

Meal Plan - 3200 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

3160 cals ● 241g protein (31%) ● 126g fat (36%) ● 179g carbs (23%) ● 86g fiber (11%)

Breakfast

155 cals, 4g protein, 25g net carbs, 2g fat



[Blueberry vanilla oatmeal](#)
156 cals

Snacks

445 cals, 7g protein, 22g net carbs, 30g fat



[Celery sticks](#)
2 celery stalk- 13 cals



[Avocado](#)
351 cals



[Watermelon](#)
8 oz- 82 cals

Protein Supplement(s)

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



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

Lunch

995 cals, 76g protein, 75g net carbs, 31g fat



[Basic tempeh](#)
8 oz- 590 cals



[Lentils](#)
405 cals

Dinner

1180 cals, 70g protein, 53g net carbs, 61g fat



[Sunflower seeds](#)
316 cals



[Crack slaw with tempeh](#)
633 cals



[Easy chickpea salad](#)
234 cals

Day 2

3111 cals ● 200g protein (26%) ● 174g fat (50%) ● 144g carbs (19%) ● 42g fiber (5%)

Breakfast

155 cals, 4g protein, 25g net carbs, 2g fat



[Blueberry vanilla oatmeal](#)
156 cals

Snacks

445 cals, 7g protein, 22g net carbs, 30g fat



[Celery sticks](#)
2 celery stalk- 13 cals



[Avocado](#)
351 cals



[Watermelon](#)
8 oz- 82 cals

Protein Supplement(s)

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



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

Lunch

1070 cals, 54g protein, 74g net carbs, 56g fat



[Basic tofu sandwich](#)
2 sandwich(es)- 884 cals



[Pistachios](#)
188 cals

Dinner

1055 cals, 51g protein, 20g net carbs, 84g fat



[Broccoli](#)
1 1/2 cup(s)- 44 cals



[Buffalo tofu with vegan ranch](#)
1013 cals

Day 3

3231 cal ● 212g protein (26%) ● 196g fat (54%) ● 109g carbs (13%) ● 47g fiber (6%)

Breakfast

500 cal, 20g protein, 17g net carbs, 34g fat



[Avocado toast](#)
1 slice(s)- 168 cal



[Soy milk](#)
1 3/4 cup(s)- 148 cal



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

Snacks

360 cal, 10g protein, 37g net carbs, 18g fat



[Soy milk yogurt](#)
1 container- 136 cal



[Walnuts](#)
1/6 cup(s)- 131 cal



[Baked chips](#)
9 crisps- 91 cal

Protein Supplement(s)

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



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

Lunch

935 cal, 46g protein, 32g net carbs, 58g fat



[Roasted brussels sprouts](#)
347 cal



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

Dinner

1055 cal, 51g protein, 20g net carbs, 84g fat



[Broccoli](#)
1 1/2 cup(s)- 44 cal



[Buffalo tofu with vegan ranch](#)
1013 cal

Day 4

3205 cals ● 248g protein (31%) ● 151g fat (43%) ● 161g carbs (20%) ● 52g fiber (6%)

Breakfast

500 cals, 20g protein, 17g net carbs, 34g fat



[Avocado toast](#)
1 slice(s)- 168 cals



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



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

Snacks

360 cals, 10g protein, 37g net carbs, 18g fat



[Soy milk yogurt](#)
1 container- 136 cals



[Walnuts](#)
1/6 cup(s)- 131 cals



[Baked chips](#)
9 crisps- 91 cals

Protein Supplement(s)

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



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

Lunch

935 cals, 46g protein, 32g net carbs, 58g fat



[Roasted brussels sprouts](#)
347 cals



[Buffalo tempeh with vegan ranch](#)
589 cals

Dinner

1030 cals, 87g protein, 72g net carbs, 39g fat



[Lentils](#)
231 cals



[Garlic pepper seitan](#)
799 cals



Day 5

3250 cals ● 210g protein (26%) ● 138g fat (38%) ● 180g carbs (22%) ● 112g fiber (14%)

