

Meal Plan - 2500 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

2479 cals ● 179g protein (29%) ● 105g fat (38%) ● 159g carbs (26%) ● 46g fiber (7%)

Breakfast

435 cals, 18g protein, 42g net carbs, 20g fat



[Soy milk yogurt](#)

2 container- 271 cals



[Roasted almonds](#)

1/6 cup(s)- 166 cals

Snacks

330 cals, 18g protein, 9g net carbs, 22g fat



[Soy milk](#)

1 2/3 cup(s)- 141 cals



[Pistachios](#)

188 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Lunch

515 cals, 17g protein, 75g net carbs, 12g fat



[Couscous](#)

151 cals



[Cooked peppers](#)

3/4 bell pepper(s)- 90 cals



[Veggie burger](#)

1 burger- 275 cals

Dinner

870 cals, 53g protein, 31g net carbs, 49g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Roasted tomatoes](#)

4 tomato(es)- 238 cals



[Basic tempeh](#)

8 oz- 590 cals

Day 2

2374 cals ● 178g protein (30%) ● 72g fat (27%) ● 211g carbs (36%) ● 42g fiber (7%)

Breakfast

435 cals, 18g protein, 42g net carbs, 20g fat



Soy milk yogurt

2 container- 271 cals



Roasted almonds

1/6 cup(s)- 166 cals

Snacks

330 cals, 18g protein, 9g net carbs, 22g fat



Soy milk

1 2/3 cup(s)- 141 cals



Pistachios

188 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

690 cals, 41g protein, 83g net carbs, 15g fat



Pretzels

165 cals



Cherry tomatoes

9 cherry tomatoes- 32 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Dinner

590 cals, 28g protein, 74g net carbs, 14g fat



Brown rice

2/3 cup brown rice, cooked- 153 cals



Bean & tofu goulash

437 cals

Day 3

2556 cals ● 196g protein (31%) ● 64g fat (23%) ● 269g carbs (42%) ● 30g fiber (5%)

Breakfast

435 cals, 18g protein, 42g net carbs, 20g fat



Soy milk yogurt

2 container- 271 cals



Roasted almonds

1/6 cup(s)- 166 cals

Snacks

275 cals, 5g protein, 59g net carbs, 1g fat



Rice cake

4 cake(s)- 139 cals



Raisins

1/4 cup- 137 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

765 cals, 63g protein, 63g net carbs, 26g fat



Corn

231 cals



Vegan sausage

2 sausage(s)- 536 cals

Dinner

750 cals, 38g protein, 102g net carbs, 15g fat



Soy milk

1 cup(s)- 85 cals



Spaghetti and meatless meatballs

664 cals

Day 4

2488 cals ● 182g protein (29%) ● 84g fat (30%) ● 212g carbs (34%) ● 38g fiber (6%)

Breakfast

340 cals, 8g protein, 4g net carbs, 28g fat



Roasted almonds
1/6 cup(s)- 166 cals



Avocado
176 cals

Snacks

275 cals, 5g protein, 59g net carbs, 1g fat



Rice cake
4 cake(s)- 139 cals



Raisins
1/4 cup- 137 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

765 cals, 63g protein, 63g net carbs, 26g fat



Corn
231 cals



Vegan sausage
2 sausage(s)- 536 cals

Dinner

775 cals, 35g protein, 82g net carbs, 28g fat



Belizean rice & beans
543 cals



Soy milk
2 3/4 cup(s)- 233 cals

Day 5

2492 cals ● 158g protein (25%) ● 78g fat (28%) ● 243g carbs (39%) ● 45g fiber (7%)

Breakfast

340 cals, 8g protein, 4g net carbs, 28g fat



Roasted almonds
1/6 cup(s)- 166 cals



Avocado
176 cals

Snacks

275 cals, 5g protein, 59g net carbs, 1g fat



Rice cake
4 cake(s)- 139 cals



Raisins
1/4 cup- 137 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

770 cals, 38g protein, 95g net carbs, 20g fat



Simple salad with celery, cucumber & tomato
213 cals



Rice pilaf with meatless meatballs
558 cals

Dinner

775 cals, 35g protein, 82g net carbs, 28g fat



Belizean rice & beans
543 cals



Soy milk
2 3/4 cup(s)- 233 cals

Day 6

2460 cals ● 170g protein (28%) ● 105g fat (39%) ● 177g carbs (29%) ● 32g fiber (5%)

