

Meal Plan - 1800 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

1817 cals ● 114g protein (25%) ● 82g fat (41%) ● 119g carbs (26%) ● 37g fiber (8%)

Breakfast

350 cals, 13g protein, 6g net carbs, 24g fat



[Avocado](#)
176 cals



[Chocolate avocado vegan chia pudding](#)
172 cals

Snacks

135 cals, 1g protein, 31g net carbs, 0g fat



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

Protein Supplement(s)

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



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

Lunch

535 cals, 18g protein, 62g net carbs, 21g fat



[Naan bread](#)
1 piece(s)- 262 cals



[Spiced coconut lentil soup](#)
272 cals

Dinner

580 cals, 33g protein, 18g net carbs, 36g fat



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



[Chik'n satay with peanut sauce](#)
3 skewers- 350 cals

Day 2

1793 cals ● 113g protein (25%) ● 66g fat (33%) ● 151g carbs (34%) ● 37g fiber (8%)

Breakfast

350 cals, 13g protein, 6g net carbs, 24g fat



[Avocado](#)
176 cals



[Chocolate avocado vegan chia pudding](#)
172 cals

Snacks

135 cals, 1g protein, 31g net carbs, 0g fat



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

Protein Supplement(s)

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



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

Lunch

510 cals, 18g protein, 94g net carbs, 4g fat



[Pasta with store-bought sauce](#)
510 cals

Dinner

580 cals, 33g protein, 18g net carbs, 36g fat



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



[Chik'n satay with peanut sauce](#)
3 skewers- 350 cals

Day 3

1823 cals ● 129g protein (28%) ● 59g fat (29%) ● 148g carbs (32%) ● 46g fiber (10%)

Breakfast

305 cals, 14g protein, 31g net carbs, 10g fat



[Cherry tomatoes](#)
3 cherry tomatoes- 11 cals



[Hummus toast](#)
2 slice(s)- 293 cals

Snacks

185 cals, 4g protein, 39g net carbs, 1g fat



[Pretzels](#)
110 cals



[Fruit juice](#)
2/3 cup(s)- 76 cals

Protein Supplement(s)

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



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

Lunch

600 cals, 32g protein, 44g net carbs, 26g fat



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



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cals

Dinner

515 cals, 31g protein, 32g net carbs, 22g fat



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



[Soy milk](#)
1 cup(s)- 85 cals



[Easy chickpea salad](#)
234 cals

Day 4

1776 cals ● 131g protein (29%) ● 61g fat (31%) ● 141g carbs (32%) ● 34g fiber (8%)

Breakfast

305 cals, 14g protein, 31g net carbs, 10g fat



[Cherry tomatoes](#)

3 cherry tomatoes- 11 cals



[Hummus toast](#)

2 slice(s)- 293 cals

Snacks

185 cals, 4g protein, 39g net carbs, 1g fat



[Pretzels](#)

110 cals



[Fruit juice](#)

2/3 cup(s)- 76 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

600 cals, 32g protein, 44g net carbs, 26g fat



[Simple kale & avocado salad](#)

230 cals



[Chunky canned soup \(non-creamy\)](#)

1 1/2 can(s)- 371 cals

Dinner

465 cals, 33g protein, 25g net carbs, 24g fat



[Sauteed peppers and onions](#)

125 cals



[Garlic pepper seitan](#)

342 cals

Day 5

1840 cals ● 135g protein (29%) ● 83g fat (41%) ● 107g carbs (23%) ● 31g fiber (7%)

Breakfast

300 cals, 11g protein, 14g net carbs, 19g fat



[Healthy Cereal](#)

302 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



[Pistachios](#)

188 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

545 cals, 47g protein, 28g net carbs, 24g fat



[Corn](#)

92 cals



[Baked tofu](#)

16 oz- 452 cals

Dinner

590 cals, 22g protein, 59g net carbs, 25g fat



[Ginger coconut chickpea soup](#)

457 cals



[Naan bread](#)

