

Meal Plan - 3400 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

3222 cals ● 219g protein (27%) ● 138g fat (39%) ● 174g carbs (22%) ● 102g fiber (13%)

Breakfast

565 cals, 9g protein, 16g net carbs, 45g fat



[Avocado](#)
351 cals



[Walnut almond trail mix](#)
1/4 cup(s)- 216 cals

Snacks

380 cals, 13g protein, 34g net carbs, 19g fat



[Raisins](#)
1/4 cup- 137 cals



[Sunflower seeds](#)
240 cals

Protein Supplement(s)

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



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

Lunch

710 cals, 48g protein, 20g net carbs, 37g fat



[Garlic collard greens](#)
266 cals



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

Dinner

1135 cals, 53g protein, 100g net carbs, 36g fat



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



[Lentil pasta](#)
673 cals

Day 2

3360 cals ● 213g protein (25%) ● 147g fat (39%) ● 211g carbs (25%) ● 86g fiber (10%)

Breakfast

565 cals, 9g protein, 16g net carbs, 45g fat



Avocado
351 cals



Walnut almond trail mix
1/4 cup(s)- 216 cals

Snacks

380 cals, 13g protein, 34g net carbs, 19g fat



Raisins
1/4 cup- 137 cals



Sunflower seeds
240 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

845 cals, 42g protein, 57g net carbs, 45g fat



Tomato and avocado salad
313 cals



Crispy chik'n tenders
9 1/3 tender(s)- 533 cals

Dinner

1135 cals, 53g protein, 100g net carbs, 36g fat



Simple kale & avocado salad
460 cals



Lentil pasta
673 cals

Day 3

3360 cals ● 287g protein (34%) ● 132g fat (35%) ● 182g carbs (22%) ● 74g fiber (9%)

Breakfast

490 cals, 48g protein, 16g net carbs, 20g fat



Blackberries
1 1/4 cup(s)- 87 cals



Double chocolate almond milk protein shake
251 cals



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

Snacks

360 cals, 44g protein, 13g net carbs, 13g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Protein shake (almond milk)
315 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1055 cals, 47g protein, 91g net carbs, 45g fat



Tomato and avocado salad
352 cals



Vegan meatball sub
1 1/2 sub(s)- 702 cals

Dinner

1020 cals, 51g protein, 58g net carbs, 52g fat



Walnuts
1/3 cup(s)- 219 cals



Crack slaw with tempeh
633 cals



Orange
2 orange(s)- 170 cals

Day 4

3360 cal ● 287g protein (34%) ● 132g fat (35%) ● 182g carbs (22%) ● 74g fiber (9%)

Breakfast

490 cal, 48g protein, 16g net carbs, 20g fat



Blackberries

1 1/4 cup(s)- 87 cal



Double chocolate almond milk protein shake

251 cal



Roasted peanuts

1/6 cup(s)- 153 cal

Snacks

360 cal, 44g protein, 13g net carbs, 13g fat



Cherry tomatoes

12 cherry tomatoes- 42 cal



Protein shake (almond milk)

315 cal

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cal

Lunch

1055 cal, 47g protein, 91g net carbs, 45g fat



Tomato and avocado salad

352 cal



Vegan meatball sub

1 1/2 sub(s)- 702 cal

Dinner

1020 cal, 51g protein, 58g net carbs, 52g fat



Walnuts

1/3 cup(s)- 219 cal



Crack slaw with tempeh

633 cal



Orange

2 orange(s)- 170 cal

Day 5

3346 cals ● 243g protein (29%) ● 151g fat (41%) ● 171g carbs (20%) ● 81g fiber (10%)

Breakfast

490 cals, 48g protein, 16g net carbs, 20g fat



[Blackberries](#)

1 1/4 cup(s)- 87 cals



[Double chocolate almond milk protein shake](#)

251 cals



[Roasted peanuts](#)

1/6 cup(s)- 153 cals

Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



[Mixed nuts](#)

3/8 cup(s)- 327 cals

Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

Lunch

1075 cals, 47g protein, 122g net carbs, 28g fat



[White bean cassoulet](#)

962 cals



[Simple kale & avocado salad](#)

