

Meal Plan - 2400 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

2358 cals ● 155g protein (26%) ● 82g fat (31%) ● 211g carbs (36%) ● 40g fiber (7%)

Breakfast

450 cals, 18g protein, 37g net carbs, 21g fat



[Hummus toast](#)

2 slice(s)- 293 cals



[Roasted cashews](#)

1/6 cup(s)- 156 cals

Snacks

170 cals, 3g protein, 22g net carbs, 7g fat



[Crackers](#)

10 cracker(s)- 169 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Lunch

665 cals, 24g protein, 88g net carbs, 19g fat



[Barbeque tempeh sandwiches](#)

1 sandwich(es)- 454 cals



[Tomato cucumber salad](#)

212 cals

Dinner

745 cals, 38g protein, 61g net carbs, 32g fat



[Chunky canned soup \(non-creamy\)](#)

1 can(s)- 247 cals



[Patty melt](#)

1 sandwich(es)- 500 cals

Day 2

2379 cal ● 169g protein (28%) ● 110g fat (42%) ● 133g carbs (22%) ● 45g fiber (8%)

Breakfast

450 cal, 18g protein, 37g net carbs, 21g fat



Hummus toast
2 slice(s)- 293 cal



Roasted cashews
1/6 cup(s)- 156 cal

Snacks

170 cal, 3g protein, 22g net carbs, 7g fat



Crackers
10 cracker(s)- 169 cal

Lunch

725 cal, 19g protein, 43g net carbs, 42g fat



Zoodles with avocado sauce
471 cal



Simple vegan garlic bread
2 slice(s)- 252 cal

Dinner

710 cal, 58g protein, 27g net carbs, 38g fat



Soy milk
2 cup(s)- 169 cal



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

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cal

Day 3

2363 cal ● 177g protein (30%) ● 87g fat (33%) ● 185g carbs (31%) ● 33g fiber (6%)

Breakfast

315 cal, 16g protein, 33g net carbs, 10g fat



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



Soy milk
1 3/4 cup(s)- 148 cal

Snacks

295 cal, 42g protein, 11g net carbs, 7g fat



Double chocolate almond milk protein shake
251 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Lunch

730 cal, 22g protein, 74g net carbs, 35g fat



Vegan grilled cheese
2 sandwich(es)- 662 cal



Tomato cucumber salad
71 cal

Dinner

695 cal, 25g protein, 64g net carbs, 34g fat



Chik'n nuggets
6 nuggets- 331 cal



Apple
1 apple(s)- 105 cal



Roasted cashews
1/3 cup(s)- 261 cal

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cal

Day 4

2411 cal ● 199g protein (33%) ● 87g fat (32%) ● 163g carbs (27%) ● 45g fiber (7%)

Breakfast

315 cal, 16g protein, 33g net carbs, 10g fat



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



Soy milk
1 3/4 cup(s)- 148 cal

Snacks

295 cal, 42g protein, 11g net carbs, 7g fat



Double chocolate almond milk protein shake
251 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cal

Lunch

780 cal, 43g protein, 53g net carbs, 35g fat



Carrot & grounds stir fry
498 cal



Tomato cucumber salad
282 cal

Dinner

695 cal, 25g protein, 64g net carbs, 34g fat



Chik'n nuggets
6 nuggets- 331 cal



Apple
1 apple(s)- 105 cal



Roasted cashews
1/3 cup(s)- 261 cal

Day 5

2388 cal ● 202g protein (34%) ● 88g fat (33%) ● 148g carbs (25%) ● 48g fiber (8%)

Breakfast

395 cal, 15g protein, 27g net carbs, 23g fat



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



Almond yogurt
1 container(s)- 191 cal

Snacks

295 cal, 42g protein, 11g net carbs, 7g fat



Double chocolate almond milk protein shake
251 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cal

Lunch

675 cal, 43g protein, 57g net carbs, 27g fat



Baked tofu
12 oz- 339 cal



Simple mixed greens and tomato salad
76 cal



Naan bread
1 piece(s)- 262 cal

Dinner

695 cal, 30g protein, 51g net carbs, 29g fat



Spinach cauliflower mince
2 cup(s)- 142 cal



Garlic collard greens
279 cal



Veggie burger
1 burger- 275 cal

Day 6

2369 cal ● 174g protein (29%) ● 95g fat (36%) ● 153g carbs (26%) ● 51g fiber (9%)

