

# Meal Plan - 1900 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

1788 cals ● 127g protein (28%) ● 65g fat (33%) ● 147g carbs (33%) ● 27g fiber (6%)

### Breakfast

335 cals, 13g protein, 13g net carbs, 24g fat



[Walnuts](#)

1/6 cup(s)- 131 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

### Snacks

235 cals, 10g protein, 31g net carbs, 5g fat



[Soy milk](#)

3/4 cup(s)- 64 cals



[Nectarine](#)

2 nectarine(s)- 140 cals



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Lunch

395 cals, 15g protein, 40g net carbs, 17g fat



[Simple kale salad](#)

1 cup(s)- 55 cals



[Barbeque tempeh sandwiches](#)

1/2 sandwich(es)- 227 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

### Dinner

600 cals, 41g protein, 62g net carbs, 18g fat



[Simple mixed greens and tomato salad](#)

151 cals



[Teriyaki seitan with veggies and rice](#)

451 cals

## Day 2

1948 cals ● 140g protein (29%) ● 64g fat (29%) ● 159g carbs (33%) ● 45g fiber (9%)

### Breakfast

335 cals, 13g protein, 13g net carbs, 24g fat



Walnuts  
1/6 cup(s)- 131 cals



High-protein granola bar  
1 bar(s)- 204 cals

### Snacks

235 cals, 10g protein, 31g net carbs, 5g fat



Soy milk  
3/4 cup(s)- 64 cals



Nectarine  
2 nectarine(s)- 140 cals



Cherry tomatoes  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

555 cals, 28g protein, 51g net carbs, 16g fat



Easy chickpea salad  
467 cals



Sunflower seeds  
90 cals

### Dinner

600 cals, 41g protein, 62g net carbs, 18g fat



Simple mixed greens and tomato salad  
151 cals



Teriyaki seitan with veggies and rice  
451 cals

## Day 3

1917 cals ● 136g protein (28%) ● 64g fat (30%) ● 167g carbs (35%) ● 32g fiber (7%)

### Breakfast

340 cals, 18g protein, 29g net carbs, 15g fat



Store-bought waffles  
1 waffle(s)- 173 cals



Vegan breakfast sausage patties  
1 patties- 83 cals



Soy milk  
1 cup(s)- 85 cals

### Snacks

255 cals, 8g protein, 10g net carbs, 19g fat



Roasted peanuts  
1/8 cup(s)- 115 cals



Kale chips  
138 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

550 cals, 31g protein, 54g net carbs, 17g fat



Simple mixed greens and tomato salad  
76 cals



Bbq tempeh wrap  
1 wrap(s)- 472 cals

### Dinner

560 cals, 31g protein, 74g net carbs, 12g fat



Rice pilaf with meatless meatballs  
558 cals

## Day 4

1917 cals ● 136g protein (28%) ● 64g fat (30%) ● 167g carbs (35%) ● 32g fiber (7%)

### Breakfast

340 cals, 18g protein, 29g net carbs, 15g fat



Store-bought waffles  
1 waffle(s)- 173 cals



Vegan breakfast sausage patties  
1 patties- 83 cals



Soy milk  
1 cup(s)- 85 cals

### Snacks

255 cals, 8g protein, 10g net carbs, 19g fat



Roasted peanuts  
1/8 cup(s)- 115 cals



Kale chips  
138 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

550 cals, 31g protein, 54g net carbs, 17g fat



Simple mixed greens and tomato salad  
76 cals



Bbq tempeh wrap  
1 wrap(s)- 472 cals

### Dinner

560 cals, 31g protein, 74g net carbs, 12g fat



Rice pilaf with meatless meatballs  
558 cals

## Day 5

1932 cals ● 135g protein (28%) ● 58g fat (27%) ● 166g carbs (34%) ● 51g fiber (11%)

### Breakfast

340 cals, 18g protein, 29g net carbs, 15g fat



Store-bought waffles  
1 waffle(s)- 173 cals



Vegan breakfast sausage patties  
1 patties- 83 cals



Soy milk  
1 cup(s)- 85 cals

### Snacks

205 cals, 4g protein, 26g net carbs, 7g fat



Carrot sticks  
1 carrot(s)- 27 cals



Large granola bar  
1 bar(s)- 176 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

645 cals, 29g protein, 51g net carbs, 24g fat



Black bean & sweet potato stew  
415 cals



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

### Dinner

525 cals, 35g protein, 58g net carbs, 11g fat



Chik'n stir fry  
427 cals



Simple salad with tomatoes and carrots  
98 cals

## Day 6

1930 cals ● 139g protein (29%) ● 56g fat (26%) ● 163g carbs (34%) ● 55g fiber (11%)

