

Meal Plan - 2700 calorie vegan meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

2726 cal ● 189g protein (28%) ● 120g fat (39%) ● 176g carbs (26%) ● 46g fiber (7%)

Breakfast

405 cal, 26g protein, 19g net carbs, 22g fat



[Sauteed Kale](#)

91 cal



[Southwest tofu scramble](#)

312 cal

Snacks

210 cal, 3g protein, 6g net carbs, 15g fat



[Avocado](#)

176 cal



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cal

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cal

Lunch

855 cal, 50g protein, 37g net carbs, 55g fat



[Simple sauteed spinach](#)

100 cal



[Lemon pepper tofu](#)

21 oz- 756 cal

Dinner

935 cal, 38g protein, 111g net carbs, 26g fat



[Naan bread](#)

1 1/2 piece(s)- 393 cal



[Spinach soup](#)

540 cal

Day 2

2656 cals ● 221g protein (33%) ● 139g fat (47%) ● 99g carbs (15%) ● 31g fiber (5%)

Breakfast

405 cals, 26g protein, 19g net carbs, 22g fat



Sauteed Kale

91 cals



Southwest tofu scramble

312 cals

Snacks

210 cals, 3g protein, 6g net carbs, 15g fat



Avocado

176 cals



Cherry tomatoes

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

855 cals, 50g protein, 37g net carbs, 55g fat



Simple sauteed spinach

100 cals



Lemon pepper tofu

21 oz- 756 cals

Dinner

865 cals, 70g protein, 34g net carbs, 46g fat



Soy milk

1 2/3 cup(s)- 141 cals



Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals

Day 3

2642 cals ● 234g protein (35%) ● 134g fat (46%) ● 86g carbs (13%) ● 39g fiber (6%)

Breakfast

405 cals, 26g protein, 19g net carbs, 22g fat



Sauteed Kale

91 cals



Southwest tofu scramble

312 cals

Snacks

210 cals, 3g protein, 6g net carbs, 15g fat



Avocado

176 cals



Cherry tomatoes

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

840 cals, 62g protein, 24g net carbs, 50g fat



Roasted tomatoes

4 tomato(es)- 238 cals



Baked tofu

21 1/3 oz- 603 cals

Dinner

865 cals, 70g protein, 34g net carbs, 46g fat



Soy milk

1 2/3 cup(s)- 141 cals



Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals

Day 4

2678 cals ● 211g protein (32%) ● 127g fat (43%) ● 134g carbs (20%) ● 37g fiber (6%)

Breakfast

375 cals, 16g protein, 24g net carbs, 17g fat



Hummus toast
1 slice(s)- 146 cals



Basic vegan chia pudding
186 cals



Soy milk
1/2 cup(s)- 42 cals

Snacks

410 cals, 15g protein, 23g net carbs, 26g fat



Kale chips
206 cals



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

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

840 cals, 62g protein, 24g net carbs, 50g fat



Roasted tomatoes
4 tomato(es)- 238 cals



Baked tofu
21 1/3 oz- 603 cals

Dinner

725 cals, 46g protein, 60g net carbs, 32g fat



Simple kale & avocado salad
115 cals



Crispy chik'n tenders
10 2/3 tender(s)- 609 cals

Day 5

2663 cals ● 219g protein (33%) ● 117g fat (39%) ● 131g carbs (20%) ● 51g fiber (8%)

Breakfast

375 cals, 16g protein, 24g net carbs, 17g fat



Hummus toast
1 slice(s)- 146 cals



Basic vegan chia pudding
186 cals



Soy milk
1/2 cup(s)- 42 cals

Snacks

410 cals, 15g protein, 23g net carbs, 26g fat



Kale chips
206 cals



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

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

750 cals, 63g protein, 42g net carbs, 32g fat



Simple salad with celery, cucumber & tomato
213 cals



Vegan sausage
2 sausage(s)- 536 cals

Dinner

800 cals, 53g protein, 38g net carbs, 40g fat



Tomato cucumber salad
212 cals



Basic tempeh
8 oz- 590 cals

Day 6

2673 cals ● 192g protein (29%) ● 99g fat (33%) ● 190g carbs (28%) ● 63g fiber (9%)

Breakfast

345 cals, 12g protein, 50g net carbs, 10g fat



Breakfast cereal with almond milk
212 cals



Soy milk yogurt
1 container- 136 cals

Snacks

310 cals, 15g protein, 16g net carbs, 11g fat



Blackberries
2 cup(s)- 139 cals



Chocolate avocado vegan chia pudding
172 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

885 cals, 40g protein, 82g net carbs, 38g fat



Simple kale & avocado salad
173 cals



Mediterranean vegan chik'n wrap
2 wrap(s)- 713 cals

Dinner

800 cals, 53g protein, 38g net carbs, 40g fat



Tomato cucumber salad
212 cals



Basic tempeh
8 oz- 590 cals

Day 7

2559 cals ● 167g protein (26%) ● 93g fat (33%) ● 212g carbs (33%) ● 50g fiber (8%)

Breakfast

345 cals, 12g protein, 50g net carbs, 10g fat



Breakfast cereal with almond milk
212 cals



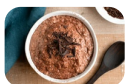
Soy milk yogurt
1 container- 136 cals

Snacks

310 cals, 15g protein, 16g net carbs, 11g fat



Blackberries
2 cup(s)- 139 cals



Chocolate avocado vegan chia pudding
172 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