Breakfast

395 cal, 15g protein, 27g net carbs, 23g fat



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



[Almond yogurt](#)
1 container(s)- 191 cal

Snacks

275 cal, 14g protein, 15g net carbs, 14g fat



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



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

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cal

Lunch

675 cal, 43g protein, 57g net carbs, 27g fat



[Baked tofu](#)
12 oz- 339 cal



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



[Naan bread](#)
1 piece(s)- 262 cal

Dinner

695 cal, 30g protein, 51g net carbs, 29g fat



[Spinach cauliflower mince](#)
2 cup(s)- 142 cal



[Garlic collard greens](#)
279 cal



[Veggie burger](#)
1 burger- 275 cal

Day 7

2402 cal ● 153g protein (25%) ● 100g fat (37%) ● 174g carbs (29%) ● 49g fiber (8%)

Breakfast

395 cal, 15g protein, 27g net carbs, 23g fat



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



[Almond yogurt](#)
1 container(s)- 191 cal

Snacks

275 cal, 14g protein, 15g net carbs, 14g fat



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



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

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cal

Lunch

750 cal, 26g protein, 79g net carbs, 25g fat



[Hummus vegan cheesesteak sub](#)
1 sub(s)- 503 cal



[Simple salad with tomatoes and carrots](#)
245 cal

Dinner

655 cal, 26g protein, 50g net carbs, 36g fat



[Corn](#)
231 cal



[Walnut crusted tofu \(vegan\)](#)
426 cal

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
- barbecue sauce
4 tbsp (72g)

Fats and Oils

- oil
1/4 lbs (102mL)
- vegan mayonnaise
2 oz (53g)
- salad dressing
6 2/3 oz (193mL)
- olive oil
2 tsp (10mL)

Spices and Herbs

- dijon mustard
1 1/4 tbsp (19g)
- fresh basil
1 cup leaves, whole (24g)
- crushed red pepper
1/4 tbsp (1g)
- salt
1/2 tsp (3g)

Vegetables and Vegetable Products

- onion
2 1/2 medium (2-1/2" dia) (265g)
- red bell pepper
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
- green pepper
1/4 medium (30g)
- tomatoes
12 1/4 medium whole (2-3/5" dia) (1502g)
- cucumber
2 cucumber (8-1/4") (602g)
- purple onions
2 small (140g)
- zucchini
1 large (323g)
- garlic
14 3/4 clove(s) (44g)
- ketchup
5 tbsp (85g)
- fresh cilantro
1 1/2 tbsp, chopped (5g)

Baked Products

- bread
1 lbs (448g)
- crackers
20 crackers (70g)
- kaiser rolls
1 roll (3-1/2" dia) (57g)
- hamburger buns
2 bun (102g)
- naan bread
2 piece (180g)

Beverages

- water
1 3/4 gallon (6566mL)
- protein powder
21 scoop (1/3 cup ea) (651g)
- almond milk, unsweetened
2 1/4 cup (540mL)

Legumes and Legume Products

- hummus
1/2 lbs (212g)
- tempeh
2 oz (57g)
- soy sauce
1/2 lbs (202mL)
- vegetarian burger crumbles
6 oz (170g)
- extra firm tofu
1 1/2 lbs (680g)
- firm tofu
6 oz (170g)

Nut and Seed Products

- roasted cashews
1 cup, halves and whole (137g)
- sesame seeds
1 1/2 tbsp (14g)
- walnuts
4 tbsp, chopped (29g)

Fruits and Fruit Juices

- lemon juice
1 1/2 fl oz (49mL)
- avocados
1 1/2 avocado(s) (302g)

- carrots
3 medium (182g)
- fresh spinach
2 cup(s) (60g)
- collard greens
1 3/4 lbs (794g)
- fresh ginger
1 1/2 slices (1" dia) (3g)
- bell pepper
1 medium (119g)
- romaine lettuce
1 1/4 hearts (625g)
- frozen corn kernels
1 2/3 cup (227g)

Other

- veggie burger patty
3 patty (213g)
 - soy milk, unsweetened
1/2 gallon (1920mL)
 - vegan sausage
1 1/2 sausage (150g)
 - frozen cauliflower
1 cup (128g)
 - protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)
 - vegan chik'n nuggets
12 nuggets (258g)
 - vegan cheese, sliced
5 slice(s) (101g)
 - almond yogurt, flavored
3 container (450g)
 - frozen riced cauliflower
4 cup, frozen (424g)
 - mixed greens
1 package (5.5 oz) (147g)
 - sub roll(s)
1 roll(s) (85g)
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- apples
2 medium (3" dia) (364g)
- lime juice
1/2 tbsp (8mL)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Sweets

- cocoa powder
1 1/2 tbsp (8g)

Snacks

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

Breakfast 1 [↗](#)

Eat on day 1, day 2

Hummus toast

2 slice(s) - 293 cal ● 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.

