

# 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 cal ● 146g protein (30%) ● 85g fat (39%) ● 120g carbs (24%) ● 35g fiber (7%)

### Breakfast

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



**Cherry tomatoes**

6 cherry tomatoes- 21 cal



**Avocado**

176 cal

### Snacks

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



**Carrot sticks**

2 carrot(s)- 54 cal



**High-protein granola bar**

1 bar(s)- 204 cal

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cal

### Lunch

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



**Garlic pepper seitan**

456 cal



**Easy chickpea salad**

234 cal

### Dinner

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



**Flatbread broccoli pizza (dairy-free)**

448 cal



**Soy milk**

1 1/4 cup(s)- 106 cal

## Day 3

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

### Breakfast

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



**Soy milk yogurt**

1 container- 136 cal



**Small granola bar**

1 bar(s)- 119 cal

### Snacks

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



**Carrot sticks**

2 carrot(s)- 54 cal



**High-protein granola bar**

1 bar(s)- 204 cal

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cal

### Lunch

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



**Simple sauteed spinach**

100 cal



**Tasty breaded seitan**

561 cal

### Dinner

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



**Soy milk**

1 1/2 cup(s)- 127 cal



**Zoodles marinara**

450 cal

## Day 4

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

### Breakfast

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



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



[Small granola bar](#)  
1 bar(s)- 119 cal

### Snacks

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



[Pistachios](#)  
188 cal



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

### Protein Supplement(s)

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



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

### Lunch

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



[Simple sauteed spinach](#)  
100 cal



[Tasty breaded seitan](#)  
561 cal

### Dinner

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



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



[Zoodles marinara](#)  
450 cal

## Day 5

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

### 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

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



[Pistachios](#)  
188 cal



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 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 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 cal ● 168g protein (33%) ● 82g fat (37%) ● 118g carbs (23%) ● 33g fiber (7%)

## 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

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



[Buffalo tofu with vegan ranch](#)  
506 cal



[Tomato and avocado salad](#)  
117 cal



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

## Dinner

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



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

## 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)
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## 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)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

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### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

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### Avocado

176 cal ● 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.
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## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Soy milk yogurt

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

### Small granola bar

1 bar(s) - 119 cal ● 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 cal ● 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 cal ● 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.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Garlic pepper seitan

456 cal ● 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.

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### Easy chickpea salad

234 cal ● 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!

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Simple sauteed spinach

100 cal ● 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.

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### Tasty breaded seitan

561 cal ● 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.

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## Lunch 3 [↗](#)

Eat on day 5, day 6

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### Chunky canned soup (creamy)

1 1/2 can(s) - 530 cal ● 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.

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### Mixed nuts

1/8 cup(s) - 109 cal ● 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 cal ● 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 cal ● 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 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, day 3

### Carrot sticks

2 carrot(s) - 54 cal ● 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 cal ● 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 cal ● 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 cal ● 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.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Blackberries

1 2/3 cup(s) - 116 cal ● 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.

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### Carrot sticks

2 carrot(s) - 54 cal ● 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 cal ● 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

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## Dinner 1 [↗](#)

Eat on day 1

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### Carrot fries

138 cal ● 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.

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### Couscous

151 cal ● 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 cal ● 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

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### Flatbread broccoli pizza (dairy-free)

448 cal ● 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.

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### Soy milk

1 1/4 cup(s) - 106 cal ● 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.

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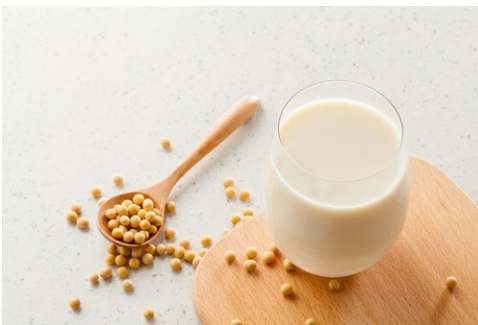
## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Soy milk

1 1/2 cup(s) - 127 cal ● 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.

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### Zoodles marinara

450 cal ● 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.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Buffalo tempeh with vegan ranch

393 cal ● 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.

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### Tomato and avocado salad

235 cal ● 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.
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## Dinner 5 [↗](#)

Eat on day 7

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### Teriyaki seitan wings

8 oz seitan - 595 cal ● 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cal ● 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.
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