

Meal Plan - 2100 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

2051 cals ● 171g protein (33%) ● 76g fat (33%) ● 143g carbs (28%) ● 30g fiber (6%)

Breakfast

345 cals, 13g protein, 22g net carbs, 21g fat



[Roasted cashews](#)

1/8 cup(s)- 104 cals



[Pumped up almond yogurt](#)

1 container(s)- 242 cals

Snacks

170 cals, 2g protein, 21g net carbs, 7g fat



[Applesauce](#)

57 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Vegan cheese](#)

1 1" cube- 91 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

635 cals, 60g protein, 34g net carbs, 25g fat



[Mixed vegetables](#)

1 cup(s)- 97 cals



[Vegan sausage](#)

2 sausage(s)- 536 cals

Dinner

630 cals, 35g protein, 64g net carbs, 21g fat



[Simple mixed greens salad](#)

203 cals



[Chik'n stir fry](#)

427 cals

Day 2

2065 cal ● 150g protein (29%) ● 79g fat (34%) ● 165g carbs (32%) ● 24g fiber (5%)

Breakfast

345 cal, 13g protein, 22g net carbs, 21g fat



[Roasted cashews](#)
1/8 cup(s)- 104 cal



[Pumped up almond yogurt](#)
1 container(s)- 242 cal

Snacks

170 cal, 2g protein, 21g net carbs, 7g fat



[Applesauce](#)
57 cal



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



[Vegan cheese](#)
1 1" cube- 91 cal

Protein Supplement(s)

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



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

Lunch

645 cal, 40g protein, 56g net carbs, 28g fat



[Simple mixed greens and tomato salad](#)
113 cal



[Crispy chik'n tenders](#)
9 1/3 tender(s)- 533 cal

Dinner

630 cal, 35g protein, 64g net carbs, 21g fat



[Simple mixed greens salad](#)
203 cal



[Chik'n stir fry](#)
427 cal

Day 3

2165 cal ● 164g protein (30%) ● 76g fat (32%) ● 150g carbs (28%) ● 56g fiber (10%)

Breakfast

270 cal, 17g protein, 20g net carbs, 10g fat



[Southwest avocado toast](#)
1 toast(s)- 193 cal



[Vegan breakfast sausage links](#)
2 links- 75 cal

Snacks

230 cal, 8g protein, 23g net carbs, 9g fat



[Cucumber slices](#)
1 cucumber- 60 cal



[Avocado toast](#)
1 slice(s)- 168 cal

Protein Supplement(s)

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



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

Lunch

730 cal, 29g protein, 74g net carbs, 28g fat



[Spiced chickpea tabbouleh bowl](#)
455 cal



[Roasted almonds](#)
1/3 cup(s)- 277 cal

Dinner

665 cal, 49g protein, 31g net carbs, 29g fat



[Carrot & grounds stir fry](#)
664 cal

Day 4

2089 cal ● 181g protein (35%) ● 78g fat (33%) ● 125g carbs (24%) ● 43g fiber (8%)

Breakfast

270 cal, 17g protein, 20g net carbs, 10g fat



[Southwest avocado toast](#)
1 toast(s)- 193 cal



[Vegan breakfast sausage links](#)
2 links- 75 cal

Snacks

230 cal, 8g protein, 23g net carbs, 9g fat



[Cucumber slices](#)
1 cucumber- 60 cal



[Avocado toast](#)
1 slice(s)- 168 cal

Protein Supplement(s)

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



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

Lunch

655 cal, 45g protein, 49g net carbs, 29g fat



[Vegan bangers and cauliflower mash](#)
1 1/2 sausage link(s)- 541 cal



[Fruit juice](#)
1 cup(s)- 115 cal

Dinner

665 cal, 49g protein, 31g net carbs, 29g fat



[Carrot & grounds stir fry](#)
664 cal

Day 5

2128 cal ● 155g protein (29%) ● 110g fat (46%) ● 96g carbs (18%) ● 33g fiber (6%)

