Meal Plan - 2000 calorie vegan meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

2001 cals ● 158g protein (32%) ● 78g fat (35%) ● 124g carbs (25%) ● 44g fiber (9%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat

Cherry tomatoes
6 cherry tomatoes- 21 cals

Avocado
176 cals

Lunch

690 cals, 53g protein, 47g net carbs, 27g fat

Garlic pepper seitan
456 cals

Easy chickpea salad
234 cals

Snacks

260 cals, 11g protein, 20g net carbs, 12g fat

Carrot sticks
2 carrot(s)- 54 cals

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

Dinner

585 cals, 31g protein, 50g net carbs, 23g fat

Carrot fries
138 cals

Couscous
151 cals

Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 2

1971 cals 146g protein (30%) 85g fat (39%) 120g carbs (24%) 35g fiber (7%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat

Cherry tomatoes
6 cherry tomatoes- 21 cals

Avocado
176 cals

Lunch

690 cals, 53g protein, 47g net carbs, 27g fat

Garlic pepper seitan
456 cals

Easy chickpea salad
234 cals

Snacks

260 cals, 11g protein, 20g net carbs, 12g fat

Carrot sticks
2 carrot(s)- 54 cals

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

Dinner

555 cals, 18g protein, 46g net carbs, 30g fat

Flatbread broccoli pizza (dairy-free)
448 cals

Soy milk
1 1/4 cup(s)- 106 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 3

2023 cals 158g protein (31%) 69g fat (30%) 154g carbs (31%) 38g fiber (8%)

Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat

Soy milk yogurt
1 container- 136 cals

Small granola bar
1 bar(s)- 119 cals

Lunch

660 cals, 50g protein, 39g net carbs, 31g fat

Simple sauteed spinach
100 cals

Tasty breaded seitan
561 cals

Snacks

260 cals, 11g protein, 20g net carbs, 12g fat

Carrot sticks
2 carrot(s)- 54 cals

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

Dinner

575 cals, 28g protein, 59g net carbs, 15g fat

Soy milk
1 1/2 cup(s)- 127 cals

Zoodles marinara
450 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 4

1974 cals 154g protein (31%) 71g fat (32%) 143g carbs (29%) 37g fiber (8%)

Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat

Soy milk yogurt
1 container- 136 cals

Small granola bar
1 bar(s)- 119 cals

Lunch

660 cals, 50g protein, 39g net carbs, 31g fat

Simple sauteed spinach
100 cals

Tasty breaded seitan
561 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat

Pistachios
188 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

575 cals, 28g protein, 59g net carbs, 15g fat

Soy milk
1 1/2 cup(s)- 127 cals

Zoodles marinara
450 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 5

2018 cals 129g protein (26%) 101g fat (45%) 106g carbs (21%) 42g fiber (8%)

Breakfast

270 cals, 12g protein, 32g net carbs, 8g fat

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

Soy milk
1 1/4 cup(s)- 106 cals

Lunch

640 cals, 22g protein, 47g net carbs, 35g fat

Chunky canned soup (creamy)
1 1/2 can(s)- 530 cals

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

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat

Pistachios
188 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

625 cals, 27g protein, 16g net carbs, 43g fat

Buffalo tempeh with vegan ranch
393 cals

Tomato and avocado salad
235 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 6

2037 cals 127g protein (25%) 88g fat (39%) 128g carbs (25%) 55g fiber (11%)

Breakfast

270 cals, 12g protein, 32g net carbs, 8g fat

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

Soy milk
1 1/4 cup(s)- 106 cals

Lunch

640 cals, 22g protein, 47g net carbs, 35g fat

Chunky canned soup (creamy)
1 1/2 can(s)- 530 cals

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

Snacks

225 cals, 5g protein, 31g net carbs, 1g fat

Blackberries
1 2/3 cup(s)- 116 cals

Carrot sticks
2 carrot(s)- 54 cals

Applesauce
57 cals

Dinner

625 cals, 27g protein, 16g net carbs, 43g fat

Buffalo tempeh with vegan ranch
393 cals

Tomato and avocado salad
235 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 7

