

Meal Plan - 3300 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

3248 cal ● 229g protein (28%) ● 155g fat (43%) ● 174g carbs (21%) ● 60g fiber (7%)

Breakfast

515 cal, 14g protein, 32g net carbs, 30g fat



[Hummus toast](#)

1 slice(s)- 146 cal



[Almond yogurt](#)

1 container(s)- 191 cal



[Avocado](#)

176 cal

Snacks

225 cal, 11g protein, 3g net carbs, 18g fat



[Sunflower seeds](#)

226 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 scoop- 436 cal

Lunch

1070 cal, 49g protein, 27g net carbs, 76g fat



[Salsa verde tofu salad](#)

705 cal



[Pumpkin seeds](#)

366 cal

Dinner

1005 cal, 59g protein, 108g net carbs, 29g fat



[Spaghetti and meatless meatballs](#)

664 cal



[Soy milk](#)

4 cup(s)- 339 cal

Day 2

3274 cals ● 212g protein (26%) ● 145g fat (40%) ● 206g carbs (25%) ● 74g fiber (9%)

Breakfast

515 cals, 14g protein, 32g net carbs, 30g fat



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



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



[Avocado](#)
176 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



[Sunflower seeds](#)
226 cals

Lunch

1075 cals, 42g protein, 75g net carbs, 57g fat



[Edamame & beet salad](#)
257 cals



[Spiced coconut lentil soup](#)
817 cals

Dinner

1025 cals, 49g protein, 93g net carbs, 38g fat



[Simple vegan garlic bread](#)
3 slice(s)- 378 cals



[Soy milk](#)
3 cup(s)- 254 cals



[Zoodles marinara](#)
394 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Day 3

3302 cals ● 234g protein (28%) ● 168g fat (46%) ● 145g carbs (18%) ● 68g fiber (8%)

Breakfast

530 cals, 26g protein, 31g net carbs, 28g fat



[Smashed raspberry almond butter toast](#)
2 toast(s)- 405 cals



[Soy milk](#)
1 1/2 cup(s)- 127 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



[Sunflower seeds](#)
226 cals

Lunch

1075 cals, 42g protein, 75g net carbs, 57g fat



[Edamame & beet salad](#)
257 cals



[Spiced coconut lentil soup](#)
817 cals

Dinner

1035 cals, 59g protein, 32g net carbs, 64g fat



[Crack slaw with tempeh](#)
633 cals



[Roasted peanuts](#)
1/2 cup(s)- 403 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Day 4

3300 cal ● 241g protein (29%) ● 164g fat (45%) ● 146g carbs (18%) ● 69g fiber (8%)

Breakfast

530 cal, 26g protein, 31g net carbs, 28g fat



[Smashed raspberry almond butter toast](#)
2 toast(s)- 405 cal



[Soy milk](#)
1 1/2 cup(s)- 127 cal

Snacks

335 cal, 10g protein, 8g net carbs, 27g fat



[Celery and peanut butter](#)
218 cal



[Walnuts](#)
1/6 cup(s)- 117 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cal

Lunch

960 cal, 49g protein, 71g net carbs, 43g fat



[Vegan deli smashed avocado sandwich](#)
2 sandwich(es)- 773 cal



[Simple mixed greens and tomato salad](#)
189 cal

Dinner

1035 cal, 59g protein, 32g net carbs, 64g fat



[Crack slaw with tempeh](#)
633 cal



[Roasted peanuts](#)
1/2 cup(s)- 403 cal

Day 5

3348 cal ● 209g protein (25%) ● 158g fat (43%) ● 181g carbs (22%) ● 91g fiber (11%)

Breakfast

540 cal, 26g protein, 42g net carbs, 20g fat



[Breakfast cereal w/ protein almond milk](#)
224 cal



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



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

Snacks

335 cal, 10g protein, 8g net carbs, 27g fat



[Celery and peanut butter](#)
218 cal



[Walnuts](#)
1/6 cup(s)- 117 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cal

Lunch

960 cal, 49g protein, 71g net carbs, 43g fat



[Vegan deli smashed avocado sandwich](#)
2 sandwich(es)- 773 cal



[Simple mixed greens and tomato salad](#)
189 cal

Dinner

1075 cal, 27g protein, 56g net carbs, 66g fat



[Simple vegan garlic bread](#)
2 slice(s)- 252 cal



[Zoodles with avocado sauce](#)
824 cal

Day 6

3270 cal ● 224g protein (27%) ● 161g fat (44%) ● 156g carbs (19%) ● 75g fiber (9%)

