

Meal Plan - 2200 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

2171 cals ● 143g protein (26%) ● 78g fat (32%) ● 182g carbs (34%) ● 43g fiber (8%)

Breakfast

455 cals, 13g protein, 63g net carbs, 11g fat



[Orange](#)

2 orange(s)- 170 cals



[Savory porridge](#)

284 cals

Snacks

255 cals, 6g protein, 5g net carbs, 22g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Walnuts](#)

1/3 cup(s)- 233 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

715 cals, 32g protein, 84g net carbs, 23g fat



[Simple mixed greens and tomato salad](#)

151 cals



[Simple plant-based deli wrap](#)

1 wrap(s)- 426 cals



[Raisins](#)

1/4 cup- 137 cals

Dinner

475 cals, 31g protein, 28g net carbs, 21g fat



[Sweet potato medallions](#)

1/2 sweet potato- 155 cals



[Vegan crumbles](#)

1 1/2 cup(s)- 219 cals



[Simple mixed greens salad](#)

102 cals

Day 2

2241 cals ● 138g protein (25%) ● 72g fat (29%) ● 210g carbs (37%) ● 52g fiber (9%)

Breakfast

455 cals, 13g protein, 63g net carbs, 11g fat



Orange

2 orange(s)- 170 cals



Savory porridge

284 cals

Snacks

255 cals, 6g protein, 5g net carbs, 22g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Walnuts

1/3 cup(s)- 233 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

715 cals, 32g protein, 84g net carbs, 23g fat



Simple mixed greens and tomato salad

151 cals



Simple plant-based deli wrap

1 wrap(s)- 426 cals



Raisins

1/4 cup- 137 cals

Dinner

545 cals, 27g protein, 56g net carbs, 14g fat



Chickpea & kale soup

546 cals

Day 3

2192 cals ● 143g protein (26%) ● 66g fat (27%) ● 206g carbs (38%) ● 53g fiber (10%)

Breakfast

300 cals, 16g protein, 46g net carbs, 1g fat



Green protein shake

130 cals



Orange

2 orange(s)- 170 cals

Snacks

255 cals, 6g protein, 5g net carbs, 22g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Walnuts

1/3 cup(s)- 233 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

635 cals, 30g protein, 86g net carbs, 11g fat



Simple mixed greens salad

102 cals



Bbq cauliflower wings

535 cals

Dinner

730 cals, 30g protein, 67g net carbs, 31g fat



Pumpkin seeds

183 cals



Lentil chili

435 cals



Simple kale salad

2 cup(s)- 110 cals

Day 4

2157 cals ● 142g protein (26%) ● 47g fat (20%) ● 235g carbs (43%) ● 57g fiber (11%)

Breakfast

300 cals, 16g protein, 46g net carbs, 1g fat



Green protein shake
130 cals



Orange
2 orange(s)- 170 cals

Snacks

220 cals, 5g protein, 34g net carbs, 4g fat



Banana
1 banana(s)- 117 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Carrots and hummus
82 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

635 cals, 30g protein, 86g net carbs, 11g fat



Simple mixed greens salad
102 cals



Bbq cauliflower wings
535 cals

Dinner

730 cals, 30g protein, 67g net carbs, 31g fat



Pumpkin seeds
183 cals



Lentil chili
435 cals



Simple kale salad
2 cup(s)- 110 cals

Day 5

2112 cals ● 157g protein (30%) ● 76g fat (32%) ● 150g carbs (28%) ● 52g fiber (10%)

Breakfast

320 cals, 11g protein, 32g net carbs, 14g fat



Sunflower seeds

180 cals



Watermelon

8 oz- 82 cals



Applesauce

57 cals

Snacks

220 cals, 5g protein, 34g net carbs, 4g fat



Banana

1 banana(s)- 117 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Carrots and hummus

82 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

615 cals, 39g protein, 46g net carbs, 23g fat



Brown rice

1/2 cup brown rice, cooked- 115 cals



Carrot & grounds stir fry

498 cals

Dinner

690 cals, 41g protein, 36g net carbs, 34g fat



Sweet potato wedges

130 cals



Roasted brussels sprouts

116 cals



Basic tempeh

6 oz- 443 cals

Day 6

2186 cals ● 154g protein (28%) ● 85g fat (35%) ● 159g carbs (29%) ● 40g fiber (7%)