1/2 piece(s)- 131 cals

Day 6

1840 cals ● 135g protein (29%) ● 83g fat (41%) ● 107g carbs (23%) ● 31g fiber (7%)

Breakfast

300 cals, 11g protein, 14g net carbs, 19g fat



Healthy Cereal
302 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

545 cals, 47g protein, 28g net carbs, 24g fat



Corn
92 cals



Baked tofu
16 oz- 452 cals

Dinner

590 cals, 22g protein, 59g net carbs, 25g fat



Ginger coconut chickpea soup
457 cals



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

Day 7

1829 cals ● 142g protein (31%) ● 90g fat (44%) ● 89g carbs (20%) ● 24g fiber (5%)

Breakfast

300 cals, 11g protein, 14g net carbs, 19g fat



Healthy Cereal
302 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

555 cals, 27g protein, 36g net carbs, 30g fat



Basic tofu sandwich
1 sandwich(es)- 442 cals



Roasted almonds
1/8 cup(s)- 111 cals

Dinner

570 cals, 49g protein, 33g net carbs, 26g fat



Simple mixed greens salad
203 cals



Simple seitan
6 oz- 365 cals

Vegetables and Vegetable Products

- ☐ kale leaves
2 bunch (340g)
- ☐ fresh ginger
11 g (11g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (161g)
- ☐ garlic
3 1/4 clove(s) (10g)
- ☐ frozen chopped spinach
1/8 10 oz package (36g)
- ☐ tomatoes
1 3/4 medium whole (2-3/5" dia) (217g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ bell pepper
1 large (164g)
- ☐ green pepper
1 tbsp, chopped (9g)
- ☐ frozen corn kernels
1 1/3 cup (181g)

Fruits and Fruit Juices

- ☐ lemon
2 small (116g)
- ☐ avocados
3 avocado(s) (628g)
- ☐ lime juice
1 1/2 tbsp (23mL)
- ☐ lemon juice
1 tsp (5mL)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ fruit juice
10 2/3 fl oz (320mL)
- ☐ banana
1 medium (7" to 7-7/8" long) (133g)

Other

- ☐ skewer(s)
6 skewer(s) (6g)
- ☐ vegan chik'n strips
1/2 lbs (227g)
- ☐ sesame oil
1 tbsp (15mL)
- ☐ cacao powder
1 tbsp (6g)
- ☐ diced tomatoes
1/8 can(s) (53g)

Beverages

- ☐ water
16 1/3 cup (3917mL)
- ☐ protein powder
14 1/2 scoop (1/3 cup ea) (450g)
- ☐ almond milk, unsweetened
2 cup(s) (451mL)

Nut and Seed Products

- ☐ chia seeds
1/4 cup (60g)
- ☐ coconut milk, canned
1/2 can (208mL)
- ☐ almonds
1 2/3 oz (48g)
- ☐ roasted pumpkin seeds, unsalted
6 3/4 tbsp (50g)
- ☐ sesame seeds
2 tbsp (18g)
- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

Baked Products

- ☐ naan bread
2 piece (180g)
- ☐ bread
6 3/4 oz (192g)

Spices and Herbs

- ☐ paprika
1/2 dash (0g)
- ☐ curry powder
1 tbsp (6g)
- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ black pepper
1 dash, ground (0g)
- ☐ salt
1/2 dash (0g)
- ☐ turmeric, ground
1 1/2 dash (0g)

Fats and Oils

- ☐ oil
1 1/4 oz (37mL)
- ☐ olive oil
1 tbsp (14mL)

- ☐ vegan ranch
1 tbsp (14mL)
- ☐ soy milk, unsweetened
1 cup (240mL)
- ☐ mixed greens
1 package (5.5 oz) (163g)
- ☐ vegan cheese, sliced
1 slice(s) (20g)

