

Meal Plan - 2300 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

2301 cals ● 184g protein (32%) ● 82g fat (32%) ● 167g carbs (29%) ● 40g fiber (7%)

Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



[Vegan English bubble & squeak](#)
2 patties- 194 cals



[Vegan breakfast sausage links](#)
4 links- 150 cals

Snacks

155 cals, 4g protein, 13g net carbs, 8g fat



[Apple & peanut butter](#)
1/2 apple(s)- 155 cals

Protein Supplement(s)

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



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

Lunch

780 cals, 58g protein, 73g net carbs, 25g fat



[Lentils](#)
174 cals



[Breaded seitan nuggets](#)
604 cals

Dinner

750 cals, 39g protein, 48g net carbs, 37g fat



[Sweet potato medallions](#)
1 sweet potato- 309 cals



[Basic tempeh](#)
6 oz- 443 cals

Day 2

2223 cals ● 166g protein (30%) ● 67g fat (27%) ● 208g carbs (37%) ● 31g fiber (6%)

Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



Vegan English bubble & squeak
2 patties- 194 cals



Vegan breakfast sausage links
4 links- 150 cals

Snacks

155 cals, 4g protein, 13g net carbs, 8g fat



Apple & peanut butter
1/2 apple(s)- 155 cals

Lunch

780 cals, 58g protein, 73g net carbs, 25g fat



Lentils
174 cals



Breaded seitan nuggets
604 cals

Dinner

675 cals, 21g protein, 89g net carbs, 22g fat



Brown rice
5/6 cup brown rice, cooked- 191 cals



Sautéed mushrooms
6 oz mushrooms- 143 cals



Veggie burger with 'cheese'
1 burger- 340 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

2310 cals ● 187g protein (32%) ● 73g fat (28%) ● 171g carbs (30%) ● 56g fiber (10%)

Breakfast

285 cals, 13g protein, 41g net carbs, 7g fat



Soy milk yogurt
2 container- 271 cals



Celery sticks
2 celery stalk- 13 cals

Snacks

270 cals, 6g protein, 31g net carbs, 9g fat



Carrot sticks
2 carrot(s)- 54 cals



Apple
1 apple(s)- 105 cals



Roasted almonds
1/8 cup(s)- 111 cals

Lunch

730 cals, 63g protein, 49g net carbs, 23g fat



Simple seitan
7 oz- 426 cals



Tossed salad
303 cals

Dinner

755 cals, 46g protein, 48g net carbs, 32g fat



Carrot & grounds stir fry
498 cals



Simple salad with celery, cucumber & tomato
256 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2331 cals ● 167g protein (29%) ● 61g fat (24%) ● 230g carbs (39%) ● 48g fiber (8%)

Breakfast

285 cals, 13g protein, 41g net carbs, 7g fat



Soy milk yogurt

2 container- 271 cals



Celery sticks

2 celery stalk- 13 cals

Snacks

270 cals, 6g protein, 31g net carbs, 9g fat



Carrot sticks

2 carrot(s)- 54 cals



Apple

1 apple(s)- 105 cals



Roasted almonds

1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

730 cals, 63g protein, 49g net carbs, 23g fat



Simple seitan

7 oz- 426 cals



Tossed salad

303 cals

Dinner

775 cals, 25g protein, 108g net carbs, 20g fat



Sweet potato medallions

1/2 sweet potato- 155 cals



Tomato cucumber salad

71 cals



Veggie burger

2 burger- 550 cals

Day 5

2315 cals ● 150g protein (26%) ● 90g fat (35%) ● 186g carbs (32%) ● 40g fiber (7%)

Breakfast

285 cals, 13g protein, 41g net carbs, 7g fat



Soy milk yogurt

2 container- 271 cals



Celery sticks

2 celery stalk- 13 cals

Snacks

260 cals, 9g protein, 15g net carbs, 17g fat



Rice cakes with peanut butter

1 cake(s)- 240 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

720 cals, 43g protein, 20g net carbs, 45g fat



Crack slaw with tempeh

422 cals



Sunflower seeds

301 cals

Dinner

775 cals, 25g protein, 108g net carbs, 20g fat



Sweet potato medallions

1/2 sweet potato- 155 cals



Tomato cucumber salad

71 cals



Veggie burger

2 burger- 550 cals

Day 6

2315 cals ● 169g protein (29%) ● 88g fat (34%) ● 148g carbs (26%) ● 62g fiber (11%)