### Breakfast

340 cals, 22g protein, 26g net carbs, 12g fat



Strawberry banana protein smoothie  
1/2 smoothie(s)- 194 cals



Dark chocolate  
1 square(s)- 60 cals



Soy milk  
1 cup(s)- 85 cals

### Snacks

205 cals, 4g protein, 26g net carbs, 7g fat



Carrot sticks  
1 carrot(s)- 27 cals



Large granola bar  
1 bar(s)- 176 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

645 cals, 29g protein, 51g net carbs, 24g fat



Black bean & sweet potato stew  
415 cals



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

### Dinner

525 cals, 35g protein, 58g net carbs, 11g fat



Chik'n stir fry  
427 cals



Simple salad with tomatoes and carrots  
98 cals

## Day 7

1878 cals ● 146g protein (31%) ● 66g fat (32%) ● 135g carbs (29%) ● 39g fiber (8%)

### Breakfast

340 cals, 22g protein, 26g net carbs, 12g fat



Strawberry banana protein smoothie  
1/2 smoothie(s)- 194 cals



Dark chocolate  
1 square(s)- 60 cals



Soy milk  
1 cup(s)- 85 cals

### Snacks

205 cals, 4g protein, 26g net carbs, 7g fat



Carrot sticks  
1 carrot(s)- 27 cals



Large granola bar  
1 bar(s)- 176 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

535 cals, 39g protein, 29g net carbs, 23g fat



Corn  
92 cals



Basic tempeh  
6 oz- 443 cals

### Dinner

585 cals, 32g protein, 52g net carbs, 22g fat



Roasted tofu & veggies  
440 cals



Fruit juice  
1 1/4 cup(s)- 143 cals

## Fats and Oils

- ☐ salad dressing  
3/4 cup (173mL)
- ☐ oil  
1 1/2 oz (41mL)
- ☐ olive oil  
2 tbsp (33mL)

## Other

- ☐ mixed greens  
9 cup (270g)
- ☐ teriyaki sauce  
1/4 cup (53mL)
- ☐ soy milk, unsweetened  
6 1/2 cup (1560mL)
- ☐ vegan breakfast sausage patties  
3 patties (114g)
- ☐ snow peas  
3/8 cup (32g)
- ☐ vegan meatballs, frozen  
9 meatball(s) (270g)
- ☐ coleslaw mix  
2 cup (180g)
- ☐ vegan chik'n strips  
1/2 lbs (213g)
- ☐ ice cubes  
1 cup (140g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
7 3/4 medium whole (2-3/5" dia) (955g)
- ☐ frozen mixed veggies  
2/3 package (10 oz ea) (192g)
- ☐ kale leaves  
2/3 lbs (307g)
- ☐ red bell pepper  
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- ☐ green pepper  
1/8 medium (15g)
- ☐ onion  
1 medium (2-1/2" dia) (118g)
- ☐ fresh parsley  
3 sprigs (3g)
- ☐ bell pepper  
2 large (302g)
- ☐ carrots  
7 1/4 medium (440g)
- ☐ romaine lettuce  
1 hearts (500g)

## Nut and Seed Products

- ☐ walnuts  
6 tbsp, shelled (38g)
- ☐ sunflower kernels  
1/2 oz (14g)
- ☐ almonds  
10 almond (12g)

## Snacks

- ☐ high-protein granola bar  
2 bar (80g)
- ☐ large granola bar  
3 bar (111g)

## Fruits and Fruit Juices

- ☐ nectarine  
4 medium (2-1/2" dia) (568g)
- ☐ lemon juice  
2 tsp (10mL)
- ☐ banana  
1 medium (7" to 7-7/8" long) (118g)
- ☐ frozen strawberries  
1 1/2 cup, unthawed (224g)
- ☐ fruit juice  
10 fl oz (300mL)

## Soups, Sauces, and Gravies

- ☐ barbecue sauce  
3 fl oz (104g)
- ☐ apple cider vinegar  
1 tbsp (1mL)

## Legumes and Legume Products

- ☐ tempeh  
15 oz (425g)
- ☐ roasted peanuts  
14 tbsp (128g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ soy sauce  
2 1/2 tbsp (38mL)
- ☐ black beans  
1 1/3 can(s) (585g)
- ☐ extra firm tofu  
5/6 block (270g)