115 cals

Dinner

1015 cals, 42g protein, 23g net carbs, 75g fat



[Roasted tomatoes](#)

3 tomato(es)- 179 cals



[Buffalo tempeh with vegan ranch](#)

393 cals



[Roasted almonds](#)

1/2 cup(s)- 443 cals

Day 6

3436 cals ● 225g protein (26%) ● 154g fat (40%) ● 207g carbs (24%) ● 82g fiber (10%)

Breakfast

580 cals, 30g protein, 51g net carbs, 22g fat



[Protein bar](#)
1 bar- 245 cals



[Avocado toast](#)
2 slice(s)- 336 cals

Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Lunch

1075 cals, 47g protein, 122g net carbs, 28g fat



[White bean cassoulet](#)
962 cals



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

Dinner

1015 cals, 42g protein, 23g net carbs, 75g fat



[Roasted tomatoes](#)
3 tomato(es)- 179 cals



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



[Roasted almonds](#)
1/2 cup(s)- 443 cals

Protein Supplement(s)

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



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

Day 7

3402 cals ● 224g protein (26%) ● 187g fat (49%) ● 147g carbs (17%) ● 59g fiber (7%)

Breakfast

580 cals, 30g protein, 51g net carbs, 22g fat



[Protein bar](#)
1 bar- 245 cals



[Avocado toast](#)
2 slice(s)- 336 cals

Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Lunch

995 cals, 45g protein, 21g net carbs, 73g fat



[Garlic collard greens](#)
319 cals



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

Dinner

1065 cals, 42g protein, 64g net carbs, 63g fat



[Lentil kale salad](#)
681 cals



[Roasted peanuts](#)
3/8 cup(s)- 383 cals

Protein Supplement(s)

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



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

Vegetables and Vegetable Products

- ☐ kale leaves
18 2/3 oz (530g)
- ☐ collard greens
29 1/4 oz (832g)
- ☐ garlic
15 1/4 clove(s) (46g)
- ☐ onion
3 medium (2-1/2" dia) (340g)
- ☐ tomatoes
10 medium whole (2-3/5" dia) (1220g)
- ☐ ketchup
2 1/3 tbsp (40g)
- ☐ raw celery
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)
- ☐ carrots
5 large (360g)

Fruits and Fruit Juices

- ☐ lemon
2 1/2 small (145g)
- ☐ avocados
7 2/3 avocado(s) (1541g)
- ☐ lemon juice
1 1/3 fl oz (36mL)
- ☐ raisins
1/4 lbs (60 raisins) (95g)
- ☐ lime juice
1/4 cup (65mL)
- ☐ blackberries
3 3/4 cup (540g)
- ☐ orange
4 orange (616g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 jar (24 oz) (643g)
- ☐ hot sauce
1 tbsp (15mL)
- ☐ Frank's Red Hot sauce
9 1/4 tbsp (139mL)
- ☐ vegetable broth
1 1/4 cup(s) (mL)

Other

- ☐ lentil pasta
2/3 lbs (302g)

Beverages

- ☐ water
34 1/4 cup(s) (8117mL)
- ☐ protein powder
31 scoop (1/3 cup ea) (961g)
- ☐ almond milk, unsweetened
1/3 gallon (1260mL)

Nut and Seed Products

- ☐ walnuts
3 oz (82g)
- ☐ almonds
6 1/3 oz (179g)
- ☐ sunflower kernels
4 oz (112g)
- ☐ mixed nuts
1 cup (151g)

Fats and Oils

- ☐ oil
6 1/2 oz (193mL)
- ☐ olive oil
1 tbsp (16mL)

Spices and Herbs

- ☐ salt
1/2 tbsp (9g)
- ☐ garlic powder
1 tsp (3g)
- ☐ black pepper
1 tsp, ground (2g)
- ☐ ground cumin
1 tsp (2g)
- ☐ crushed red pepper
1 tsp (2g)

Legumes and Legume Products

- ☐ tempeh
26 oz (737g)
- ☐ roasted peanuts
1 cup (134g)
- ☐ white beans, canned
2 1/2 can(s) (1098g)
- ☐ firm tofu
14 oz (397g)
- ☐ lentils, raw
1/2 cup (84g)