Breakfast

500 cals, 20g protein, 17g net carbs, 34g fat



[Avocado toast](#)
1 slice(s)- 168 cals



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



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

Snacks

350 cals, 15g protein, 22g net carbs, 19g fat



[Hummus toast](#)
1 slice(s)- 146 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Roasted peanuts](#)
1/6 cup(s)- 173 cals

Protein Supplement(s)

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



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

Lunch

1010 cals, 44g protein, 54g net carbs, 55g fat



[Lemony chickpea salad](#)
646 cals



[Pumpkin seeds](#)
366 cals

Dinner

1005 cals, 47g protein, 84g net carbs, 28g fat



[Tomato and avocado salad](#)
235 cals



[Black bean and salsa soup](#)
772 cals

Day 6

3216 cals ● 225g protein (28%) ● 158g fat (44%) ● 160g carbs (20%) ● 63g fiber (8%)

Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



[Almond protein balls](#)
4 ball(s)- 539 cals

Snacks

350 cals, 15g protein, 22g net carbs, 19g fat



[Hummus toast](#)
1 slice(s)- 146 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Roasted peanuts](#)
1/6 cup(s)- 173 cals

Protein Supplement(s)

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



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

Lunch

1010 cals, 44g protein, 54g net carbs, 55g fat



[Lemony chickpea salad](#)
646 cals



[Pumpkin seeds](#)
366 cals

Dinner

935 cals, 57g protein, 73g net carbs, 40g fat



[Soy milk](#)
2 1/3 cup(s)- 198 cals



[Chik'n nuggets](#)
13 1/3 nuggets- 735 cals

Day 7

3154 cals ● 208g protein (26%) ● 153g fat (44%) ● 185g carbs (23%) ● 51g fiber (6%)

Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



[Almond protein balls](#)
4 ball(s)- 539 cals

Snacks

350 cals, 15g protein, 22g net carbs, 19g fat



[Hummus toast](#)
1 slice(s)- 146 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Roasted peanuts](#)
1/6 cup(s)- 173 cals

Protein Supplement(s)

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



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

Lunch

950 cals, 26g protein, 79g net carbs, 51g fat



[Vegan grilled cheese](#)
2 sandwich(es)- 662 cals



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

Dinner

935 cals, 57g protein, 73g net carbs, 40g fat



[Soy milk](#)
2 1/3 cup(s)- 198 cals



[Chik'n nuggets](#)
13 1/3 nuggets- 735 cals

Nut and Seed Products

- ☐ sunflower kernels
2 1/2 oz (68g)
- ☐ pistachios, dry roasted, without shells or salt added
4 tbsp (31g)
- ☐ pecans
3/4 cup, halves (74g)
- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)
- ☐ almond butter
1/2 cup (125g)

Legumes and Legume Products

- ☐ tempeh
26 oz (737g)
- ☐ chickpeas, canned
1 1/2 can (672g)
- ☐ lentils, raw
1 cup (176g)
- ☐ firm tofu
3 1/2 lbs (1527g)
- ☐ black beans
1 1/2 can(s) (659g)
- ☐ hummus
13 1/2 tbsp (203g)
- ☐ roasted peanuts
1/2 cup (82g)

Other

- ☐ coleslaw mix
3 cup (270g)
- ☐ vegan ranch
9 1/2 oz (270mL)
- ☐ mixed greens
2 package (5.5 oz) (297g)
- ☐ vegan cheese, sliced
6 slice(s) (121g)
- ☐ soy milk, unsweetened
10 cup (2381mL)
- ☐ soy milk yogurt
2 container(s) (301g)
- ☐ baked chips, any flavor
18 crips (42g)
- ☐ almond flour
4 tbsp (28g)
- ☐ vegan chik'n nuggets
26 2/3 nuggets (573g)

Spices and Herbs

- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ vanilla extract
1/2 tbsp (8mL)
- ☐ salt
1/2 tbsp (8g)
- ☐ black pepper
1 tsp, ground (2g)
- ☐ garlic powder
2 dash (1g)
- ☐ ground cumin
1 3/4 tsp (4g)
- ☐ dijon mustard
4 tsp (20g)

