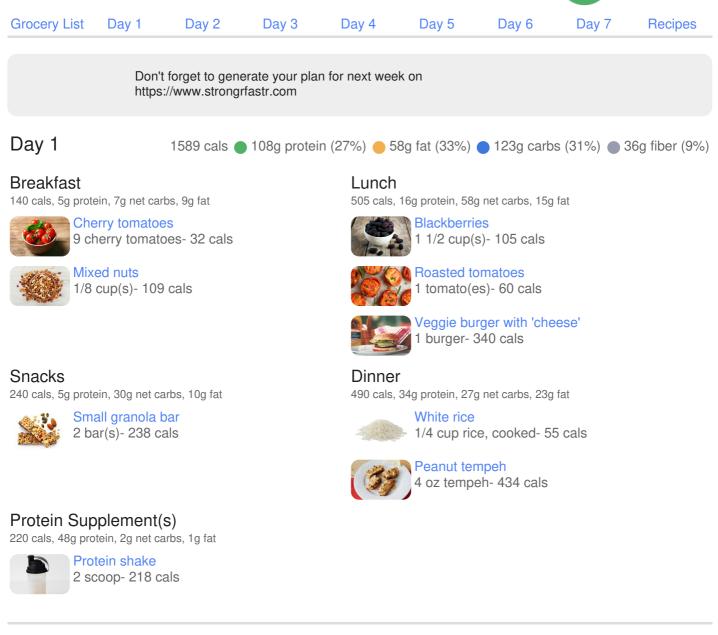
## Meal Plan - 1600 calorie vegan meal plan





Day 2

#### Breakfast

140 cals, 5g protein, 7g net carbs, 9g fat



Cherry tomatoes 9 cherry tomatoes- 32 cals

Mixed nuts 1/8 cup(s)- 109 cals

#### Snacks

240 cals, 5g protein, 30g net carbs, 10g fat



Small granola bar 2 bar(s)- 238 cals

#### Lunch

505 cals, 16g protein, 58g net carbs, 15g fat



Blackberries 1 1/2 cup(s)- 105 cals



Roasted tomatoes 1 tomato(es)- 60 cals



Veggie burger with 'cheese' 1 burger- 340 cals

Dinner 490 cals, 34g protein, 27g net carbs, 23g fat



White rice 1/4 cup rice, cooked- 55 cals



Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Day 3

Protein shake 2 scoop- 218 cals

1585 cals 
104g protein (26%) 
53g fat (30%) 
137g carbs (34%) 
37g fiber (9%)

Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



Grapefruit 1/2 grapefruit- 59 cals



Celery and peanut butter 218 cals

Snacks 175 cals, 2g protein, 28g net carbs, 1g fat



Grapes 174 cals

#### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Lunch 440 cals, 27g protein, 40g net carbs, 15g fat





Carrot & grounds stir fry 332 cals

#### Dinner

475 cals, 18g protein, 49g net carbs, 19g fat



Ginger coconut chickpea soup 343 cals



Naan bread 1/2 piece(s)- 131 cals Day 4

#### Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



Grapefruit 1/2 grapefruit- 59 cals



Celery and peanut butter 218 cals

Snacks 175 cals, 2g protein, 28g net carbs, 1g fat



Grapes 174 cals Lunch

440 cals, 27g protein, 40g net carbs, 15g fat



White rice 1/2 cup rice, cooked- 110 cals



Carrot & grounds stir fry 332 cals

Dinner 425 cals, 20g protein, 55g net carbs, 11g fat



Quinoa 1 cup quinoa, cooked- 208 cals



Simple mixed greens and tomato salad 76 cals



Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

### Day 5

1611 cals • 110g protein (27%) • 78g fat (44%) • 92g carbs (23%) • 24g fiber (6%)

#### Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



Grapefruit 1/2 grapefruit- 59 cals



Celery and peanut butter 218 cals

Snacks 220 cals, 6g protein, 44g net carbs, 2g fat



Cooked peppers 3/4 bell pepper(s)- 90 cals

Lunch

Basic tempeh 4 oz- 295 cals

385 cals, 25g protein, 12g net carbs, 22g fat

#### Dinner

510 cals, 22g protein, 16g net carbs, 37g fat



Walnut crusted tofu (vegan) 426 cals



Simple salad with celery, cucumber & tomato 85 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