Breakfast

540 cal, 26g protein, 42g net carbs, 20g fat



Breakfast cereal w/ protein almond milk
224 cal



Raspberries
2 cup(s)- 144 cal



Roasted peanuts
1/6 cup(s)- 173 cal

Snacks

400 cal, 11g protein, 25g net carbs, 24g fat



Kale chips
275 cal



Carrots and hummus
123 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cal

Lunch

955 cal, 53g protein, 63g net carbs, 43g fat



Lentils
347 cal



Garlic collard greens
266 cal



Basic tofu
8 oz- 342 cal

Dinner

940 cal, 37g protein, 23g net carbs, 72g fat



Simple kale & avocado salad
230 cal



Walnut crusted tofu (vegan)
711 cal

Day 7

3270 cal ● 224g protein (27%) ● 161g fat (44%) ● 156g carbs (19%) ● 75g fiber (9%)

Breakfast

540 cal, 26g protein, 42g net carbs, 20g fat



Breakfast cereal w/ protein almond milk
224 cal



Raspberries
2 cup(s)- 144 cal



Roasted peanuts
1/6 cup(s)- 173 cal

Snacks

400 cal, 11g protein, 25g net carbs, 24g fat



Kale chips
275 cal



Carrots and hummus
123 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cal

Lunch

955 cal, 53g protein, 63g net carbs, 43g fat



Lentils
347 cal



Garlic collard greens
266 cal



Basic tofu
8 oz- 342 cal

Dinner

940 cal, 37g protein, 23g net carbs, 72g fat



Simple kale & avocado salad
230 cal



Walnut crusted tofu (vegan)
711 cal

Other

- vegan meatballs, frozen
3 meatball(s) (90g)
- soy milk, unsweetened
10 cup (2400mL)
- almond yogurt, flavored
2 container (300g)
- mixed greens
15 1/2 cup (465g)
- diced tomatoes
3/4 can(s) (315g)
- coleslaw mix
6 cup (540g)
- plant-based deli slices
20 slices (208g)

Cereal Grains and Pasta

- uncooked dry pasta
4 oz (114g)

Soups, Sauces, and Gravies

- pasta sauce
1 jar (24 oz) (623g)
- salsa verde
2 tbsp (32g)
- hot sauce
1 1/6 fl oz (34mL)

Beverages

- water
36 1/3 cup(s) (8610mL)
- protein powder
29 1/2 scoop (1/3 cup ea) (915g)
- almond milk, unsweetened
1 1/2 cup (360mL)

Legumes and Legume Products

- hummus
2/3 cup (165g)
- black beans
4 tbsp (60g)
- firm tofu
2 1/2 lbs (1189g)
- lentils, raw
1 3/4 cup (336g)
- tempeh
3/4 lbs (340g)

Vegetables and Vegetable Products

- tomatoes
4 1/2 medium whole (2-3/5" dia) (564g)
- garlic
21 3/4 clove(s) (65g)
- zucchini
4 large (1251g)
- beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)
- edamame, frozen, shelled
1 1/2 cup (177g)
- onion
3/4 large (113g)
- fresh ginger
1 1/2 slices (1" dia) (3g)
- frozen chopped spinach
3/4 10 oz package (213g)
- raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- collard greens
1 2/3 lbs (756g)
- kale leaves
3 2/3 bunch (624g)
- baby carrots
24 medium (240g)

Spices and Herbs

- ground cumin
2 tsp (4g)
- paprika
3 dash (1g)
- curry powder
1 1/2 tbsp (9g)
- fresh basil
1 3/4 cup leaves, whole (42g)
- salt
1 tbsp (20g)
- dijon mustard
2 1/2 tbsp (38g)

Fats and Oils

- oil
4 oz (125mL)
- olive oil
2 oz (65mL)
- balsamic vinaigrette
3 tbsp (45mL)
- salad dressing
1/2 cup (113mL)

roasted peanuts
1 1/2 cup (210g)

peanut butter
4 tbsp (64g)

Baked Products

bread
1 1/3 lbs (608g)

Fruits and Fruit Juices

avocados
5 1/2 avocado(s) (1122g)

lemon juice
3 fl oz (96mL)

raspberries
2 lbs (814g)

lemon
1 small (58g)

Nut and Seed Products

sunflower kernels
5 oz (142g)

roasted pumpkin seeds, unsalted
3 oz (89g)

coconut milk, canned
3/4 can (338mL)

flax seeds
4 dash (4g)

almond butter
4 tbsp (64g)

walnuts
1/4 lbs (14 halves) (130g)

vegan mayonnaise
5 tbsp (75g)

Breakfast Cereals

breakfast cereal
3 serving (90g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Hummus toast

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



For single meal:

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 2 meals:

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

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

Almond yogurt

1 container(s) - 191 cal ● 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.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Smashed raspberry almond butter toast

