

Meal Plan - 2800 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

2844 cal ● 211g protein (30%) ● 139g fat (44%) ● 126g carbs (18%) ● 62g fiber (9%)

Breakfast

460 cal, 46g protein, 21g net carbs, 14g fat



[Protein shake \(almond milk\)](#)
315 cal



[Raspberries](#)
2 cup(s)- 144 cal

Snacks

210 cal, 7g protein, 8g net carbs, 14g fat



[Pistachios](#)
188 cal



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

Protein Supplement(s)

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



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

Lunch

990 cal, 34g protein, 65g net carbs, 59g fat



[Grilled 'cheese' with mushrooms](#)
603 cal



[Roasted almonds](#)
1/2 cup(s)- 388 cal

Dinner

860 cal, 52g protein, 29g net carbs, 51g fat



[Mixed vegetables](#)
3/4 cup(s)- 73 cal



[Buffalo tempeh with vegan ranch](#)
785 cal

Day 2

2780 cals ● 201g protein (29%) ● 135g fat (44%) ● 121g carbs (17%) ● 70g fiber (10%)

Breakfast

460 cals, 46g protein, 21g net carbs, 14g fat



Protein shake (almond milk)
315 cals



Raspberries
2 cup(s)- 144 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Pistachios
188 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

930 cals, 24g protein, 60g net carbs, 54g fat



Strawberry apple spinach salad
558 cals



Roasted almonds
3/8 cup(s)- 370 cals

Dinner

860 cals, 52g protein, 29g net carbs, 51g fat



Mixed vegetables
3/4 cup(s)- 73 cals



Buffalo tempeh with vegan ranch
785 cals

Day 3

2736 cals ● 208g protein (30%) ● 122g fat (40%) ● 141g carbs (21%) ● 61g fiber (9%)

Breakfast

435 cals, 13g protein, 15g net carbs, 31g fat



Raspberries
1 cup(s)- 72 cals



Mixed nuts
3/8 cup(s)- 363 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Pistachios
188 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

910 cals, 59g protein, 72g net carbs, 34g fat



Chunky canned soup (non-creamy)
3 can(s)- 741 cals



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

Dinner

860 cals, 56g protein, 44g net carbs, 41g fat



Sauteed corn & lima beans
268 cals



Basic tempeh
8 oz- 590 cals

Day 4

2836 cals ● 211g protein (30%) ● 120g fat (38%) ● 166g carbs (23%) ● 63g fiber (9%)

Breakfast

435 cals, 13g protein, 15g net carbs, 31g fat



Raspberries

1 cup(s)- 72 cals



Mixed nuts

3/8 cup(s)- 363 cals

Snacks

310 cals, 11g protein, 33g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



High-protein granola bar

1 bar(s)- 204 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

910 cals, 59g protein, 72g net carbs, 34g fat



Chunky canned soup (non-creamy)

3 can(s)- 741 cals



Roasted almonds

1/6 cup(s)- 166 cals

Dinner

860 cals, 56g protein, 44g net carbs, 41g fat



Sauteed corn & lima beans

268 cals



Basic tempeh

8 oz- 590 cals

Day 5

2840 cals ● 186g protein (26%) ● 148g fat (47%) ● 150g carbs (21%) ● 40g fiber (6%)

Breakfast

435 cals, 13g protein, 15g net carbs, 31g fat



Raspberries

1 cup(s)- 72 cals



Mixed nuts

3/8 cup(s)- 363 cals

Snacks

310 cals, 11g protein, 33g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



High-protein granola bar

1 bar(s)- 204 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

895 cals, 37g protein, 50g net carbs, 56g fat



Soy milk yogurt

1 container- 136 cals



Vegan cream of mushroom soup

301 cals



Roasted peanuts

1/2 cup(s)- 460 cals

Dinner

870 cals, 53g protein, 51g net carbs, 48g fat



Lima beans

116 cals



Lemon pepper tofu

21 oz- 756 cals

Day 6

2755 cals ● 231g protein (34%) ● 115g fat (38%) ● 139g carbs (20%) ● 60g fiber (9%)

Breakfast

435 cals, 19g protein, 12g net carbs, 30g fat



[Pumpkin seeds](#)
366 cals



[Raspberries](#)
1 cup(s)- 72 cals

Snacks

280 cals, 15g protein, 13g net carbs, 16g fat



[Soy milk](#)
1 1/3 cup(s)- 113 cals



[Strawberries](#)
1 cup(s)- 52 cals



[Roasted peanuts](#)
1/8 cup(s)- 115 cals

Protein Supplement(s)

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



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

Lunch

870 cals, 62g protein, 78g net carbs, 24g fat



[Lentils](#)
434 cals



[Peanut tempeh](#)
4 oz tempeh- 434 cals

Dinner

845 cals, 62g protein, 34g net carbs, 44g fat



[Vegan sausage](#)
2 sausage(s)- 536 cals



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

Day 7

2755 cals ● 231g protein (34%) ● 115g fat (38%) ● 139g carbs (20%) ● 60g fiber (9%)

