

Meal Plan - 2900 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

2886 cals ● 209g protein (29%) ● 144g fat (45%) ● 126g carbs (17%) ● 62g fiber (9%)

Breakfast

480 cals, 22g protein, 19g net carbs, 33g fat



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



[Almond yogurt](#)
1 container(s)- 191 cals



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

Snacks

190 cals, 6g protein, 5g net carbs, 14g fat



[Sunflower seeds](#)
90 cals



[Pepper strips and guacamole](#)
100 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

920 cals, 54g protein, 30g net carbs, 54g fat



[Crack slaw with tempeh](#)
633 cals



[Roasted peanuts](#)
1/3 cup(s)- 288 cals

Dinner

915 cals, 43g protein, 69g net carbs, 41g fat



[Sauteed peppers and onions](#)
125 cals



[Sweet potato wedges](#)
347 cals



[Basic tempeh](#)
6 oz- 443 cals

Day 2

2993 cals ● 189g protein (25%) ● 165g fat (50%) ● 111g carbs (15%) ● 77g fiber (10%)

Breakfast

480 cals, 22g protein, 19g net carbs, 33g fat



Protein shake (almond milk)
105 cals



Almond yogurt
1 container(s)- 191 cals



Pecans
1/4 cup- 183 cals

Snacks

190 cals, 6g protein, 5g net carbs, 14g fat



Sunflower seeds
90 cals



Pepper strips and guacamole
100 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

975 cals, 24g protein, 34g net carbs, 66g fat



Zoodles with avocado sauce
824 cals



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

Dinner

965 cals, 52g protein, 50g net carbs, 50g fat



Olive oil drizzled lima beans
377 cals



Buffalo tempeh with vegan ranch
589 cals

Day 3

2883 cals ● 200g protein (28%) ● 126g fat (39%) ● 192g carbs (27%) ● 46g fiber (6%)

Breakfast

480 cals, 22g protein, 19g net carbs, 33g fat



Protein shake (almond milk)
105 cals



Almond yogurt
1 container(s)- 191 cals



Pecans
1/4 cup- 183 cals

Snacks

300 cals, 6g protein, 29g net carbs, 15g fat



Kale chips
206 cals



Blueberries
1 cup(s)- 95 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

845 cals, 30g protein, 92g net carbs, 33g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Edamame & beet salad
342 cals



Raisins
1/2 cup- 275 cals

Dinner

875 cals, 58g protein, 49g net carbs, 43g fat



Sweet potato medallions
1 sweet potato- 309 cals



Baked tofu
20 oz- 566 cals

Day 4

2812 cals ● 240g protein (34%) ● 95g fat (30%) ● 192g carbs (27%) ● 57g fiber (8%)

Breakfast

410 cals, 26g protein, 43g net carbs, 13g fat



[Vegan breakfast sausage links](#)
4 links- 150 cals



[Small toasted bagel with vegan cream cheese](#)
1 bagel(s)- 261 cals

Snacks

300 cals, 6g protein, 29g net carbs, 15g fat



[Kale chips](#)
206 cals



[Blueberries](#)
1 cup(s)- 95 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

845 cals, 65g protein, 68g net carbs, 22g fat



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



[Bbq tempeh lettuce wrap](#)
10 lettuce wrap(s)- 823 cals

Dinner

875 cals, 58g protein, 49g net carbs, 43g fat



[Sweet potato medallions](#)
1 sweet potato- 309 cals



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

Day 5

2866 cals ● 260g protein (36%) ● 118g fat (37%) ● 145g carbs (20%) ● 47g fiber (7%)

Breakfast

410 cals, 26g protein, 43g net carbs, 13g fat



[Vegan breakfast sausage links](#)
4 links- 150 cals



[Small toasted bagel with vegan cream cheese](#)
1 bagel(s)- 261 cals

Snacks

340 cals, 30g protein, 5g net carbs, 21g fat



[Double chocolate almond milk protein shake](#)
167 cals



[Walnuts](#)
1/4 cup(s)- 175 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

805 cals, 72g protein, 57g net carbs, 25g fat



[Lima beans](#)
270 cals



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

Dinner

925 cals, 47g protein, 37g net carbs, 57g fat



[Soy milk](#)
2 1/4 cup(s)- 191 cals



[Sesame peanut zoodles](#)
735 cals

Day 6

2892 cals ● 192g protein (26%) ● 136g fat (42%) ● 170g carbs (23%) ● 54g fiber (7%)

