

Meal Plan - 1700 calorie 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

1688 cals ● 134g protein (32%) ● 42g fat (23%) ● 160g carbs (38%) ● 34g fiber (8%)

Breakfast

225 cals, 17g protein, 25g net carbs, 5g fat



[Breakfast cereal with protein almond milk](#)
224 cals

Lunch

380 cals, 14g protein, 54g net carbs, 7g fat



[Zoodles marinara](#)
225 cals



[Dinner roll](#)
2 roll(s)- 154 cals

Snacks

255 cals, 8g protein, 27g net carbs, 12g fat



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



[Dark chocolate](#)
2 square(s)- 120 cals

Dinner

615 cals, 47g protein, 52g net carbs, 18g fat



[Garlic pepper seitan](#)
342 cals



[Lima beans](#)
270 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 2

1681 cals ● 138g protein (33%) ● 49g fat (26%) ● 146g carbs (35%) ● 27g fiber (6%)

Breakfast

225 cals, 17g protein, 25g net carbs, 5g fat



Breakfast cereal with protein almond milk
224 cals

Snacks

255 cals, 8g protein, 27g net carbs, 12g fat



Soy milk yogurt
1 container- 136 cals



Dark chocolate
2 square(s)- 120 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

370 cals, 19g protein, 40g net carbs, 13g fat



Cucumber slices
1/4 cucumber- 15 cals



Mediterranean vegan chik'n wrap
1 wrap(s)- 357 cals

Dinner

615 cals, 47g protein, 52g net carbs, 18g fat



Garlic pepper seitan
342 cals



Lima beans
270 cals

Day 3

1696 cals ● 122g protein (29%) ● 47g fat (25%) ● 169g carbs (40%) ● 27g fiber (6%)

Breakfast

295 cals, 11g protein, 22g net carbs, 16g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Sunflower seeds
135 cals



Small granola bar
1 bar(s)- 119 cals

Snacks

170 cals, 6g protein, 32g net carbs, 1g fat



Cucumber slices
1 cucumber- 60 cals



Pretzels
110 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

485 cals, 33g protein, 70g net carbs, 6g fat



Couscous
301 cals



Simple seitan
3 oz- 183 cals

Dinner

525 cals, 24g protein, 43g net carbs, 23g fat



Spiced chickpea tabbouleh bowl
182 cals



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Roasted almonds
1/4 cup(s)- 222 cals

Day 4

1674 cals ● 131g protein (31%) ● 28g fat (15%) ● 187g carbs (45%) ● 39g fiber (9%)

Breakfast

295 cals, 11g protein, 22g net carbs, 16g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Sunflower seeds

135 cals



Small granola bar

1 bar(s)- 119 cals

Snacks

170 cals, 6g protein, 32g net carbs, 1g fat



Cucumber slices

1 cucumber- 60 cals



Pretzels

110 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

485 cals, 33g protein, 70g net carbs, 6g fat



Couscous

301 cals



Simple seitan

3 oz- 183 cals

Dinner

505 cals, 33g protein, 61g net carbs, 4g fat



Lentil pasta

505 cals

Day 5

1657 cals ● 124g protein (30%) ● 61g fat (33%) ● 112g carbs (27%) ● 42g fiber (10%)

Breakfast

295 cals, 11g protein, 22g net carbs, 16g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Sunflower seeds

135 cals



Small granola bar

1 bar(s)- 119 cals

Snacks

170 cals, 6g protein, 32g net carbs, 1g fat



Cucumber slices

1 cucumber- 60 cals



Pretzels

110 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

460 cals, 22g protein, 39g net carbs, 16g fat



Easy chickpea salad

350 cals



Roasted almonds

1/8 cup(s)- 111 cals

Dinner

510 cals, 37g protein, 16g net carbs, 27g fat



Basic tempeh

6 oz- 443 cals



Simple mixed greens salad

68 cals

Day 6

1719 cals ● 109g protein (25%) ● 40g fat (21%) ● 176g carbs (41%) ● 53g fiber (12%)

Breakfast

255 cals, 7g protein, 29g net carbs, 10g fat



[Banana fritters \(vegan\)](#)
219 cals



[Vegan breakfast sausage links](#)
1 links- 38 cals

Snacks

160 cals, 8g protein, 17g net carbs, 5g fat



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



[Cucumber slices](#)
1/4 cucumber- 15 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

