

# Meal Plan - 3500 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

3515 cals ● 223g protein (25%) ● 171g fat (44%) ● 211g carbs (24%) ● 60g fiber (7%)

### Breakfast

585 cals, 16g protein, 49g net carbs, 33g fat



[Roasted peanuts](#)  
1/4 cup(s)- 230 cals



[Small granola bar](#)  
3 bar(s)- 357 cals

### Snacks

285 cals, 8g protein, 10g net carbs, 21g fat



[Kale chips](#)  
138 cals



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

### Protein Supplement(s)

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



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

### Lunch

1110 cals, 62g protein, 52g net carbs, 60g fat



[Crack slaw with tempeh](#)  
633 cals



[Grapefruit](#)  
1 grapefruit- 119 cals



[Sunflower seeds](#)  
361 cals

### Dinner

1095 cals, 39g protein, 97g net carbs, 54g fat



[Chips and guacamole](#)  
394 cals



[Simple mixed greens and tomato salad](#)  
151 cals



[Vegan guinness stew](#)  
549 cals

## Day 2

3463 cals ● 221g protein (26%) ● 180g fat (47%) ● 191g carbs (22%) ● 51g fiber (6%)

### Breakfast

585 cals, 16g protein, 49g net carbs, 33g fat



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



Small granola bar  
3 bar(s)- 357 cals

### Snacks

285 cals, 8g protein, 10g net carbs, 21g fat



Kale chips  
138 cals



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

### Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

### Lunch

1055 cals, 48g protein, 73g net carbs, 59g fat



Celery sticks  
2 celery stalk- 13 cals



Chik'n nuggets  
13 1/3 nuggets- 735 cals



Walnuts  
1/2 cup(s)- 306 cals

### Dinner

1100 cals, 52g protein, 56g net carbs, 64g fat



Roasted rosemary sweet potatoes  
315 cals



Buffalo tempeh with vegan ranch  
785 cals

## Day 3

3494 cals ● 225g protein (26%) ● 183g fat (47%) ● 178g carbs (20%) ● 59g fiber (7%)

### Breakfast

580 cals, 20g protein, 61g net carbs, 25g fat



Soy milk yogurt  
3 container- 407 cals



Avocado  
176 cals

### Snacks

285 cals, 8g protein, 10g net carbs, 21g fat



Kale chips  
138 cals



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

### Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

### Lunch

1090 cals, 48g protein, 48g net carbs, 70g fat



Simple kale & avocado salad  
460 cals



Lemon pepper tofu  
17 1/2 oz- 630 cals

### Dinner

1100 cals, 52g protein, 56g net carbs, 64g fat



Roasted rosemary sweet potatoes  
315 cals



Buffalo tempeh with vegan ranch  
785 cals

## Day 4

3522 cals ● 233g protein (26%) ● 204g fat (52%) ● 148g carbs (17%) ● 40g fiber (5%)

### Breakfast

580 cals, 20g protein, 61g net carbs, 25g fat



[Soy milk yogurt](#)  
3 container- 407 cals



[Avocado](#)  
176 cals

### Snacks

305 cals, 20g protein, 6g net carbs, 19g fat



[Soy milk](#)  
2 cup(s)- 169 cals



[Almond protein balls](#)  
1 ball(s)- 135 cals

### Protein Supplement(s)

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



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

### Lunch

1090 cals, 48g protein, 48g net carbs, 70g fat



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



[Lemon pepper tofu](#)  
17 1/2 oz- 630 cals

### Dinner

1110 cals, 48g protein, 30g net carbs, 87g fat



[Baked fries](#)  
97 cals



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

## Day 5

3453 cals ● 239g protein (28%) ● 180g fat (47%) ● 166g carbs (19%) ● 53g fiber (6%)

### Breakfast

580 cals, 20g protein, 61g net carbs, 25g fat



[Soy milk yogurt](#)  
3 container- 407 cals



[Avocado](#)  
176 cals

### Snacks

305 cals, 20g protein, 6g net carbs, 19g fat



[Soy milk](#)  
2 cup(s)- 169 cals



[Almond protein balls](#)  
1 ball(s)- 135 cals

### Protein Supplement(s)

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



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

### Lunch

1085 cals, 47g protein, 26g net carbs, 84g fat



[Carrot fries](#)  
92 cals



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

### Dinner

1045 cals, 56g protein, 70g net carbs, 49g fat



[Baked fries](#)  
386 cals



[Simple mixed greens salad](#)  
68 cals



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

## Day 6

3553 cals ● 225g protein (25%) ● 208g fat (53%) ● 121g carbs (14%) ● 75g fiber (8%)