Legumes and Legume Products

- ☐ peanut butter
2 tbsp (32g)
- ☐ lentils, raw
10 tbsp (120g)
- ☐ hummus
10 tbsp (150g)
- ☐ tempeh
2 oz (57g)
- ☐ chickpeas, canned
5/6 can (373g)
- ☐ soy sauce
1 cup (240mL)
- ☐ extra firm tofu
2 lbs (907g)
- ☐ firm tofu
2 slice(s) (168g)

- ☐ vegan mayonnaise
1/2 tbsp (8g)
- ☐ salad dressing
1/4 cup (68mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)
- ☐ seitan
10 oz (284g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ Frank's Red Hot sauce
1 tbsp (14mL)
- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

almond milk, unsweetened
3/8 cup(s) (90mL)
chia seeds
1 tbsp (14g)
cacao powder
1/2 tbsp (3g)
avocados
1/2 slices (13g)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

almond milk, unsweetened
3/4 cup(s) (180mL)
chia seeds
2 tbsp (28g)
cacao powder
1 tbsp (6g)
avocados
1 slices (25g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

3 cherry tomatoes (51g)

For all 2 meals:

tomatoes

6 cherry tomatoes (102g)

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

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus

5 tbsp (75g)

bread

2 slice (64g)

For all 2 meals:

hummus

10 tbsp (150g)

bread

4 slice (128g)

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

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Healthy Cereal

302 cals ● 11g protein ● 19g fat ● 14g carbs ● 7g fiber



For single meal:

almond milk, unsweetened

3/8 cup(s) (90mL)

chia seeds

3/4 tbsp (11g)

almonds

1 1/2 tbsp, slivered (10g)

roasted pumpkin seeds, unsalted

2 1/4 tbsp (17g)

banana, sliced

3/8 medium (7" to 7-7/8" long) (44g)

For all 3 meals:

almond milk, unsweetened

1 cup(s) (270mL)

chia seeds

2 1/4 tbsp (32g)

almonds

1/4 cup, slivered (30g)

roasted pumpkin seeds, unsalted

6 3/4 tbsp (50g)

banana, sliced

1 medium (7" to 7-7/8" long) (133g)

1. Add almond milk and chia seeds to a bowl. Let sit for 4 minutes or so to thicken.
2. While it thickens, add pumpkin seeds and almonds to food processor (or hand chop). Blend for a few seconds. It should still be chunky- a granola-type consistency.
3. Add to milk and top with sliced banana (or any other fruit).
4. Serve.
5. (For bulk cooking: Chop almonds and pumpkin seeds and keep in air-tight container. Then follow the steps for the milk, chia seeds, and fruit when serving.)

Lunch 1 [↗](#)

Eat on day 1

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



Makes 1 piece(s)

naan bread

1 piece (90g)

1. This recipe has no instructions.

Spiced coconut lentil soup

272 cals ● 9g protein ● 16g fat ● 19g carbs ● 5g fiber



onion, diced
1/8 large (19g)
garlic, diced
5/8 clove(s) (2g)
fresh ginger, diced
1/4 slices (1" dia) (1g)
diced tomatoes
1/8 can(s) (53g)
water
5/8 cup(s) (148mL)
lentils, raw, rinsed
2 tbsp (24g)
frozen chopped spinach
1/8 10 oz package (36g)
coconut milk, canned
1/8 can (56mL)
paprika
1/2 dash (0g)
curry powder
1/4 tbsp (2g)
oil
1/4 tbsp (4mL)

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

Lunch 2 [↗](#)

Eat on day 2

Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



uncooked dry pasta
4 oz (114g)
pasta sauce
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
 2. Top with sauce and enjoy.
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Lunch 3 [↗](#)

Eat on day 3, day 4

Simple kale & avocado salad

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



For single meal:

kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.
-

Lunch 4 [↗](#)

Eat on day 5, day 6

Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels

2/3 cup (91g)

For all 2 meals:

frozen corn kernels

1 1/3 cup (181g)

1. Prepare according to instructions on package.
-

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

soy sauce

1/2 cup (120mL)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

sesame seeds

1 tbsp (9g)