Breakfast

320 cals, 11g protein, 32g net carbs, 14g fat



Sunflower seeds
180 cals



Watermelon
8 oz- 82 cals



Applesauce
57 cals

Snacks

210 cals, 10g protein, 19g net carbs, 6g fat



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



Grapes
102 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

700 cals, 32g protein, 70g net carbs, 30g fat



Quinoa
1 cup quinoa, cooked- 208 cals



General tso's tofu
490 cals

Dinner

690 cals, 41g protein, 36g net carbs, 34g fat



Sweet potato wedges
130 cals



Roasted brussels sprouts
116 cals



Basic tempeh
6 oz- 443 cals



Day 7

2152 cals ● 158g protein (29%) ● 70g fat (29%) ● 179g carbs (33%) ● 43g fiber (8%)

Breakfast

320 cals, 11g protein, 32g net carbs, 14g fat



Sunflower seeds
180 cals



Watermelon
8 oz- 82 cals



Applesauce
57 cals

Snacks

210 cals, 10g protein, 19g net carbs, 6g fat



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



Grapes
102 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

700 cals, 32g protein, 70g net carbs, 30g fat



Quinoa
1 cup quinoa, cooked- 208 cals



General tso's tofu
490 cals

Dinner

655 cals, 45g protein, 55g net carbs, 18g fat



Vegan chili con 'carne'
654 cals



Vegetables and Vegetable Products

- ☐ sweet potatoes
1 1/2 sweetpotato, 5" long (315g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ mushrooms
6 oz (170g)
- ☐ onion
2 medium (2-1/2" dia) (241g)
- ☐ tomatoes
6 medium whole (2-3/5" dia) (719g)
- ☐ garlic
10 clove(s) (30g)
- ☐ kale leaves
6 cup, chopped (240g)
- ☐ canned whole tomatoes
1 cup (240g)
- ☐ cauliflower
4 head small (4" dia.) (1060g)
- ☐ baby carrots
16 medium (160g)
- ☐ brussels sprouts
1/2 lbs (227g)
- ☐ fresh cilantro
1 1/2 tbsp, chopped (5g)
- ☐ carrots
2 large (144g)
- ☐ fresh ginger
4 tbsp (24g)
- ☐ canned stewed tomatoes
3/8 can (~14.5 oz) (152g)
- ☐ bell pepper
3/4 medium (89g)

Fats and Oils

- ☐ oil
1/4 lbs (139mL)
- ☐ salad dressing
1 cup (251mL)
- ☐ olive oil
1 tbsp (15mL)

Legumes and Legume Products

- ☐ vegetarian burger crumbles
1 1/3 package (12 oz) (448g)
- ☐ hummus
1/2 cup (120g)
- ☐ chickpeas, canned
1 can (448g)

Beverages

- ☐ water
1 1/4 gallon (4646mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

Fruits and Fruit Juices

- ☐ orange
9 orange (1386g)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ banana
2 1/2 medium (7" to 7-7/8" long) (295g)
- ☐ Watermelon
24 oz (680g)
- ☐ applesauce
3 to-go container (~4 oz) (366g)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ grapes
3 1/2 cup (322g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
8 cup(s) (mL)
- ☐ barbecue sauce
1 cup (286g)

Spices and Herbs

- ☐ thyme, dried
4 dash, leaves (1g)
- ☐ rosemary, dried
4 dash (1g)
- ☐ chili powder
1/3 oz (9g)
- ☐ ground cumin
1/8 oz (4g)
- ☐ salt
2 tsp (13g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ crushed red pepper
2 dash (0g)
- ☐ apple cider vinegar
2 tbsp (30g)

- ☐ lentils, raw
2/3 cup (132g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ soy sauce
2 oz (43mL)
- ☐ firm tofu
1 1/4 lbs (567g)
- ☐ kidney beans
3/8 can (168g)

Other

- ☐ mixed greens
13 3/4 cup (413g)
- ☐ plant-based deli slices
14 slices (146g)
- ☐ nutritional yeast
1 cup (60g)
- ☐ soy milk, unsweetened
2 1/2 cup (600mL)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)

Nut and Seed Products

- ☐ walnuts
1 cup, shelled (100g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
3 oz (85g)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Cereal Grains and Pasta

- ☐ dry bulgur wheat
1/2 cup (70g)
- ☐ brown rice
2 3/4 tbsp (32g)
- ☐ quinoa, uncooked
2/3 cup (113g)
- ☐ cornstarch
4 tbsp (32g)

Sweets

- ☐ sugar
2 tbsp (26g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. This recipe has no instructions.

