

# Meal Plan - 3000 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

2980 cals ● 230g protein (31%) ● 147g fat (44%) ● 124g carbs (17%) ● 61g fiber (8%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Small granola bar

1 bar(s)- 119 cals

### Snacks

325 cals, 10g protein, 14g net carbs, 23g fat



#### Carrot sticks

2 carrot(s)- 54 cals



#### Mixed nuts

1/3 cup(s)- 272 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

### Lunch

1040 cals, 65g protein, 50g net carbs, 54g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Simple kale & avocado salad

345 cals



#### Roasted carrots

3 carrots(s)- 158 cals

### Dinner

1095 cals, 68g protein, 39g net carbs, 62g fat



#### Sunflower seeds

361 cals



#### Carrot & grounds stir fry

664 cals



#### Simple mixed greens salad

68 cals

## Day 2

3023 cal ● 252g protein (33%) ● 149g fat (44%) ● 121g carbs (16%) ● 47g fiber (6%)

### Breakfast

140 cal, 3g protein, 18g net carbs, 5g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cal



#### Small granola bar

1 bar(s)- 119 cal

### Snacks

325 cal, 10g protein, 14g net carbs, 23g fat



#### Carrot sticks

2 carrot(s)- 54 cal



#### Mixed nuts

1/3 cup(s)- 272 cal

### Lunch

1085 cal, 87g protein, 47g net carbs, 57g fat



#### Vegan bangers and cauliflower mash

3 sausage link(s)- 1083 cal

### Dinner

1095 cal, 68g protein, 39g net carbs, 62g fat



#### Sunflower seeds

361 cal



#### Carrot & grounds stir fry

664 cal



#### Simple mixed greens salad

68 cal

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cal

## Day 3

2968 cal ● 205g protein (28%) ● 129g fat (39%) ● 177g carbs (24%) ● 69g fiber (9%)

### Breakfast

485 cal, 11g protein, 25g net carbs, 32g fat



#### Rice cakes with peanut butter

1 cake(s)- 240 cal



#### Avocado

176 cal



#### Carrot sticks

2 1/2 carrot(s)- 68 cal

### Snacks

295 cal, 18g protein, 13g net carbs, 15g fat



#### Soy milk

1 1/2 cup(s)- 127 cal



#### Bell pepper strips and hummus

170 cal

### Lunch

930 cal, 32g protein, 101g net carbs, 36g fat



#### Roasted broccoli with nutritional yeast

2 1/3 cup(s)- 251 cal



#### Veggie burger with 'cheese'

2 burger- 679 cal

### Dinner

875 cal, 59g protein, 35g net carbs, 45g fat



#### Simple salad with tomatoes and carrots

294 cal



#### Chik'n satay with peanut sauce

5 skewers- 583 cal

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cal

## Day 4

2968 cal ● 205g protein (28%) ● 129g fat (39%) ● 177g carbs (24%) ● 69g fiber (9%)

### Breakfast

485 cal, 11g protein, 25g net carbs, 32g fat



**Rice cakes with peanut butter**  
1 cake(s)- 240 cal



**Avocado**  
176 cal



**Carrot sticks**  
2 1/2 carrot(s)- 68 cal

### Snacks

295 cal, 18g protein, 13g net carbs, 15g fat



**Soy milk**  
1 1/2 cup(s)- 127 cal



**Bell pepper strips and hummus**  
170 cal

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

### Lunch

930 cal, 32g protein, 101g net carbs, 36g fat



**Roasted broccoli with nutritional yeast**  
2 1/3 cup(s)- 251 cal



**Veggie burger with 'cheese'**  
2 burger- 679 cal

### Dinner

875 cal, 59g protein, 35g net carbs, 45g fat



**Simple salad with tomatoes and carrots**  
294 cal



**Chik'n satay with peanut sauce**  
5 skewers- 583 cal

## Day 5

2969 cal ● 206g protein (28%) ● 154g fat (47%) ● 151g carbs (20%) ● 38g fiber (5%)

### Breakfast

475 cal, 19g protein, 60g net carbs, 16g fat



[Small toasted bagel with vegan cream cheese](#)

1 1/2 bagel(s)- 391 cal



[Soy milk](#)

1 cup(s)- 85 cal

### Snacks

320 cal, 12g protein, 13g net carbs, 22g fat



[Carrot sticks](#)

1 carrot(s)- 27 cal



[Pumpkin seeds](#)

183 cal



[Walnut almond trail mix](#)