### Day 6

#### Breakfast

295 cals, 7g protein, 31g net carbs, 14g fat



Instant oatmeal with water 1 packet(s)- 165 cals



Walnuts 1/6 cup(s)- 131 cals

Snacks 220 cals, 6g protein, 44g net carbs, 2g fat



Pretzels 220 cals

#### Lunch

385 cals, 25g protein, 12g net carbs, 22g fat



Cooked peppers 3/4 bell pepper(s)- 90 cals



Basic tempeh 4 oz- 295 cals

#### Dinner

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



Vegan sausage 1 sausage(s)- 268 cals



#### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

### Day 7

1564 cals • 114g protein (29%) • 45g fat (26%) • 154g carbs (39%) • 21g fiber (5%)

#### Breakfast

295 cals, 7g protein, 31g net carbs, 14g fat



1 packet(s)- 165 cals

Instant oatmeal with water

Walnuts 1/6 cup(s)- 131 cals

#### Snacks 220 cals, 6g protein, 44g net carbs, 2g fat



Pretzels 220 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Lunch 330 cals, 10g protein, 34g net carbs, 16g fat



Vegan grilled cheese 1 sandwich(es)- 331 cals

### Dinner

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



Vegan sausage 1 sausage(s)- 268 cals



1 package (5.5 oz) (153g) vegan cheese, sliced

Legumes and Legume Products

4 slice(s) (80g) vegan chik'n strips

1 1/4 oz (35g)

vegan sausage 2 sausage (200g)

soy sauce

2 oz (46mL) peanut butter

1/3 lbs (161g)



#### **Cereal Grains and Pasta** Vegetables and Vegetable Products long-grain white rice tomatoes 1/2 cup (93g) 4 1/2 medium whole (2-3/5" dia) (566g) quinoa, uncooked ketchup 1/3 cup (57g) 2 tbsp (34g) brown rice raw celery 1 1/2 tbsp (18g) 6 2/3 stalk, medium (7-1/2" - 8" long) (267g) fresh ginger 1/8 slices (1" dia) (0g) Beverages garlic water 3 1/3 clove(s) (10g) 1 1/4 gallon (4954mL) onion protein powder 3/4 large (119g) 14 scoop (1/3 cup ea) (434g) fresh cilantro 2 tbsp, chopped (6g) **Spices and Herbs** carrots 3 1/2 medium (217g) salt bell pepper 1/4 tbsp (4g) 1 2/3 large (276g) black pepper cucumber 3 dash, ground (1g) 1/3 cucumber (8-1/4") (100g) turmeric, ground 1/2 dash (0g) Nut and Seed Products curry powder 1/4 tbsp (2g) mixed nuts crushed red pepper 4 tbsp (34g) 1/3 tsp (1g) coconut milk, canned dijon mustard 1/8 can (59mL) 3/4 tbsp (11g) walnuts 2 1/3 oz (66g) Other **Snacks** nutritional yeast 1 tbsp (4g) small granola bar veggie burger patty 4 bar (100g) 2 patty (142g) pretzels, hard, salted mixed greens 6 oz (170g)

### Fats and Oils

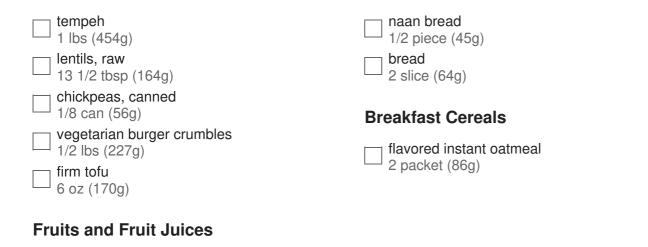


salad dressing 2 1/2 tbsp (38mL)

vegan mayonnaise 1 1/2 tbsp (23g)

### **Baked Products**

hamburger buns 2 bun(s) (102g)



lemon juice 5/8 fl oz (19mL) blackberries 3 cup (432g) Grapefruit

grapes 6 cup (552g) lime juice 2 tsp (10mL)

<sup>1</sup> 1 1/2 large (approx 4-1/2" dia) (498g)

### Recipes



#### Breakfast 1

Eat on day 1, day 2

#### 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 2 meals:

tomatoes 18 cherry tomatoes (306g)

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

Mixed nuts 1/8 cup(s) - 109 cals 
3g protein 
9g fat 
2g carbs 
1g fiber



For single meal:

mixed nuts 2 tbsp (17g) For all 2 meals:

mixed nuts 4 tbsp (34g)

