

Meal Plan - 2000 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

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

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

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

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



[Garlic pepper seitan](#)

456 cals



[Easy chickpea salad](#)

234 cals

Dinner

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



[Carrot fries](#)

138 cals



[Couscous](#)

151 cals



[Basic tempeh](#)

4 oz- 295 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

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

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

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



Garlic pepper seitan

456 cals



Easy chickpea salad

234 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

Day 3

2066 cals ● 158g protein (31%) ● 68g fat (30%) ● 165g carbs (32%) ● 38g fiber (7%)

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

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

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

705 cals, 50g protein, 50g net carbs, 31g fat



Simple sauteed spinach

100 cals



Breaded seitan nuggets

604 cals

Dinner

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



Soy milk

1 1/2 cup(s)- 127 cals



Zoodles marinara

450 cals

Day 4

2017 cals ● 154g protein (31%) ● 71g fat (31%) ● 153g carbs (30%) ● 37g fiber (7%)

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

Snacks

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



[Pistachios](#)
188 cals



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

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

705 cals, 50g protein, 50g net carbs, 31g fat



[Simple sauteed spinach](#)
100 cals



[Breaded seitan nuggets](#)
604 cals

Dinner

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



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



[Zoodles marinara](#)
450 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

Snacks

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



[Pistachios](#)
188 cals



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

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 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

Dinner

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



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



[Tomato and avocado salad](#)
235 cals

Day 6

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

Breakfast

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



[Instant oatmeal with water](#)
1 packet(s)- 165 cal



[Soy milk](#)
1 1/4 cup(s)- 106 cal

Snacks

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



[Blackberries](#)
1 2/3 cup(s)- 116 cal



[Carrot sticks](#)
2 carrot(s)- 54 cal



[Applesauce](#)
57 cal

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cal

Lunch

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



[Chunky canned soup \(creamy\)](#)
1 1/2 can(s)- 530 cal



[Mixed nuts](#)
1/8 cup(s)- 109 cal

Dinner

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



[Buffalo tempeh with vegan ranch](#)
393 cal



[Tomato and avocado salad](#)
235 cal

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

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

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 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

Dinner

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



[Teriyaki seitan wings](#)
8 oz seitan- 595 cals

Vegetables and Vegetable Products

- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (813g)
- ☐ carrots
12 3/4 medium (780g)
- ☐ garlic
6 1/2 clove(s) (20g)
- ☐ green pepper
2 3/4 tbsp, chopped (25g)
- ☐ onion
1 medium (2-1/2" dia) (126g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ broccoli
6 tbsp chopped (34g)
- ☐ zucchini
8 medium (1568g)
- ☐ fresh spinach
8 cup(s) (240g)
- ☐ ketchup
1/3 cup (91g)

Fruits and Fruit Juices

- ☐ lemon juice
1 tsp (5mL)
- ☐ avocados
2 1/4 avocado(s) (452g)
- ☐ 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)

Beverages

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

Spices and Herbs

Fats and Oils

- ☐ olive oil
3 oz (89mL)
- ☐ oil
3 oz (91mL)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1/4 box (5.8 oz) (41g)
- ☐ seitan
29 1/3 oz (831g)

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)

Soups, Sauces, and Gravies

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

Baked Products

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

Other

- ☐ vegan cheese, shredded
3 tbsp (21g)
- ☐ soy milk, unsweetened
8 cup(s) (mL)

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

- ☐ soy milk yogurt
2 container(s) (301g)
- ☐ vegan ranch
1/4 lbs (105mL)
- ☐ teriyaki sauce
4 tbsp (60mL)

Nut and Seed Products

- ☐ pistachios, shelled
1/2 cup (62g)
- ☐ mixed nuts
4 tbsp (34g)

Breakfast Cereals

- ☐ flavored instant oatmeal
3 packet (129g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Cherry tomatoes

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



Translation missing:
en.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



Translation missing:
en.for_single_meal

lemon juice

1/2 tsp (3mL)

avocados

1/2 avocado(s) (101g)

For all 2 meals:

lemon juice

1 tsp (5mL)

avocados

1 avocado(s) (201g)

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 and day 4

Soy milk yogurt

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



Translation missing:
en.for_single_meal

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

For all 2 meals:

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

1. The recipe has no instructions.

Small granola bar

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



Translation missing:
en.for_single_meal

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Instant oatmeal with water

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



Translation missing:
en.for_single_meal

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

For all 3 meals:

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

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



Translation missing:
en.for_single_meal

soy milk, unsweetened

1 1/4 cup(s) (mL)