1/8 cup(s)- 108 cal

### Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cal

### Lunch

900 cal, 47g protein, 56g net carbs, 47g fat



[Bali bowl with tofu & peanut sauce](#)

229 cal



[Walnuts](#)

1/4 cup(s)- 175 cal



[Chunky canned soup \(non-creamy\)](#)

2 can(s)- 494 cal

### Dinner

895 cal, 43g protein, 19g net carbs, 68g fat



[Broccoli](#)

1 1/2 cup(s)- 44 cal



[Walnut crusted tofu \(vegan\)](#)

853 cal

## Day 6

3021 cal ● 225g protein (30%) ● 140g fat (42%) ● 170g carbs (22%) ● 45g fiber (6%)

### Breakfast

475 cal, 19g protein, 60g net carbs, 16g fat



**Small toasted bagel with vegan cream cheese**

1 1/2 bagel(s)- 391 cal



**Soy milk**

1 cup(s)- 85 cal

### Snacks

320 cal, 12g protein, 13g net carbs, 22g fat



**Carrot sticks**

1 carrot(s)- 27 cal



**Pumpkin seeds**

183 cal



**Walnut almond trail mix**

1/8 cup(s)- 108 cal

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 cal

### Lunch

900 cal, 47g protein, 56g net carbs, 47g fat



**Bali bowl with tofu & peanut sauce**

229 cal



**Walnuts**

1/4 cup(s)- 175 cal



**Chunky canned soup (non-creamy)**

2 can(s)- 494 cal

### Dinner

950 cal, 63g protein, 37g net carbs, 54g fat



**Seitan salad**

718 cal



**Roasted peanuts**

1/4 cup(s)- 230 cal

# Day 7

3005 cals ● 218g protein (29%) ● 136g fat (41%) ● 178g carbs (24%) ● 49g fiber (7%)

## Breakfast

475 cals, 19g protein, 60g net carbs, 16g fat



**Small toasted bagel with vegan cream cheese**  
1 1/2 bagel(s)- 391 cals



**Soy milk**  
1 cup(s)- 85 cals

## Snacks

320 cals, 12g protein, 13g net carbs, 22g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Pumpkin seeds**  
183 cals



**Walnut almond trail mix**  
1/8 cup(s)- 108 cals

## Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

## Lunch

880 cals, 40g protein, 64g net carbs, 43g fat



**Tempeh bacon & avocado bagel sandwich**  
1 bagel(s)- 698 cals



**Pecans**  
1/4 cup- 183 cals

## Dinner

950 cals, 63g protein, 37g net carbs, 54g fat



**Seitan salad**  
718 cals



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

## Nut and Seed Products

- sunflower kernels  
4 oz (113g)
- mixed nuts  
10 tbsp (84g)
- walnuts  
1/4 lbs (14 halves) (123g)
- roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- almonds  
2 tbsp, whole (18g)
- pecans  
4 tbsp, halves (25g)

## Vegetables and Vegetable Products

- fresh cilantro  
4 tbsp, chopped (12g)
- onion  
2 3/4 medium (2-1/2" dia) (305g)
- garlic  
5 2/3 clove(s) (17g)
- carrots  
23 1/3 medium (1423g)
- tomatoes  
8 medium whole (2-3/5" dia) (981g)
- kale leaves  
1/3 lbs (148g)
- bell pepper  
2 medium (238g)
- romaine lettuce  
3 hearts (1500g)
- fresh ginger  
1 2/3 1 inch cube (8g)
- broccoli  
4 2/3 cup chopped (425g)
- ketchup  
4 tbsp (68g)
- frozen broccoli  
1 1/2 cup (137g)
- sweet potatoes  
1/4 sweetpotato, 5" long (53g)
- fresh spinach  
8 cup(s) (240g)

## Fats and Oils

- oil  
4 oz (127mL)
- salad dressing  
3/4 cup (173mL)

## Beverages

- water  
1 1/2 gallon (5914mL)
- protein powder  
24 1/2 scoop (1/3 cup ea) (760g)

## Legumes and Legume Products

- soy sauce  
1/4 cup (68mL)
- vegetarian burger crumbles  
1 lbs (454g)
- peanut butter  
1/3 lbs (133g)
- hummus  
2/3 cup (162g)
- firm tofu  
1 lbs (439g)
- roasted peanuts  
1/2 cup (73g)
- tempeh  
4 oz (113g)