1. This recipe has no instructions.

### Breakfast 2 🗹

Eat on day 3, day 4, day 5

#### Grapefruit

1/2 grapefruit - 59 cals 
1g protein 
0g fat 
12g carbs 
2g fiber



For single meal:

**Grapefruit** 1/2 large (approx 4-1/2" dia) (166g) For all 3 meals:

**Grapefruit** 1 1/2 large (approx 4-1/2" dia) (498g)

- 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)

#### 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 3 meals:

raw celery 6 stalk, medium (7-1/2" - 8" long) (240g) peanut butter 6 tbsp (96g)

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

### Breakfast 3 🗹

Eat on day 6, day 7

Instant oatmeal with water

1 packet(s) - 165 cals 
4g protein 
2g fat 
29g carbs 
4g fiber

flavored instant oatmeal 1 packet (43g) water 3/4 cup(s) (178mL)

For single meal:

For all 2 meals:

flavored instant oatmeal 2 packet (86g) water 1 1/2 cup(s) (356mL)

- 1. Put the oatmeal in a bowl and pour the water over it.
- 2. Microwave for 90 seconds 2 minutes.

#### 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.

### Lunch 1 🗹

Eat on day 1, day 2

#### Blackberries

1 1/2 cup(s) - 105 cals 
3g protein 
1g fat 
9g carbs 
11g fiber



For single meal:

blackberries 1 1/2 cup (216g) For all 2 meals:

**blackberries** 3 cup (432g)

1. Rinse blackberries and serve.

#### Roasted tomatoes

1 tomato(es) - 60 cals 
1 g protein 
5 g fat 
2 g carbs 
1 g fiber



For single meal:

tomatoes 1 small whole (2-2/5" dia) (91g) oil 1 tsp (5mL)

For all 2 meals:

tomatoes 2 small whole (2-2/5" dia) (182g) oil 2 tsp (10mL)

- 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.

#### Veggie burger with 'cheese'

1 burger - 340 cals 
12g protein 
9g fat 
46g carbs 
6g fiber



For single meal:

veggie burger patty 1 patty (71g) mixed greens 1 oz (28g) ketchup 1 tbsp (17g) hamburger buns 1 bun(s) (51g) vegan cheese, sliced 1 slice(s) (20g)

For all 2 meals:

veggie burger patty 2 patty (142g) mixed greens 2 oz (57g) ketchup 2 tbsp (34g) hamburger buns 2 bun(s) (102g) vegan cheese, sliced 2 slice(s) (40g)

- 1. Cook patty according to instructions on package.
- 2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other lowcalorie toppings like mustard or pickles.

### Lunch 2 🗹

Eat on day 3, day 4

White rice

1/2 cup rice, cooked - 110 cals 
2g protein 
0g fat 
24g carbs 
1g fiber



For single meal:

long-grain white rice 2 2/3 tbsp (31g) water 1/3 cup(s) (79mL) salt 1 1/3 dash (1g) black pepper 1 dash, ground (0g) For all 2 meals:

long-grain white rice 1/3 cup (62g) water 2/3 cup(s) (158mL) salt 1/3 tsp (2g) black pepper 2 dash, ground (1g)

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

Carrot & grounds stir fry

332 cals 
25g protein 
15g fat 
15g carbs 
10g fiber



For single meal:

fresh cilantro, chopped 3 tsp, chopped (3g) oil 2 tsp (10mL) lime juice 1 tsp (5mL) crushed red pepper 1 1/3 dash (0g) water 2 tsp (10mL) soy sauce 3 tsp (15mL) onion, chopped 1/3 large (50g) garlic, minced 2/3 clove(s) (2g) vegetarian burger crumbles 4 oz (113g) carrots 1 1/3 large (96g)

For all 2 meals:

fresh cilantro, chopped 2 tbsp, chopped (6g) oil 4 tsp (20mL) lime juice 2 tsp (10mL) crushed red pepper 1/3 tsp (1g)water 4 tsp (20mL) soy sauce 2 tbsp (30mL) onion, chopped 2/3 large (100g) garlic, minced 1 1/3 clove(s) (4g) vegetarian burger crumbles 1/2 lbs (227g) carrots 2 2/3 large (192g)

- 1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
- 2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
- 3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
- 4. Once fully cooked, serve and top with lime juice and remaining cilantro,

### Lunch 3 🗹

Eat on day 5, day 6

### Cooked peppers

3/4 bell pepper(s) - 90 cals 
1g protein 
7g fat 
4g carbs 
2g fiber



For single meal:

oil 1/2 tbsp (8mL) bell pepper, seeded & cut into strips 3/4 large (123g) For all 2 meals:

oil 1 tbsp (15mL) bell pepper, seeded & cut into strips 1 1/2 large (246g)

