixed berries**

1 cup (136g)

**oatmeal, old-fashioned oats,  
rolled oats**

2/3 cup(s) (54g)

**protein powder, vanilla**

2 scoop (1/3 cup ea) (62g)

**water**

1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours. Serve.

### 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 2 meals:

**roasted cashews**

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Soy milk yogurt

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



For single meal:

#### **soy milk yogurt**

1 container(s) (150g)

For all 2 meals:

#### **soy milk yogurt**

2 container(s) (301g)

1. This recipe has no instructions.

### Rice cakes with peanut butter

1/2 cake(s) - 120 cal● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

#### **peanut butter**

1 tbsp (16g)

#### **rice cakes, any flavor**

1/2 cakes (5g)

For all 2 meals:

#### **peanut butter**

2 tbsp (32g)

#### **rice cakes, any flavor**

1 cakes (9g)

1. Spread peanut butter over top of rice cake.

### Roasted cashews

1/4 cup(s) - 209 cal● 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.

## Lunch 1 [🔗](#)

Eat on day 1, day 2

### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Roasted broccoli with nutritional yeast

1 cup(s) - 108 cals ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



For single meal:

**nutritional yeast**

1/2 tbsp (2g)

**oil**

1/2 tbsp (8mL)

**broccoli**

1 cup chopped (91g)

For all 2 meals:

**nutritional yeast**

1 tbsp (4g)

**oil**

1 tbsp (15mL)

**broccoli**

2 cup chopped (182g)

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.

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**tempeh**  
1 lbs (454g)

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 3, day 4

---

### Bbq tofu & pineapple bowl

389 cal ● 16g protein ● 14g fat ● 47g carbs ● 4g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**barbecue sauce**  
3 tbsp (52g)  
**canned pineapple**  
3/4 cup, chunks (136g)  
**firm tofu**  
6 oz (170g)  
**broccoli**  
3/4 cup chopped (68g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**barbecue sauce**  
6 tbsp (105g)  
**canned pineapple**  
1 1/2 cup, chunks (272g)  
**firm tofu**  
3/4 lbs (340g)  
**broccoli**  
1 1/2 cup chopped (137g)

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 almonds

1/2 cup(s) - 388 cal ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



For single meal:

**almonds**

1/2 cup, whole (63g)

For all 2 meals:

**almonds**

14 tbsp, whole (125g)

1. This recipe has no instructions.

---

## Lunch 3 [🔗](#)

Eat on day 5, day 6

---

### Simple kale & avocado salad

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



For single meal:

**kale leaves, chopped**

1/2 bunch (85g)

**lemon, juiced**

1/2 small (29g)

**avocados, chopped**

1/2 avocado(s) (101g)

For all 2 meals:

**kale leaves, chopped**

1 bunch (170g)

**lemon, juiced**

1 small (58g)

**avocados, chopped**

1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

---

### Grilled 'cheese' with mushrooms

302 cals ● 10g protein ● 14g fat ● 30g carbs ● 5g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**thyme, dried**  
1 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**mushrooms**  
1/2 cup, chopped (35g)  
**vegan cheese, sliced**  
1 slice(s) (20g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**thyme, dried**  
2 tsp, ground (3g)  
**olive oil**  
1 tbsp (15mL)  
**mushrooms**  
1 cup, chopped (70g)  
**vegan cheese, sliced**  
2 slice(s) (40g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

## Roasted almonds

1/3 cup(s) - 277 cal ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

**almonds**  
5 tbsp, whole (45g)

For all 2 meals:

**almonds**  
10 tbsp, whole (89g)

1. This recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 7

### Simple kale & avocado salad

384 cal ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



**kale leaves, chopped**  
5/6 bunch (142g)  
**lemon, juiced**  
5/6 small (48g)  
**avocados, chopped**  
5/6 avocado(s) (168g)

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.

### Spicy sriracha peanut tofu

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



**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)

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.

---

## Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

---

### Cherry tomatoes

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



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 3 meals:

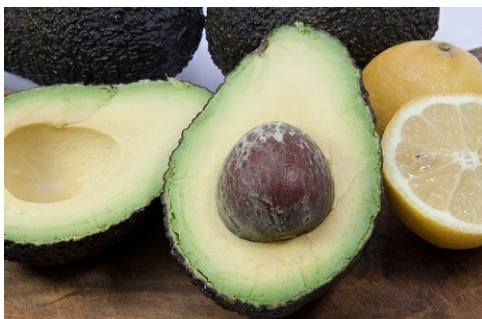
**tomatoes**  
18 cherry tomatoes (306g)

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

---

### Avocado

176 cal ● 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.
-

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Banana

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



For single meal:

#### **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. This recipe has no instructions.

### 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.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### 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 2 meals:

#### **raisins**

1 miniature box (.5 oz) (14g)

#### **raw celery, trimmed**

2 stalk, medium (7-1/2" - 8" long) (80g)

#### **peanut butter**

3 tbsp (48g)

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

---

## Dinner 1 [🔗](#)

Eat on day 1, day 2

---

### Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

**collard greens**  
13 1/3 oz (378g)  
**oil**  
2 1/2 tsp (13mL)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**salt**  
1/4 tsp (1g)

For all 2 meals:

**collard greens**  
1 2/3 lbs (756g)  
**oil**  
5 tsp (25mL)  
**garlic, minced**  
5 clove(s) (15g)  
**salt**  
1/2 tsp (3g)

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.

