

Meal Plan - 3100 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

3077 cals ● 273g protein (35%) ● 140g fat (41%) ● 135g carbs (18%) ● 45g fiber (6%)

Breakfast

520 cals, 62g protein, 9g net carbs, 24g fat



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



[Pumpkin seeds](#)
183 cals

Snacks

240 cals, 11g protein, 3g net carbs, 19g fat



[Sunflower seeds](#)
240 cals

Protein Supplement(s)

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



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

Lunch

990 cals, 72g protein, 93g net carbs, 27g fat



[Chunky canned soup \(non-creamy\)](#)
4 can(s)- 988 cals

Dinner

950 cals, 43g protein, 27g net carbs, 69g fat



[Vegan buttery garlic green beans](#)
97 cals



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

Day 2

3028 cals ● 237g protein (31%) ● 164g fat (49%) ● 102g carbs (14%) ● 49g fiber (6%)

Breakfast

520 cals, 62g protein, 9g net carbs, 24g fat



Double chocolate almond milk protein shake
335 cals



Pumpkin seeds
183 cals

Snacks

240 cals, 11g protein, 3g net carbs, 19g fat



Sunflower seeds
240 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

940 cals, 35g protein, 60g net carbs, 51g fat



Chickpea & kale soup
546 cals



Walnuts
1/2 cup(s)- 393 cals

Dinner

950 cals, 43g protein, 27g net carbs, 69g fat



Vegan buttery garlic green beans
97 cals



Walnut crusted tofu (vegan)
853 cals

Day 3

3063 cals ● 237g protein (31%) ● 144g fat (42%) ● 148g carbs (19%) ● 58g fiber (8%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Pecans
1/4 cup- 183 cals



Hummus toast
2 slice(s)- 293 cals

Snacks

400 cals, 16g protein, 18g net carbs, 24g fat



Pistachios
188 cals



Bell pepper strips and hummus
213 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

940 cals, 35g protein, 60g net carbs, 51g fat



Chickpea & kale soup
546 cals



Walnuts
1/2 cup(s)- 393 cals

Dinner

865 cals, 85g protein, 36g net carbs, 40g fat



Vegan sausage
3 sausage(s)- 804 cals



Sauteed peppers and onions
63 cals

Day 4

3051 cals ● 201g protein (26%) ● 137g fat (40%) ● 189g carbs (25%) ● 64g fiber (8%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Pecans
1/4 cup- 183 cals



Hummus toast
2 slice(s)- 293 cals

Snacks

400 cals, 16g protein, 18g net carbs, 24g fat



Pistachios
188 cals



Bell pepper strips and hummus
213 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

910 cals, 59g protein, 28g net carbs, 53g fat



Baked tofu
18 2/3 oz- 528 cals



Simple kale & avocado salad
384 cals

Dinner

880 cals, 25g protein, 109g net carbs, 31g fat



Corn
231 cals



Baked fries
290 cals



Curried lentils
362 cals

Day 5

2958 cals ● 219g protein (30%) ● 131g fat (40%) ● 159g carbs (22%) ● 65g fiber (9%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Pecans
1/4 cup- 183 cals



Hummus toast
2 slice(s)- 293 cals

Snacks

400 cals, 16g protein, 18g net carbs, 24g fat



Pistachios
188 cals



Bell pepper strips and hummus
213 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

910 cals, 59g protein, 28g net carbs, 53g fat



Baked tofu
18 2/3 oz- 528 cals



Simple kale & avocado salad
384 cals

Dinner

790 cals, 43g protein, 79g net carbs, 26g fat



White rice
1 cup rice, cooked- 220 cals



Tomato cucumber salad
71 cals



Carrot & grounds stir fry
498 cals

Day 6

3113 cals ● 223g protein (29%) ● 166g fat (48%) ● 120g carbs (15%) ● 61g fiber (8%)

Breakfast

520 cals, 36g protein, 12g net carbs, 33g fat



Peanut butter chocolate almond milk protein shake
346 cals



Avocado
176 cals

Snacks

355 cals, 12g protein, 19g net carbs, 19g fat



Carrots and hummus
205 cals



Roasted almonds
1/6 cup(s)- 148 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