### Breakfast

495 cals, 21g protein, 40g net carbs, 24g fat



Orange

1 orange(s)- 85 cals



High-protein granola bar

2 bar(s)- 408 cals

### Snacks

385 cals, 13g protein, 20g net carbs, 19g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Blackberries

1 3/4 cup(s)- 122 cals



Roasted almonds

1/4 cup(s)- 222 cals

### Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

### Lunch

1085 cals, 47g protein, 26g net carbs, 84g fat



Carrot fries

92 cals



Walnut crusted tofu (vegan)

995 cals

### Dinner

1150 cals, 47g protein, 32g net carbs, 78g fat



Pumpkin seeds

366 cals



Soy milk

2 1/3 cup(s)- 198 cals



Zoodles with avocado sauce

588 cals

## Day 7

3454 cals ● 223g protein (26%) ● 157g fat (41%) ● 201g carbs (23%) ● 86g fiber (10%)

### Breakfast

495 cals, 21g protein, 40g net carbs, 24g fat



Orange

1 orange(s)- 85 cals



High-protein granola bar

2 bar(s)- 408 cals

### Snacks

385 cals, 13g protein, 20g net carbs, 19g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Blackberries

1 3/4 cup(s)- 122 cals



Roasted almonds

1/4 cup(s)- 222 cals

### Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

### Lunch

985 cals, 45g protein, 106g net carbs, 33g fat



Couscous

402 cals



Simple kale & avocado salad

403 cals



Simple seitan

3 oz- 183 cals

### Dinner

1150 cals, 47g protein, 32g net carbs, 78g fat



Pumpkin seeds

366 cals



Soy milk

2 1/3 cup(s)- 198 cals



Zoodles with avocado sauce

588 cals

## Snacks

- ☐ tortilla chips  
1 1/2 oz (43g)
- ☐ small granola bar  
6 bar (150g)
- ☐ high-protein granola bar  
4 bar (160g)

## Other

- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ mixed greens  
4 1/2 cup (135g)
- ☐ dark beer (e.g. Guinness)  
1/2 bottle (12 oz) (mL)
- ☐ coleslaw mix  
3 cup (270g)
- ☐ vegan ranch  
1/2 lbs (210mL)
- ☐ vegan chik'n nuggets  
13 1/3 nuggets (287g)
- ☐ soy milk yogurt  
9 container(s) (1352g)
- ☐ soy milk, unsweetened  
1/2 gallon (2081mL)
- ☐ almond flour  
1 tbsp (7g)

## Fats and Oils

- ☐ salad dressing  
1/4 cup (68mL)
- ☐ olive oil  
6 tbsp (89mL)
- ☐ oil  
5 oz (146mL)
- ☐ vegan mayonnaise  
1/2 cup (105g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (908g)
- ☐ onion  
1/4 medium (2-1/2" dia) (28g)
- ☐ raw celery  
2 3/4 stalk, medium (7-1/2" - 8" long) (110g)
- ☐ carrots  
4 1/4 medium (257g)

## Cereal Grains and Pasta

- ☐ seitan  
6 1/2 oz (184g)
- ☐ all-purpose flour  
1/2 tbsp (4g)
- ☐ cornstarch  
5 tbsp (40g)
- ☐ instant couscous, flavored  
2/3 box (5.8 oz) (110g)

## Sweets

- ☐ brown sugar  
1/2 tbsp (6g)

## Spices and Herbs

- ☐ salt  
1 tbsp (21g)
- ☐ black pepper  
1 1/4 tsp, ground (3g)
- ☐ fresh thyme  
1/4 tbsp (1g)
- ☐ rosemary, dried  
4 g (4g)
- ☐ lemon pepper  
1 1/4 tsp (3g)
- ☐ dijon mustard  
1/4 cup (53g)
- ☐ fresh basil  
2 1/2 cup leaves, whole (60g)

## Beverages

- ☐ water  
29 cup(s) (6833mL)
- ☐ protein powder  
2 lbs (874g)