Breakfast

370 cals, 15g protein, 45g net carbs, 10g fat



Hummus toast
2 slice(s)- 293 cals



Clementine
2 clementine(s)- 78 cals

Snacks

260 cals, 9g protein, 15g net carbs, 17g fat



Rice cakes with peanut butter
1 cake(s)- 240 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

720 cals, 43g protein, 20g net carbs, 45g fat



Crack slaw with tempeh
422 cals



Sunflower seeds
301 cals

Dinner

690 cals, 42g protein, 66g net carbs, 16g fat



Simple salad with tomatoes and carrots
245 cals



Tempeh & mushroom stir fry
443 cals

Day 7

2302 cals ● 188g protein (33%) ● 78g fat (30%) ● 158g carbs (28%) ● 54g fiber (9%)

Breakfast

370 cals, 15g protein, 45g net carbs, 10g fat



Hummus toast
2 slice(s)- 293 cals



Clementine
2 clementine(s)- 78 cals

Snacks

260 cals, 9g protein, 15g net carbs, 17g fat



Rice cakes with peanut butter
1 cake(s)- 240 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

710 cals, 61g protein, 30g net carbs, 34g fat



Roasted brussels sprouts
174 cals



Vegan sausage
2 sausage(s)- 536 cals

Dinner

690 cals, 42g protein, 66g net carbs, 16g fat



Simple salad with tomatoes and carrots
245 cals



Tempeh & mushroom stir fry
443 cals

Vegetables and Vegetable Products

- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)
- ☐ potatoes
4 small (1-3/4" to 2-1/4" dia.) (368g)
- ☐ brussels sprouts
9 1/2 oz (270g)
- ☐ ketchup
10 1/3 tbsp (176g)
- ☐ mushrooms
2/3 lbs (310g)
- ☐ raw celery
8 stalk, medium (7-1/2" - 8" long) (320g)
- ☐ carrots
9 2/3 medium (589g)
- ☐ fresh cilantro
1 1/2 tbsp, chopped (5g)
- ☐ onion
1/2 large (75g)
- ☐ garlic
3 clove(s) (9g)
- ☐ tomatoes
9 medium whole (2-3/5" dia) (1087g)
- ☐ cucumber
2 cucumber (8-1/4") (640g)
- ☐ red onion
1 medium (2-1/2" dia) (104g)
- ☐ romaine lettuce
5 hearts (2500g)
- ☐ bell pepper
1 large (164g)

Fats and Oils

- ☐ oil
5 oz (156mL)
- ☐ salad dressing
1/2 lbs (206mL)
- ☐ olive oil
3/4 tbsp (11mL)

Legumes and Legume Products

- ☐ tempeh
22 oz (624g)
- ☐ peanut butter
1/2 cup (128g)
- ☐ lentils, raw
1/2 cup (96g)
- ☐ soy sauce
6 tbsp (93mL)

Other

- ☐ vegan breakfast sausage links
8 links (180g)
- ☐ veggie burger patty
5 patty (355g)
- ☐ mixed greens
2 package (5.5 oz) (297g)
- ☐ vegan cheese, sliced
1 slice(s) (20g)
- ☐ soy milk yogurt
6 container(s) (902g)
- ☐ coleslaw mix
4 cup (360g)
- ☐ vegan sausage
2 sausage (200g)

Fruits and Fruit Juices

- ☐ apples
3 medium (3" dia) (546g)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ clementines
4 fruit (296g)

Spices and Herbs

- ☐ salt
4 dash (3g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ ground cumin
1/4 tbsp (1g)
- ☐ ground coriander
1/4 tbsp (1g)
- ☐ garlic powder
3/4 tbsp (7g)
- ☐ crushed red pepper
2 dash (0g)
- ☐ ground ginger
4 dash (1g)

Cereal Grains and Pasta

- ☐ seitan
1 1/2 lbs (699g)
- ☐ brown rice
3/4 cup (148g)

Baked Products

☐ vegetarian burger crumbles
6 oz (170g)

☐ hummus
10 tbsp (150g)

Beverages

☐ water
1 1/4 gallon (4800mL)

☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Soups, Sauces, and Gravies

☐ hot sauce
2 tbsp (30mL)

☐ bread crumbs
1/2 cup (48g)

☐ hamburger buns
5 bun(s) (255g)

☐ bread
4 slice (128g)

Nut and Seed Products

☐ almonds
4 tbsp, whole (36g)

☐ sunflower kernels
4 oz (118g)

Snacks

☐ rice cakes, any flavor
3 cakes (27g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Vegan English bubble & squeak

