

Meal Plan - 2700 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

2701 cals ● 209g protein (31%) ● 129g fat (43%) ● 126g carbs (19%) ● 49g fiber (7%)

Breakfast

510 cals, 12g protein, 27g net carbs, 32g fat



[Avocado](#)
176 cals



[Avocado toast](#)
2 slice(s)- 336 cals

Snacks

360 cals, 17g protein, 5g net carbs, 28g fat



[Sunflower seeds](#)
361 cals

Protein Supplement(s)

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



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

Lunch

600 cals, 35g protein, 53g net carbs, 20g fat



[Tomato and avocado salad](#)
156 cals



[Tempeh & mushroom stir fry](#)
443 cals

Dinner

900 cals, 73g protein, 39g net carbs, 48g fat



[Vegan bangers and cauliflower mash](#)
2 1/2 sausage link(s)- 902 cals

Day 2

2652 cals ● 197g protein (30%) ● 130g fat (44%) ● 113g carbs (17%) ● 60g fiber (9%)

Breakfast

510 cals, 12g protein, 27g net carbs, 32g fat



[Avocado](#)
176 cals



[Avocado toast](#)
2 slice(s)- 336 cals

Snacks

360 cals, 17g protein, 5g net carbs, 28g fat



[Sunflower seeds](#)
361 cals

Protein Supplement(s)

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



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

Lunch

600 cals, 35g protein, 53g net carbs, 20g fat



[Tomato and avocado salad](#)
156 cals



[Tempeh & mushroom stir fry](#)
443 cals

Dinner

855 cals, 61g protein, 25g net carbs, 48g fat



[Baked tofu](#)
20 oz- 566 cals



[Simple kale & avocado salad](#)
288 cals

Day 3

2685 cal ● 173g protein (26%) ● 134g fat (45%) ● 144g carbs (21%) ● 51g fiber (8%)

Breakfast

420 cal, 16g protein, 28g net carbs, 20g fat



Raspberries
1 cup(s)- 72 cal



Southwest avocado toast
1 toast(s)- 193 cal



Roasted peanuts
1/6 cup(s)- 153 cal

Snacks

340 cal, 11g protein, 21g net carbs, 21g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cal



Roasted cashews
1/6 cup(s)- 139 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Lunch

770 cal, 33g protein, 47g net carbs, 46g fat



Tomato and avocado salad
117 cal



Slow cooker vegan jambalaya
346 cal



Walnuts
1/2 cup(s)- 306 cal

Dinner

830 cal, 41g protein, 45g net carbs, 46g fat



Pistachios
375 cal



Seitan salad
359 cal



Blueberries
1 cup(s)- 95 cal

Day 4

2685 cal ● 173g protein (26%) ● 134g fat (45%) ● 144g carbs (21%) ● 51g fiber (8%)

Breakfast

420 cal, 16g protein, 28g net carbs, 20g fat



Raspberries
1 cup(s)- 72 cal



Southwest avocado toast
1 toast(s)- 193 cal



Roasted peanuts
1/6 cup(s)- 153 cal

Snacks

340 cal, 11g protein, 21g net carbs, 21g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cal



Roasted cashews
1/6 cup(s)- 139 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Lunch

770 cal, 33g protein, 47g net carbs, 46g fat



Tomato and avocado salad
117 cal



Slow cooker vegan jambalaya
346 cal



Walnuts
1/2 cup(s)- 306 cal

Dinner

830 cal, 41g protein, 45g net carbs, 46g fat



Pistachios
375 cal



Seitan salad
359 cal



Blueberries
1 cup(s)- 95 cal

Day 5

2659 cals ● 204g protein (31%) ● 124g fat (42%) ● 126g carbs (19%) ● 56g fiber (8%)

Breakfast

420 cals, 16g protein, 28g net carbs, 20g fat



Raspberries
1 cup(s)- 72 cals



Southwest avocado toast
1 toast(s)- 193 cals



Roasted peanuts
1/6 cup(s)- 153 cals

Snacks

315 cals, 12g protein, 13g net carbs, 20g fat



Bell pepper strips and hummus
170 cals



Mixed nuts
1/6 cup(s)- 145 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

815 cals, 46g protein, 25g net carbs, 49g fat



Pecans
1/4 cup- 183 cals



Crack slaw with tempeh
633 cals

Dinner

785 cals, 58g protein, 57g net carbs, 34g fat



Crispy chik'n tenders
10 tender(s)- 571 cals



Soy milk
2 1/2 cup(s)- 212 cals

Day 6

2644 cals ● 217g protein (33%) ● 124g fat (42%) ● 134g carbs (20%) ● 32g fiber (5%)