520 cals, 21g protein, 79g net carbs, 7g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Egyptian quinoa salad](#)
499 cals

Dinner

565 cals, 25g protein, 48g net carbs, 18g fat



[Black bean & sweet potato stew](#)
415 cals



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

Day 7

1719 cals ● 109g protein (25%) ● 40g fat (21%) ● 176g carbs (41%) ● 53g fiber (12%)

Breakfast

255 cals, 7g protein, 29g net carbs, 10g fat



[Banana fritters \(vegan\)](#)
219 cals



[Vegan breakfast sausage links](#)
1 links- 38 cals

Snacks

160 cals, 8g protein, 17g net carbs, 5g fat



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



[Cucumber slices](#)
1/4 cucumber- 15 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

520 cals, 21g protein, 79g net carbs, 7g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Egyptian quinoa salad](#)
499 cals

Dinner

565 cals, 25g protein, 48g net carbs, 18g fat



[Black bean & sweet potato stew](#)
415 cals



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

Fats and Oils

- ☐ olive oil
2 tbsp (31mL)
- ☐ oil
1 oz (32mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)
- ☐ coconut oil
1/2 tbsp (7g)

Vegetables and Vegetable Products

- ☐ onion
1 medium (2-1/2" dia) (113g)
- ☐ garlic
4 clove(s) (12g)
- ☐ green pepper
2 tbsp, chopped (19g)
- ☐ lima beans, frozen
1 3/4 package (10 oz) (497g)
- ☐ zucchini
2 medium (392g)
- ☐ cucumber
5 2/3 cucumber (8-1/4") (1707g)
- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1275g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ bell pepper
3 1/2 small (259g)
- ☐ tomato paste
4 tsp (21g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ sweet potatoes
2/3 sweetpotato, 5" long (140g)

Cereal Grains and Pasta

- ☐ seitan
14 oz (397g)
- ☐ instant couscous, flavored
1 1/6 box (5.8 oz) (192g)
- ☐ quinoa, uncooked
18 1/2 tbsp (196g)

Spices and Herbs

- ☐ black pepper
1/4 tbsp, ground (2g)

Breakfast Cereals

- ☐ breakfast cereal
2 serving (60g)

Other

- ☐ soy milk yogurt
2 container(s) (301g)
- ☐ mixed greens
1 3/4 cup (53g)
- ☐ meatless chik'n tenders
2 1/2 oz (71g)
- ☐ lentil pasta
4 oz (113g)
- ☐ vegan breakfast sausage links
2 links (45g)

Sweets

- ☐ Chocolate, dark, 70-85%
4 square(s) (40g)
- ☐ maple syrup
1 1/2 tbsp (23mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
5/8 jar (24 oz) (428g)
- ☐ chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)
- ☐ apple cider vinegar
3/4 tbsp (1mL)

Baked Products

- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)
- ☐ bread
2 slice (64g)

Legumes and Legume Products

- ☐ hummus
1/2 cup (105g)
- ☐ chickpeas, canned
1 can (411g)
- ☐ tempeh
6 oz (170g)

- ☐ salt
1/4 oz (6g)
- ☐ ground cumin
1 tbsp (6g)
- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ cinnamon
2 dash (1g)
- ☐ turmeric, ground
1 tsp (3g)
- ☐ fresh basil
1/4 cup, chopped (9g)

Beverages

- ☐ water
16 1/2 cup (3955mL)
- ☐ protein powder
15 scoop (1/3 cup ea) (465g)
- ☐ almond milk, unsweetened
1 cup (240mL)

- ☐ black beans
1 1/3 can(s) (585g)

Nut and Seed Products

- ☐ sunflower kernels
2 1/4 oz (64g)
- ☐ almonds
3/4 cup, whole (101g)
- ☐ flaxseed powder
3 tbsp (21g)

Snacks

- ☐ small granola bar
3 bar (75g)
- ☐ pretzels, hard, salted
3 oz (85g)

Fruits and Fruit Juices

- ☐ lemon juice
1/4 cup (64mL)
 - ☐ banana
1 1/2 medium (7" to 7-7/8" long) (177g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Breakfast cereal with protein almond milk

224 cals ● 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 2 meals:

protein powder
1 scoop (1/3 cup ea) (31g)
breakfast cereal
2 serving (60g)
almond milk, unsweetened
1 cup (240mL)

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
3/4 oz (21g)

For all 3 meals:
sunflower kernels
2 1/4 oz (64g)

- 1. This recipe has no instructions.