---

### Baked tofu

18 2/3 oz - 528 cals ● 52g protein ● 27g fat ● 13g carbs ● 6g fiber



For single meal:

**soy sauce**  
9 1/3 tbsp (140mL)  
**extra firm tofu**  
18 2/3 oz (529g)  
**fresh ginger, peeled and grated**  
1 1/6 slices (1" dia) (3g)  
**sesame seeds**  
3 1/2 tsp (10g)

For all 2 meals:

**soy sauce**  
56 tsp (280mL)  
**extra firm tofu**  
2 1/3 lbs (1058g)  
**fresh ginger, peeled and grated**  
2 1/3 slices (1" dia) (5g)  
**sesame seeds**  
2 1/3 tbsp (21g)

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.
-

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Chik'n satay with peanut sauce

4 skewers - 466 cal ● 38g protein ● 28g fat ● 11g carbs ● 5g fiber



For single meal:

**skewer(s)**  
4 skewer(s) (4g)  
**fresh ginger, grated or minced**  
2/3 inch (2.5cm) cube (3g)  
**vegan chik'n strips**  
1/3 lbs (151g)  
**sesame oil**  
2 tsp (10mL)  
**lime juice**  
3 tsp (15mL)  
**peanut butter**  
4 tsp (21g)

For all 2 meals:

**skewer(s)**  
8 skewer(s) (8g)  
**fresh ginger, grated or minced**  
1 1/3 inch (2.5cm) cube (7g)  
**vegan chik'n strips**  
2/3 lbs (302g)  
**sesame oil**  
4 tsp (20mL)  
**lime juice**  
2 tbsp (30mL)  
**peanut butter**  
2 2/3 tbsp (43g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

### Simple kale & avocado salad

384 cal ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

**kale leaves, chopped**  
5/6 bunch (142g)  
**lemon, juiced**  
5/6 small (48g)  
**avocados, chopped**  
5/6 avocado(s) (168g)

For all 2 meals:

**kale leaves, chopped**  
1 2/3 bunch (284g)  
**lemon, juiced**  
1 2/3 small (97g)  
**avocados, chopped**  
1 2/3 avocado(s) (335g)

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.

## Dinner 3 [↗](#)

Eat on day 5

---

### Pistachios

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



**pistachios, dry roasted, without shells or salt added**

4 tbsp (31g)

1. This recipe has no instructions.

---

### Tomato and avocado salad

156 cal ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



**onion**

2 tsp minced (10g)

**lime juice**

2 tsp (10mL)

**avocados, cubed**

1/3 avocado(s) (67g)

**tomatoes, diced**

1/3 medium whole (2-3/5" dia) (41g)

**olive oil**

1/2 tsp (3mL)

**garlic powder**

1 1/3 dash (1g)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

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.

### Tofu marsala

434 cal ● 17g protein ● 21g fat ● 37g carbs ● 6g fiber

**balsamic vinegar**

1/2 tbsp (8mL)

**garlic, minced**

1 clove(s) (3g)

**shallots, minced**

1/2 shallot (57g)

**oil**

1 tbsp (15mL)

**mushrooms, sliced**

2 1/2 oz (71g)

**firm tofu, patted dry & cubed**

5 oz (142g)

**vegetable broth, hot**

1/2 cup(s) (mL)

**cornstarch**

1 tsp (3g)

**vegan butter**

1 tbsp (14g)

**potatoes, peeled & quartered**

5 oz (142g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

**collard greens**  
13 1/3 oz (378g)  
**oil**  
2 1/2 tsp (13mL)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**salt**  
1/4 tsp (1g)

For all 2 meals:

**collard greens**  
1 2/3 lbs (756g)  
**oil**  
5 tsp (25mL)  
**garlic, minced**  
5 clove(s) (15g)  
**salt**  
1/2 tsp (3g)

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.

### Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



For single meal:

**olive oil**  
1 1/2 tbsp (23mL)  
**onion**  
3 tbsp, chopped (30g)  
**garlic, minced**  
2 clove(s) (6g)  
**green pepper**  
1 1/2 tbsp, chopped (14g)  
**seitan, chicken style**  
6 oz (170g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**water**  
3/4 tbsp (11mL)  
**salt**  
3/4 dash (1g)

For all 2 meals:

**olive oil**  
3 tbsp (45mL)  
**onion**  
6 tbsp, chopped (60g)  
**garlic, minced**  
3 3/4 clove(s) (11g)  
**green pepper**  
3 tbsp, chopped (28g)  
**seitan, chicken style**  
3/4 lbs (340g)  
**black pepper**  
3 dash, ground (1g)  
**water**  
1 1/2 tbsp (23mL)  
**salt**  
1 1/2 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

# 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.