Breakfast

420 cals, 45g protein, 13g net carbs, 20g fat



Protein shake (almond milk)
315 cals



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

Snacks

315 cals, 12g protein, 13g net carbs, 20g fat



Bell pepper strips and hummus
170 cals



Mixed nuts
1/6 cup(s)- 145 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

800 cals, 29g protein, 49g net carbs, 48g fat



Simple vegan garlic bread
2 slice(s)- 252 cals



Tofu spinach salad
370 cals



Chunky canned soup (creamy)
1/2 can(s)- 177 cals

Dinner

785 cals, 58g protein, 57g net carbs, 34g fat



Crispy chik'n tenders
10 tender(s)- 571 cals



Soy milk
2 1/2 cup(s)- 212 cals

Day 7

2723 cal ● 193g protein (28%) ● 123g fat (41%) ● 149g carbs (22%) ● 63g fiber (9%)

Breakfast

420 cal, 45g protein, 13g net carbs, 20g fat



Protein shake (almond milk)
315 cal



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

Snacks

315 cal, 12g protein, 13g net carbs, 20g fat



Bell pepper strips and hummus
170 cal



Mixed nuts
1/6 cup(s)- 145 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Lunch

800 cal, 29g protein, 49g net carbs, 48g fat



Simple vegan garlic bread
2 slice(s)- 252 cal



Tofu spinach salad
370 cal



Chunky canned soup (creamy)
1/2 can(s)- 177 cal

Dinner

860 cal, 34g protein, 71g net carbs, 33g fat



Spanish chickpeas
746 cal



Simple kale & avocado salad
115 cal

Vegetables and Vegetable Products

- onion
2 2/3 medium (2-1/2" dia) (298g)
- tomatoes
3 2/3 medium whole (2-3/5" dia) (450g)
- bell pepper
4 large (685g)
- mushrooms
2 cup, chopped (140g)
- fresh ginger
1 1/4 slices (1" dia) (3g)
- kale leaves
7/8 bunch (149g)
- fresh spinach
1 1/6 10oz package (335g)
- green pepper
1/6 large (27g)
- garlic
8 clove(s) (25g)
- raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)
- ketchup
5 tbsp (85g)
- tomato paste
2 tbsp (32g)

Other

- vegan sausage
3/4 lbs (326g)
- frozen cauliflower
2 cup (213g)
- guacamole, store-bought
6 tbsp (93g)
- nutritional yeast
2 tsp (3g)
- diced tomatoes
1/3 28oz can (265g)
- meatless chik'n tenders
20 pieces (510g)
- soy milk, unsweetened
5 cup (1200mL)
- coleslaw mix
3 cup (270g)

Fats and Oils

- oil
3 oz (88mL)
- olive oil
1 oz (34mL)

Baked Products

- bread
14 2/3 oz (416g)

Nut and Seed Products

- sunflower kernels
5 oz (137g)
- sesame seeds
1 1/4 tbsp (11g)
- flax seeds
2 dash (2g)
- almond butter
2 tbsp (32g)
- roasted cashews
9 1/4 tbsp, halves and whole (80g)
- pistachios, dry roasted, without shells or salt added
1 cup (123g)
- walnuts
14 tbsp, shelled (88g)
- pecans
4 tbsp, halves (25g)
- mixed nuts
1/2 cup (67g)

Spices and Herbs

- garlic powder
1/2 tbsp (5g)
- salt
1/2 tsp (4g)
- black pepper
1/2 tsp, ground (1g)
- ground ginger
4 dash (1g)
- cajun seasoning
1/2 tbsp (3g)
- ground cumin
1/4 oz (7g)
- paprika
2 tsp (5g)

Legumes and Legume Products

- soy sauce
1/2 lbs (210mL)
- tempeh
14 oz (397g)
- extra firm tofu
1 1/4 lbs (567g)

- salad dressing
2 tbsp (30mL)

Beverages

- water
22 cup(s) (5214mL)
- protein powder
24 scoop (1/3 cup ea) (744g)
- almond milk, unsweetened
3 cup (720mL)

Fruits and Fruit Juices

- avocados
5 avocado(s) (1013g)
- lemon juice
1 1/6 fl oz (35mL)
- lime juice
2 1/3 tbsp (35mL)
- lemon
7/8 small (51g)
- raspberries
14 1/2 oz (407g)
- blueberries
2 cup (296g)

- refried beans
3/4 cup (182g)
- roasted peanuts
1/2 cup (73g)
- hummus
1 cup (244g)
- firm tofu
1/2 package (16 oz) (227g)
- chickpeas, canned
1 can (448g)

Cereal Grains and Pasta

- brown rice
1/2 cup (95g)
- seitan
1/2 lbs (246g)
- long-grain white rice
1/3 cup (62g)

Soups, Sauces, and Gravies

- hot sauce
3/8 fl oz (11mL)
 - vegetable broth
1/3 cup(s) (mL)
 - chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

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 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.