## Baked Products

- ☐ tomato paste  
4 tsp (21g)
- ☐ garlic  
1 1/3 clove(s) (4g)
- ☐ sweet potatoes  
2/3 sweetpotato, 5" long (140g)
- ☐ frozen corn kernels  
2/3 cup (91g)
- ☐ brussels sprouts  
1/4 lbs (95g)
- ☐ broccoli  
6 3/4 tbsp chopped (38g)

## Cereal Grains and Pasta

- ☐ seitan  
1/2 lbs (227g)
- ☐ long-grain white rice  
1/3 cup (62g)
- ☐ brown rice  
1/2 cup (107g)

## Beverages

- ☐ water  
17 1/4 cup (4147mL)
- ☐ protein powder  
15 scoop (1/3 cup ea) (465g)

- ☐ kaiser rolls  
1/2 roll (3-1/2" dia) (29g)
- ☐ frozen waffles  
3 waffles (105g)
- ☐ flour tortillas  
2 tortilla (approx 7-8" dia) (98g)

## Spices and Herbs

- ☐ balsamic vinegar  
1 tbsp (15mL)
- ☐ salt  
1 3/4 tsp (11g)
- ☐ ground cumin  
1 tsp (2g)
- ☐ black pepper  
1/2 tsp, ground (1g)

## Sweets

- ☐ syrup  
2 1/4 tbsp (34mL)
- ☐ Chocolate, dark, 70-85%  
2 square(s) (20g)

## Dairy and Egg Products

- ☐ butter  
1 tbsp (14g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
3/4 box (8 oz) (170g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

#### high-protein granola bar

1 bar (40g)

For all 2 meals:

#### high-protein granola bar

2 bar (80g)

1. This recipe has no instructions.

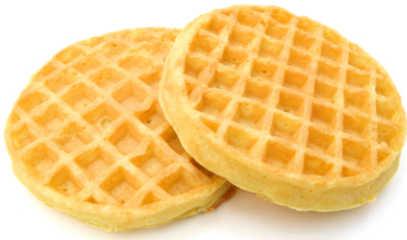


## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Store-bought waffles

1 waffle(s) - 173 cals ● 2g protein ● 8g fat ● 24g carbs ● 0g fiber



For single meal:

#### **frozen waffles**

1 waffles (35g)

#### **syrup**

3/4 tbsp (11mL)

#### **butter**

1 tsp (5g)

For all 3 meals:

#### **frozen waffles**

3 waffles (105g)

#### **syrup**

2 1/4 tbsp (34mL)

#### **butter**

1 tbsp (14g)

1. Prepare the waffles according to the instructions on the package.
2. Spread butter on each waffle and top with syrup.

### Vegan breakfast sausage patties

1 patties - 83 cals ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

#### **vegan breakfast sausage patties**

1 patties (38g)

For all 3 meals:

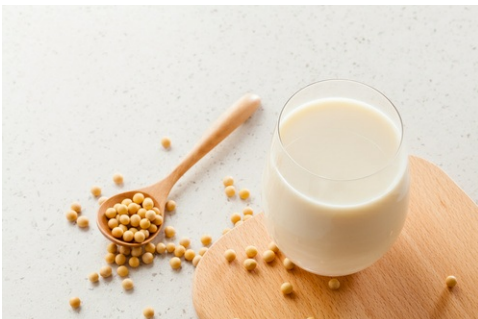
#### **vegan breakfast sausage patties**

3 patties (114g)

1. Cook patties according to package instructions. Serve.

### Soy milk

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



For single meal:

#### **soy milk, unsweetened**

1 cup (240mL)

For all 3 meals:

#### **soy milk, unsweetened**

3 cup (720mL)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

**protein powder**

1/2 scoop (1/3 cup ea) (16g)

**banana, frozen, peeled and sliced**

1/2 medium (7" to 7-7/8" long) (59g)

**frozen strawberries**

3/4 cup, unthawed (112g)

**almonds**

5 almond (6g)

**water**

1 tbsp (15mL)

**ice cubes**

1/2 cup (70g)

For all 2 meals:

**protein powder**

1 scoop (1/3 cup ea) (31g)

**banana, frozen, peeled and sliced**

1 medium (7" to 7-7/8" long) (118g)

**frozen strawberries**

1 1/2 cup, unthawed (224g)

**almonds**

10 almond (12g)

**water**

2 tbsp (30mL)

**ice cubes**

1 cup (140g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

### Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

**Chocolate, dark, 70-85%**

1 square(s) (10g)

For all 2 meals:

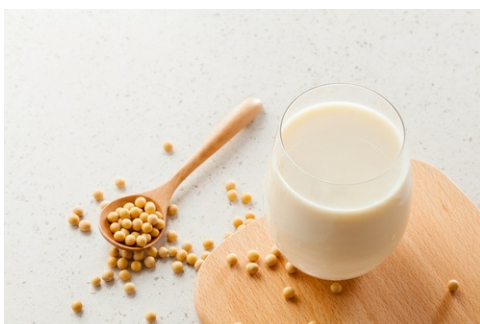
**Chocolate, dark, 70-85%**

2 square(s) (20g)

1. This recipe has no instructions.

### Soy milk

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



For single meal:

**soy milk, unsweetened**

1 cup (240mL)

For all 2 meals:

**soy milk, unsweetened**

2 cup (480mL)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

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### Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

#### salad dressing

1 tbsp (15mL)

#### kale leaves

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

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### Barbeque tempeh sandwiches

1/2 sandwich(es) - 227 cal ● 10g protein ● 5g fat ● 33g carbs ● 4g fiber



Makes 1/2 sandwich(es)

#### barbecue sauce

2 tbsp (36g)

#### tempeh, crumbled

1 oz (28g)

#### oil

3/8 tsp (2mL)

#### red bell pepper, seeded and chopped

1/8 medium (approx 2-3/4" long, 2-1/2" dia.) (15g)

#### kaiser rolls

1/2 roll (3-1/2" dia) (29g)

#### green pepper, seeded and chopped

1/8 medium (15g)

#### onion, chopped

1/8 medium (2-1/2" dia) (14g)

1. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
2. Heat oil in a skillet over medium heat. Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
3. Spoon the tempeh mixture onto kaiser rolls, and serve.

### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

#### roasted peanuts

2 tbsp (18g)

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

Eat on day 2

### Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



#### fresh parsley, chopped

3 sprigs (3g)

#### apple cider vinegar

1 tbsp (1mL)

#### balsamic vinegar

1 tbsp (15mL)

#### tomatoes, halved

1 cup cherry tomatoes (149g)

#### onion, thinly sliced

1/2 small (35g)

#### chickpeas, canned, drained and rinsed

1 can (448g)

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

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



#### sunflower kernels

1/2 oz (14g)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Simple mixed greens and tomato salad

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



For single meal:

#### salad dressing

1 1/2 tbsp (23mL)

#### mixed greens

1 1/2 cup (45g)

#### tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

#### 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.

### Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



For single meal:

**bell pepper, deseeded and sliced**

1/2 small (37g)

**oil**

1/2 tsp (3mL)

**flour tortillas**

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

**coleslaw mix**

1 cup (90g)

**barbecue sauce**

2 tbsp (34g)

**tempeh, cut into strips**

4 oz (113g)

For all 2 meals:

**bell pepper, deseeded and sliced**

1 small (74g)

**oil**

1 tsp (5mL)

**flour tortillas**

2 tortilla (approx 7-8" dia) (98g)

**coleslaw mix**

2 cup (180g)

**barbecue sauce**

4 tbsp (68g)

**tempeh, cut into strips**

1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
  2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
  3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.
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## Lunch 4 [🔗](#)

Eat on day 5, day 6

### 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 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.



## Lunch 5 [↗](#)

Eat on day 7

### Corn

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

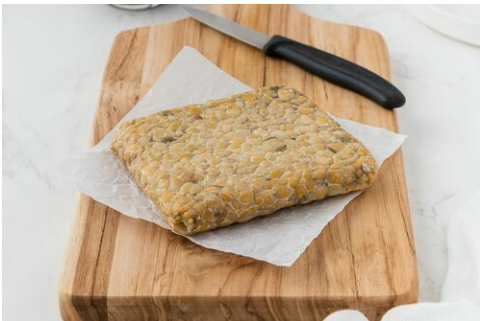


**frozen corn kernels**  
2/3 cup (91g)

1. Prepare according to instructions on package.

### 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)

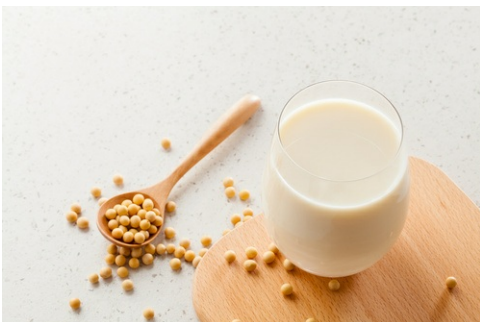
1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:  
**soy milk, unsweetened**  
3/4 cup (180mL)