2010 cals ● 168g protein (33%) ● 82g fat (37%) ● 118g carbs (23%) ● 33g fiber (7%)

Breakfast

270 cals, 12g protein, 32g net carbs, 8g fat

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

Soy milk
1 1/4 cup(s)- 106 cals

Lunch

645 cals, 26g protein, 15g net carbs, 51g fat

Buffalo tofu with vegan ranch
506 cals

Tomato and avocado salad
117 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

225 cals, 5g protein, 31g net carbs, 1g fat

Blackberries
1 2/3 cup(s)- 116 cals

Carrot sticks
2 carrot(s)- 54 cals

Applesauce
57 cals

Dinner

595 cals, 64g protein, 38g net carbs, 20g fat

Teriyaki seitan wings
8 oz seitan- 595 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Grocery List

Vegetables and Vegetable Products

- [ ] carrots
  12 3/4 medium (780g)
- [ ] tomatoes
  6 1/2 medium whole (2-3/5" dia) (813g)
- [ ] onion
  1 medium (2-1/2" dia) (126g)
- [ ] garlic
  6 1/2 clove(s) (20g)
- [ ] green pepper
  2 3/4 tbsp, chopped (25g)
- [ ] fresh parsley
  3 sprigs (3g)
- [ ] broccoli
  6 tbsp chopped (34g)
- [ ] zucchini
  8 medium (1568g)
- [ ] fresh spinach
  8 cup(s) (240g)

Fats and Oils

- [ ] olive oil
  3 oz (89mL)
- [ ] oil
  3 oz (91mL)

Spices and Herbs

- [ ] rosemary
  4 dash (1g)
- [ ] salt
  1/4 oz (7g)
- [ ] black pepper
  3 g (3g)
- [ ] balsamic vinegar
  1 tbsp (15mL)
- [ ] garlic powder
  2 tsp (6g)
- [ ] ground coriander
  1/4 tbsp (1g)
- [ ] ground cumin
  1/4 tbsp (1g)

Cereal Grains and Pasta

- [ ] instant couscous, flavored
  1/4 box (5.8 oz) (41g)
- [ ] seitan
  2 lbs (831g)

Fruits and Fruit Juices

- [ ] avocados
  2 1/4 avocado(s) (452g)
- [ ] lemon juice
  1 tsp (5mL)
- [ ] lime juice
  2 1/2 tbsp (38mL)
- [ ] blackberries
  3 1/3 cup (480g)
- [ ] applesauce
  2 to-go container (~4 oz) (244g)

Snacks

- [ ] high-protein granola bar
  3 bar (120g)
- [ ] small granola bar
  2 bar (50g)

Soups, Sauces, and Gravies

- [ ] apple cider vinegar
  1 tbsp (1mL)
- [ ] pizza sauce
  3 tbsp (47g)
- [ ] pasta sauce
  4 cup (1040g)
- [ ] Frank's Red Hot sauce
  1/2 cup (120mL)
- [ ] chunky canned soup (creamy varieties)
  3 can (~19 oz) (1599g)

Baked Products

- [ ] naan bread
  3/4 piece (68g)
- [ ] bread crumbs
  1/2 cup (48g)

Other

- [ ] vegan cheese, shredded
  3 tbsp (21g)
- [ ] soy milk, unsweetened
  1/2 gallon (1920mL)
- [ ] soy milk yogurt
  2 container(s) (301g)
- [ ] vegan ranch
  1/4 lbs (105mL)
- [ ] teriyaki sauce
  4 tbsp (60mL)

Legumes and Legume Products

- [ ] tempeh
  3/4 lbs (340g)
- [ ] chickpeas, canned
  1 can (448g)
- [ ] soy sauce
  2 2/3 tbsp (40mL)
- [ ] firm tofu
  2/3 lbs (298g)

Beverages

- [ ] water
  1 1/4 gallon (4762mL)
- [ ] protein powder
  17 1/2 scoop (1/3 cup ea) (543g)

Nut and Seed Products

- [ ] pistachios, dry roasted, without shells or salt added
  1/2 cup (62g)
- [ ] mixed nuts
  4 tbsp (34g)

Breakfast Cereals

- [ ] flavored instant oatmeal
  3 packet (129g)

Recipes

Breakfast 1

Eat on day 1, day 2

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.