Avocado toast

2 slice(s) - 336 cal ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

For all 2 meals:

bread
4 slice (128g)
avocados, ripe, sliced
1 avocado(s) (201g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Raspberries

1 cup(s) - 72 cal ● 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.

Southwest avocado toast

1 toast(s) - 193 cal ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

fresh spinach
1/8 cup(s) (4g)
refried beans
4 tbsp (61g)
guacamole, store-bought
2 tbsp (31g)
bread
1 slice(s) (32g)

For all 3 meals:

fresh spinach
3/8 cup(s) (11g)
refried beans
3/4 cup (182g)
guacamole, store-bought
6 tbsp (93g)
bread
3 slice(s) (96g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein shake (almond milk)

315 cal ● 43g protein ● 12g fat ● 8g carbs ● 2g fiber



For single meal:

almond milk, unsweetened
1 1/2 cup (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

almond milk, unsweetened
3 cup (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. 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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Tomato and avocado salad

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



For single meal:

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)

For all 2 meals:

onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)
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.

Tempeh & mushroom stir fry

443 cal ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



For single meal:

soy sauce
1 tbsp (15mL)
bell pepper, sliced
1/2 large (82g)
mushrooms, chopped
1 cup, chopped (70g)
brown rice
4 tbsp (48g)
ground ginger
2 dash (0g)
garlic powder
4 dash (2g)
tempeh, sliced
4 oz (113g)

For all 2 meals:

soy sauce
2 tbsp (30mL)
bell pepper, sliced
1 large (164g)
mushrooms, chopped
2 cup, chopped (140g)
brown rice
1/2 cup (95g)
ground ginger
4 dash (1g)
garlic powder
1 tsp (3g)
tempeh, sliced
1/2 lbs (227g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, 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.

Slow cooker vegan jambalaya

346 cal ● 25g protein ● 8g fat ● 41g carbs ● 2g fiber



For single meal:

seitan, cut into cubes
1 1/3 oz (38g)
green pepper, seeded and chopped
1/8 large (14g)
garlic, minced
1/3 clove(s) (1g)
cajun seasoning
1/4 tbsp (2g)
vegan sausage, sliced
1 1/3 oz (38g)
olive oil
1/2 tsp (3mL)
diced tomatoes, with juice
1/6 28oz can (132g)
onion, chopped
1/8 large (13g)
raw celery, chopped
1/2 stalk, medium (7-1/2" - 8" long) (20g)
hot sauce
1/3 tsp (2mL)
vegetable broth
1/6 cup(s) (mL)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

seitan, cut into cubes
2 2/3 oz (76g)
green pepper, seeded and chopped
1/6 large (27g)
garlic, minced
2/3 clove(s) (2g)
cajun seasoning
1/2 tbsp (3g)
vegan sausage, sliced
2 2/3 oz (76g)
olive oil
1 tsp (5mL)
diced tomatoes, with juice
1/3 28oz can (265g)
onion, chopped
1/6 large (25g)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
hot sauce
1/4 tbsp (3mL)
vegetable broth
1/3 cup(s) (mL)
long-grain white rice
1/3 cup (62g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

Walnuts

1/2 cup(s) - 306 cal ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts
1/2 cup, shelled (44g)

For all 2 meals:

walnuts
14 tbsp, shelled (88g)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 5

Pecans

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



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

Crack slaw with tempeh

633 cal ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



tempeh, cubed

6 oz (170g)

coleslaw mix

3 cup (270g)

hot sauce

1/2 tbsp (8mL)

sunflower kernels

1 1/2 tbsp (18g)

oil

1 tbsp (15mL)

garlic, minced

1 1/2 clove (5g)

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

Eat on day 6, day 7

Simple vegan garlic bread

2 slice(s) - 252 cal ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

For all 2 meals:

garlic, minced

4 clove(s) (12g)

olive oil

4 tsp (20mL)

bread

4 slice (128g)

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

Tofu spinach salad

370 cal ● 15g protein ● 28g fat ● 9g carbs ● 6g fiber



For single meal:

firm tofu, drained, pressed, and cubed

1/4 package (16 oz) (113g)

fresh spinach, chopped

1 1/2 cup(s) (45g)

tomatoes

3 cherry tomatoes (51g)

oil, divided

1 tbsp (15mL)

lemon juice

1 tbsp (15mL)

ground cumin

2 dash (1g)

soy sauce

1 tbsp (15mL)

garlic, minced

1 clove(s) (3g)

sunflower kernels

1/4 tbsp (3g)

avocados, cubed

1/4 avocado(s) (50g)