## Nut and Seed Products

- ☐ almonds  
1 cup, whole (143g)
- ☐ sunflower kernels  
2 1/2 oz (75g)
- ☐ walnuts  
6 1/3 oz (179g)
- ☐ almond butter  
2 tbsp (31g)
- ☐ roasted pumpkin seeds, unsalted  
1 cup (118g)

- ☐ potatoes  
1 1/4 lbs (568g)
- ☐ garlic  
9 1/4 clove(s) (28g)
- ☐ kale leaves  
5 bunch (829g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ ketchup  
3 1/3 tbsp (57g)
- ☐ zucchini  
2 1/2 large (808g)

### **Legumes and Legume Products**

- ☐ soy sauce  
1/2 tbsp (8mL)
  - ☐ roasted peanuts  
1/2 cup (73g)
  - ☐ tempeh  
30 oz (851g)
  - ☐ firm tofu  
5 1/4 lbs (2381g)
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### **Soups, Sauces, and Gravies**

- ☐ hot sauce  
1/2 tbsp (8mL)
- ☐ Frank's Red Hot sauce  
1 cup (240mL)

### **Fruits and Fruit Juices**

- ☐ Grapefruit  
1 large (approx 4-1/2" dia) (332g)
- ☐ avocados  
7 avocado(s) (1382g)
- ☐ lemon juice  
4 1/2 fl oz (138mL)
- ☐ lemon  
5 1/2 small (312g)
- ☐ orange  
2 orange (308g)
- ☐ blackberries  
3 1/2 cup (504g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Roasted peanuts

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

### Small granola bar

3 bar(s) - 357 cals ● 8g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:

**small granola bar**  
3 bar (75g)

For all 2 meals:

**small granola bar**  
6 bar (150g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Soy milk yogurt

3 container - 407 cal ● 18g protein ● 11g fat ● 59g carbs ● 1g fiber



For single meal:

**soy milk yogurt**  
3 container(s) (451g)

For all 3 meals:

**soy milk yogurt**  
9 container(s) (1352g)

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 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

**high-protein granola bar**  
2 bar (80g)

For all 2 meals:

**high-protein granola bar**  
4 bar (160g)

1. This recipe has no instructions.

## Lunch 1 [🔗](#)

Eat on day 1

### Crack slaw with tempeh

633 cals ● 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.

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.

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## Lunch 2 [↗](#)

Eat on day 2

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### Celery sticks

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



Makes 2 celery stalk

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

1. Slice celery into sticks and serve.

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### Chik'n nuggets

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



Makes 13 1/3 nuggets

**vegan chik'n nuggets**  
13 1/3 nuggets (287g)  
**ketchup**  
3 1/3 tbsp (57g)

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

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### Walnuts

1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



Makes 1/2 cup(s)

**walnuts**  
1/2 cup, shelled (44g)

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

Eat on day 3, day 4

### 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.

### Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



For single meal:

**lemon pepper**

5 dash (1g)

**oil**

1 1/4 tbsp (19mL)

**cornstarch**

2 1/2 tbsp (20g)

**lemon, zested**

1 1/4 small (73g)

**firm tofu, patted dry & cubed**

17 1/2 oz (496g)

For all 2 meals:

**lemon pepper**

1 1/4 tsp (3g)

**oil**

2 1/2 tbsp (38mL)

**cornstarch**

5 tbsp (40g)

**lemon, zested**

2 1/2 small (145g)

**firm tofu, patted dry & cubed**

35 oz (992g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Carrot fries

92 cals ● 1g protein ● 5g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots, peeled**  
4 oz (113g)  
**olive oil**  
1 tsp (5mL)  
**rosemary, dried**  
1/3 tsp (0g)  
**salt**  
2/3 dash (1g)

For all 2 meals:

**carrots, peeled**  
1/2 lbs (227g)  
**olive oil**  
2 tsp (10mL)  
**rosemary, dried**  
1/4 tbsp (1g)  
**salt**  
1 1/3 dash (1g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

### Walnut crusted tofu (vegan)

995 cals ● 46g protein ● 79g fat ● 19g carbs ● 7g fiber



For single meal:

**firm tofu, drained**  
14 oz (397g)  
**walnuts**  
9 1/4 tbsp, chopped (68g)  
**lemon juice**  
1 3/4 tsp (9mL)  
**garlic, diced**  
3 1/2 clove(s) (11g)  
**dijon mustard**  
1 3/4 tbsp (26g)  
**vegan mayonnaise**  
1/4 cup (53g)

For all 2 meals:

**firm tofu, drained**  
1 3/4 lbs (794g)  
**walnuts**  
18 1/2 tbsp, chopped (135g)  
**lemon juice**  
3 1/2 tsp (18mL)  
**garlic, diced**  
7 clove(s) (21g)  
**dijon mustard**  
1/4 cup (53g)  
**vegan mayonnaise**  
1/2 cup (105g)

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.

## Lunch 5 [↗](#)

Eat on day 7

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### Couscous

402 cals ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



#### instant couscous, flavored

2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

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### Simple kale & avocado salad

403 cals ● 8g protein ● 27g fat ● 16g carbs ● 16g fiber



#### kale leaves, chopped

7/8 bunch (149g)

#### lemon, juiced

7/8 small (51g)

#### avocados, chopped

7/8 avocado(s) (176g)

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.

### Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



Makes 3 oz

#### oil

1/4 tbsp (4mL)

#### seitan

3 oz (85g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
  2. Season with salt, pepper, or seasonings of choice. Serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**kale leaves**  
2/3 bunch (113g)  
**salt**  
1/4 tbsp (4g)

For all 3 meals:

**olive oil**  
2 tbsp (30mL)  
**kale leaves**  
2 bunch (340g)  
**salt**  
2 tsp (12g)

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

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### 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 3 meals:

**almonds**  
1/2 cup, whole (72g)

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

Eat on day 4, day 5

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### Soy milk

2 cup(s) - 169 cal ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

**soy milk, unsweetened**  
2 cup (480mL)

For all 2 meals:

**soy milk, unsweetened**  
4 cup (960mL)

1. This recipe has no instructions.
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### Almond protein balls

1 ball(s) - 135 cal ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
1/2 tbsp (3g)  
**almond flour**  
1/2 tbsp (4g)  
**almond butter**  
1 tbsp (16g)

For all 2 meals:

**protein powder**  
1 tbsp (6g)  
**almond flour**  
1 tbsp (7g)  
**almond butter**  
2 tbsp (31g)

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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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 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.

### Blackberries

1 3/4 cup(s) - 122 cal ● 4g protein ● 1g fat ● 11g carbs ● 13g fiber



For single meal:

#### **blackberries**

1 3/4 cup (252g)

For all 2 meals:

#### **blackberries**

3 1/2 cup (504g)

1. Rinse blackberries and serve.

### Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

#### **almonds**

4 tbsp, whole (36g)

For all 2 meals:

#### **almonds**

1/2 cup, whole (72g)

1. This recipe has no instructions.

## Dinner 1 [🔗](#)

Eat on day 1

### Chips and guacamole

394 cals ● 6g protein ● 24g fat ● 30g carbs ● 8g fiber



#### **tortilla chips**

1 1/2 oz (43g)

#### **guacamole, store-bought**

6 tbsp (93g)

1. Serve guacamole with the tortilla chips.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



#### **salad dressing**

3 tbsp (45mL)

#### **mixed greens**

3 cup (90g)

#### **tomatoes**

1/2 cup cherry tomatoes (75g)

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

### Vegan guinness stew

549 cals ● 30g protein ● 20g fat ● 57g carbs ● 5g fiber



- olive oil**  
1 1/4 tbsp (19mL)
- soy sauce**  
1/2 tbsp (8mL)
- seitan, cut into bite-size pieces**  
1/4 lbs (99g)
- onion, diced**  
1/4 medium (2-1/2" dia) (28g)
- raw celery, thinly sliced**  
3/4 stalk, medium (7-1/2" - 8" long) (30g)
- carrots, halved lengthwise and thinly sliced**  
1/2 medium (31g)
- potatoes, diced**  
1/2 medium (2+-1/4" to 3-1/4" dia.) (107g)
- garlic, minced**  
3/4 clove(s) (2g)
- brown sugar**  
1/2 tbsp (6g)
- salt**  
2 dash (2g)
- black pepper**  
2 dash, ground (1g)
- dark beer (e.g. Guinness)**  
1/2 bottle (12 oz) (mL)
- all-purpose flour**  
1/2 tbsp (4g)
- fresh thyme, chopped**  
1/4 tbsp (1g)