## Other

- mixed greens  
1 1/3 package (5.5 oz) (203g)
- vegan sausage  
5 sausage (500g)
- frozen cauliflower  
2 1/4 cup (255g)
- soy milk, unsweetened  
6 cup (1440mL)
- skewer(s)  
10 skewer(s) (10g)
- vegan chik'n strips  
13 1/3 oz (378g)
- sesame oil  
2 2/3 tbsp (40mL)
- nutritional yeast  
1/2 oz (14g)
- veggie burger patty  
4 patty (284g)
- vegan cheese, sliced  
4 slice(s) (80g)
- dairy-free cream cheese  
6 3/4 tbsp (101g)
- chocolate chips  
1 tbsp (14g)

## Snacks

- vegan mayonnaise  
3 tbsp (45g)

## Fruits and Fruit Juices

- lime juice  
2 fl oz (58mL)
- lemon  
3/4 small (44g)
- avocados  
3 1/2 avocado(s) (704g)
- lemon juice  
2 1/2 tsp (13mL)
- raisins  
1 tbsp (not packed) (9g)

## Spices and Herbs

- crushed red pepper  
1/4 tbsp (1g)
- dijon mustard  
1 1/2 tbsp (23g)
- ground ginger  
1/2 dash (0g)
- onion powder  
1 dash (0g)
- ground cumin  
1 dash (0g)

- small granola bar  
2 bar (50g)
- rice cakes, any flavor  
2 cakes (18g)

## Baked Products

- hamburger buns  
4 bun (204g)
- bagel  
4 medium bagel (3-1/2" to 4" dia) (416g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
4 can (~19 oz) (2104g)

## Cereal Grains and Pasta

- seitan  
3/4 lbs (340g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

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### Cherry tomatoes

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



For single meal:

**tomatoes**

6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**

12 cherry tomatoes (204g)

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

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### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**

1 bar (25g)

For all 2 meals:

**small granola bar**

2 bar (50g)

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

Eat on day 3, day 4

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### Rice cakes with peanut butter

1 cake(s) - 240 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

For all 2 meals:

**peanut butter**  
4 tbsp (64g)  
**rice cakes, any flavor**  
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

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### 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.

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### Carrot sticks

2 1/2 carrot(s) - 68 cal ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**  
2 1/2 medium (153g)

For all 2 meals:

**carrots**  
5 medium (305g)

1. Cut carrots into strips and serve.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Small toasted bagel with vegan cream cheese

1 1/2 bagel(s) - 391 cal ● 12g protein ● 11g fat ● 58g carbs ● 2g fiber



For single meal:

#### **bagel**

1 1/2 small bagel (3" dia) (104g)

#### **dairy-free cream cheese**

2 1/4 tbsp (34g)

For all 3 meals:

#### **bagel**

4 1/2 small bagel (3" dia) (311g)

#### **dairy-free cream cheese**

6 3/4 tbsp (101g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

## Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

#### **soy milk, unsweetened**

1 cup (240mL)

For all 3 meals:

#### **soy milk, unsweetened**

3 cup (720mL)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Vegan sausage

2 sausage(s) - 536 cal ● 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.

## Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



**kale leaves, chopped**

3/4 bunch (128g)

**lemon, juiced**

3/4 small (44g)

**avocados, chopped**

3/4 avocado(s) (151g)

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.

## Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

**oil**

1/2 tbsp (8mL)

**carrots, sliced**

3 large (216g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

## Lunch 2 [↗](#)

Eat on day 2

### Vegan bangers and cauliflower mash

3 sausage link(s) - 1083 cals ● 87g protein ● 57g fat ● 47g carbs ● 8g fiber



Makes 3 sausage link(s)

**onion, thinly sliced**

1 1/2 small (105g)

**vegan sausage**

3 sausage (300g)

**oil**

1 1/2 tbsp (23mL)

**frozen cauliflower**

2 1/4 cup (255g)

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.

## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Roasted broccoli with nutritional yeast

2 1/3 cup(s) - 251 cal ● 8g protein ● 17g fat ● 9g carbs ● 7g fiber



For single meal:

**nutritional yeast**

3 1/2 tsp (4g)

**oil**

3 1/2 tsp (17mL)

**broccoli**

2 1/3 cup chopped (212g)

For all 2 meals:

**nutritional yeast**

2 1/3 tbsp (9g)

**oil**

2 1/3 tbsp (35mL)

**broccoli**

4 2/3 cup chopped (425g)

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.