For all 3 meals:

soy milk, unsweetened

3 3/4 cup(s) (mL)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Garlic pepper seitan

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



Translation missing:
en.for_single_meal

garlic, minced

1 2/3 clove(s) (5g)

seitan, chicken style

1/3 lbs (151g)

salt

2/3 dash (0g)

water

2 tsp (10mL)

black pepper

1 1/3 dash, ground (0g)

green pepper

4 tsp, chopped (12g)

onion

2 2/3 tbsp, chopped (27g)

olive oil

4 tsp (20mL)

For all 2 meals:

garlic, minced

3 1/3 clove(s) (10g)

seitan, chicken style

2/3 lbs (302g)

salt

1 1/3 dash (1g)

water

4 tsp (20mL)

black pepper

1/3 tsp, ground (1g)

green pepper

2 2/3 tbsp, chopped (25g)

onion

1/3 cup, chopped (53g)

olive oil

2 2/3 tbsp (40mL)

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



Translation missing:
en.for_single_meal

fresh parsley, chopped
1 1/2 sprigs (2g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)

For all 2 meals:

fresh parsley, chopped
3 sprigs (3g)
tomatoes, halved
1 cup cherry tomatoes (149g)
onion, thinly sliced
1/2 small (35g)
chickpeas, canned, drained and rinsed
1 can (448g)
apple cider vinegar
1 tbsp (1mL)
balsamic vinegar
1 tbsp (15mL)

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

Lunch 2 [↗](#)

Eat on day 3 and day 4

Simple sauteed spinach

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



Translation missing:
en.for_single_meal

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

For all 2 meals:

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

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.

Breaded seitan nuggets

604 cals ● 46g protein ● 24g fat ● 47g carbs ● 3g fiber



Translation missing:
en.for_single_meal

seitan, broken into bite-sized pieces

1/3 lbs (151g)

ketchup

2 2/3 tbsp (45g)

bread crumbs

1/4 cup (24g)

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)

garlic powder

1/4 tbsp (2g)

For all 2 meals:

seitan, broken into bite-sized pieces

2/3 lbs (302g)

ketchup

1/3 cup (91g)

bread crumbs

1/2 cup (48g)

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)

garlic powder

1/2 tbsp (4g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Chunky canned soup (creamy)

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



Translation missing:
en.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 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



Translation missing:
en.for_single_meal

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 7

Buffalo tofu with vegan ranch

506 cal ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



firm tofu, patted dry & cubed
2/3 lbs (298g)
vegan ranch
3 tbsp (45mL)
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 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



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

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 cal ● 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, and day 3

Carrot sticks

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



Translation missing:
en.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



Translation missing:
en.for_single_meal

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

- 1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Pistachios

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



Translation missing:
en.for_single_meal

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Cherry tomatoes

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



Translation missing:
en.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 and day 7

Blackberries

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



Translation missing:
en.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



Translation missing:
en.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



Translation missing:
en.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



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

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

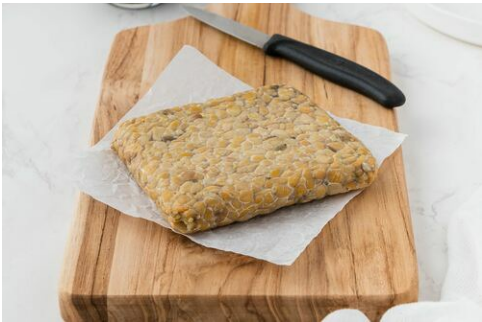


instant couscous, flavored
1/4 box (5.8 oz) (41g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Flatbread broccoli pizza (dairy-free)

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



broccoli

6 tbsp chopped (34g)

pizza sauce

3 tbsp (47g)

naan bread

3/4 piece(s) (68g)

vegan cheese, shredded

3 tbsp (21g)

garlic, finely diced

2 1/4 clove(s) (7g)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

olive oil

1 tbsp (17mL)

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(s) (mL)

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

Eat on day 3 and day 4

Soy milk

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



Translation missing:
en.for_single_meal

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

For all 2 meals:

soy milk, unsweetened
3 cup(s) (mL)

1. The recipe has no instructions.
-

Zoodles marinara

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



Translation missing:
en.for_single_meal

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

For all 2 meals:

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

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 and day 6

Buffalo tempeh with vegan ranch

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



Translation missing:
en.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



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

For all 2 meals:

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

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



Translation missing:
en.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. The recipe has no instructions.