Savory porridge

284 cals ● 10g protein ● 10g fat ● 31g carbs ● 7g fiber



For single meal:

oil
1/2 tbsp (8mL)
vegetable broth
1 cup(s) (mL)
thyme, dried
2 dash, leaves (0g)
rosemary, dried
2 dash (0g)
oatmeal, old-fashioned oats, rolled oats
1/2 cup(s) (41g)
fresh spinach
1 1/2 cup(s) (45g)
mushrooms, sliced
3 oz (85g)
onion, diced
1/2 small (35g)

For all 2 meals:

oil
1 tbsp (15mL)
vegetable broth
2 cup(s) (mL)
thyme, dried
4 dash, leaves (1g)
rosemary, dried
4 dash (1g)
oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)
fresh spinach
3 cup(s) (90g)
mushrooms, sliced
6 oz (170g)
onion, diced
1 small (70g)

1. Heat oil in a skillet over medium heat and add onion. Once translucent, add mushrooms and herbs and cook for about 5 minutes until mushrooms have softened.
2. Scrape mushroom mixture over to one side of the pan and add the oats to the other and let toast a minute or two.
3. Mix both sides together and add broth. Reduce heat to low and let cook for 5 minutes until most of the broth is absorbed.
4. Add spinach and mix until spinach wilts. Season with salt/pepper to taste and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

fresh spinach

1/2 cup(s) (15g)

water

1/8 cup(s) (30mL)

**orange, peeled, sliced, and
deseeded**

1/2 orange (77g)

protein powder, vanilla

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

banana, frozen

1/4 medium (7" to 7-7/8" long) (30g)

For all 2 meals:

fresh spinach

1 cup(s) (30g)

water

1/4 cup(s) (59mL)

**orange, peeled, sliced, and
deseeded**

1 orange (154g)

protein powder, vanilla

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

banana, frozen

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

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange

2 orange (308g)

For all 2 meals:

orange

4 orange (616g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 3 meals:

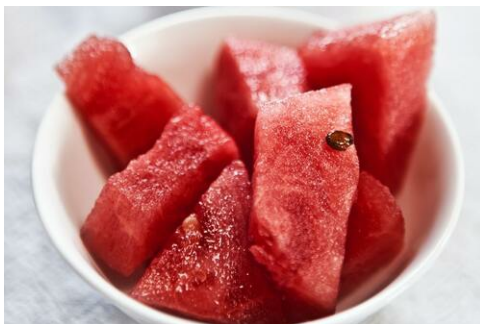
sunflower kernels

3 oz (85g)

1. This recipe has no instructions.

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

Watermelon

8 oz (227g)

For all 3 meals:

Watermelon

24 oz (680g)

1. Slice watermelon 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 3 meals:

applesauce

3 to-go container (~4 oz) (366g)

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

Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

hummus

2 tbsp (30g)

tomatoes

2 slice(s), thin/small (30g)

mixed greens

1/2 cup (15g)

flour tortillas

1 tortilla (approx 10" dia) (72g)

plant-based deli slices

7 slices (73g)

For all 2 meals:

hummus

4 tbsp (60g)

tomatoes

4 slice(s), thin/small (60g)

mixed greens

1 cup (30g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

plant-based deli slices

14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins

4 tbsp, packed (41g)

For all 2 meals:

raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
 2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
 3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
 4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
 5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
 6. Toss florets with the barbeque sauce. Serve.
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Lunch 3 [🔗](#)

Eat on day 5

Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

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.

Carrot & grounds stir fry

498 cal ● 37g protein ● 22g fat ● 23g carbs ● 15g fiber



fresh cilantro, chopped

1 1/2 tbsp, chopped (5g)

oil

1 tbsp (15mL)

lime juice

1/2 tbsp (8mL)

crushed red pepper

2 dash (0g)

water

1 tbsp (15mL)

soy sauce

1 1/2 tbsp (23mL)

onion, chopped

1/2 large (75g)

garlic, minced

1 clove(s) (3g)

vegetarian burger crumbles

6 oz (170g)

carrots

2 large (144g)

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,

Lunch 4 [↗](#)

Eat on day 6, day 7

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



For single meal:

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

For all 2 meals:

quinoa, uncooked

2/3 cup (113g)

water

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

General tso's tofu

490 cal ● 24g protein ● 27g fat ● 38g carbs ● 1g fiber



For single meal:

oil

1 tbsp (15mL)

cornstarch

2 tbsp (16g)

firm tofu, patted dry & cubed

10 oz (284g)

apple cider vinegar

1 tbsp (15g)

sugar

1 tbsp (13g)

garlic, minced

2 clove(s) (6g)

soy sauce

2 tsp (10mL)

fresh ginger, minced

2 tbsp (12g)

For all 2 meals:

oil

2 tbsp (30mL)

cornstarch

4 tbsp (32g)

firm tofu, patted dry & cubed

1 1/4 lbs (567g)

apple cider vinegar

2 tbsp (30g)

sugar

2 tbsp (26g)

garlic, minced

4 clove(s) (12g)

soy sauce

4 tsp (20mL)

fresh ginger, minced

4 tbsp (24g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

tomatoes

18 cherry tomatoes (306g)

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

Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

1/3 cup, shelled (33g)

For all 3 meals:

walnuts

1 cup, shelled (100g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

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

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

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.