Breakfast

455 cals, 18g protein, 35g net carbs, 22g fat



Sweet potato breakfast bowl
308 cals



Soy milk
1 3/4 cup(s)- 148 cals

Snacks

340 cals, 30g protein, 5g net carbs, 21g fat



Double chocolate almond milk protein shake
167 cals



Walnuts
1/4 cup(s)- 175 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

850 cals, 27g protein, 63g net carbs, 45g fat



Lemony chickpea & zucchini bowl
641 cals



Roasted cashews
1/4 cup(s)- 209 cals

Dinner

865 cals, 31g protein, 64g net carbs, 47g fat



Pita bread
1 1/2 pita bread(s)- 117 cals



Ginger coconut chickpea soup
457 cals



Mixed nuts
1/3 cup(s)- 290 cals

Day 7

2892 cals ● 192g protein (26%) ● 136g fat (42%) ● 170g carbs (23%) ● 54g fiber (7%)

Breakfast

455 cals, 18g protein, 35g net carbs, 22g fat



Sweet potato breakfast bowl
308 cals



Soy milk
1 3/4 cup(s)- 148 cals

Snacks

340 cals, 30g protein, 5g net carbs, 21g fat



Double chocolate almond milk protein shake
167 cals



Walnuts
1/4 cup(s)- 175 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

850 cals, 27g protein, 63g net carbs, 45g fat



Lemony chickpea & zucchini bowl
641 cals



Roasted cashews
1/4 cup(s)- 209 cals

Dinner

865 cals, 31g protein, 64g net carbs, 47g fat



Pita bread
1 1/2 pita bread(s)- 117 cals



Ginger coconut chickpea soup
457 cals



Mixed nuts
1/3 cup(s)- 290 cals

Fats and Oils

- ☐ oil
5 oz (154mL)
- ☐ olive oil
3 tbsp (43mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)

Vegetables and Vegetable Products

- ☐ onion
4 medium (2-1/2" dia) (435g)
- ☐ bell pepper
2 1/2 large (415g)
- ☐ sweet potatoes
4 1/3 sweetpotato, 5" long (910g)
- ☐ garlic
6 clove(s) (17g)
- ☐ lima beans, frozen
1 3/4 package (10 oz) (497g)
- ☐ tomatoes
23 1/2 cherry tomatoes (400g)
- ☐ zucchini
4 3/4 large (1540g)
- ☐ kale leaves
2 bunch (340g)
- ☐ fresh ginger
3 slices (1" dia) (6g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ romaine lettuce
10 leaf inner (60g)
- ☐ green onions
2 1/2 tbsp, sliced (20g)
- ☐ fresh parsley
15 sprigs (15g)

Spices and Herbs

- ☐ salt
3 1/2 tsp (21g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ fresh basil
1 3/4 cup leaves, whole (42g)
- ☐ cinnamon
2 dash (1g)
- ☐ vanilla extract
1/2 tsp (3mL)

Other

- ☐ almond yogurt, flavored
3 container (450g)
- ☐ guacamole, store-bought
1/3 cup (82g)
- ☐ coleslaw mix
6 3/4 cup (608g)
- ☐ vegan ranch
3 tbsp (46mL)
- ☐ mixed greens
2 cup (60g)
- ☐ vegan breakfast sausage links
8 links (180g)
- ☐ dairy-free cream cheese
3 tbsp (45g)
- ☐ soy milk, unsweetened
5 3/4 cup (1380mL)
- ☐ vegan sausage
2 sausage (200g)
- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- ☐ italian seasoning
1/4 tbsp (3g)

Nut and Seed Products

- ☐ pecans
3/4 cup, halves (74g)
- ☐ sunflower kernels
1 1/2 oz (46g)
- ☐ sesame seeds
1 oz (26g)
- ☐ chia seeds
1 1/4 tsp (6g)
- ☐ walnuts
1/4 lbs (104g)
- ☐ almond butter
1 tbsp (16g)
- ☐ roasted cashews
1/2 cup, halves and whole (69g)
- ☐ coconut milk, canned
1/3 can (149mL)
- ☐ mixed nuts
2/3 cup (89g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1/2 tbsp (8mL)
- ☐ Frank's Red Hot sauce
3 tbsp (46mL)