Roasted cashews

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews
3 tbsp, halves and whole (26g)

For all 2 meals:

roasted cashews
6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

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 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened

1 3/4 cup (420mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (840mL)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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.

Almond yogurt

1 container(s) - 191 cal ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored
1 container (150g)

For all 3 meals:

almond yogurt, flavored
3 container (450g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Barbeque tempeh sandwiches

1 sandwich(es) - 454 cal ● 19g protein ● 10g fat ● 65g carbs ● 8g fiber



Makes 1 sandwich(es)

barbecue sauce

4 tbsp (72g)

tempeh, crumbled

2 oz (57g)

oil

1/4 tbsp (4mL)

red bell pepper, seeded and chopped

1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

green pepper, seeded and chopped

1/4 medium (30g)

onion, chopped

1/4 medium (2-1/2" dia) (28g)

1. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
2. Heat oil in a skillet over medium heat. Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
3. Spoon the tempeh mixture onto kaiser rolls, and serve.

Tomato cucumber salad

212 cal ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



tomatoes, thinly sliced

1 1/2 medium whole (2-3/5" dia) (185g)

cucumber, thinly sliced

3/4 cucumber (8-1/4") (226g)

purple onions, thinly sliced

3/4 small (53g)

salad dressing

3 tbsp (45mL)

1. Mix ingredients together in a bowl and serve.

Lunch 2 [↗](#)

Eat on day 2

Zoodles with avocado sauce

471 cal ● 10g protein ● 31g fat ● 18g carbs ● 20g fiber



water

1/3 cup(s) (79mL)

lemon juice

3 tbsp (45mL)

tomatoes, halved

10 cherry tomatoes (170g)

fresh basil

1 cup leaves, whole (24g)

zucchini

1 large (323g)

avocados, peeled and seed removed

1 avocado(s) (201g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Simple vegan garlic bread

2 slice(s) - 252 cal ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



Makes 2 slice(s)

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.
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Lunch 3 [↗](#)

Eat on day 3

Vegan grilled cheese

2 sandwich(es) - 662 cals ● 20g protein ● 31g fat ● 67g carbs ● 8g fiber



Makes 2 sandwich(es)

vegan cheese, sliced

4 slice(s) (80g)

bread

4 slice (128g)

oil

2 tsp (10mL)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Tomato cucumber salad

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



tomatoes, thinly sliced

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

cucumber, thinly sliced

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

purple onions, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
-

Lunch 4 [↗](#)

Eat on day 4

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,

Tomato cucumber salad

282 cal ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



tomatoes, thinly sliced

2 medium whole (2-3/5" dia) (246g)

cucumber, thinly sliced

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

purple onions, thinly sliced

1 small (70g)

salad dressing

4 tbsp (60mL)

1. Mix ingredients together in a bowl and serve.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Baked tofu

12 oz - 339 cal ● 33g protein ● 18g fat ● 8g carbs ● 4g fiber



For single meal:

extra firm tofu
3/4 lbs (340g)
fresh ginger, peeled and grated
3/4 slices (1" dia) (2g)
sesame seeds
3/4 tbsp (7g)
soy sauce
6 tbsp (90mL)

For all 2 meals:

extra firm tofu
1 1/2 lbs (680g)
fresh ginger, peeled and grated
1 1/2 slices (1" dia) (3g)
sesame seeds
1 1/2 tbsp (14g)
soy sauce
3/4 cup (180mL)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
 2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
 3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
 4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
 5. Spread marinated tofu onto the prepared baking sheet.
 6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.
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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.

Naan bread

1 piece(s) - 262 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece (90g)

For all 2 meals:

naan bread
2 piece (180g)

1. This recipe has no instructions.

Lunch 6 [↗](#)

Eat on day 7

Hummus vegan cheesesteak sub

1 sub(s) - 503 cal ● 16g protein ● 17g fat ● 62g carbs ● 9g fiber



Makes 1 sub(s)

sub roll(s)
1 roll(s) (85g)
vegan cheese, sliced
1 slice(s) (20g)
oil
1 tsp (5mL)
onion, sliced into thin strips
1/2 large (75g)
bell pepper, deseeded and sliced into thin strips
1 medium (119g)
garlic, minced
1 clove (3g)
crushed red pepper
4 dash (1g)
hummus
4 tbsp (62g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

Simple salad with tomatoes and carrots

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



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)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

Crackers

10 cracker(s) - 169 cals ● 3g protein ● 7g fat ● 22g carbs ● 1g fiber



For single meal:

crackers
10 crackers (35g)