For all 2 meals:  
**soy milk, unsweetened**  
1 1/2 cup (360mL)

1. This recipe has no instructions.

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:  
**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

For all 2 meals:  
**nectarine, pitted**  
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:  
**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:  
**roasted peanuts**  
4 tbsp (37g)

1. This recipe has no instructions.

Kale chips

138 cals ● 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 2 meals:

**olive oil**  
4 tsp (20mL)  
**kale leaves**  
1 1/3 bunch (227g)  
**salt**  
1/2 tbsp (8g)

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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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 3 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

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### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 3 meals:

**large granola bar**  
3 bar (111g)

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

Eat on day 1, day 2

### Simple mixed greens and tomato salad

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



For single meal:

**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

For all 2 meals:

**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

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

### Teriyaki seitan with veggies and rice

451 cals ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



For single meal:

**seitan, cut into strips**

4 oz (113g)

**oil**

1 tsp (5mL)

**teriyaki sauce**

1 3/4 tbsp (27mL)

**frozen mixed veggies**

1/3 package (10 oz ea) (96g)

**long-grain white rice**

2 2/3 tbsp (31g)

For all 2 meals:

**seitan, cut into strips**

1/2 lbs (227g)

**oil**

2 tsp (10mL)

**teriyaki sauce**

1/4 cup (53mL)

**frozen mixed veggies**

2/3 package (10 oz ea) (192g)

**long-grain white rice**

1/3 cup (62g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Rice pilaf with meatless meatballs

558 cals ● 31g protein ● 12g fat ● 74g carbs ● 8g fiber



For single meal:

**snow peas, ends trimmed**  
1/6 cup (16g)  
**tomatoes**  
4 1/2 cherry tomatoes (77g)  
**vegan meatballs, frozen**  
4 1/2 meatball(s) (135g)  
**flavored rice mix**  
3/8 box (8 oz) (85g)

For all 2 meals:

**snow peas, ends trimmed**  
3/8 cup (32g)  
**tomatoes**  
9 cherry tomatoes (153g)  
**vegan meatballs, frozen**  
9 meatball(s) (270g)  
**flavored rice mix**  
3/4 box (8 oz) (170g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



For single meal:

**vegan chik'n strips**  
1/4 lbs (106g)  
**carrots, cut into thin strips**  
1 1/2 small (5-1/2" long) (75g)  
**water**  
1/2 cup(s) (133mL)  
**soy sauce**  
1 1/4 tbsp (19mL)  
**bell pepper, deseeded & cut into thin strips**  
3/4 medium (89g)  
**brown rice**  
1/4 cup (53g)

For all 2 meals:

**vegan chik'n strips**  
1/2 lbs (213g)  
**carrots, cut into thin strips**  
3 small (5-1/2" long) (150g)  
**water**  
1 cup(s) (267mL)  
**soy sauce**  
2 1/2 tbsp (37mL)  
**bell pepper, deseeded & cut into thin strips**  
1 1/2 medium (179g)  
**brown rice**  
1/2 cup (107g)

1. 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.

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

- salad dressing  
3/4 tbsp (11mL)
- tomatoes, diced  
1/2 medium whole (2-3/5" dia) (62g)
- carrots, sliced  
1/4 medium (15g)
- romaine lettuce, roughly chopped  
1/2 hearts (250g)

For all 2 meals:

- salad dressing  
1 1/2 tbsp (23mL)
- tomatoes, diced  
1 medium whole (2-3/5" dia) (123g)
- carrots, sliced  
1/2 medium (31g)
- romaine lettuce, roughly chopped  
1 hearts (500g)

- 1. In a large bowl, add the lettuce, tomato, and carrots; mix.
- 2. Pour dressing over when serving.

Dinner 4 [↗](#)

Eat on day 7

Roasted tofu & veggies

440 cal ● 30g protein ● 22g fat ● 20g carbs ● 11g fiber

**extra firm tofu**

5/6 block (270g)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**brussels sprouts, cut in half**

1/4 lbs (95g)

**carrots, cut as desired**

1 1/4 medium (76g)

**broccoli, cut as desired**

6 2/3 tbsp chopped (38g)

**bell pepper, sliced**

3/8 medium (50g)

**onion, thickly sliced**

1/4 medium (2-1/2" dia) (23g)

**olive oil**

2 1/2 tsp (13mL)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

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## Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

**fruit juice**

10 fl oz (300mL)

1. This recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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