- ☐ chocolate chips
4 tsp (19g)
 - ☐ meatless chik'n tenders
9 1/3 pieces (238g)
 - ☐ protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)
 - ☐ coleslaw mix
6 cup (540g)
 - ☐ vegan meatballs, frozen
12 meatball(s) (360g)
 - ☐ nutritional yeast
1 tbsp (4g)
 - ☐ sub roll(s)
3 roll(s) (255g)
 - ☐ vegan ranch
1/4 lbs (120mL)
 - ☐ protein bar (20g protein)
2 bar (100g)
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Sweets

- ☐ cocoa powder
1 1/2 tbsp (8g)

Baked Products

- ☐ bread
4 slice (128g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Walnut almond trail mix

1/4 cup(s) - 216 cals ● 5g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

walnuts
4 tsp, chopped (10g)
almonds
4 tsp, whole (12g)
chocolate chips
2 tsp (9g)
raisins
2 tsp (not packed) (6g)

For all 2 meals:

walnuts
2 2/3 tbsp, chopped (19g)
almonds
2 2/3 tbsp, whole (24g)
chocolate chips
4 tsp (19g)
raisins
4 tsp (not packed) (12g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Blackberries

1 1/4 cup(s) - 87 cals ● 3g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

blackberries

1 1/4 cup (180g)

For all 3 meals:

blackberries

3 3/4 cup (540g)

1. Rinse blackberries and serve.

Double chocolate almond milk protein shake

251 cals ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

cocoa powder

1/2 tbsp (3g)

water

1 1/2 cup(s) (356mL)

almond milk, unsweetened

3/4 cup (180mL)

protein powder, chocolate

1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

cocoa powder

1 1/2 tbsp (8g)

water

4 1/2 cup(s) (1067mL)

almond milk, unsweetened

2 1/4 cup (540mL)

protein powder, chocolate

4 1/2 scoop (1/3 cup ea) (140g)

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

Roasted peanuts

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



For single meal:

roasted peanuts

2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts

1/2 cup (73g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 6, day 7

Protein bar

1 bar - 245 cals  20g protein  5g fat  26g carbs  4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Avocado toast

2 slice(s) - 336 cals  10g protein  17g fat  25g carbs  11g fiber



For single meal:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

For all 2 meals:

bread
4 slice (128g)
avocados, ripe, sliced
1 avocado(s) (201g)

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

Lunch 1 [↗](#)

Eat on day 1

Garlic collard greens

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



collard greens

13 1/3 oz (378g)

oil

2 1/2 tsp (13mL)

garlic, minced

2 1/2 clove(s) (8g)

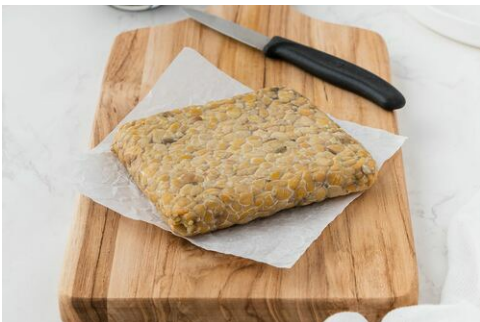
salt

1/4 tsp (1g)

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 tempeh

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



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Lunch 2 [↗](#)

Eat on day 2

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, 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.

Crispy chik'n tenders

9 1/3 tender(s) - 533 cals ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



Makes 9 1/3 tender(s)

ketchup

2 1/3 tbsp (40g)

meatless chik'n tenders

9 1/3 pieces (238g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 3 [🔗](#)

Eat on day 3, day 4

Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

For all 2 meals:

onion
3 tbsp minced (45g)
lime juice
3 tbsp (45mL)
avocados, cubed
1 1/2 avocado(s) (302g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)
olive oil
3/4 tbsp (11mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

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.