For all 2 meals:

soy sauce

1 cup (240mL)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

sesame seeds

2 tbsp (18g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
 2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
 3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
 4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
 5. Spread marinated tofu onto the prepared baking sheet.
 6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.
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Lunch 5 [↗](#)

Eat on day 7

Basic tofu sandwich

1 sandwich(es) - 442 cals ● 24g protein ● 21g fat ● 34g carbs ● 5g fiber



Makes 1 sandwich(es)

firm tofu, rinsed and patted dry

2 slice(s) (168g)

bread

2 slice(s) (64g)

mixed greens

1 oz (28g)

tomatoes

2 slice, medium (1/4" thick) (40g)

vegan cheese, sliced

1 slice(s) (20g)

vegan mayonnaise

1/2 tbsp (8g)

oil

1 tsp (5mL)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
2. Season tofu with whichever spices you prefer.
3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

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.

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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Pretzels

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



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. This recipe has no instructions.

Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 3 meals:

pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

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

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Chik'n satay with peanut sauce

3 skewers - 350 cals ● 28g protein ● 21g fat ● 8g carbs ● 3g fiber



For single meal:

skewer(s)
3 skewer(s) (3g)
fresh ginger, grated or minced
1/2 inch (2.5cm) cube (3g)
vegan chik'n strips
4 oz (113g)
sesame oil
1/2 tbsp (8mL)
lime juice
3/4 tbsp (11mL)
peanut butter
1 tbsp (16g)

For all 2 meals:

skewer(s)
6 skewer(s) (6g)
fresh ginger, grated or minced
1 inch (2.5cm) cube (5g)
vegan chik'n strips
1/2 lbs (227g)
sesame oil
1 tbsp (15mL)
lime juice
1 1/2 tbsp (23mL)
peanut butter
2 tbsp (32g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
 2. Rub sesame oil over over the chik'n strips and skewer them.
 3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
 4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
 5. Serve skewers with peanut sauce and enjoy.
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Dinner 2 [🔗](#)

Eat on day 3

Buffalo tempeh with vegan ranch

196 cals ● 12g protein ● 13g fat ● 5g carbs ● 4g fiber



vegan ranch

1 tbsp (15mL)

tempeh, roughly chopped

2 oz (57g)

Frank's Red Hot sauce

1 tbsp (15mL)

oil

1/4 tbsp (4mL)

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.

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)

soy milk, unsweetened

1 cup (240mL)

1. This recipe has no instructions.

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

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

Dinner 3 [↗](#)

Eat on day 4

Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil

1/2 tbsp (8mL)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, sliced into strips

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Garlic pepper seitan

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



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)

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.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Ginger coconut chickpea soup

457 cals ● 18g protein ● 22g fat ● 37g carbs ● 10g fiber



For single meal:

turmeric, ground

2/3 dash (0g)

water

5/6 cup(s) (198mL)

lentils, raw, rinsed

4 tbsp (48g)

coconut milk, canned

1/6 can (75mL)

chickpeas, canned, drained

1/6 can (75g)

curry powder

1 tsp (2g)

fresh ginger, diced

1/6 slices (1" dia) (0g)

garlic, diced

2/3 clove(s) (2g)

onion, diced

1/6 large (25g)

oil

1 tsp (5mL)

For all 2 meals:

turmeric, ground

1 1/3 dash (0g)

water

1 2/3 cup(s) (395mL)

lentils, raw, rinsed

1/2 cup (96g)

coconut milk, canned

1/3 can (150mL)

chickpeas, canned, drained

1/3 can (149g)

curry powder

2 tsp (4g)

fresh ginger, diced

1/3 slices (1" dia) (1g)

garlic, diced

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

onion, diced

1/3 large (50g)

oil

2 tsp (10mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. 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



For single meal:

naan bread

1/2 piece (45g)

For all 2 meals:

naan bread

1 piece (90g)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

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.

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.