Beverages

- ☐ water
29 1/4 cup (7027mL)
- ☐ protein powder
1 3/4 lbs (783g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
3/4 cup(s) (61g)

Fruits and Fruit Juices

- ☐ blueberries
6 tbsp (56g)
- ☐ avocados
5 avocado(s) (980g)
- ☐ lemon juice
1 1/3 fl oz (40mL)
- ☐ Watermelon
16 oz (453g)
- ☐ lime juice
1 tbsp (15mL)
- ☐ lemon
5/8 small (36g)

Sweets

- ☐ maple syrup
1/2 tbsp (8mL)

Baked Products

Soups, Sauces, and Gravies

- ☐ hot sauce
1/2 tbsp (8mL)
- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ Frank's Red Hot sauce
1 1/2 cup (329mL)
- ☐ vegetable broth
1 cup(s) (mL)
- ☐ salsa
3/4 cup (195g)

Fats and Oils

- ☐ oil
4 oz (123mL)
- ☐ vegan mayonnaise
1 tbsp (15g)
- ☐ olive oil
2 2/3 oz (84mL)

Vegetables and Vegetable Products

- ☐ garlic
4 1/2 clove(s) (13g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (675g)
- ☐ onion
3/4 medium (2-1/2" dia) (79g)
- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ frozen broccoli
3 cup (273g)
- ☐ brussels sprouts
1 1/2 lbs (680g)
- ☐ green pepper
2 1/2 tbsp, chopped (22g)
- ☐ sun-dried tomatoes
8 piece(s) (80g)
- ☐ ketchup
6 2/3 tbsp (113g)
- ☐ kale leaves
5/8 bunch (106g)

- ☐ bread
16 oz (448g)

Cereal Grains and Pasta

- ☐ seitan
9 1/3 oz (265g)

Dairy and Egg Products

- ☐ sour cream
3 tbsp (36g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Blueberry vanilla oatmeal

156 cals ● 4g protein ● 2g fat ● 25g carbs ● 4g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats

3/8 cup(s) (30g)

blueberries

3 tbsp (28g)

vanilla extract

1/4 tbsp (4mL)

maple syrup

1/4 tbsp (4mL)

water

1/2 cup(s) (133mL)

For all 2 meals:

oatmeal, old-fashioned oats, rolled oats

3/4 cup(s) (61g)

blueberries

6 tbsp (56g)

vanilla extract

1/2 tbsp (8mL)

maple syrup

1/2 tbsp (8mL)

water

1 cup(s) (267mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 3 meals:

bread

3 slice (96g)

avocados, ripe, sliced

3/4 avocado(s) (151g)

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

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 3 meals:
soy milk, unsweetened
1/3 gallon (1260mL)

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 3 [↗](#)

Eat on day 6, day 7

Almond protein balls
4 ball(s) - 539 cals ● 25g protein ● 42g fat ● 7g carbs ● 8g fiber



For single meal:
protein powder
2 tbsp (12g)
almond flour
2 tbsp (14g)
almond butter
4 tbsp (63g)

For all 2 meals:
protein powder
4 tbsp (23g)
almond flour
4 tbsp (28g)
almond butter
1/2 cup (125g)

1. Mix all ingredients together until well incorporated.
 2. Form into balls.
 3. Store any leftovers in an airtight container in the fridge.
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Lunch 1 [↗](#)

Eat on day 1

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

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.

Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



salt

1 dash (1g)

water

2 1/3 cup(s) (553mL)

lentils, raw, rinsed

9 1/3 tbsp (112g)

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.
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Lunch 2 [🔗](#)

Eat on day 2

Basic tofu sandwich

2 sandwich(es) - 884 cals ● 47g protein ● 42g fat ● 68g carbs ● 10g fiber



Makes 2 sandwich(es)

firm tofu, rinsed and patted dry

4 slice(s) (336g)

bread

4 slice(s) (128g)

mixed greens

2 oz (57g)

tomatoes

4 slice, medium (1/4" thick) (80g)

vegan cheese, sliced

2 slice(s) (40g)

vegan mayonnaise

1 tbsp (15g)

oil

2 tsp (10mL)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
2. Season tofu with whichever spices you prefer.
3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

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

Eat on day 3, day 4

Roasted brussels sprouts

347 cals ● 10g protein ● 20g fat ● 18g carbs ● 13g fiber



For single meal:

brussels sprouts

3/4 lbs (340g)

olive oil

1 1/2 tbsp (23mL)

salt

3 dash (2g)

black pepper

2 dash, ground (1g)

For all 2 meals:

brussels sprouts

1 1/2 lbs (680g)

olive oil

3 tbsp (45mL)

salt

1/4 tbsp (5g)

black pepper

4 dash, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Buffalo tempeh with vegan ranch

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



For single meal:

vegan ranch

3 tbsp (45mL)

tempeh, roughly chopped

6 oz (170g)

Frank's Red Hot sauce

3 tbsp (45mL)

oil

3/4 tbsp (11mL)

For all 2 meals:

vegan ranch

6 tbsp (90mL)

tempeh, roughly chopped

3/4 lbs (340g)

Frank's Red Hot sauce

6 tbsp (90mL)

oil

1 1/2 tbsp (23mL)

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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Lunch 4 [↗](#)

Eat on day 5, day 6

Lemony chickpea salad

646 cals ● 26g protein ● 26g fat ● 49g carbs ● 28g fiber



For single meal:

- chickpeas, canned, rinsed and drained**
1/2 can (224g)
- mixed greens**
4 cup (120g)
- avocados, chopped**
1/2 avocado(s) (101g)
- sun-dried tomatoes, thinly sliced**
4 piece(s) (40g)
- hummus**
3 tbsp (45g)
- dijon mustard**
2 tsp (10g)
- lemon juice**
1 tbsp (15mL)
- ground cumin**
4 dash (1g)
- oil**
1/4 tsp (1mL)

For all 2 meals:

- chickpeas, canned, rinsed and drained**
1 can (448g)
- mixed greens**
8 cup (240g)
- avocados, chopped**
1 avocado(s) (201g)
- sun-dried tomatoes, thinly sliced**
8 piece(s) (80g)
- hummus**
6 tbsp (90g)
- dijon mustard**
4 tsp (20g)
- lemon juice**
2 tbsp (30mL)
- ground cumin**
1 tsp (2g)
- oil**
1/2 tsp (3mL)

1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated. Bake 10-15 minutes until chickpeas are golden.
3. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
4. Serve greens with sun dried tomatoes, avocado, chickpeas, and dressing.

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.

Lunch 5 [↗](#)

Eat on day 7

Vegan grilled cheese

2 sandwich(es) - 662 cals ● 20g protein ● 31g fat ● 67g carbs ● 8g fiber



Makes 2 sandwich(es)

vegan cheese, sliced

4 slice(s) (80g)

bread

4 slice (128g)

oil

2 tsp (10mL)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned-remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Simple kale & avocado salad

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



kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long) (80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long) (160g)

1. Slice celery into sticks and serve.

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

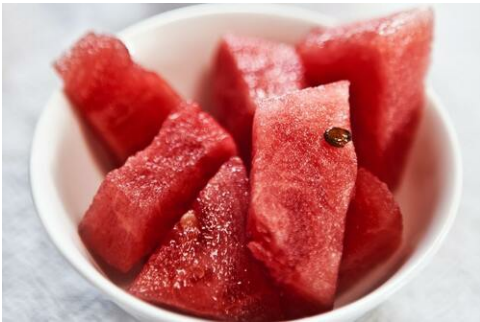
For all 2 meals:

avocados
2 avocado(s) (402g)
lemon juice
2 tsp (10mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

Watermelon
8 oz (227g)

For all 2 meals:

Watermelon
16 oz (453g)

1. Slice watermelon and serve.

Snacks 2 [🔗](#)