850 cals, 21g protein, 41g net carbs, 61g fat



Almond yogurt
1 container(s)- 191 cals



Pecans
1/2 cup- 366 cals



Lentil kale salad
292 cals

Dinner

1010 cals, 69g protein, 44g net carbs, 52g fat



Peanut tempeh
8 oz tempeh- 868 cals



Tomato cucumber salad
141 cals

Day 7

3113 cals ● 223g protein (29%) ● 166g fat (48%) ● 120g carbs (15%) ● 61g fiber (8%)

Breakfast

520 cals, 36g protein, 12g net carbs, 33g fat



Peanut butter chocolate almond milk protein shake
346 cals



Avocado
176 cals

Snacks

355 cals, 12g protein, 19g net carbs, 19g fat



Carrots and hummus
205 cals



Roasted almonds
1/6 cup(s)- 148 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

850 cals, 21g protein, 41g net carbs, 61g fat



Almond yogurt
1 container(s)- 191 cals



Pecans
1/2 cup- 366 cals



Lentil kale salad
292 cals

Dinner

1010 cals, 69g protein, 44g net carbs, 52g fat



Peanut tempeh
8 oz tempeh- 868 cals



Tomato cucumber salad
141 cals

Other

- ☐ vegan butter
2 tbsp (28g)
- ☐ protein powder, chocolate
6 scoop (1/3 cup ea) (186g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ curry paste
1/2 tbsp (8g)
- ☐ ice cubes
1/2 cup (70g)
- ☐ almond yogurt, flavored
2 container (300g)
- ☐ nutritional yeast
2 tbsp (8g)

Vegetables and Vegetable Products

- ☐ garlic
15 1/2 clove(s) (47g)
- ☐ fresh green beans
1 lbs (453g)
- ☐ kale leaves
19 oz (534g)
- ☐ bell pepper
3 1/4 large (528g)
- ☐ onion
1 medium (2-1/2" dia) (103g)
- ☐ frozen corn kernels
1 2/3 cup (227g)
- ☐ potatoes
3/4 large (3" to 4-1/4" dia.) (277g)
- ☐ fresh ginger
2 1/3 slices (1" dia) (5g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (308g)
- ☐ cucumber
1 1/4 cucumber (8-1/4") (376g)
- ☐ red onion
1 1/4 small (88g)
- ☐ fresh cilantro
1 1/2 tbsp, chopped (5g)
- ☐ carrots
2 large (144g)
- ☐ baby carrots
40 medium (400g)

Spices and Herbs

- ☐ lemon pepper
3 dash (0g)

Nut and Seed Products

- ☐ walnuts
1/2 lbs (228g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
2 2/3 oz (76g)
- ☐ pecans
1 3/4 cup, halves (173g)
- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)
- ☐ coconut milk, canned
6 tbsp (91mL)
- ☐ sesame seeds
2 1/3 tbsp (21g)
- ☐ almonds
2 oz (58g)

Fruits and Fruit Juices

- ☐ lemon juice
2 1/2 fl oz (73mL)
- ☐ lemon
1 2/3 small (97g)
- ☐ avocados
2 2/3 avocado(s) (536g)
- ☐ lime juice
1/2 tbsp (8mL)

Fats and Oils

- ☐ vegan mayonnaise
6 tbsp (90g)
- ☐ oil
2 oz (62mL)
- ☐ salad dressing
5 tbsp (74mL)

Beverages

- ☐ water
2 gallon (7488mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ almond milk, unsweetened
6 cup (1440mL)

Sweets

- ☐ cocoa powder
4 tsp (7g)

- ☐ salt
1 tsp (5g)
- ☐ dijon mustard
3 tbsp (45g)
- ☐ black pepper
2 dash, ground (1g)
- ☐ crushed red pepper
1 tsp (2g)
- ☐ ground cumin
1/4 tbsp (2g)

Legumes and Legume Products

- ☐ firm tofu
1 1/2 lbs (680g)
- ☐ chickpeas, canned
2 can (896g)
- ☐ hummus
1 1/2 lbs (679g)
- ☐ lentils, raw
10 tbsp (120g)
- ☐ soy sauce
13 2/3 oz (322mL)
- ☐ extra firm tofu
2 1/3 lbs (1058g)
- ☐ vegetarian burger crumbles
6 oz (170g)
- ☐ peanut butter
5 oz (140g)
- ☐ tempeh
1 lbs (454g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ vegetable broth
8 cup(s) (mL)

Baked Products

- ☐ bread
6 slice (192g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/3 cup (62g)



Breakfast 1 [↗](#)

Eat on day 1, day 2

Double chocolate almond milk protein shake

335 cal ● 53g protein ● 9g fat ● 7g carbs ● 3g fiber



For single meal:

cocoa powder

2 tsp (4g)

water

2 cup(s) (474mL)

almond milk, unsweetened

1 cup (240mL)

protein powder, chocolate

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

For all 2 meals:

cocoa powder

4 tsp (7g)

water

4 cup(s) (948mL)

almond milk, unsweetened

2 cup (480mL)

protein powder, chocolate

4 scoop (1/3 cup ea) (124g)

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

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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.