- 1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
- 2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Basic tempeh

4 oz - 295 cals 
24g protein 
15g fat 
8g carbs 
8g fiber

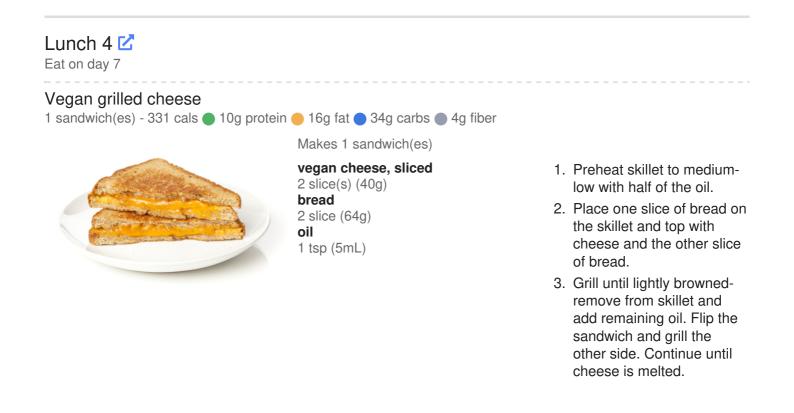


For single meal: **oil** 

2 tsp (10mL) tempeh 4 oz (113g) For all 2 meals:

**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.



### Snacks 1 🗹

Eat on day 1, day 2

#### Small granola bar

2 bar(s) - 238 cals 
5g protein 
10g fat 
30g carbs 
3g fiber

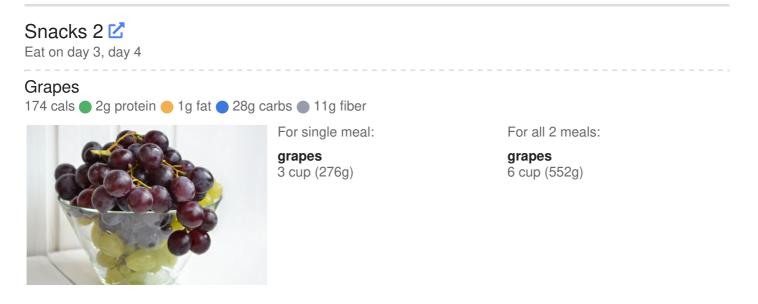


For single meal:

**small granola bar** 2 bar (50g) For all 2 meals:

small granola bar 4 bar (100g)

1. This recipe has no instructions.



1. This recipe has no instructions.

### Snacks 3 🗹

Eat on day 5, day 6, day 7

#### Pretzels

220 cals 6g protein 62g fat 44g carbs 2g fiber



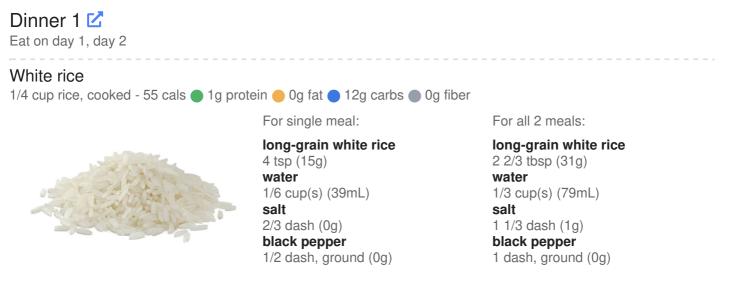
For single meal:

pretzels, hard, salted 2 oz (57g)

For all 3 meals:

pretzels, hard, salted 6 oz (170g)

1. This recipe has no instructions.



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

Peanut tempeh

4 oz tempeh - 434 cals 
33g protein 
23g fat 
15g carbs 
10g fiber



For single meal:

nutritional yeast 1/2 tbsp (2g) soy sauce 1 tsp (5mL) lemon juice 1/2 tbsp (8mL) peanut butter 2 tbsp (32g) tempeh 4 oz (113g) For all 2 meals:

nutritional yeast 1 tbsp (4g) soy sauce 2 tsp (10mL) lemon juice 1 tbsp (15mL) peanut butter 4 tbsp (65g) tempeh 1/2 lbs (227g)

- 1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
- 2. Cut tempeh into nugget-shaped slices.
- 3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
- 4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
- 5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
- 6. Drizzle extra sauce on top and serve.