Breakfast

435 cals, 19g protein, 12g net carbs, 30g fat



[Pumpkin seeds](#)
366 cals



[Raspberries](#)
1 cup(s)- 72 cals

Snacks

280 cals, 15g protein, 13g net carbs, 16g fat



[Soy milk](#)
1 1/3 cup(s)- 113 cals



[Strawberries](#)
1 cup(s)- 52 cals



[Roasted peanuts](#)
1/8 cup(s)- 115 cals

Protein Supplement(s)

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



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

Lunch

870 cals, 62g protein, 78g net carbs, 24g fat



[Lentils](#)
434 cals



[Peanut tempeh](#)
4 oz tempeh- 434 cals

Dinner

845 cals, 62g protein, 34g net carbs, 44g fat



[Vegan sausage](#)
2 sausage(s)- 536 cals



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

Vegetables and Vegetable Products

- ☐ frozen mixed veggies
1 1/2 cup (203g)
- ☐ tomatoes
18 cherry tomatoes (306g)
- ☐ mushrooms
1/3 lbs (149g)
- ☐ fresh spinach
5 cup(s) (150g)
- ☐ lima beans, frozen
1 package (10 oz) (287g)
- ☐ frozen corn kernels
1 cup (153g)
- ☐ cauliflower
1 1/2 cup chopped (161g)
- ☐ garlic
3/4 clove (2g)
- ☐ onion
3/8 small (26g)
- ☐ kale leaves
1 1/3 bunch (227g)

Other

- ☐ vegan ranch
1/2 cup (120mL)
- ☐ vegan cheese, sliced
2 slice(s) (40g)
- ☐ soy milk yogurt
1 container(s) (150g)
- ☐ nutritional yeast
1 tbsp (4g)
- ☐ soy milk, unsweetened
2 2/3 cup (641mL)
- ☐ vegan sausage
4 sausage (400g)

Legumes and Legume Products

- ☐ tempeh
2 1/2 lbs (1134g)
- ☐ firm tofu
1 1/3 lbs (595g)
- ☐ roasted peanuts
3/4 cup (110g)
- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ soy sauce
2 tsp (10mL)
- ☐ peanut butter
4 tbsp (65g)

Beverages

- ☐ water
26 cup(s) (6162mL)
- ☐ protein powder
24 scoop (1/3 cup ea) (744g)
- ☐ almond milk, unsweetened
1/4 gallon (1080mL)

Fruits and Fruit Juices

- ☐ raspberries
9 cup (1107g)
- ☐ strawberries
1 1/2 pint (585g)
- ☐ apples
3 1/2 medium (3" dia) (612g)
- ☐ lemon
3 small (164g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ avocados
1 1/3 avocado(s) (268g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)
- ☐ almonds
7 oz (195g)
- ☐ mixed nuts
1 1/4 cup (168g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)

Baked Products

- ☐ bread
4 slice(s) (128g)

Spices and Herbs

- ☐ thyme, dried
2 tsp, ground (3g)
- ☐ black pepper
1 1/4 tsp, ground (3g)
- ☐ salt
1 1/4 tsp (8g)
- ☐ lemon pepper
1/4 tbsp (2g)
- ☐ onion powder
1/2 tbsp (4g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/2 cup (120mL)
- ☐ chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)

Fats and Oils

- ☐ oil
3 oz (95mL)
- ☐ olive oil
2 1/2 tbsp (38mL)
- ☐ balsamic vinaigrette
1/4 cup (50mL)

Snacks

- ☐ high-protein granola bar
2 bar (80g)

Cereal Grains and Pasta

- ☐ cornstarch
3 tbsp (24g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Protein shake (almond milk)

315 cals ● 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.

Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

raspberries

2 cup (246g)

For all 2 meals:

raspberries

4 cup (492g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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.

Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



For single meal:

mixed nuts
6 2/3 tbsp (56g)

For all 3 meals:

mixed nuts
1 1/4 cup (168g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

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 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Lunch 1 [↗](#)

Eat on day 1

Grilled 'cheese' with mushrooms

603 cals ● 20g protein ● 27g fat ● 59g carbs ● 9g fiber



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

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



Makes 1/2 cup(s)

almonds
1/2 cup, whole (63g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Strawberry apple spinach salad

558 cals ● 11g protein ● 25g fat ● 55g carbs ● 18g fiber



strawberries, chopped

5/6 pint (297g)

fresh spinach

5 cup(s) (150g)

almonds

3 1/3 tbsp, sliced (19g)

balsamic vinaigrette

3 1/3 tbsp (50mL)

apples, chopped

1 2/3 small (2-3/4" dia) (248g)

1. Toss all ingredients together, except the vinaigrette.
2. Drizzle Vinaigrette over salad when serving.

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 3 [↗](#)

Eat on day 3, day 4

Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

Roasted almonds

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



For single meal:

almonds

3 tbsp, whole (27g)

For all 2 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5

Soy milk yogurt

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



Makes 1 container

soy milk yogurt

1 container(s) (150g)