For all 2 meals:

firm tofu, drained, pressed, and cubed

1/2 package (16 oz) (227g)

fresh spinach, chopped

3 cup(s) (90g)

tomatoes

6 cherry tomatoes (102g)

oil, divided

2 tbsp (30mL)

lemon juice

2 tbsp (30mL)

ground cumin

4 dash (1g)

soy sauce

2 tbsp (30mL)

garlic, minced

2 clove(s) (6g)

sunflower kernels

1/2 tbsp (6g)

avocados, cubed

1/2 avocado(s) (101g)

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together the soy sauce, garlic, cumin, and half of the oil.
3. Add in the cubed tofu and mix until well-coated.
4. Optional: wrap in plastic and marinate in the refrigerator for a few hours or overnight.
5. Place some greased parchment paper onto a baking sheet. Add tofu.
6. Bake in oven for 30 minutes, flipping halfway through.
7. Assemble salad by placing the tofu, tomatoes, and avocado on a bed of spinach.
8. Top with lemon juice, sunflower kernels, remaining oil, and salt/pepper to taste.
9. Toss and serve.
10. Storage note: if meal prepping, store extra tofu in an airtight container in the fridge. Mix the dressing and store separately also in an airtight container in the fridge. Mix all elements together right before eating.

Chunky canned soup (creamy)

1/2 can(s) - 177 cal ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

chunky canned soup (creamy varieties)

1/2 can (~19 oz) (267g)

For all 2 meals:

chunky canned soup (creamy varieties)

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

361 cal ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:

sunflower kernels

2 oz (57g)

For all 2 meals:

sunflower kernels

4 oz (113g)

1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Smashed raspberry almond butter toast

1 toast(s) - 203 cal ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

raspberries
10 raspberries (19g)
flax seeds
1 dash (1g)
almond butter
1 tbsp (16g)
bread
1 slice(s) (32g)

For all 2 meals:

raspberries
20 raspberries (38g)
flax seeds
2 dash (2g)
almond butter
2 tbsp (32g)
bread
2 slice(s) (64g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

Roasted cashews

1/6 cup(s) - 139 cal ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

roasted cashews
2 2/3 tbsp, halves and whole (23g)

For all 2 meals:

roasted cashews
1/3 cup, halves and whole (46g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 3 meals:

hummus
1 cup (244g)
bell pepper
3 medium (357g)

1. Cut bell pepper into strips.
 2. Serve with hummus to dip in.
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Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts
2 2/3 tbsp (22g)

For all 3 meals:

mixed nuts
1/2 cup (67g)

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

Eat on day 1

Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cal ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



Makes 2 1/2 sausage link(s)

onion, thinly sliced

1 1/4 small (88g)

vegan sausage

2 1/2 sausage (250g)

oil

1 1/4 tbsp (19mL)

frozen cauliflower

2 cup (213g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Dinner 2 [↗](#)

Eat on day 2

Baked tofu

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



Makes 20 oz

soy sauce

10 tbsp (150mL)

extra firm tofu

1 1/4 lbs (567g)

fresh ginger, peeled and grated

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

sesame seeds

1 1/4 tbsp (11g)

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.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

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.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Pistachios

375 cal ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1 cup (123g)

1. This recipe has no instructions.

Seitan salad

359 cal ● 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.

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Dinner 4 [↗](#)

Eat on day 5, day 6

Crispy chik'n tenders

10 tender(s) - 571 cal ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



For single meal:

ketchup
2 1/2 tbsp (43g)
meatless chik'n tenders
10 pieces (255g)

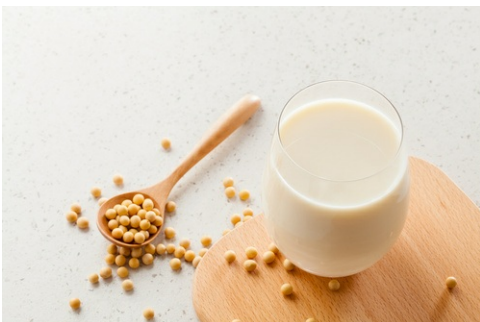
For all 2 meals:

ketchup
5 tbsp (85g)
meatless chik'n tenders
20 pieces (510g)

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

Soy milk

2 1/2 cup(s) - 212 cal ● 18g protein ● 11g fat ● 5g carbs ● 5g fiber



For single meal:

soy milk, unsweetened
2 1/2 cup (600mL)

For all 2 meals:

soy milk, unsweetened
5 cup (1200mL)

1. This recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 7

Spanish chickpeas

746 cal ● 31g protein ● 26g fat ● 66g carbs ● 31g fiber



ground cumin

1 tbsp (6g)

paprika

2 tsp (5g)

oil

1 tbsp (15mL)

water

1 cup(s) (237mL)

fresh spinach

4 oz (113g)

chickpeas, canned, drained & rinsed

1 can (448g)

tomato paste

2 tbsp (32g)

bell pepper, deseeded & sliced

1 large (164g)

onion, sliced

1 large (150g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

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.
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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.
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