- ☐ basil, dried
1/4 tbsp, leaves (1g)
- ☐ turmeric, ground
1 1/2 dash (0g)
- ☐ curry powder
2 tsp (4g)

Legumes and Legume Products

- ☐ tempeh
1 3/4 lbs (794g)
- ☐ roasted peanuts
3/4 cup (106g)
- ☐ soy sauce
14 1/4 oz (338mL)
- ☐ extra firm tofu
2 1/2 lbs (1134g)
- ☐ peanut butter
5 tbsp (80g)
- ☐ chickpeas, canned
2 can (821g)
- ☐ lentils, raw
1/2 cup (96g)

Beverages

- ☐ water
29 3/4 cup(s) (7051mL)
- ☐ protein powder
26 scoop (1/3 cup ea) (806g)
- ☐ almond milk, unsweetened
3 cup (751mL)

- ☐ barbecue sauce
5 tbsp (85g)

Fruits and Fruit Juices

- ☐ lemon juice
2/3 cup (169mL)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ blueberries
2 1/2 cup (370g)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ lime juice
1 1/4 tbsp (19mL)

Baked Products

- ☐ bagel
2 small bagel (3" dia) (138g)
- ☐ pita bread
3 pita, small (4" dia) (84g)

Sweets

- ☐ cocoa powder
1 tbsp (5g)
 - ☐ maple syrup
1 tbsp (15mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

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

1. Mix until well-combined.
2. Serve.

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored
1 container (150g)

For all 3 meals:

almond yogurt, flavored
3 container (450g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Vegan breakfast sausage links

4 links - 150 cals ● 18g protein ● 6g fat ● 4g carbs ● 2g fiber



For single meal:

vegan breakfast sausage links

4 links (90g)

For all 2 meals:

vegan breakfast sausage links

8 links (180g)

1. Cook links according to package instructions. Serve.

Small toasted bagel with vegan cream cheese

1 bagel(s) - 261 cals ● 8g protein ● 7g fat ● 39g carbs ● 2g fiber



For single meal:

bagel

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

dairy-free cream cheese

1 1/2 tbsp (23g)

For all 2 meals:

bagel

2 small bagel (3" dia) (138g)

dairy-free cream cheese

3 tbsp (45g)

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

Sweet potato breakfast bowl

308 cals ● 6g protein ● 15g fat ● 31g carbs ● 6g fiber



For single meal:

blueberries

4 tbsp (37g)

walnuts

2 tbsp, chopped (15g)

cinnamon

1 dash (0g)

maple syrup

1/2 tbsp (8mL)

almond butter

1/2 tbsp (8g)

vanilla extract

1/4 tsp (1mL)

almond milk, unsweetened

1 tbsp (15mL)

sweet potatoes

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

blueberries

1/2 cup (74g)

walnuts

4 tbsp, chopped (29g)

cinnamon

2 dash (1g)

maple syrup

1 tbsp (15mL)

almond butter

1 tbsp (16g)

vanilla extract

1/2 tsp (3mL)

almond milk, unsweetened

2 tbsp (30mL)

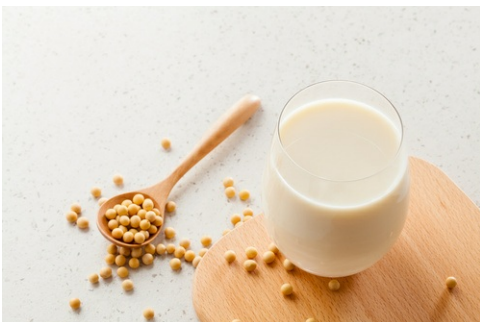
sweet potatoes

1 sweetpotato, 5" long (210g)

1. Pierce sweet potato(es) with a fork a couple times and microwave them for 5-8 minutes, rotating halfway through. Microwave times can vary, but cook until soft throughout.
2. (Oven alternative: Preheat oven to 400F (200C). Bake sweet potatoes for 45-60 minutes or until soft)
3. When they are done, let them cool until able to be handled. Scoop out the flesh and add to a bowl. Discard the skins.
4. Add almond milk, vanilla, cinnamon, and maple syrup to bowl and mash with a fork (or use a beater) until well combined.
5. Top with chopped walnuts and blueberries then drizzle the almond butter over the top. Serve.
6. Meal Prep Note: Keep leftover sweet potato mash in airtight container in fridge. Reheat in microwave and sprinkle on toppings before serving.