Small granola bar
1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:
small granola bar
1 bar (25g)

For all 3 meals:
small granola bar
3 bar (75g)

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

Eat on day 6, day 7

Banana fritters (vegan)

219 cals ● 3g protein ● 8g fat ● 28g carbs ● 5g fiber



For single meal:

water
1/4 cup(s) (59mL)
flaxseed powder
1 1/2 tbsp (11g)
banana, very ripe
3/4 medium (7" to 7-7/8" long) (89g)
salt
1/4 dash (0g)
coconut oil
1/4 tbsp (3g)
cinnamon
1 dash (0g)
maple syrup
3/4 tbsp (11mL)

For all 2 meals:

water
1/2 cup(s) (119mL)
flaxseed powder
3 tbsp (21g)
banana, very ripe
1 1/2 medium (7" to 7-7/8" long) (177g)
salt
1/2 dash (0g)
coconut oil
1/2 tbsp (7g)
cinnamon
2 dash (1g)
maple syrup
1 1/2 tbsp (23mL)

1. In a medium-sized bowl, mash the bananas.
2. Mix the flaxseed and water together and add to the bananas.
3. Add the salt and cinnamon and stir to combine.
4. Heat griddle and melt the coconut oil.
5. Ladle the batter onto the pan- either in strips or as small pancakes.
6. Once they have firmed up on one side, flip and finish cooking the other side.
7. Serve with maple syrup.

Vegan breakfast sausage links

1 links - 38 cals ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links
1 links (23g)

For all 2 meals:

vegan breakfast sausage links
2 links (45g)

1. Cook links according to package instructions. Serve.

Lunch 1 [↗](#)

Eat on day 1

Zoodles marinara

225 cals ● 9g protein ● 4g fat ● 28g carbs ● 10g fiber



pasta sauce

1 cup (260g)

zucchini

2 medium (392g)

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 roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Lunch 2 [↗](#)

Eat on day 2

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



Makes 1/4 cucumber

cucumber

1/4 cucumber (8-1 1/4") (75g)

1. Slice cucumber into rounds and serve.

Mediterranean vegan chik'n wrap

1 wrap(s) - 357 cals ● 18g protein ● 13g fat ● 38g carbs ● 4g fiber



Makes 1 wrap(s)

tomatoes, chopped

1 slice(s), thin/small (15g)

cucumber, chopped

4 tbsp slices (26g)

hummus

2 tbsp (30g)

mixed greens

4 tbsp (8g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

meatless chik'n tenders

2 1/2 oz (71g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Couscous

301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



For single meal:

instant couscous, flavored

1/2 box (5.8 oz) (82g)

For all 2 meals:

instant couscous, flavored

1 box (5.8 oz) (164g)

1. Follow instructions on package.

Simple seitan

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



For single meal:

oil

1/4 tbsp (4mL)

seitan

3 oz (85g)

For all 2 meals:

oil

1/2 tbsp (8mL)

seitan

6 oz (170g)

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.

Lunch 4 [🔗](#)

Eat on day 5

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

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

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Egyptian quinoa salad

499 cals ● 20g protein ● 7g fat ● 76g carbs ● 13g fiber



For single meal:

- quinoa, uncooked**
9 1/4 tbsp (98g)
- ground cumin**
1 tsp (2g)
- turmeric, ground**
1/2 tsp (1g)
- tomatoes, finely chopped**
1 3/4 small whole (2-2 5/8" dia) (159g)
- cucumber, finely chopped**
7/8 cucumber (8-1 1/4") (263g)
- lemon juice**
1 3/4 tbsp (26mL)
- fresh basil**
1 3/4 tbsp, chopped (5g)
- bell pepper, seeds removed**
1 3/4 small (130g)

For all 2 meals:

- quinoa, uncooked**
18 1/2 tbsp (196g)
- ground cumin**
1 3/4 tsp (4g)
- turmeric, ground**
1 tsp (3g)
- tomatoes, finely chopped**
3 1/2 small whole (2-2 5/8" dia) (319g)
- cucumber, finely chopped**
1 3/4 cucumber (8-1 1/4") (527g)
- lemon juice**
1/4 cup (53mL)
- fresh basil**
1/4 cup, chopped (9g)
- bell pepper, seeds removed**
3 1/2 small (259g)