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

vegan meatballs, frozen
6 meatball(s) (180g)
pasta sauce
6 tbsp (98g)
nutritional yeast
1/2 tbsp (2g)
sub roll(s)
1 1/2 roll(s) (128g)

For all 2 meals:

vegan meatballs, frozen
12 meatball(s) (360g)
pasta sauce
3/4 cup (195g)
nutritional yeast
1 tbsp (4g)
sub roll(s)
3 roll(s) (255g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Lunch 4 [🔗](#)

Eat on day 5, day 6

White bean cassoulet

962 cals ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



For single meal:

garlic, minced

2 1/2 clove(s) (8g)

oil

1 1/4 tbsp (19mL)

vegetable broth

5/8 cup(s) (mL)

white beans, canned, drained & rinsed

1 1/4 can(s) (549g)

onion, diced

1 1/4 medium (2-1/2" dia) (138g)

raw celery, thinly sliced

1 1/4 stalk, medium (7-1/2" - 8" long) (50g)

carrots, peeled & slices

2 1/2 large (180g)

For all 2 meals:

garlic, minced

5 clove(s) (15g)

oil

2 1/2 tbsp (38mL)

vegetable broth

1 1/4 cup(s) (mL)

white beans, canned, drained & rinsed

2 1/2 can(s) (1098g)

onion, diced

2 1/2 medium (2-1/2" dia) (275g)

raw celery, thinly sliced

2 1/2 stalk, medium (7-1/2" - 8" long) (100g)

carrots, peeled & slices

5 large (360g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

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.

Lunch 5 [🔗](#)

Eat on day 7

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

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.

Buffalo tofu with vegan ranch

675 cals ● 31g protein ● 56g fat ● 12g carbs ● 1g fiber



vegan ranch

4 tbsp (60mL)

firm tofu, patted dry & cubed

14 oz (397g)

Frank's Red Hot sauce

1/3 cup (79mL)

oil

1 tbsp (15mL)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins

4 tbsp, packed (41g)

For all 2 meals:

raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

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

Protein shake (almond milk)

315 cals ● 43g protein ● 12g fat ● 8g carbs ● 2g fiber



For single meal:

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

almond milk, unsweetened

3 cup (720mL)

protein powder

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

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts

6 tbsp (50g)

For all 3 meals:

mixed nuts

1 cup (151g)

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

Eat on day 1, day 2

Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



For single meal:

kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

For all 2 meals:

kale leaves, chopped

2 bunch (340g)

lemon, juiced

2 small (116g)

avocados, chopped

2 avocado(s) (402g)

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.

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

pasta sauce

1/3 jar (24 oz) (224g)

lentil pasta

1/3 lbs (151g)

For all 2 meals:

pasta sauce

2/3 jar (24 oz) (448g)

lentil pasta

2/3 lbs (302g)

1. Cook lentil pasta according to package.
 2. Top with sauce and serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Walnuts

1/3 cup(s) - 219 cal ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

5 tbsp, shelled (31g)

For all 2 meals:

walnuts

10 tbsp, shelled (63g)

1. This recipe has no instructions.

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.

Orange

2 orange(s) - 170 cal ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. This recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 5, day 6

Roasted tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

tomatoes
3 small whole (2-2/5" dia) (273g)
oil
1 tbsp (15mL)

For all 2 meals:

tomatoes
6 small whole (2-2/5" dia) (546g)
oil
2 tbsp (30mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



For single meal:

vegan ranch
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)
Frank's Red Hot sauce
2 tbsp (30mL)
oil
1/2 tbsp (8mL)

For all 2 meals:

vegan ranch
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)
Frank's Red Hot sauce
4 tbsp (60mL)
oil
1 tbsp (15mL)

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.

Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

almonds

1/2 cup, whole (72g)

For all 2 meals:

almonds

1 cup, whole (143g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 7

Lentil kale salad

681 cals ● 27g protein ● 33g fat ● 57g carbs ● 13g fiber



ground cumin

1 tsp (2g)

water

1 3/4 cup(s) (415mL)

crushed red pepper

1 tsp (2g)

garlic, diced

1 3/4 clove(s) (5g)

lemon juice

1 3/4 tbsp (26mL)

almonds

1 3/4 tbsp, slivered (12g)

oil

1 3/4 tbsp (26mL)

kale leaves

2 1/2 cup, chopped (105g)

lentils, raw

1/2 cup (84g)

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.

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

roasted peanuts

6 2/3 tbsp (61g)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 scoop - 436 cals ● 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.