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus
5 tbsp (75g)
bread
2 slice (64g)

For all 3 meals:

hummus
1 cup (225g)
bread
6 slice (192g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Peanut butter chocolate almond milk protein shake

346 cals ● 34g protein ● 18g fat ● 10g carbs ● 1g fiber



For single meal:

ice cubes

4 tbsp (35g)

peanut butter

1 tsp (5g)

almond milk, unsweetened

2 cup (480mL)

protein powder, chocolate

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

For all 2 meals:

ice cubes

1/2 cup (70g)

peanut butter

2 tsp (11g)

almond milk, unsweetened

4 cup (960mL)

protein powder, chocolate

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

1. Put all ingredients in the blender.
2. Mix until well-combined.
3. Serve cold.

Avocado

176 cals ● 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.

Lunch 1 [↗](#)

Eat on day 1

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



For single meal:

oil

1 tsp (5mL)

garlic, minced

2 clove(s) (6g)

vegetable broth

4 cup(s) (mL)

kale leaves, chopped

2 cup, chopped (80g)

chickpeas, canned, drained

1 can (448g)

For all 2 meals:

oil

2 tsp (10mL)

garlic, minced

4 clove(s) (12g)

vegetable broth

8 cup(s) (mL)

kale leaves, chopped

4 cup, chopped (160g)

chickpeas, canned, drained

2 can (896g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Walnuts

1/2 cup(s) - 393 cals ● 9g protein ● 37g fat ● 4g carbs ● 4g fiber



For single meal:

walnuts

1/2 cup, shelled (56g)

For all 2 meals:

walnuts

1 cup, shelled (113g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4, day 5

Baked tofu

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



For single meal:

soy sauce

9 1/3 tbsp (140mL)

extra firm tofu

18 2/3 oz (529g)

fresh ginger, peeled and grated

1 1/6 slices (1" dia) (3g)

sesame seeds

3 1/2 tsp (10g)

For all 2 meals:

soy sauce

56 tsp (280mL)

extra firm tofu

2 1/3 lbs (1058g)

fresh ginger, peeled and grated

2 1/3 slices (1" dia) (5g)

sesame seeds

2 1/3 tbsp (21g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
5. Spread marinated tofu onto the prepared baking sheet.
6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.

Simple kale & avocado salad

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



For single meal:

kale leaves, chopped

5/6 bunch (142g)

lemon, juiced

5/6 small (48g)

avocados, chopped

5/6 avocado(s) (168g)

For all 2 meals:

kale leaves, chopped

1 2/3 bunch (284g)

lemon, juiced

1 2/3 small (97g)

avocados, chopped

1 2/3 avocado(s) (335g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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Lunch 4 [↗](#)

Eat on day 6, day 7

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 2 meals:
almond yogurt, flavored
2 container (300g)

1. This recipe has no instructions.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:
pecans
1/2 cup, halves (50g)

For all 2 meals:
pecans
1 cup, halves (99g)

1. This recipe has no instructions.

Lentil kale salad

292 cals ● 12g protein ● 14g fat ● 24g carbs ● 6g fiber



For single meal:

ground cumin
3 dash (1g)
water
3/4 cup(s) (178mL)
crushed red pepper
3 dash (1g)
garlic, diced
3/4 clove(s) (2g)
lemon juice
3/4 tbsp (11mL)
almonds
3/4 tbsp, slivered (5g)
oil
3/4 tbsp (11mL)
kale leaves
1 cup, chopped (45g)
lentils, raw
3 tbsp (36g)

For all 2 meals:

ground cumin
1/4 tbsp (2g)
water
1 1/2 cup(s) (356mL)
crushed red pepper
1/4 tbsp (1g)
garlic, diced
1 1/2 clove(s) (5g)
lemon juice
1 1/2 tbsp (23mL)
almonds
1 1/2 tbsp, slivered (10g)
oil
1 1/2 tbsp (23mL)
kale leaves
2 1/4 cup, chopped (90g)
lentils, raw
6 tbsp (72g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/3 oz (38g)

For all 2 meals:

sunflower kernels
2 2/3 oz (76g)

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

Eat on day 3, day 4, day 5

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.