1. This recipe has no instructions.

Vegan cream of mushroom soup

301 cal ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



cauliflower

1 1/2 cup chopped (161g)

almond milk, unsweetened

1 1/2 cup(s) (360mL)

onion powder

1/2 tbsp (4g)

salt

3 dash (2g)

oil

1/4 tbsp (4mL)

mushrooms, diced

1 cup, pieces or slices (79g)

garlic, diced

3/4 clove (2g)

black pepper

1/4 tbsp, ground (2g)

onion, diced

3/8 small (26g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber

Makes 1/2 cup(s)

roasted peanuts

1/2 cup (73g)



1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 6, day 7

Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



For single meal:

salt

1 1/4 dash (1g)

water

2 1/2 cup(s) (593mL)

lentils, raw, rinsed

10 tbsp (120g)

For all 2 meals:

salt

1/3 tsp (2g)

water

5 cup(s) (1185mL)

lentils, raw, rinsed

1 1/4 cup (240g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

nutritional yeast
1/2 tbsp (2g)
soy sauce
1 tsp (5mL)
lemon juice
1/2 tbsp (8mL)
peanut butter
2 tbsp (32g)
tempeh
4 oz (113g)

For all 2 meals:

nutritional yeast
1 tbsp (4g)
soy sauce
2 tsp (10mL)
lemon juice
1 tbsp (15mL)
peanut butter
4 tbsp (65g)
tempeh
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

1. This recipe has no instructions.

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 3 meals:
tomatoes
18 cherry tomatoes (306g)

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

Snacks 2 [↗](#)

Eat on day 4, day 5

Apple
1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:
apples
1 medium (3" dia) (182g)

For all 2 meals:
apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Soy milk

1 1/3 cup(s) - 113 cal ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened

1 1/3 cup (320mL)

For all 2 meals:

soy milk, unsweetened

2 2/3 cup (640mL)

1. This recipe has no instructions.

Strawberries

1 cup(s) - 52 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries

1 cup, whole (144g)

For all 2 meals:

strawberries

2 cup, whole (288g)

1. This recipe has no instructions.

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts

2 tbsp (18g)

For all 2 meals:

roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Mixed vegetables

3/4 cup(s) - 73 cal ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

frozen mixed veggies

3/4 cup (101g)

For all 2 meals:

frozen mixed veggies

1 1/2 cup (203g)

1. Prepare according to instructions on package.

Buffalo tempeh with vegan ranch

785 cal ● 48g protein ● 50g fat ● 19g carbs ● 16g fiber



For single meal:

vegan ranch

4 tbsp (60mL)

tempeh, roughly chopped

1/2 lbs (227g)

Frank's Red Hot sauce

4 tbsp (60mL)

oil

1 tbsp (15mL)

For all 2 meals:

vegan ranch

1/2 cup (120mL)

tempeh, roughly chopped

1 lbs (454g)

Frank's Red Hot sauce

1/2 cup (120mL)

oil

2 tbsp (30mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
 2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
 3. Serve tofu with vegan ranch.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Sauteed corn & lima beans

268 cals ● 8g protein ● 11g fat ● 27g carbs ● 7g fiber



For single meal:

black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
lima beans, frozen
1/2 cup (90g)
frozen corn kernels
1/2 cup (77g)
olive oil
3/4 tbsp (11mL)

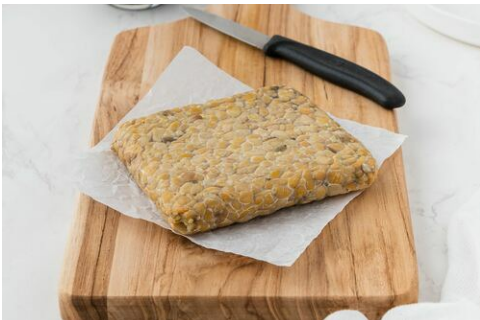
For all 2 meals:

black pepper
3 dash, ground (1g)
salt
3 dash (2g)
lima beans, frozen
1 cup (180g)
frozen corn kernels
1 cup (153g)
olive oil
1 1/2 tbsp (23mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. 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.

Dinner 3 [↗](#)

Eat on day 5

Lima beans

116 cals ● 7g protein ● 0g fat ● 15g carbs ● 6g fiber



lima beans, frozen

3/8 package (10 oz) (107g)

salt

1 1/2 dash (1g)

black pepper

3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Lemon pepper tofu

21 oz - 756 cals ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



Makes 21 oz

lemon pepper

1/4 tbsp (2g)

oil

1 1/2 tbsp (23mL)

cornstarch

3 tbsp (24g)

lemon, zested

1 1/2 small (87g)

firm tofu, patted dry & cubed

1 1/3 lbs (595g)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

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.

Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



For single meal:

kale leaves, chopped
2/3 bunch (113g)
lemon, juiced
2/3 small (39g)
avocados, chopped
2/3 avocado(s) (134g)

For all 2 meals:

kale leaves, chopped
1 1/3 bunch (227g)
lemon, juiced
1 1/3 small (77g)
avocados, chopped
1 1/3 avocado(s) (268g)

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.

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.
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