2 toast(s) - 405 cal ● 16g protein ● 21g fat ● 28g carbs ● 10g fiber



For single meal:

raspberries
20 raspberries (38g)
flax seeds
2 dash (2g)
almond butter
2 tbsp (32g)
bread
2 slice(s) (64g)

For all 2 meals:

raspberries
40 raspberries (76g)
flax seeds
4 dash (4g)
almond butter
4 tbsp (64g)
bread
4 slice(s) (128g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

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.
-

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Breakfast cereal w/ protein almond milk

224 cal ● 17g protein ● 5g fat ● 25g carbs ● 3g fiber



For single meal:

protein powder
1/2 scoop (1/3 cup ea) (16g)
breakfast cereal
1 serving (30g)
almond milk, unsweetened
1/2 cup (120mL)

For all 3 meals:

protein powder
1 1/2 scoop (1/3 cup ea) (47g)
breakfast cereal
3 serving (90g)
almond milk, unsweetened
1 1/2 cup (360mL)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Raspberries

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



For single meal:

raspberries
2 cup (246g)

For all 3 meals:

raspberries
6 cup (738g)

1. Rinse raspberries 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.

Lunch 1 [↗](#)

Eat on day 1

Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



tomatoes, chopped

1 roma tomato (80g)

salsa verde

2 tbsp (32g)

ground cumin

2 tsp (4g)

black beans, drained and rinsed

4 tbsp (60g)

roasted pumpkin seeds, unsalted

4 tbsp (30g)

avocados, sliced

4 slices (100g)

mixed greens

3 cup (90g)

oil

2 tsp (10mL)

firm tofu

2 slice(s) (168g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Pumpkin seeds

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



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.
-

Lunch 2 [↗](#)

Eat on day 2, day 3

Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

balsamic vinaigrette
1 1/2 tbsp (23mL)
beets, precooked (canned or refrigerated), chopped
3 beets (2" dia, sphere) (150g)
edamame, frozen, shelled
3/4 cup (89g)
mixed greens
1 1/2 cup (45g)

For all 2 meals:

balsamic vinaigrette
3 tbsp (45mL)
beets, precooked (canned or refrigerated), chopped
6 beets (2" dia, sphere) (300g)
edamame, frozen, shelled
1 1/2 cup (177g)
mixed greens
3 cup (90g)

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

Spiced coconut lentil soup

817 cal ● 28g protein ● 47g fat ● 57g carbs ● 15g fiber



For single meal:

onion, diced
3/8 large (56g)
garlic, diced
2 clove(s) (6g)
fresh ginger, diced
3/4 slices (1" dia) (2g)
diced tomatoes
3/8 can(s) (158g)
water
2 cup(s) (444mL)
lentils, raw, rinsed
6 tbsp (72g)
frozen chopped spinach
3/8 10 oz package (107g)
coconut milk, canned
3/8 can (169mL)
paprika
1 1/2 dash (0g)
curry powder
3/4 tbsp (5g)
oil
3/4 tbsp (11mL)

For all 2 meals:

onion, diced
3/4 large (113g)
garlic, diced
3 3/4 clove(s) (11g)
fresh ginger, diced
1 1/2 slices (1" dia) (3g)
diced tomatoes
3/4 can(s) (315g)
water
3 3/4 cup(s) (889mL)
lentils, raw, rinsed
3/4 cup (144g)
frozen chopped spinach
3/4 10 oz package (213g)
coconut milk, canned
3/4 can (338mL)
paprika
3 dash (1g)
curry powder
1 1/2 tbsp (9g)
oil
1 1/2 tbsp (23mL)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

Lunch 3 [↗](#)

Eat on day 4, day 5

Vegan deli smashed avocado sandwich

2 sandwich(es) - 773 cal ● 45g protein ● 31g fat ● 58g carbs ● 19g fiber



For single meal:

mixed greens

1 cup (30g)

hot sauce

2 tsp (10mL)

avocados, peeled & deseeded

2/3 avocado(s) (134g)

bread

4 slice(s) (128g)

plant-based deli slices

10 slices (104g)

For all 2 meals:

mixed greens

2 cup (60g)

hot sauce

4 tsp (20mL)

avocados, peeled & deseeded

1 1/3 avocado(s) (268g)

bread

8 slice(s) (256g)

plant-based deli slices

20 slices (208g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing

1/2 cup (113mL)

mixed greens

7 1/2 cup (225g)

tomatoes

1 1/4 cup cherry tomatoes (186g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
-

Lunch 4 [↗](#)

Eat on day 6, day 7

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

salt
2 dash (2g)
water
4 cup(s) (948mL)
lentils, raw, rinsed
1 cup (192g)