#### Dinner 2 🗹

Eat on day 3

#### Ginger coconut chickpea soup

343 cals 
13g protein 
17g fat 
28g carbs 
8g fiber



turmeric, ground 1/2 dash (0g) water 5/8 cup(s) (148mL) lentils, raw, rinced 3 tbsp (36g) coconut milk, canned 1/8 can (56mL) chickpeas, canned, drained 1/8 can (56g) curry powder 1/4 tbsp (2g) fresh ginger, diced 1/8 slices (1" dia) (0g) garlic, diced 1/2 clove(s) (2g) onion, diced 1/8 large (19g) oil 1/4 tbsp (4mL)

- Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
- Add in curry powder and turmeric and cook 1 minute, stirring constantly.
- Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Naan bread 1/2 piece(s) - 131 cals • 4g protein • 3g fat • 22g carbs • 1g fiber Makes 1/2 piece(s)

naan bread 1/2 piece (45g) 1. This recipe has no instructions.



### Dinner 3 🗹

Eat on day 4

#### Quinoa

1 cup quinoa, cooked - 208 cals 🔵 8g protein 😑 3g fat 🔵 32g carbs 🌑 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked 1/3 cup (57g) water 2/3 cup(s) (158mL)

- (Note: Follow quinoa package instructions if they differ from below)
- 2. Rinse quinoa in a fine mesh colander.
- 3. Add quinoa and water to a pot and heat over high heat until boiling.
- Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
- 5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
- 6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

### Simple mixed greens and tomato salad

76 cals 2g protein 5g fat 5g carbs 2g fiber



salad dressing 1 1/2 tbsp (23mL) mixed greens 1 1/2 cup (45g) tomatoes 4 tbsp cherry tomatoes (37g) 1. Mix greens, tomatoes, and dressing in a small bowl. Serve.



vegan chik'n strips
1 1/4 oz (35g)
carrots, cut into thin strips
1/2 small (5-1/2" long) (25g)
water
1/6 cup(s) (44mL)
soy sauce
1 1/4 tsp (6mL)
bell pepper, deseeded & cut into thin
strips
1/4 medium (30g)
brown rice
1 1/2 tbsp (18g)

- Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
- 2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
- 3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Dinner 4 🗹

Eat on day 5

Walnut crusted tofu (vegan)

426 cals 
20g protein 
34g fat 
8g carbs 
3g fiber



firm tofu, drained 6 oz (170g) walnuts 4 tbsp, chopped (29g) lemon juice 1/4 tbsp (4mL) garlic, diced 1 1/2 clove(s) (5g) dijon mustard 3/4 tbsp (11g) vegan mayonnaise 1 1/2 tbsp (23g)

- 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.
- Season tofu with salt/pepper to taste. Set aside.
- 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.
- 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.

# Simple salad with celery, cucumber & tomato 85 cals 3g protein 3g fat 9g carbs 3g fiber



mixed greens 1/3 package (5.5 oz) (52g) salad dressing 3 tsp (15mL) tomatoes, diced 1/3 medium whole (2-3/5" dia) (41g) cucumber, sliced 1/3 cucumber (8-1/4") (100g) raw celery, chopped 2/3 stalk, medium (7-1/2" - 8" long) (27g)

- 1. Mix all vegetables in a large bowl.
- 2. Drizzle salad dressing over when serving.

### Dinner 5 🗹

Eat on day 6, day 7

#### Vegan sausage

1 sausage(s) - 268 cals 
28g protein 
12g fat 
11g carbs 
2g fiber

For single meal:

vegan sausage 1 sausage (100g) For all 2 meals:

**vegan sausage** 2 sausage (200g)

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

#### Lentils

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



For single meal:

**salt** 2/3 dash (0g) **water** 1 1/3 cup(s) (316mL) **lentils, raw, rinsed** 1/3 cup (64g) For all 2 meals:

salt 1 1/3 dash (1g) water 2 2/3 cup(s) (632mL) lentils, raw, rinsed 2/3 cup (128g)

- 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.

### Protein Supplement(s)

Eat every day

#### Protein shake

2 scoop - 218 cals 
48g protein 
1g fat 
2g carbs 
2g fiber



For single meal: water 2 cup(s) (474mL) protein powder 2 scoop (1/3 cup ea) (62g) For all 7 meals:

**water** 14 cup(s) (3318mL) **protein powder** 14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.