Breakfast

380 cal, 12g protein, 14g net carbs, 27g fat



[Avocado](#)
176 cal



[High-protein granola bar](#)
1 bar(s)- 204 cal

Snacks

230 cal, 8g protein, 23g net carbs, 9g fat



[Cucumber slices](#)
1 cucumber- 60 cal



[Avocado toast](#)
1 slice(s)- 168 cal

Protein Supplement(s)

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



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

Lunch

655 cal, 45g protein, 49g net carbs, 29g fat



[Vegan bangers and cauliflower mash](#)
1 1/2 sausage link(s)- 541 cal



[Fruit juice](#)
1 cup(s)- 115 cal

Dinner

590 cal, 28g protein, 9g net carbs, 44g fat



[Spinach cauliflower mince](#)
3 1/2 cup(s)- 249 cal



[Basic tofu](#)
8 oz- 342 cal

Day 6

2004 cal ● 164g protein (33%) ● 84g fat (38%) ● 112g carbs (22%) ● 36g fiber (7%)

Breakfast

380 cal, 12g protein, 14g net carbs, 27g fat



Avocado
176 cal



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

Snacks

225 cal, 8g protein, 20g net carbs, 8g fat



Carrots and hummus
205 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

520 cal, 48g protein, 51g net carbs, 13g fat



Brown rice
2/3 cup brown rice, cooked- 153 cal



Simple seitan
6 oz- 365 cal

Dinner

605 cal, 35g protein, 25g net carbs, 36g fat



Seitan salad
359 cal



Roasted peanuts
1/6 cup(s)- 173 cal



Simple mixed greens and tomato salad
76 cal

Day 7

2004 cal ● 164g protein (33%) ● 84g fat (38%) ● 112g carbs (22%) ● 36g fiber (7%)

Breakfast

380 cal, 12g protein, 14g net carbs, 27g fat



Avocado
176 cal



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

Snacks

225 cal, 8g protein, 20g net carbs, 8g fat



Carrots and hummus
205 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

520 cal, 48g protein, 51g net carbs, 13g fat



Brown rice
2/3 cup brown rice, cooked- 153 cal



Simple seitan
6 oz- 365 cal

Dinner

605 cal, 35g protein, 25g net carbs, 36g fat



Seitan salad
359 cal



Roasted peanuts
1/6 cup(s)- 173 cal



Simple mixed greens and tomato salad
76 cal

Other

- mixed greens
14 1/4 cup (428g)
- vegan chik'n strips
1/2 lbs (213g)
- almond yogurt, flavored
2 container (300g)
- cacao nibs
2 tsp (7g)
- vegan cheese, block
2 1" cube (57g)
- vegan sausage
5 sausage (500g)
- meatless chik'n tenders
9 1/3 pieces (238g)
- guacamole, store-bought
4 tbsp (62g)
- vegan breakfast sausage links
4 links (90g)
- frozen cauliflower
2 1/4 cup (255g)
- frozen riced cauliflower
3 1/2 cup, frozen (371g)
- nutritional yeast
2 tsp (3g)

Fats and Oils

- salad dressing
1 cup (244mL)
- oil
4 oz (125mL)

Vegetables and Vegetable Products

- carrots
8 3/4 medium (534g)
- bell pepper
1 1/2 medium (179g)
- tomatoes
6 1/3 medium whole (2-3/5" dia) (776g)
- frozen mixed veggies
1 cup (135g)
- ketchup
2 1/3 tbsp (40g)
- fresh spinach
6 cup(s) (180g)
- cucumber
3 1/4 cucumber (8-1/4") (966g)
- fresh cilantro
4 tbsp, chopped (12g)

Legumes and Legume Products

- soy sauce
6 1/2 tbsp (98mL)
- refried beans
1/2 cup (121g)
- vegetarian burger crumbles
1 lbs (454g)
- chickpeas, canned
3/8 can (187g)
- firm tofu
1/2 lbs (227g)
- hummus
10 tbsp (150g)
- roasted peanuts
6 tbsp (55g)