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### Veggie burger with 'cheese'

2 burger - 679 cal ● 24g protein ● 19g fat ● 92g carbs ● 11g fiber



For single meal:

**veggie burger patty**

2 patty (142g)

**mixed greens**

2 oz (57g)

**ketchup**

2 tbsp (34g)

**hamburger buns**

2 bun (102g)

**vegan cheese, sliced**

2 slice(s) (40g)

For all 2 meals:

**veggie burger patty**

4 patty (284g)

**mixed greens**

4 oz (113g)

**ketchup**

4 tbsp (68g)

**hamburger buns**

4 bun (204g)

**vegan cheese, sliced**

4 slice(s) (80g)

1. Cook patty according to instructions on package.
  2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

### Bali bowl with tofu & peanut sauce

229 cal ● 7g protein ● 17g fat ● 8g carbs ● 3g fiber



For single meal:

**ground ginger**  
1/4 dash (0g)  
**soy sauce**  
1/4 tbsp (4mL)  
**sesame oil**  
1/2 tbsp (8mL)  
**kale leaves**  
4 tbsp, chopped (10g)  
**sweet potatoes, cut into 3/4 inch cubes**  
1/8 sweetpotato, 5" long (26g)  
**peanut butter**  
1/2 tbsp (8g)  
**avocados, sliced**  
1/8 avocado(s) (25g)  
**firm tofu, cut into 2 inch cubes**  
1 3/4 oz (50g)

For all 2 meals:

**ground ginger**  
1/2 dash (0g)  
**soy sauce**  
1/2 tbsp (8mL)  
**sesame oil**  
1 tbsp (15mL)  
**kale leaves**  
1/2 cup, chopped (20g)  
**sweet potatoes, cut into 3/4 inch cubes**  
1/4 sweetpotato, 5" long (53g)  
**peanut butter**  
1 tbsp (16g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**firm tofu, cut into 2 inch cubes**  
1/4 lbs (99g)

1. Preheat oven to 425F (220C) and line a baking sheet with parchment paper.
2. Toss the sweet potato cubes in 1/4th of the sesame oil (reserving the rest for later) and season with salt/pepper to taste. Spread the sweet potato cubes and sliced tofu out on the baking sheet. Set aside.
3. In a small bowl, combine the peanut butter, remaining sesame oil, ginger, and soy sauce and mix until well-combined.
4. Take half of the sauce, reserving the rest for later, and generously spread it on the tops and sides of the tofu. Bake in the oven for about 25-30 minutes.
5. When sweet potatoes and tofu are done, assemble the bowls by placing the sweet potatoes, tofu, kale, and avocados on a plate and using the remaining peanut butter sauce as a dipping sauce or drizzling it over everything. Serve.

### Walnuts

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



For single meal:

**walnuts**  
4 tbsp shelled (50 halves) (25g)

For all 2 meals:

**walnuts**  
1/2 cup shelled (50 halves) (50g)

1. This recipe has no instructions.

### Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

## Lunch 5 [↗](#)

Eat on day 7

### Tempeh bacon & avocado bagel sandwich

1 bagel(s) - 698 cal ● 37g protein ● 25g fat ● 63g carbs ● 17g fiber



Makes 1 bagel(s)

**onion powder**

1 dash (0g)

**oil**

1/2 tsp (3mL)

**ground cumin**

1 dash (0g)

**tempeh, cut into strips**

4 oz (113g)

**avocados, sliced**

1/2 avocado(s) (101g)

**bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

### 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.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Carrot sticks

2 carrot(s) - 54 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**  
2 medium (122g)

For all 2 meals:

**carrots**  
4 medium (244g)

1. Cut carrots into strips and serve.

### Mixed nuts

1/3 cup(s) - 272 cal ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
5 tbsp (42g)

For all 2 meals:

**mixed nuts**  
10 tbsp (84g)

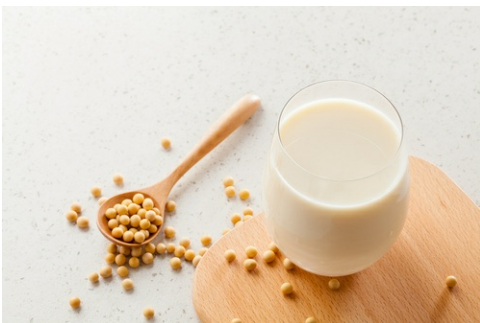
1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Soy milk

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



For single meal:

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

For all 2 meals:

**soy milk, unsweetened**  
3 cup (720mL)

1. This recipe has no instructions.

### 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 2 meals:

**hummus**  
2/3 cup (162g)  
**bell pepper**  
2 medium (238g)

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

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 3 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 3 meals:

**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

1. This recipe has no instructions.

### Walnut almond trail mix

1/8 cup(s) - 108 cals ● 2g protein ● 8g fat ● 6g carbs ● 2g fiber



For single meal:

- walnuts**  
2 tsp, chopped (5g)
- almonds**  
2 tsp, whole (6g)
- chocolate chips**  
1 tsp (5g)
- raisins**  
1 tsp (not packed) (3g)

For all 3 meals:

- walnuts**  
2 tbsp, chopped (15g)
- almonds**  
2 tbsp, whole (18g)
- chocolate chips**  
1 tbsp (14g)
- raisins**  
1 tbsp (not packed) (9g)

1. Mix the ingredients together. Store any leftovers in a cool area.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### 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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### Carrot & grounds stir fry

664 cal ● 49g protein ● 29g fat ● 31g carbs ● 21g fiber



For single meal:

**fresh cilantro, chopped**  
2 tbsp, chopped (6g)  
**oil**  
4 tsp (20mL)  
**lime juice**  
2 tsp (10mL)  
**crushed red pepper**  
1/3 tsp (1g)  
**water**  
4 tsp (20mL)  
**soy sauce**  
2 tbsp (30mL)  
**onion, chopped**  
2/3 large (100g)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**vegetarian burger crumbles**  
1/2 lbs (227g)  
**carrots**  
2 2/3 large (192g)

For all 2 meals:

**fresh cilantro, chopped**  
4 tbsp, chopped (12g)  
**oil**  
2 2/3 tbsp (40mL)  
**lime juice**  
4 tsp (20mL)  
**crushed red pepper**  
1/4 tbsp (1g)  
**water**  
2 2/3 tbsp (40mL)  
**soy sauce**  
4 tbsp (60mL)  
**onion, chopped**  
1 1/3 large (200g)  
**garlic, minced**  
2 2/3 clove(s) (8g)  
**vegetarian burger crumbles**  
1 lbs (454g)  
**carrots**  
5 1/3 large (384g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

## Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Simple salad with tomatoes and carrots

294 cal ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



For single meal:

**salad dressing**  
2 1/4 tbsp (34mL)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)  
**carrots, sliced**  
3/4 medium (46g)  
**romaine lettuce, roughly chopped**  
1 1/2 hearts (750g)

For all 2 meals:

**salad dressing**  
1/4 cup (68mL)  
**tomatoes, diced**  
3 medium whole (2-3/5" dia) (369g)  
**carrots, sliced**  
1 1/2 medium (92g)  
**romaine lettuce, roughly chopped**  
3 hearts (1500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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### Chik'n satay with peanut sauce

5 skewers - 583 cal ● 47g protein ● 35g fat ● 14g carbs ● 6g fiber



For single meal:

**skewer(s)**  
5 skewer(s) (5g)  
**fresh ginger, grated or minced**  
5/6 1 inch cube (4g)  
**vegan chik'n strips**  
6 2/3 oz (189g)  
**sesame oil**  
2 1/2 tsp (12mL)  
**lime juice**  
1 1/4 tbsp (19mL)  
**peanut butter**  
5 tsp (27g)

For all 2 meals:

**skewer(s)**  
10 skewer(s) (10g)  
**fresh ginger, grated or minced**  
1 2/3 1 inch cube (8g)  
**vegan chik'n strips**  
13 1/3 oz (378g)  
**sesame oil**  
5 tsp (25mL)  
**lime juice**  
2 1/2 tbsp (38mL)  
**peanut butter**  
1/4 cup (53g)

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.
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## Dinner 3 [↗](#)

Eat on day 5

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### Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

#### **frozen broccoli**

1 1/2 cup (137g)

1. Prepare according to instructions on package.

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### Walnut crusted tofu (vegan)

853 cal ● 39g protein ● 68g fat ● 16g carbs ● 6g fiber



#### **firm tofu, drained**

3/4 lbs (340g)

#### **walnuts**

1/2 cup, chopped (58g)

#### **lemon juice**

1/2 tbsp (8mL)

#### **garlic, diced**

3 clove(s) (9g)

#### **dijon mustard**

1 1/2 tbsp (23g)

#### **vegan mayonnaise**

3 tbsp (45g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

**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)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**nutritional yeast**  
4 tsp (5g)  
**salad dressing**  
4 tbsp (60mL)  
**avocados, sliced**  
1 avocado(s) (201g)  
**tomatoes, halved**  
24 cherry tomatoes (408g)  
**fresh spinach**  
8 cup(s) (240g)  
**seitan, sliced**  
3/4 lbs (340g)

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.

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### Roasted peanuts

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



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

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

Eat every day

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### 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.
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