1. Cook quinoa according to directions on package, except add in cumin and turmeric to the water while it cooks.
2. While quinoa cooks, prepare remaining ingredients. (Optionally: you can halve the bell pepper and roast in the broiler for about 10 minutes, flipping once, or until skin blisters. Remove the skin and finely chop. This is optional and you can also just use finely chopped, raw bell pepper.)
3. When quinoa is cooked, let it cool for 5 minutes and then mix in all remaining ingredients.
4. Season with salt and pepper to taste. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Soy milk yogurt

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:
Chocolate, dark, 70-85%
2 square(s) (20g)

For all 2 meals:
Chocolate, dark, 70-85%
4 square(s) (40g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cucumber slices
1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:
cucumber
1 cucumber (8-1/4") (301g)

For all 3 meals:
cucumber
3 cucumber (8-1/4") (903g)

1. Slice cucumber into rounds and serve.

Pretzels
110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:
pretzels, hard, salted
1 oz (28g)

For all 3 meals:
pretzels, hard, salted
3 oz (85g)

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

Eat on day 6, day 7

Hummus toast

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



For single meal:

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

For all 2 meals:

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

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

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
garlic, minced
1 1/4 clove(s) (4g)
green pepper
1 tbsp, chopped (9g)
seitan, chicken style
4 oz (113g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)

For all 2 meals:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
garlic, minced
2 1/2 clove(s) (8g)
green pepper
2 tbsp, chopped (19g)
seitan, chicken style
1/2 lbs (227g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)

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

Lima beans

270 cals ● 16g protein ● 1g fat ● 36g carbs ● 14g fiber



For single meal:

lima beans, frozen
7/8 package (10 oz) (249g)
salt
1/2 tsp (3g)
black pepper
1/4 tsp, ground (1g)

For all 2 meals:

lima beans, frozen
1 3/4 package (10 oz) (497g)
salt
1 tsp (5g)
black pepper
1/2 tsp, ground (1g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 2 [↗](#)

Eat on day 3

Spiced chickpea tabbouleh bowl

182 cals ● 8g protein ● 2g fat ● 28g carbs ● 5g fiber



lemon juice

1/4 tsp (1mL)

fresh parsley, chopped

2/3 sprigs (1g)

tomatoes, chopped

1/6 roma tomato (13g)

cucumber, chopped

1/8 cucumber (8-1/4") (25g)

ground cumin

1 1/3 dash (0g)

oil

1/8 tsp (0mL)

chickpeas, canned, drained & rinsed

1/6 can (75g)

instant couscous, flavored

1/6 box (5.8 oz) (27g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Roasted almonds

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



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

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

Eat on day 4

Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



pasta sauce

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

lentil pasta

4 oz (113g)

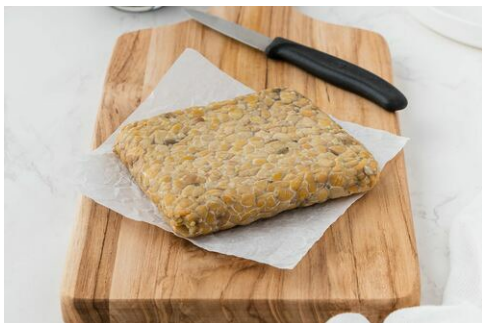
1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 4 [↗](#)

Eat on day 5

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.

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.

Dinner 5 [↗](#)

Eat on day 6, day 7

Black bean & sweet potato stew

415 cals ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

tomato paste
2 tsp (11g)
oil
1 tsp (5mL)
kale leaves
1/2 cup, chopped (20g)
lemon juice
1 tsp (5mL)
ground cumin
4 dash (1g)
garlic, diced
2/3 clove(s) (2g)
onion, chopped
1/3 small (23g)
sweet potatoes, cubed
1/3 sweetpotato, 5" long (70g)
water
1 cup(s) (237mL)
black beans, drained
2/3 can(s) (293g)

For all 2 meals:

tomato paste
4 tsp (21g)
oil
2 tsp (10mL)
kale leaves
16 tbsp, chopped (40g)
lemon juice
2 tsp (10mL)
ground cumin
1 tsp (2g)
garlic, diced
1 1/3 clove(s) (4g)
onion, chopped
2/3 small (47g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
water
2 cup(s) (474mL)
black beans, drained
1 1/3 can(s) (585g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. This recipe has no instructions.

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.