Breakfast

315 cals, 17g protein, 36g net carbs, 9g fat



Strawberry banana protein smoothie
1/2 smoothie(s)- 194 cals



Small granola bar
1 bar(s)- 119 cals

Snacks

300 cals, 11g protein, 21g net carbs, 15g fat



Pumpkin seeds
183 cals



Strawberries
2 1/4 cup(s)- 117 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

755 cals, 32g protein, 58g net carbs, 42g fat



Couscous
251 cals



Buffalo tofu with vegan ranch
506 cals

Dinner

765 cals, 37g protein, 59g net carbs, 38g fat



Crispy chik'n tenders
6 2/3 tender(s)- 381 cals



Apple
1 apple(s)- 105 cals



Roasted almonds
1/3 cup(s)- 277 cals

Day 7

2460 cals ● 170g protein (28%) ● 105g fat (39%) ● 177g carbs (29%) ● 32g fiber (5%)

Breakfast

315 cals, 17g protein, 36g net carbs, 9g fat



Strawberry banana protein smoothie
1/2 smoothie(s)- 194 cals



Small granola bar
1 bar(s)- 119 cals

Snacks

300 cals, 11g protein, 21g net carbs, 15g fat



Pumpkin seeds
183 cals



Strawberries
2 1/4 cup(s)- 117 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

755 cals, 32g protein, 58g net carbs, 42g fat



Couscous
251 cals



Buffalo tofu with vegan ranch
506 cals

Dinner

765 cals, 37g protein, 59g net carbs, 38g fat



Crispy chik'n tenders
6 2/3 tender(s)- 381 cals



Apple
1 apple(s)- 105 cals



Roasted almonds
1/3 cup(s)- 277 cals

Vegetables and Vegetable Products

- ☐ tomatoes
7 1/3 medium whole (2-3/5" dia) (900g)
- ☐ bell pepper
3/4 large (123g)
- ☐ ketchup
1/4 cup (74g)
- ☐ garlic
2 3/4 clove(s) (8g)
- ☐ onion
7/8 medium (2-1/2" dia) (96g)
- ☐ frozen corn kernels
3 1/3 cup (453g)
- ☐ red bell pepper
3/8 medium (approx 2-3/4" long, 2-1/2 dia.) (45g)
- ☐ cucumber
5/6 cucumber (8-1/4") (251g)
- ☐ raw celery
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

Fats and Oils

- ☐ oil
2 1/2 oz (76mL)
- ☐ salad dressing
2 1/2 tbsp (38mL)

Legumes and Legume Products

- ☐ tempeh
1/2 lbs (227g)
- ☐ firm tofu
1 1/2 lbs (695g)
- ☐ white beans, canned
1/2 can(s) (220g)
- ☐ kidney beans
3/4 can (336g)

Beverages

- ☐ water
22 cup (5299mL)
- ☐ protein powder
22 scoop (1/3 cup ea) (682g)

Other

- ☐ soy milk yogurt
6 container(s) (902g)
- ☐ soy milk, unsweetened
10 cup (2359mL)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1 box (5.8 oz) (178g)
- ☐ brown rice
1/4 cup (42g)
- ☐ uncooked dry pasta
4 oz (114g)
- ☐ long-grain white rice
3/4 cup (139g)

Baked Products

- ☐ hamburger buns
1 bun(s) (51g)

Spices and Herbs

- ☐ salt
1 1/2 dash (1g)
- ☐ black pepper
1 1/2 dash, ground (0g)
- ☐ fresh thyme
2 dash (0g)
- ☐ paprika
1/2 tbsp (3g)

Snacks

- ☐ pretzels, hard, salted
1 1/2 oz (43g)
- ☐ rice cakes, any flavor
12 cake (108g)
- ☐ small granola bar
2 bar (50g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ Frank's Red Hot sauce
1/2 cup (120mL)

Fruits and Fruit Juices

- ☐ raisins
3/4 cup, packed (124g)
- ☐ avocados
1 avocado(s) (201g)

- ☐ veggie burger patty
1 patty (71g)
- ☐ mixed greens
1 package (5.5 oz) (158g)
- ☐ vegan meatballs, frozen
7 1/2 meatball(s) (225g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ snow peas
1/6 cup (16g)
- ☐ ice cubes
1 cup (140g)
- ☐ vegan ranch
6 tbsp (90mL)
- ☐ meatless chik'n tenders
13 1/3 pieces (340g)