Soy milk

1 3/4 cup(s) - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened

1 3/4 cup (420mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (840mL)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Crack slaw with tempeh

633 cals ● 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.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber

Makes 1/3 cup(s)

roasted peanuts

5 tbsp (46g)



1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Zoodles with avocado sauce

824 cals ● 18g protein ● 54g fat ● 31g carbs ● 34g fiber



water

5/8 cup(s) (138mL)

lemon juice

1/3 cup (79mL)

tomatoes, halved

17 1/2 cherry tomatoes (298g)

fresh basil

1 3/4 cup leaves, whole (42g)

zucchini

1 3/4 large (565g)

avocados, peeled and seed removed

1 3/4 avocado(s) (352g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Roasted peanuts

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



Makes 1/6 cup(s)

roasted peanuts

2 2/3 tbsp (24g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Raisins

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



Makes 1/2 cup

raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 4

Cherry tomatoes

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



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

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

Bbq tempeh lettuce wrap

10 lettuce wrap(s) - 823 cals ● 64g protein ● 22g fat ● 65g carbs ● 29g fiber



Makes 10 lettuce wrap(s)

romaine lettuce

10 leaf inner (60g)

tempeh, cubed

10 oz (284g)

barbecue sauce

5 tbsp (85g)

coleslaw mix

2 1/2 cup (225g)

oil

1 1/4 tsp (6mL)

bell pepper, deseeded and sliced

1 1/4 small (93g)

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.

Lunch 5 [🔗](#)

Eat on day 5

Lima beans

270 cals ● 16g protein ● 1g fat ● 36g carbs ● 14g fiber



lima beans, frozen

7/8 package (10 oz) (249g)

salt

1/2 tsp (3g)

black pepper

1/4 tsp, ground (1g)

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

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

1. Prepare according to package instructions.
 2. Serve.
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Lunch 6 [↗](#)

Eat on day 6, day 7

Lemony chickpea & zucchini bowl

641 cals ● 22g protein ● 29g fat ● 53g carbs ● 21g fiber



For single meal:

italian seasoning

3 dash (1g)

oil

1 1/2 tbsp (23mL)

garlic, minced

1 1/2 clove(s) (5g)

chickpeas, canned, rinsed and drained

3/4 can (336g)

zucchini, sliced into rounds

3/4 large (242g)

basil, dried

3 dash, leaves (0g)

fresh parsley, chopped

7 1/2 sprigs (8g)

lemon juice

3 tbsp (45mL)

onion, thinly sliced

1 1/2 medium (2-1/2" dia) (165g)

For all 2 meals:

italian seasoning

1/4 tbsp (3g)

oil

3 tbsp (45mL)

garlic, minced

3 clove(s) (9g)

chickpeas, canned, rinsed and drained

1 1/2 can (672g)

zucchini, sliced into rounds

1 1/2 large (485g)

basil, dried

1/4 tbsp, leaves (1g)

fresh parsley, chopped

15 sprigs (15g)

lemon juice

6 tbsp (90mL)

onion, thinly sliced

3 medium (2-1/2" dia) (330g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

Roasted cashews

1/4 cup(s) - 209 cals ● 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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

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



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Pepper strips and guacamole

100 cals ● 2g protein ● 7g fat ● 4g carbs ● 4g fiber



For single meal:

bell pepper, sliced

2/3 medium (79g)

guacamole, store-bought

2 2/3 tbsp (41g)

For all 2 meals:

bell pepper, sliced

1 1/3 medium (159g)

guacamole, store-bought

1/3 cup (82g)

1. Slice the peppers into strips and remove the seeds.
 2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

olive oil
1 tbsp (15mL)
kale leaves
1 bunch (170g)
salt
1 tsp (6g)

For all 2 meals:

olive oil
2 tbsp (30mL)
kale leaves
2 bunch (340g)
salt
2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Blueberries

1 cup(s) - 95 cals ● 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.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Double chocolate almond milk protein shake

167 cal ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

cocoa powder

1 tsp (2g)

water

1 cup(s) (237mL)

almond milk, unsweetened

1/2 cup (120mL)

protein powder, chocolate

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

For all 3 meals:

cocoa powder

1 tbsp (5g)

water

3 cup(s) (711mL)