Cereal Grains and Pasta

- brown rice
1 cup (191g)
- instant couscous, flavored
3/8 box (5.8 oz) (69g)
- seitan
18 oz (510g)

Nut and Seed Products

- roasted cashews
4 tbsp, halves and whole (34g)
- almonds
5 tbsp, whole (45g)

Fruits and Fruit Juices

- raspberries
16 raspberries (30g)
- applesauce
2 to-go container (~4 oz) (244g)
- avocados
2 3/4 avocado(s) (553g)
- lime juice
4 tsp (20mL)
- lemon juice
1/3 fl oz (11mL)
- fruit juice
16 fl oz (480mL)

Baked Products

- bread
1/3 lbs (160g)

- onion
2 3/4 medium (2-1/2" dia) (305g)
- garlic
6 clove(s) (19g)
- fresh parsley
1 2/3 sprigs (2g)
- baby carrots
40 medium (400g)

Beverages

- water
1 1/4 gallon (4723mL)
- protein powder
1 1/4 lbs (554g)

Spices and Herbs

- crushed red pepper
1/4 tbsp (1g)
- ground cumin
1/2 tsp (1g)
- salt
1/3 tsp (2g)
- black pepper
1/3 tsp, ground (1g)

Snacks

- high-protein granola bar
3 bar (120g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp, halves and whole (17g)

For all 2 meals:

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

Pumped up almond yogurt

1 container(s) - 242 cal ● 10g protein ● 13g fat ● 17g carbs ● 5g fiber



For single meal:

almond yogurt, flavored

1 container (150g)

protein powder

1 tbsp (6g)

raspberries

8 raspberries (15g)

cacao nibs

1 tsp (3g)

For all 2 meals:

almond yogurt, flavored

2 container (300g)

protein powder

2 tbsp (12g)

raspberries

16 raspberries (30g)

cacao nibs

2 tsp (7g)

1. Mix almond yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Southwest avocado toast

1 toast(s) - 193 cal ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

fresh spinach

1/8 cup(s) (4g)

refried beans

4 tbsp (61g)

guacamole, store-bought

2 tbsp (31g)

bread

1 slice(s) (32g)

For all 2 meals:

fresh spinach

1/4 cup(s) (8g)

refried beans

1/2 cup (121g)

guacamole, store-bought

4 tbsp (62g)

bread

2 slice(s) (64g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
 2. Spread refried beans over bread and top with guacamole and spinach. Serve.
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Vegan breakfast sausage links

2 links - 75 cal ● 9g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links

2 links (45g)

For all 2 meals:

vegan breakfast sausage links

4 links (90g)

1. Cook links according to package instructions. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

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.

Lunch 1 [↗](#)

Eat on day 1

Mixed vegetables

1 cup(s) - 97 cal ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

frozen mixed veggies
1 cup (135g)

1. Prepare according to instructions on package.

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Lunch 2 [↗](#)

Eat on day 2

Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

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

Crispy chik'n tenders

9 1/3 tender(s) - 533 cal ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



Makes 9 1/3 tender(s)

ketchup
2 1/3 tbsp (40g)
meatless chik'n tenders
9 1/3 pieces (238g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
-

Lunch 3 [↗](#)

Eat on day 3

Spiced chickpea tabbouleh bowl

455 cal ● 19g protein ● 5g fat ● 70g carbs ● 13g fiber



lemon juice

1/4 tbsp (3mL)

fresh parsley, chopped

1 2/3 sprigs (2g)

tomatoes, chopped

3/8 roma tomato (33g)

cucumber, chopped

1/4 cucumber (8-1/4") (63g)

ground cumin

3 1/3 dash (1g)

oil

1/4 tsp (1mL)

chickpeas, canned, drained & rinsed

3/8 can (187g)

instant couscous, flavored

3/8 box (5.8 oz) (69g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Roasted almonds

1/3 cup(s) - 277 cal ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 4, day 5

Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cal ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

onion, thinly sliced

3/4 small (53g)

vegan sausage

1 1/2 sausage (150g)

oil

3/4 tbsp (11mL)

frozen cauliflower

1 cup (128g)

For all 2 meals:

onion, thinly sliced

1 1/2 small (105g)

vegan sausage

3 sausage (300g)

oil

1 1/2 tbsp (23mL)

frozen cauliflower

2 1/4 cup (255g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. This recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Brown rice

2/3 cup brown rice, cooked - 153 cal ● 3g protein ● 1g fat ● 31g carbs ● 1g fiber



For single meal:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

For all 2 meals:

brown rice
1/2 cup (84g)
salt
1/3 tsp (2g)
water
7/8 cup(s) (211mL)
black pepper
1/3 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
 2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
 3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
 4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
 5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
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Simple seitan

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



For single meal:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

For all 2 meals:

oil
1 tbsp (15mL)
seitan
3/4 lbs (340g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
 2. Season with salt, pepper, or seasonings of choice. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

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
-

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.

Vegan cheese

1 1" cube - 91 cal ● 1g protein ● 7g fat ● 6g carbs ● 0g fiber



For single meal:

vegan cheese, block
1 1" cube (28g)

For all 2 meals:

vegan cheese, block
2 1" cube (57g)

1. Slice and enjoy.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cucumber slices

1 cucumber - 60 cal ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

1 cucumber (8-1/4") (301g)

For all 3 meals:

cucumber

3 cucumber (8-1/4") (903g)

1. Slice cucumber into rounds and serve.

Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 3 meals:

bread

3 slice (96g)

avocados, ripe, sliced

3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Snacks 3 [↗](#)

Eat on day 6, day 7

Carrots and hummus

205 cal ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus

5 tbsp (75g)

baby carrots

20 medium (200g)

For all 2 meals:

hummus

10 tbsp (150g)

baby carrots

40 medium (400g)

1. Serve carrots with hummus.

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Simple mixed greens salad

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



For single meal:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

For all 2 meals:

mixed greens

9 cup (270g)

salad dressing

1/2 cup (135mL)

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

Chik'n stir fry

427 cal ● 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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Carrot & grounds stir fry

664 cal ● 49g protein ● 29g fat ● 31g carbs ● 21g fiber



For single meal:

fresh cilantro, chopped
2 tbsp, chopped (6g)
oil
4 tsp (20mL)
lime juice
2 tsp (10mL)
crushed red pepper
1/3 tsp (1g)
water
4 tsp (20mL)
soy sauce
2 tbsp (30mL)
onion, chopped
2/3 large (100g)
garlic, minced
1 1/3 clove(s) (4g)
vegetarian burger crumbles
1/2 lbs (227g)
carrots
2 2/3 large (192g)

For all 2 meals:

fresh cilantro, chopped
4 tbsp, chopped (12g)
oil
2 2/3 tbsp (40mL)
lime juice
4 tsp (20mL)
crushed red pepper
1/4 tsp (1g)
water
2 2/3 tbsp (40mL)
soy sauce
4 tbsp (60mL)
onion, chopped
1 1/3 large (200g)
garlic, minced
2 2/3 clove(s) (8g)
vegetarian burger crumbles
16 oz (454g)
carrots
5 1/3 large (384g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Dinner 3 [↗](#)

Eat on day 5

Spinach cauliflower mince

3 1/2 cup(s) - 249 cal ● 11g protein ● 16g fat ● 4g carbs ● 10g fiber



Makes 3 1/2 cup(s)

oil

3 1/2 tsp (18mL)

frozen riced cauliflower

3 1/2 cup, frozen (371g)

fresh spinach, chopped

1 3/4 cup(s) (53g)

garlic, diced

3 1/2 clove(s) (11g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tofu 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 4 [↗](#)

Eat on day 6, day 7

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

76 cal ● 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.

Protein Supplement(s) [↗](#)

Eat every day

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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