2 patties - 194 cals ● 5g protein ● 5g fat ● 27g carbs ● 6g fiber



For single meal:

potatoes, peeled & cut into chunks

2 small (1-3/4" to 2-1/4" dia.) (184g)

hot sauce

2 tsp (10mL)

brussels sprouts, shredded

1 cup, shredded (50g)

oil

1 tsp (5mL)

For all 2 meals:

potatoes, peeled & cut into chunks

4 small (1-3/4" to 2-1/4" dia.) (368g)

hot sauce

4 tsp (20mL)

brussels sprouts, shredded

2 cup, shredded (100g)

oil

2 tsp (10mL)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

Vegan breakfast sausage links

4 links - 150 cals ● 18g protein ● 6g fat ● 4g carbs ● 2g fiber



For single meal:

vegan breakfast sausage links

4 links (90g)

For all 2 meals:

vegan breakfast sausage links

8 links (180g)

1. Cook links according to package instructions. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Soy milk yogurt

2 container - 271 cals ● 12g protein ● 7g fat ● 39g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

soy milk yogurt
6 container(s) (902g)

1. This recipe has no instructions.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 3 meals:

raw celery
6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus
5 tbsp (75g)
bread
2 slice (64g)

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines
2 fruit (148g)

For all 2 meals:

clementines
4 fruit (296g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Breaded seitan nuggets

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



For single meal:

ketchup
2 2/3 tbsp (45g)
seitan, broken into bite-sized pieces
1/3 lbs (151g)
bread crumbs
1/4 cup (24g)
oil
4 tsp (20mL)
soy sauce
4 tsp (20mL)
black pepper
2/3 dash, ground (0g)
ground cumin
1/3 tsp (1g)
ground coriander
1/3 tsp (1g)
garlic powder
1/4 tbsp (2g)

For all 2 meals:

ketchup
1/3 cup (91g)
seitan, broken into bite-sized pieces
2/3 lbs (302g)
bread crumbs
1/2 cup (48g)
oil
2 2/3 tbsp (40mL)
soy sauce
2 2/3 tbsp (40mL)
black pepper
1 1/3 dash, ground (0g)
ground cumin
1/4 tbsp (1g)
ground coriander
1/4 tbsp (1g)
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 2 [↗](#)

Eat on day 3, day 4

Simple seitan

7 oz - 426 cal ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



For single meal:

oil
1 3/4 tsp (9mL)
seitan
1/2 lbs (198g)

For all 2 meals:

oil
3 1/2 tsp (18mL)
seitan
14 oz (397g)

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.

Tossed salad

303 cal ● 11g protein ● 10g fat ● 25g carbs ● 17g fiber



For single meal:

red onion, sliced
 1/3 medium (2-1/2" dia) (34g)
cucumber, sliced or diced
 1/3 cucumber (8-1/4") (94g)
romaine lettuce, shredded
 1 1/4 hearts (625g)
carrots, peeled and shredded or sliced
 1 1/4 small (5-1/2" long) (63g)
tomatoes, diced
 1 1/4 small whole (2-2/5" dia) (114g)
salad dressing
 2 1/2 tbsp (38mL)

For all 2 meals:

red onion, sliced
 5/8 medium (2-1/2" dia) (69g)
cucumber, sliced or diced
 5/8 cucumber (8-1/4") (188g)
romaine lettuce, shredded
 2 1/2 hearts (1250g)
carrots, peeled and shredded or sliced
 2 1/2 small (5-1/2" long) (125g)
tomatoes, diced
 2 1/2 small whole (2-2/5" dia) (228g)
salad dressing
 5 tbsp (75mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

tempeh, cubed
 4 oz (113g)
coleslaw mix
 2 cup (180g)
hot sauce
 1 tsp (5mL)
sunflower kernels
 1 tbsp (12g)
oil
 2 tsp (10mL)
garlic, minced
 1 clove (3g)

For all 2 meals:

tempeh, cubed
 1/2 lbs (227g)
coleslaw mix
 4 cup (360g)
hot sauce
 2 tsp (10mL)
sunflower kernels
 2 tbsp (24g)
oil
 4 tsp (20mL)
garlic, minced
 2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels

1 2/3 oz (47g)

For all 2 meals:

sunflower kernels

1/4 lbs (94g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 7

Roasted brussels sprouts

174 cals ● 5g protein ● 10g fat ● 9g carbs ● 7g fiber



brussels sprouts

6 oz (170g)

olive oil

3/4 tbsp (11mL)

salt

1 1/2 dash (1g)

black pepper

1 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.