Eat on day 3, day 4

Soy milk yogurt

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



For single meal:

soy milk yogurt
1 container(s) (150g)

For all 2 meals:

soy milk yogurt
2 container(s) (301g)

1. This recipe has no instructions.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

3 tbsp, shelled (19g)

For all 2 meals:

walnuts

6 tbsp, shelled (38g)

1. This recipe has no instructions.

Baked chips

9 crisps - 91 cals ● 2g protein ● 2g fat ● 16g carbs ● 1g fiber



For single meal:

baked chips, any flavor

9 crisps (21g)

For all 2 meals:

baked chips, any flavor

18 crisps (42g)

1. Enjoy.

Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

hummus

2 1/2 tbsp (38g)

bread

1 slice (32g)

For all 3 meals:

hummus

1/2 cup (113g)

bread

3 slice (96g)

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

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:
tomatoes
9 cherry tomatoes (153g)

For all 3 meals:
tomatoes
27 cherry tomatoes (459g)

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

Roasted peanuts
1/6 cup(s) - 173 cal● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:
roasted peanuts
3 tbsp (27g)

For all 3 meals:
roasted peanuts
1/2 cup (82g)

- 1. This recipe has no instructions.

Dinner 1 [↗](#)
Eat on day 1

Sunflower seeds
316 cal● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



sunflower kernels
1 3/4 oz (50g)

- 1. This recipe has no instructions.

Crack slaw with tempeh
633 cal● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



tempeh, cubed
6 oz (170g)
coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)

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

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Dinner 2 [↗](#)

Eat on day 2, day 3

Broccoli

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



For single meal:

frozen broccoli
1 1/2 cup (137g)

For all 2 meals:

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Buffalo tofu with vegan ranch

1013 cal ● 47g protein ● 84g fat ● 17g carbs ● 1g fiber



For single meal:

vegan ranch
6 tbsp (90mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)
Frank's Red Hot sauce
1/2 cup (119mL)
oil
1 1/2 tbsp (23mL)

For all 2 meals:

vegan ranch
3/4 cup (180mL)
firm tofu, patted dry & cubed
2 1/2 lbs (1191g)
Frank's Red Hot sauce
1 cup (238mL)
oil
3 tbsp (45mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 4

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt

2/3 dash (0g)

water

1 1/3 cup(s) (316mL)

lentils, raw, rinsed

1/3 cup (64g)

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.

Garlic pepper seitan

799 cals ● 71g protein ● 39g fat ● 38g carbs ● 3g fiber



olive oil

2 1/3 tbsp (35mL)

onion

1/4 cup, chopped (47g)

garlic, minced

3 clove(s) (9g)

green pepper

2 1/3 tbsp, chopped (22g)

seitan, chicken style

9 1/3 oz (265g)

black pepper

1/4 tsp, ground (1g)

water

3 1/2 tsp (17mL)

salt

1 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
 2. Add onions and garlic, and cook, stirring until lightly browned.
 3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
 4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
 5. Cook, stirring until thickened, and serve immediately.
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Dinner 4 [↗](#)

Eat on day 5

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

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

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Black bean and salsa soup

772 cal ● 44g protein ● 10g fat ● 77g carbs ● 49g fiber



black beans

1 1/2 can(s) (659g)

vegetable broth

1 cup(s) (mL)

salsa, chunky

3/4 cup (195g)

ground cumin

1/4 tbsp (2g)

sour cream

3 tbsp (36g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
 2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
 3. Top with sour cream when serving.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Soy milk

2 1/3 cup(s) - 198 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



For single meal:

soy milk, unsweetened

2 1/3 cup (560mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (1120mL)

1. This recipe has no instructions.

Chik'n nuggets

13 1/3 nuggets - 735 cals ● 41g protein ● 30g fat ● 69g carbs ● 7g fiber



For single meal:

vegan chik'n nuggets

13 1/3 nuggets (287g)

ketchup

3 1/3 tbsp (57g)

For all 2 meals:

vegan chik'n nuggets

26 2/3 nuggets (573g)

ketchup

6 2/3 tbsp (113g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 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.