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 collard greens

266 cal ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
garlic, minced
2 1/2 clove(s) (8g)
salt
1/4 tsp (1g)

For all 2 meals:

collard greens
1 2/3 lbs (756g)
oil
5 tsp (25mL)
garlic, minced
5 clove(s) (15g)
salt
1/2 tsp (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

firm tofu
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

1. Slice tofu 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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/4 oz (35g)

For all 3 meals:

sunflower kernels
1/4 lbs (106g)

1. This recipe has no instructions.
-

Snacks 2 [↗](#)

Eat on day 4, day 5

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

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

peanut butter

2 tbsp (32g)

For all 2 meals:

raw celery

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

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 2/3 tbsp shelled (50 halves) (17g)

For all 2 meals:

walnuts

1/3 cup shelled (50 halves) (33g)

1. This recipe has no instructions.
-

Snacks 3 [↗](#)

Eat on day 6, day 7

Kale chips

275 cals ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

kale leaves
1 1/3 bunch (227g)
olive oil
4 tsp (20mL)
salt
1/2 tbsp (8g)

For all 2 meals:

kale leaves
2 2/3 bunch (454g)
olive oil
2 2/3 tbsp (40mL)
salt
2 2/3 tsp (16g)

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

Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus
3 tbsp (45g)
baby carrots
12 medium (120g)

For all 2 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.
-

Dinner 1 [↗](#)

Eat on day 1

Spaghetti and meatless meatballs

664 cal ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



vegan meatballs, frozen

3 meatball(s) (90g)

uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Soy milk

4 cup(s) - 339 cal ● 28g protein ● 18g fat ● 8g carbs ● 8g fiber



Makes 4 cup(s)

soy milk, unsweetened

4 cup (960mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Simple vegan garlic bread

3 slice(s) - 378 cal ● 12g protein ● 17g fat ● 38g carbs ● 6g fiber



Makes 3 slice(s)

garlic, minced

3 clove(s) (9g)

olive oil

1 tbsp (15mL)

bread

3 slice (96g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Soy milk

3 cup(s) - 254 cal ● 21g protein ● 14g fat ● 6g carbs ● 6g fiber



Makes 3 cup(s)

soy milk, unsweetened

3 cup (720mL)

1. This recipe has no instructions.

Zoodles marinara

394 cal ● 15g protein ● 7g fat ● 49g carbs ● 18g fiber



pasta sauce

1 3/4 cup (455g)

zucchini

3 1/2 medium (686g)

1. Spiralize zucchini.
 2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
 3. (optional) Transfer zoodles to towel and pat any excess water off.
 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
 5. Serve.
-

Dinner 3 [↗](#)

Eat on day 3, day 4

Crack slaw with tempeh

633 cal ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

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)

For all 2 meals:

tempeh, cubed
3/4 lbs (340g)
coleslaw mix
6 cup (540g)
hot sauce
1 tbsp (15mL)
sunflower kernels
3 tbsp (36g)
oil
2 tbsp (30mL)
garlic, minced
3 clove (9g)

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

1/2 cup(s) - 403 cal ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



For single meal:

roasted peanuts
1/2 cup (64g)

For all 2 meals:

roasted peanuts
14 tbsp (128g)

1. This recipe has no instructions.
-

Dinner 4 [↗](#)

Eat on day 5

Simple vegan garlic bread

2 slice(s) - 252 cal ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



Makes 2 slice(s)

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Zoodles with avocado sauce

824 cal ● 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.
-

Dinner 5 [↗](#)

Eat on day 6, day 7

Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
lemon, juiced
1 small (58g)
avocados, chopped
1 avocado(s) (201g)

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.

Walnut crusted tofu (vegan)

711 cal ● 33g protein ● 57g fat ● 13g carbs ● 5g fiber



For single meal:

firm tofu, drained
10 oz (284g)
walnuts
6 1/2 tbsp, chopped (48g)
lemon juice
1 1/4 tsp (6mL)
garlic, diced
2 1/2 clove(s) (8g)
dijon mustard
1 1/4 tbsp (19g)
vegan mayonnaise
2 1/2 tbsp (38g)

For all 2 meals:

firm tofu, drained
1 1/4 lbs (567g)
walnuts
13 tbsp, chopped (97g)
lemon juice
2 1/2 tsp (13mL)
garlic, diced
5 clove(s) (15g)
dijon mustard
2 1/2 tbsp (38g)
vegan mayonnaise
5 tbsp (75g)

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.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 scoop - 436 cal ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

water

4 cup(s) (948mL)

protein powder

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

For all 7 meals:

water

28 cup(s) (6636mL)

protein powder

28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.
-