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder, chocolate

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

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 3 meals:

walnuts

3/4 cup, shelled (75g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil

1/2 tbsp (8mL)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, sliced into strips

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber

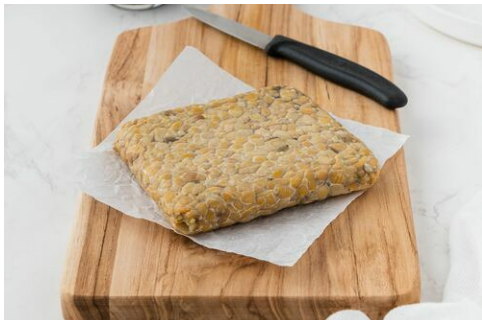


oil
1 tbsp (15mL)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

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

Olive oil drizzled lima beans

377 cal ● 16g protein ● 13g fat ● 36g carbs ● 14g fiber



black pepper
1/4 tsp, ground (1g)
salt
1/2 tsp (3g)
lima beans, frozen
7/8 package (10 oz) (249g)
olive oil
2 1/2 tsp (13mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Buffalo tempeh with vegan ranch

589 cal ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



vegan ranch
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
Frank's Red Hot sauce
3 tbsp (45mL)
oil
3/4 tbsp (11mL)

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.

Dinner 3 [🔗](#)

Eat on day 3, day 4

Sweet potato medallions

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



For single meal:

sweet potatoes, sliced
1 sweetpotato, 5" long (210g)
oil
1 tbsp (15mL)

For all 2 meals:

sweet potatoes, sliced
2 sweetpotato, 5" long (420g)
oil
2 tbsp (30mL)

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

Baked tofu

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



For single meal:

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)

For all 2 meals:

soy sauce
1 1/4 cup (300mL)
extra firm tofu
2 1/2 lbs (1134g)
fresh ginger, peeled and grated
2 1/2 slices (1" dia) (6g)
sesame seeds
2 1/2 tbsp (23g)

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 4 [↗](#)

Eat on day 5

Soy milk

2 1/4 cup(s) - 191 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



Makes 2 1/4 cup(s)

soy milk, unsweetened
2 1/4 cup (540mL)

1. This recipe has no instructions.

Sesame peanut zoodles

735 cals ● 31g protein ● 47g fat ● 33g carbs ● 16g fiber



chia seeds
1 1/4 tsp (6g)
lime juice
1 1/4 tbsp (19mL)
green onions
2 1/2 tbsp, sliced (20g)
sesame seeds
1 1/4 tsp (4g)
soy sauce
2 1/2 tbsp (38mL)
peanut butter
5 tbsp (80g)
coleslaw mix
1 1/4 cup (113g)
zucchini, spiralized
2 1/2 medium (490g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



For single meal:

pita bread

1 1/2 pita, small (4" dia) (42g)

For all 2 meals:

pita bread

3 pita, small (4" dia) (84g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Ginger coconut chickpea soup

457 cals ● 18g protein ● 22g fat ● 37g carbs ● 10g fiber



For single meal:

turmeric, ground
2/3 dash (0g)
water
5/6 cup(s) (198mL)
lentils, raw, rinsed
4 tbsp (48g)
coconut milk, canned
1/6 can (75mL)
chickpeas, canned, drained
1/6 can (75g)
curry powder
1 tsp (2g)
fresh ginger, diced
1/6 slices (1" dia) (0g)
garlic, diced
2/3 clove(s) (2g)
onion, diced
1/6 large (25g)
oil
1 tsp (5mL)

For all 2 meals:

turmeric, ground
1 1/3 dash (0g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
1/2 cup (96g)
coconut milk, canned
1/3 can (150mL)
chickpeas, canned, drained
1/3 can (149g)
curry powder
2 tsp (4g)
fresh ginger, diced
1/3 slices (1" dia) (1g)
garlic, diced
1 1/3 clove(s) (4g)
onion, diced
1/3 large (50g)
oil
2 tsp (10mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Mixed nuts

1/3 cup(s) - 290 cal● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

mixed nuts
1/3 cup (45g)

For all 2 meals:

mixed nuts
2/3 cup (89g)

1. This recipe has no instructions.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

- water**
3 1/2 cup(s) (830mL)
- protein powder**
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

- water**
24 1/2 cup(s) (5807mL)
- protein powder**
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.