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.

Breakfast 2

Eat on day 3, day 4

Soy milk yogurt

1 container - 136 cals 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.

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 2 meals:

small granola bar
2 bar (50g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 5, day 6, day 7

Instant oatmeal with water

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

For single meal:

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

For all 3 meals:

flavored instant oatmeal
3 packet (129g)
water
2 1/4 cup(s) (533mL)

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

Soy milk

1 1/4 cup(s) - 106 cals 9g protein 6g fat 3g carbs 3g fiber

For single meal:

soy milk, unsweetened
1 1/4 cup (300mL)

For all 3 meals:

soy milk, unsweetened
1/4 gallon (900mL)

1. This recipe has no instructions.

Lunch 1

Eat on day 1, day 2

Garlic pepper seitan

456 cals 41g protein 22g fat 22g carbs 2g fiber

For single meal:

olive oil
4 tsp (20mL)
onion
2 2/3 tbsp, chopped (27g)
garlic, minced
1 2/3 clove(s) (5g)
green pepper
4 tsp, chopped (12g)
seitan, chicken style
1/3 lbs (151g)
black pepper
1 1/3 dash, ground (0g)
water
2 tsp (10mL)
salt
2/3 dash (0g)

For all 2 meals:

olive oil
2 2/3 tbsp (40mL)
onion
1/3 cup, chopped (53g)
garlic, minced
3 1/3 clove(s) (10g)
green pepper
2 2/3 tbsp, chopped (25g)
seitan, chicken style
2/3 lbs (302g)
black pepper
1/3 tsp, ground (1g)
water
4 tsp (20mL)
salt
1 1/3 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.

Easy chickpea salad

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

For single meal:

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)

For all 2 meals:

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!

Lunch 2

Eat on day 3, day 4

Simple sauteed spinach

100 cals 4g protein 7g fat 2g carbs 3g fiber

For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Tasty breaded seitan

561 cals 46g protein 24g fat 37g carbs 3g fiber

For single meal:

seitan
1/3 lbs (151g)
bread crumbs
1/4 cup (24g)
garlic powder
1/4 tbsp (2g)
ground coriander
1/3 tsp (1g)
ground cumin
1/3 tsp (1g)
black pepper
2/3 dash, ground (0g)
soy sauce
4 tsp (20mL)
oil
4 tsp (20mL)

For all 2 meals:

seitan
2/3 lbs (302g)
bread crumbs
1/2 cup (48g)
garlic powder
1/2 tbsp (4g)
ground coriander
1/4 tbsp (1g)
ground cumin
1/4 tbsp (1g)
black pepper
1 1/3 dash, ground (0g)
soy sauce
2 2/3 tbsp (40mL)
oil
2 2/3 tbsp (40mL)

1. In a small bowl, combine bread crumbs garlic powder, coriander, cumin, and black pepper. Dip seitan in soy sauce, then in the yeast and spice mixture. Set aside.
2. Heat oil in a skillet over medium heat. Fry seitan in batches until browned on all sides.

Lunch 3

Eat on day 5, day 6

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals 19g protein 26g fat 45g carbs 12g fiber

For single meal:

chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)

For all 2 meals:

chunky canned soup (creamy varieties)
3 can (~19 oz) (1599g)

1. Prepare according to instructions on package.

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.

Lunch 4

Eat on day 7

Buffalo tofu with vegan ranch

506 cals 23g protein 42g fat 9g carbs 0g fiber

vegan ranch
3 tbsp (45mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)
Frank's Red Hot sauce
4 tbsp (59mL)
oil
3/4 tbsp (11mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Tomato and avocado salad

117 cals 2g protein 9g fat 3g carbs 4g fiber

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Cherry tomatoes

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

Makes 6 cherry tomatoes

tomatoes
6 cherry tomatoes (102g)

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

Snacks 1

Eat on day 1, day 2, day 3

Carrot sticks

2 carrot(s) - 54 cals 1g protein 0g fat 8g carbs 3g fiber

For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

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 3 meals:

high-protein granola bar
3 bar (120g)

1. This recipe has no instructions.

Snacks 2

Eat on day 4, day 5

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 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

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.