Nut and Seed Products

- ☐ almonds
1/2 lbs (235g)
 - ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
 - ☐ coconut milk, canned
1/2 cup (134mL)
 - ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
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- ☐ lemon juice
1 tsp (5mL)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ frozen strawberries
1 1/2 cup, unthawed (224g)
- ☐ strawberries
4 1/2 cup, whole (648g)
- ☐ apples
2 medium (3" dia) (364g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
3/8 box (8 oz) (85g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 3 meals:

almonds

1/2 cup, whole (80g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Roasted almonds

1/6 cup(s) - 166 cal● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 2 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Avocado

176 cal● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 2 meals:

avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

protein powder

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

banana, frozen, peeled and sliced

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

frozen strawberries

3/4 cup, unthawed (112g)

almonds

5 almond (6g)

water

1 tbsp (15mL)

ice cubes

1/2 cup (70g)

For all 2 meals:

protein powder

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

banana, frozen, peeled and sliced

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

frozen strawberries

1 1/2 cup, unthawed (224g)

almonds

10 almond (12g)

water

2 tbsp (30mL)

ice cubes

1 cup (140g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar

1 bar (25g)

For all 2 meals:

small granola bar

2 bar (50g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



instant couscous, flavored

1/4 box (5.8 oz) (41g)

1. Follow instructions on package.

Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 3/4 bell pepper(s)

oil

1/2 tbsp (8mL)

bell pepper, seeded & cut into strips

3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Veggie burger

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



Makes 1 burger

veggie burger patty

1 patty (71g)

hamburger buns

1 bun(s) (51g)

ketchup

1 tbsp (17g)

mixed greens

1 oz (28g)

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.
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Lunch 2 [↗](#)

Eat on day 2

Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



pretzels, hard, salted
1 1/2 oz (43g)

1. This recipe has no instructions.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 9 cherry tomatoes

tomatoes
9 cherry tomatoes (153g)

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

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.
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Lunch 3 [🔗](#)

Eat on day 3, day 4

Corn

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



For single meal:

frozen corn kernels

1 2/3 cup (227g)

For all 2 meals:

frozen corn kernels

3 1/3 cup (453g)

1. Prepare according to instructions on package.

Vegan sausage

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



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

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

Lunch 4 [🔗](#)

Eat on day 5

Simple salad with celery, cucumber & tomato

213 cals ● 7g protein ● 8g fat ● 21g carbs ● 7g fiber



mixed greens

5/6 package (5.5 oz) (129g)

salad dressing

2 1/2 tbsp (37mL)

tomatoes, diced

5/6 medium whole (2-3/5" dia) (102g)

cucumber, sliced

5/6 cucumber (8-1/4") (251g)

raw celery, chopped

1 2/3 stalk, medium (7-1/2" - 8" long)
(67g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Rice pilaf with meatless meatballs

558 cals ● 31g protein ● 12g fat ● 74g carbs ● 8g fiber



snow peas, ends trimmed
1/6 cup (16g)
tomatoes
4 1/2 cherry tomatoes (77g)
vegan meatballs, frozen
4 1/2 meatball(s) (135g)
flavored rice mix
3/8 box (8 oz) (85g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



For single meal:

instant couscous, flavored
3/8 box (5.8 oz) (69g)

For all 2 meals:

instant couscous, flavored
5/6 box (5.8 oz) (137g)

1. Follow instructions on package.

Buffalo tofu with vegan ranch

506 cals ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



For single meal:

vegan ranch
3 tbsp (45mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)
Frank's Red Hot sauce
4 tbsp (59mL)
oil
3/4 tbsp (11mL)

For all 2 meals:

vegan ranch
6 tbsp (90mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)
Frank's Red Hot sauce
1/2 cup (119mL)
oil
1 1/2 tbsp (23mL)

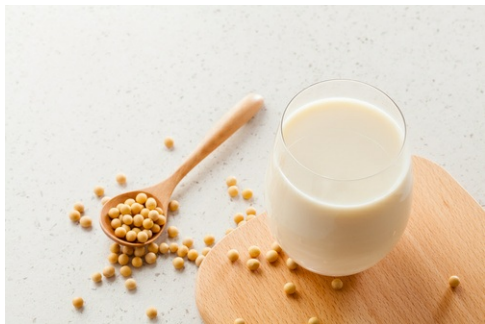
1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
 2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
 3. Serve tofu with vegan ranch.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 2/3 cup (400mL)

For all 2 meals:

soy milk, unsweetened
1/4 gallon (800mL)

- 1. This recipe has no instructions.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

- 1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Rice cake

4 cake(s) - 139 cals ● 3g protein ● 1g fat ● 28g carbs ● 1g fiber



For single meal:

rice cakes, any flavor
4 cake (36g)

For all 3 meals:

rice cakes, any flavor
12 cake (108g)

- 1. Enjoy.