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus

2 tbsp (30g)

baby carrots

8 medium (80g)

For all 2 meals:

hummus

4 tbsp (60g)

baby carrots

16 medium (160g)

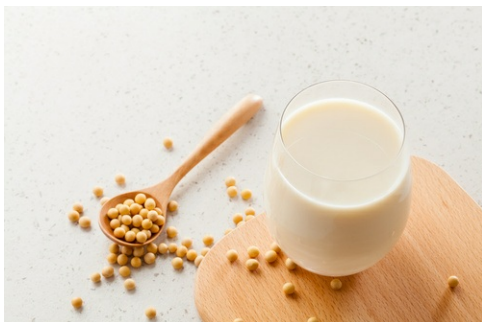
1. Serve carrots with hummus.

Snacks 3 [🔗](#)

Eat on day 6, day 7

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 2 meals:

soy milk, unsweetened

2 1/2 cup (600mL)

1. This recipe has no instructions.

Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

grapes
1 3/4 cup (161g)

For all 2 meals:

grapes
3 1/2 cup (322g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

sweet potatoes, sliced
1/2 sweetpotato, 5" long (105g)
oil
1/2 tbsp (8mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

vegetarian burger crumbles
1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



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

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

Dinner 2 [↗](#)

Eat on day 2

Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



oil
1 tsp (5mL)
garlic, minced
2 clove(s) (6g)
vegetable broth
4 cup(s) (mL)
kale leaves, chopped
2 cup, chopped (80g)
chickpeas, canned, drained
1 can (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Dinner 3 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Lentil chili

435 cals ● 19g protein ● 9g fat ● 55g carbs ● 14g fiber



For single meal:

oil
1/2 tbsp (8mL)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
garlic, minced
1 clove(s) (3g)
lentils, raw
4 tbsp (48g)
chili powder
1/2 tbsp (4g)
ground cumin
1/4 tbsp (2g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
canned whole tomatoes, chopped
1/2 cup (120g)
dry bulgur wheat
4 tbsp (35g)
vegetable broth
3/4 cup(s) (mL)

For all 2 meals:

oil
1 tbsp (15mL)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
garlic, minced
2 clove(s) (6g)
lentils, raw
1/2 cup (96g)
chili powder
1 tbsp (8g)
ground cumin
1/2 tbsp (3g)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)
canned whole tomatoes, chopped
1 cup (240g)
dry bulgur wheat
1/2 cup (70g)
vegetable broth
1 1/2 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

salad dressing
2 tbsp (30mL)
kale leaves
2 cup, chopped (80g)

For all 2 meals:

salad dressing
4 tbsp (60mL)
kale leaves
4 cup, chopped (160g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
sweet potatoes, cut into wedges
1/2 sweetpotato, 5" long (105g)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)

For all 2 meals:

oil
3/4 tbsp (11mL)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Roasted brussels sprouts

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



For single meal:

brussels sprouts
4 oz (113g)
olive oil
1/2 tbsp (8mL)
salt
1 dash (1g)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

brussels sprouts
1/2 lbs (227g)
olive oil
3 tsp (15mL)
salt
2 dash (1g)
black pepper
1 1/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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 5 [↗](#)

Eat on day 7

Vegan chili con 'carne'

654 cals ● 45g protein ● 18g fat ● 55g carbs ● 23g fiber



oil
3/4 tbsp (11mL)
garlic, minced
1 clove(s) (3g)
kidney beans, drained and rinsed
3/8 can (168g)
lentils, raw
3 tbsp (36g)
vegetarian burger crumbles
3/8 package (12 oz) (128g)
canned stewed tomatoes
3/8 can (~14.5 oz) (152g)
ground cumin
3 dash (1g)
chili powder
3 dash (1g)
vegetable broth
3/8 cup(s) (mL)
onion, chopped
3/8 medium (2-1/2" dia) (41g)
bell pepper, chopped
3/4 medium (89g)

1. Heat the oil in a large saucepan over medium heat.
 2. Add the garlic, and chopped onion and peppers. Cook until soft.
 3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
 4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
 5. Bring to a simmer and cook for 25 minutes.
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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.