Bell pepper strips and hummus

213 cals ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



For single meal:

hummus
6 1/2 tbsp (101g)
bell pepper
1 1/4 medium (149g)

For all 3 meals:

hummus
1 1/4 cup (304g)
bell pepper
3 3/4 medium (446g)

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

Snacks 3 [↗](#)

Eat on day 6, day 7

Carrots and hummus

205 cals ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus
5 tbsp (75g)
baby carrots
20 medium (200g)

For all 2 meals:

hummus
10 tbsp (150g)
baby carrots
40 medium (400g)

1. Serve carrots with hummus.

Roasted almonds

1/6 cup(s) - 148 cal● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Vegan buttery garlic green beans

97 cal● 4g protein ● 1g fat ● 11g carbs ● 6g fiber



For single meal:

vegan butter

1 tbsp (14g)

garlic, minced

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

fresh green beans, trimmed, snapped in half

1/2 lbs (227g)

lemon pepper

1 1/2 dash (0g)

salt

2 dash (2g)

For all 2 meals:

vegan butter

2 tbsp (28g)

garlic, minced

3 clove(s) (9g)

fresh green beans, trimmed, snapped in half

1 lbs (453g)

lemon pepper

3 dash (0g)

salt

4 dash (3g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Walnut crusted tofu (vegan)

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



For single meal:

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)

For all 2 meals:

firm tofu, drained
1 1/2 lbs (680g)
walnuts
1 cup, chopped (116g)
lemon juice
1 tbsp (15mL)
garlic, diced
6 clove(s) (18g)
dijon mustard
3 tbsp (45g)
vegan mayonnaise
6 tbsp (90g)

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 2 [🔗](#)

Eat on day 3

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage
3 sausage (300g)

1. Prepare according to package instructions.
2. Serve.

Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

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.

Dinner 3 [↗](#)

Eat on day 4

Corn

231 cals ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



frozen corn kernels

1 2/3 cup (227g)

1. Prepare according to instructions on package.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



oil

3/4 tbsp (11mL)

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

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

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



lentils, raw

4 tbsp (48g)

water

1/2 cup(s) (119mL)

salt

1/2 dash (0g)

coconut milk, canned

6 tbsp (90mL)

curry paste

1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.
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Dinner 4 [↗](#)

Eat on day 5

White rice

1 cup rice, cooked - 220 cal ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber

Makes 1 cup rice, cooked

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)



1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

Carrot & grounds stir fry

498 cal ● 37g protein ● 22g fat ● 23g carbs ● 15g fiber



fresh cilantro, chopped
1 1/2 tbsp, chopped (5g)
oil
1 tbsp (15mL)
lime juice
1/2 tbsp (8mL)
crushed red pepper
2 dash (0g)
water
1 tbsp (15mL)
soy sauce
1 1/2 tbsp (23mL)
onion, chopped
1/2 large (75g)
garlic, minced
1 clove(s) (3g)
vegetarian burger crumbles
6 oz (170g)
carrots
2 large (144g)

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,

Dinner 5 [↗](#)

Eat on day 6, day 7

Peanut tempeh

8 oz tempeh - 868 cal ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



For single meal:

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)

For all 2 meals:

nutritional yeast
2 tbsp (8g)
soy sauce
4 tsp (20mL)
lemon juice
2 tbsp (30mL)
peanut butter
1/2 cup (129g)
tempeh
1 lbs (454g)

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.

Tomato cucumber salad

141 cal ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



For single meal:

- tomatoes, thinly sliced**
1 medium whole (2-3/5" dia) (123g)
- cucumber, thinly sliced**
1/2 cucumber (8-1/4") (151g)
- red onion, thinly sliced**
1/2 small (35g)
- salad dressing**
2 tbsp (30mL)

For all 2 meals:

- tomatoes, thinly sliced**
2 medium whole (2-3/5" dia) (246g)
- cucumber, thinly sliced**
1 cucumber (8-1/4") (301g)
- red onion, thinly sliced**
1 small (70g)
- salad dressing**
4 tbsp (60mL)

1. Mix ingredients together in a bowl and serve.

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.
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