Vegan sausage

2 sausage(s) - 536 cals ● 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.
-

Snacks 1 [↗](#)

Eat on day 1, day 2

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Snacks 2 [↗](#)

Eat on day 3, day 4

Carrot sticks

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



For single meal:

carrots
2 medium (122g)

For all 2 meals:

carrots
4 medium (244g)

1. Cut carrots into strips and serve.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 3 meals:

peanut butter
6 tbsp (96g)
rice cakes, any flavor
3 cakes (27g)

1. Spread peanut butter over top of rice cake.

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.
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Dinner 1 [🔗](#)

Eat on day 1

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

sweet potatoes, sliced

1 sweet potato, 5" long (210g)

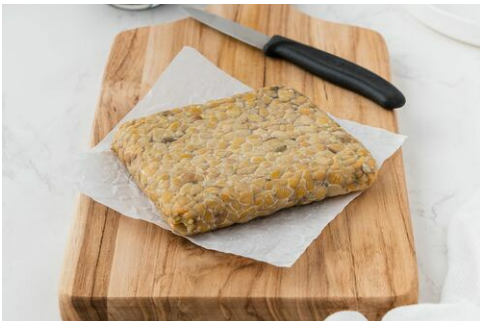
oil

1 tbsp (15mL)

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.

Basic tempeh

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



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

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

Brown rice

5/6 cup brown rice, cooked - 191 cals ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



Makes 5/6 cup brown rice, cooked

brown rice

1/4 cup (53g)

salt

1/4 tsp (1g)

water

1/2 cup(s) (132mL)

black pepper

1/4 tsp, 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.

Sauteed mushrooms

6 oz mushrooms - 143 cals ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

oil

3/4 tbsp (11mL)

mushrooms, sliced

6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Veggie burger with 'cheese'

1 burger - 340 cals ● 12g protein ● 9g fat ● 46g carbs ● 6g fiber



Makes 1 burger

veggie burger patty

1 patty (71g)

mixed greens

1 oz (28g)

ketchup

1 tbsp (17g)

hamburger buns

1 bun(s) (51g)

vegan cheese, sliced

1 slice(s) (20g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Dinner 3 [↗](#)

Eat on day 3

Carrot & grounds stir fry

498 cals ● 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,

Simple salad with celery, cucumber & tomato

256 cals ● 9g protein ● 10g fat ● 26g carbs ● 8g fiber



mixed greens

1 package (5.5 oz) (155g)

salad dressing

3 tbsp (45mL)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

cucumber, sliced

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

raw celery, chopped

2 stalk, medium (7-1/2" - 8" long) (80g)

1. Mix all vegetables in a large bowl.
 2. Drizzle salad dressing over when serving.
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Dinner 4 [🔗](#)

Eat on day 4, day 5

Sweet potato medallions

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



For single meal:

sweet potatoes, sliced

1/2 sweetpotato, 5" long (105g)

oil

1/2 tbsp (8mL)

For all 2 meals:

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

oil

1 tbsp (15mL)

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.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

cucumber, thinly sliced

1/2 cucumber (8-1/4") (151g)

red onion, thinly sliced

1/2 small (35g)

salad dressing

2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

veggie burger patty
2 patty (142g)
hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)

For all 2 meals:

veggie burger patty
4 patty (284g)
hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Dinner 5 [↗](#)

Eat on day 6, day 7

Simple salad with tomatoes and carrots

245 cal ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



For single meal:

salad dressing
2 tbsp (28mL)
tomatoes, diced
1 1/4 medium whole (2-3/5" dia)
(154g)
carrots, sliced
5/8 medium (38g)
romaine lettuce, roughly chopped
1 1/4 hearts (625g)

For all 2 meals:

salad dressing
1/4 cup (56mL)
tomatoes, diced
2 1/2 medium whole (2-3/5" dia)
(308g)
carrots, sliced
1 1/4 medium (76g)
romaine lettuce, roughly chopped
2 1/2 hearts (1250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Tempeh & mushroom stir fry

443 cal ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



For single meal:

soy sauce
1 tbsp (15mL)
bell pepper, sliced
1/2 large (82g)
mushrooms, chopped
1 cup, chopped (70g)
brown rice
4 tbsp (48g)
ground ginger
2 dash (0g)
garlic powder
4 dash (2g)
tempeh, sliced
4 oz (113g)

For all 2 meals:

soy sauce
2 tbsp (30mL)
bell pepper, sliced
1 large (164g)
mushrooms, chopped
2 cup, chopped (140g)
brown rice
1/2 cup (95g)
ground ginger
4 dash (1g)
garlic powder
1 tsp (3g)
tempeh, sliced
1/2 lbs (227g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. 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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