Raisins

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



For single meal:

raisins
4 tbsp, packed (41g)

For all 3 meals:

raisins
3/4 cup, packed (124g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Strawberries

2 1/4 cup(s) - 117 cals ● 2g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

strawberries
2 1/4 cup, whole (324g)

For all 2 meals:

strawberries
4 1/2 cup, whole (648g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Cherry tomatoes

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



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Roasted tomatoes

4 tomato(es) - 238 cals ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



Makes 4 tomato(es)

tomatoes

4 small whole (2-2/5" dia) (364g)

oil

4 tsp (20mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

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

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



Makes 2/3 cup brown rice, cooked

brown rice

1/4 cup (42g)

salt

1 1/3 dash (1g)

water

1/2 cup(s) (106mL)

black pepper

1 1/3 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.

Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



fresh thyme

2 dash (0g)

paprika

1/2 tbsp (3g)

oil

1/2 tbsp (8mL)

garlic, minced

1/2 clove (2g)

onion, diced

1/2 medium (2-1/2" dia) (55g)

firm tofu, drained and diced

1/4 lbs (99g)

white beans, canned, drained & rinsed

1/2 can(s) (220g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
 2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
 3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.
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Dinner 3 [↗](#)

Eat on day 3

Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)

soy milk, unsweetened

1 cup (240mL)

1. This recipe has no instructions.

Spaghetti and meatless meatballs

664 cal ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



vegan meatballs, frozen

3 meatball(s) (90g)

uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

1. Cook the pasta and 'meat'balls as directed on packaging.
 2. Top with sauce and enjoy.
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Dinner 4 [↗](#)

Eat on day 4, day 5

Belizean rice & beans

543 cals ● 16g protein ● 15g fat ● 77g carbs ● 9g fiber



For single meal:

garlic, minced

1 clove(s) (3g)

onion, chopped

1/6 medium (2-1/2" dia) (21g)

red bell pepper, chopped

1/6 medium (approx 2-3/4" long, 2-1/2 dia.) (22g)

long-grain white rice

6 tbsp (69g)

water

1/4 cup(s) (67mL)

kidney beans, drained

3/8 can (168g)

coconut milk, canned

1/4 cup (68mL)

For all 2 meals:

garlic, minced

2 1/4 clove(s) (7g)

onion, chopped

3/8 medium (2-1/2" dia) (41g)

red bell pepper, chopped

3/8 medium (approx 2-3/4" long, 2-1/2 dia.) (45g)

long-grain white rice

3/4 cup (139g)

water

1/2 cup(s) (135mL)

kidney beans, drained

3/4 can (336g)

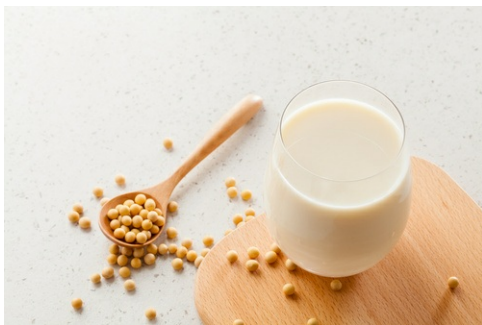
coconut milk, canned

1/2 cup (135mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Soy milk

2 3/4 cup(s) - 233 cals ● 19g protein ● 12g fat ● 6g carbs ● 6g fiber



For single meal:

soy milk, unsweetened

2 3/4 cup (660mL)

For all 2 meals:

soy milk, unsweetened

1/3 gallon (1320mL)

1. This recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

ketchup

5 tsp (28g)

meatless chik'n tenders

6 2/3 pieces (170g)

For all 2 meals:

ketchup

1/4 cup (57g)

meatless chik'n tenders

13 1/3 pieces (340g)

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

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

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



For single meal:

almonds

5 tbsp, whole (45g)

For all 2 meals:

almonds

10 tbsp, whole (89g)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



For single meal:

water
3 cup(s) (718mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (5029mL)
protein powder
21 scoop (1/3 cup ea) (651g)

- 1. This recipe has no instructions.