For all 2 meals:

crackers
20 crackers (70g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Double chocolate almond milk protein shake

251 cals ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

cocoa powder
1/2 tbsp (3g)
water
1 1/2 cup(s) (356mL)
almond milk, unsweetened
3/4 cup (180mL)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

cocoa powder
1 1/2 tbsp (8g)
water
4 1/2 cup(s) (1067mL)
almond milk, unsweetened
2 1/4 cup (540mL)
protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Cherry tomatoes

12 cherry tomatos - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

Snacks 3 [↗](#)

Eat on day 6, day 7

Avocado toast

1 slice(s) - 168 cals ● 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 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

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

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.
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Dinner 1 [↗](#)

Eat on day 1

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.
-

Patty melt

1 sandwich(es) - 500 cal ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



Makes 1 sandwich(es)

oil
3/4 tbsp (11mL)
vegan mayonnaise
2 tbsp (30g)
dijon mustard
1/2 tbsp (8g)
onion, thinly sliced
1/2 small (35g)
veggie burger patty
1 patty (71g)
bread
2 slice(s) (64g)

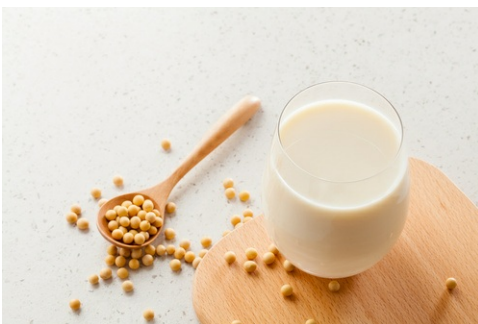
1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Dinner 2 [↗](#)

Eat on day 2

Soy milk

2 cup(s) - 169 cal ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



Makes 2 cup(s)

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Vegan bangers and cauliflower mash

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



Makes 1 1/2 sausage link(s)

- onion, thinly sliced**
3/4 small (53g)
- vegan sausage**
1 1/2 sausage (150g)
- oil**
3/4 tbsp (11mL)
- frozen cauliflower**
1 cup (128g)

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.

Dinner 3 [↗](#)

Eat on day 3, day 4

Chik'n nuggets

6 nuggets - 331 cal● 18g protein ● 14g fat ● 31g carbs ● 3g fiber



For single meal:

- vegan chik'n nuggets**
6 nuggets (129g)
- ketchup**
1 1/2 tbsp (26g)

For all 2 meals:

- vegan chik'n nuggets**
12 nuggets (258g)
- ketchup**
3 tbsp (51g)

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

Apple

1 apple(s) - 105 cal● 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 cashews

1/3 cup(s) - 261 cal ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews

5 tbsp, halves and whole (43g)

For all 2 meals:

roasted cashews

10 tbsp, halves and whole (86g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5, day 6

Spinach cauliflower mince

2 cup(s) - 142 cal ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



For single meal:

oil

2 tsp (10mL)

frozen riced cauliflower

2 cup, frozen (212g)

fresh spinach, chopped

1 cup(s) (30g)

garlic, diced

2 clove(s) (6g)

For all 2 meals:

oil

4 tsp (20mL)

frozen riced cauliflower

4 cup, frozen (424g)

fresh spinach, chopped

2 cup(s) (60g)

garlic, diced

4 clove(s) (12g)

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.

Garlic collard greens

279 cal ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



For single meal:

collard greens
14 oz (397g)
oil
2 1/2 tsp (13mL)
garlic, minced
2 1/2 clove(s) (8g)
salt
1/4 tsp (1g)

For all 2 meals:

collard greens
1 3/4 lbs (794g)
oil
1 3/4 tbsp (26mL)
garlic, minced
5 1/4 clove(s) (16g)
salt
1/2 tsp (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Veggie burger

1 burger - 275 cal ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



For single meal:

veggie burger patty
1 patty (71g)
hamburger buns
1 bun (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)

For all 2 meals:

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

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 7

Corn

231 cal ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



frozen corn kernels
1 2/3 cup (227g)

1. Prepare according to instructions on package.

Walnut crusted tofu (vegan)

426 cal ● 20g protein ● 34g fat ● 8g carbs ● 3g fiber



firm tofu, drained
6 oz (170g)
walnuts
4 tbsp, chopped (29g)
lemon juice
1/4 tbsp (4mL)
garlic, diced
1 1/2 clove(s) (5g)
dijon mustard
3/4 tbsp (11g)
vegan mayonnaise
1 1/2 tbsp (23g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

water
3 cup(s) (711mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (4977mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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