Snacks 3

Eat on day 6, day 7

Blackberries

1 2/3 cup(s) - 116 cals 3g protein 1g fat 10g carbs 13g fiber

For single meal:

blackberries
1 2/3 cup (240g)

For all 2 meals:

blackberries
3 1/3 cup (480g)

1. Rinse blackberries and serve.

Carrot sticks

2 carrot(s) - 54 cals 1g protein 0g fat 8g carbs 3g fiber

For single meal:

carrots
2 medium (122g)

For all 2 meals:

carrots
4 medium (244g)

1. Cut carrots into strips and serve.

Applesauce

57 cals 0g protein 0g fat 12g carbs 1g fiber

For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Dinner 1

Eat on day 1

Carrot fries

138 cals 2g protein 7g fat 12g carbs 5g fiber

carrots, peeled
6 oz (170g)
olive oil
1/2 tbsp (8mL)
rosemary
4 dash (1g)
salt
1 dash (1g)

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

Couscous

151 cals 5g protein 0g fat 30g carbs 2g fiber

instant couscous, flavored
1/4 box (5.8 oz) (41g)

1. Follow instructions on package.

Basic tempeh

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

Makes 4 oz

oil
2 tsp (10mL)
tempeh
4 oz (113g)

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

Dinner 2

Eat on day 2

Flatbread broccoli pizza (dairy-free)

448 cals 10g protein 24g fat 44g carbs 4g fiber

naan bread
3/4 piece (68g)
olive oil
1 tbsp (17mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
garlic, finely diced
2 1/4 clove(s) (7g)
pizza sauce
3 tbsp (47g)
broccoli
6 tbsp chopped (34g)
vegan cheese, shredded
3 tbsp (21g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and vegan cheese, and season with salt and pepper,.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

Soy milk

1 1/4 cup(s) - 106 cals 9g protein 6g fat 3g carbs 3g fiber

Makes 1 1/4 cup(s)

soy milk, unsweetened
1 1/4 cup (300mL)

1. This recipe has no instructions.

Dinner 3

Eat on day 3, day 4

Soy milk

1 1/2 cup(s) - 127 cals 11g protein 7g fat 3g carbs 3g fiber

For single meal:

soy milk, unsweetened
1 1/2 cup (360mL)

For all 2 meals:

soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.

Zoodles marinara

450 cals 18g protein 8g fat 56g carbs 20g fiber

For single meal:

pasta sauce
2 cup (520g)
zucchini
4 medium (784g)

For all 2 meals:

pasta sauce
4 cup (1040g)
zucchini
8 medium (1568g)

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 4

Eat on day 5, day 6

Buffalo tempeh with vegan ranch

393 cals 24g protein 25g fat 10g carbs 8g fiber

For single meal:

vegan ranch
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)
Frank's Red Hot sauce
2 tbsp (30mL)
oil
1/2 tbsp (8mL)

For all 2 meals:

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

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.

Tomato and avocado salad

235 cals 3g protein 18g fat 7g carbs 8g fiber

For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

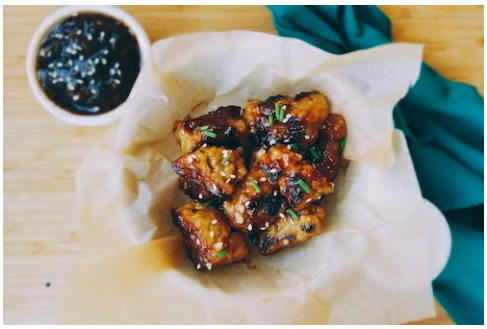
1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 5

Eat on day 7

Teriyaki seitan wings

8 oz seitan - 595 cals 64g protein 20g fat 38g carbs 1g fiber



Makes 8 oz seitan

teriyaki sauce
4 tbsp (60mL)
oil
1 tbsp (15mL)
seitan
1/2 lbs (227g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals 61g protein 1g fat 2g carbs 3g fiber

For single meal:

water
2 1/2 cup(s) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.