- Heat 2 tablespoons olive oil and soy sauce in a skillet over medium-high heat. Saute seitan in hot oil until browned on all sides, about 5 minutes.
- Heat remaining olive oil in a large pot over medium-high heat. Saute onion, celery, carrots, potatoes, and garlic in hot oil until onions are soft, 3 to 5 minutes. Reduce heat to medium and slowly stir beer into vegetable mixture.
- Stir brown sugar, flour, thyme, salt, and black pepper into beer mixture; add seitan. Bring mixture to a simmer, reduce heat to low, and cook until stew reduces and thickens, about 45 minutes.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



- |   |   |
|---|---|
| For single meal:  | For all 2 meals:  |
| <b>sweet potatoes, cut into 1" cubes</b><br>1 sweetpotato, 5" long (210g) | <b>sweet potatoes, cut into 1" cubes</b><br>2 sweetpotato, 5" long (420g) |
| <b>rosemary, dried</b><br>1/2 tbsp (2g)                                   | <b>rosemary, dried</b><br>1 tbsp (3g)                                     |
| <b>olive oil</b><br>1 tbsp (15mL)   | <b>olive oil</b><br>2 tbsp (30mL)   |
| <b>salt</b><br>4 dash (3g)  | <b>salt</b><br>1 tsp (6g)   |
| <b>black pepper</b><br>4 dash, ground (1g)                                | <b>black pepper</b><br>1 tsp, ground (2g)                                 |

- Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
- Combine all ingredients in a medium mixing bowl and toss to coat.
- Spread sweet potatoes evenly over the baking sheet.
- Cook in the oven for about 30 minutes until golden.
- Remove from oven and serve.

### Buffalo tempeh with vegan ranch

785 cals ● 48g protein ● 50g fat ● 19g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

**vegan ranch**  
1/2 cup (120mL)  
**tempeh, roughly chopped**  
1 lbs (454g)  
**Frank's Red Hot sauce**  
1/2 cup (120mL)  
**oil**  
2 tbsp (30mL)

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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## Dinner 3 [🔗](#)

Eat on day 4

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### Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



**oil**  
1/4 tbsp (4mL)  
**potatoes**  
1/4 large (3" to 4-1/4" dia.) (92g)

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.

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### Buffalo tofu with vegan ranch

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



**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)

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.

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## Dinner 4 [🔗](#)

Eat on day 5

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### Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



**oil**  
1 tbsp (15mL)  
**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)

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.

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### Simple mixed greens salad

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

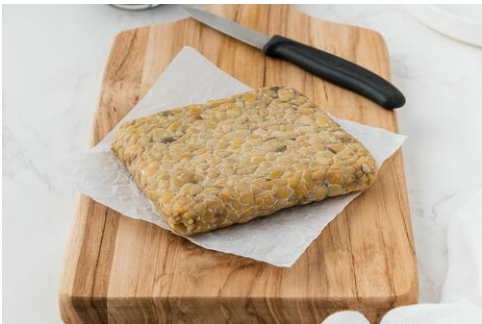


**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

### 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.

Dinner 5 [↗](#)

Eat on day 6, day 7

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.

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.

Zoodles with avocado sauce

588 cals ● 13g protein ● 39g fat ● 22g carbs ● 25g fiber



For single meal:

**water**  
3/8 cup(s) (99mL)  
**lemon juice**  
1/4 cup (56mL)  
**tomatoes, halved**  
12 1/2 cherry tomatoes (213g)  
**fresh basil**  
1 1/4 cup leaves, whole (30g)  
**zucchini**  
1 1/4 large (404g)  
**avocados, peeled and seed removed**  
1 1/4 avocado(s) (251g)

For all 2 meals:

**water**  
5/6 cup(s) (197mL)  
**lemon juice**  
1/2 cup (113mL)  
**tomatoes, halved**  
25 cherry tomatoes (425g)  
**fresh basil**  
2 1/2 cup leaves, whole (60g)  
**zucchini**  
2 1/2 large (808g)  
**avocados, peeled and seed removed**  
2 1/2 avocado(s) (503g)

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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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