885 cals, 40g protein, 82g net carbs, 38g fat



Simple kale & avocado salad
173 cals



Mediterranean vegan chik'n wrap
2 wrap(s)- 713 cals

Dinner

690 cals, 28g protein, 61g net carbs, 34g fat



White rice
5/6 cup rice, cooked- 184 cals



Olive oil drizzled lima beans
161 cals



Basic tofu
8 oz- 342 cals

Fruits and Fruit Juices

- avocados
2 1/2 avocado(s) (528g)
- lemon juice
1/2 tbsp (8mL)
- lemon
4 small (232g)
- blackberries
4 cup (576g)

Vegetables and Vegetable Products

- tomatoes
14 medium whole (2-3/5" dia) (1718g)
- kale leaves
2 lbs (930g)
- onion
3 medium (2-1/2" dia) (330g)
- red bell pepper
1 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (179g)
- garlic
1 clove (3g)
- fresh spinach
2 10oz package (524g)
- fresh ginger
2/3 oz (18g)
- ketchup
2 2/3 tbsp (45g)
- cucumber
2 2/3 cucumber (8-1/4") (806g)
- raw celery
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)
- red onion
1 1/2 small (105g)
- lima beans, frozen
3/8 package (10 oz) (107g)

Fats and Oils

- oil
6 3/4 oz (205mL)
- olive oil
2 oz (66mL)
- salad dressing
1/4 lbs (127mL)

Spices and Herbs

- garlic powder
1/2 tbsp (5g)

Cereal Grains and Pasta

- cornstarch
6 tbsp (48g)
- long-grain white rice
1/4 cup (51g)

Beverages

- water
21 1/2 cup(s) (5110mL)
- protein powder
21 1/2 scoop (1/3 cup ea) (667g)
- almond milk, unsweetened
3 cup (720mL)

Baked Products

- naan bread
1 1/2 piece (135g)
- bread
2 slice (64g)
- flour tortillas
4 tortilla (approx 7-8" dia) (196g)

Soups, Sauces, and Gravies

- vegetable broth
1 1/2 cup(s) (mL)

Other

- soy milk, unsweetened
1/4 gallon (1039mL)
- vegan sausage
6 sausage (600g)
- frozen cauliflower
3 cup (340g)
- meatless chik'n tenders
1 1/4 lbs (556g)
- mixed greens
1 package (5.5 oz) (159g)
- soy milk yogurt
2 container(s) (301g)
- cacao powder
1 tbsp (6g)

Nut and Seed Products

- sesame seeds
2 2/3 tbsp (24g)

- ground cumin
1 tbsp (6g)
- chili powder
1/4 tbsp (2g)
- salt
1 1/2 tbsp (25g)
- black pepper
1/2 tsp, ground (1g)
- lemon pepper
1/2 tbsp (3g)
- cinnamon
4 dash (1g)
- vanilla extract
1 tsp (5mL)

Legumes and Legume Products

- extra firm tofu
4 lbs (1890g)
- firm tofu
3 lbs (1418g)
- chickpeas, canned
5/8 can (280g)
- soy sauce
1 1/3 cup (319mL)
- hummus
13 tbsp (195g)
- tempeh
1 lbs (454g)

- chia seeds
5 tbsp (71g)

Snacks

- high-protein granola bar
2 bar (80g)

Sweets

- maple syrup
2 tsp (10mL)

Breakfast Cereals

- breakfast cereal
2 1/2 serving (75g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Sauteed Kale

91 cal ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
kale leaves
1 1/2 cup, chopped (60g)

For all 3 meals:

oil
1 1/2 tbsp (23mL)
kale leaves
4 1/2 cup, chopped (180g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Southwest tofu scramble

312 cal ● 24g protein ● 15g fat ● 15g carbs ● 5g fiber



For single meal:

- olive oil**
1 tsp (5mL)
- onion, thinly sliced**
1/4 small (18g)
- garlic powder**
4 dash (2g)
- ground cumin**
4 dash (1g)
- chili powder**
2 dash (1g)
- extra firm tofu**
1/2 lbs (227g)
- red bell pepper, thinly sliced**
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)
- kale leaves**
2 cup, chopped (80g)
- salt**
4 dash (3g)

For all 3 meals:

- olive oil**
1 tbsp (15mL)
- onion, thinly sliced**
3/4 small (53g)
- garlic powder**
1/2 tbsp (5g)
- ground cumin**
1/2 tbsp (3g)
- chili powder**
1/4 tbsp (2g)
- extra firm tofu**
1 1/2 lbs (680g)
- red bell pepper, thinly sliced**
1 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (179g)
- kale leaves**
6 cup, chopped (240g)
- salt**
1/2 tbsp (9g)

1. Wrap the tofu in a clean towel and place something heavy on top (like a skillet) for 15 minutes.
2. While tofu drains, add all of the dried spices to a bowl and add just enough water to make a pourable sauce. Set aside.
3. Place a medium skillet over medium heat and add olive oil, onion and pepper. Cook until veggies have softened, about 5 minutes.
4. Add kale and cover for about 2 minutes to steam.
5. Meanwhile, unwrap the tofu and use a fork to break it down into bite-sized pieces.
6. Move the veggies to one side of the pan and add the tofu to the other side. Cook for about 2 minutes and then add the sauce, pouring mostly over the tofu, but a little over the veggies. As soon as the sauce is poured, stir the 2 sides of the pan together and cook for another 5-7 minutes until the tofu is lightly browned.
7. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Hummus toast

1 slice(s) - 146 cal ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

- hummus**
2 1/2 tbsp (38g)
- bread**
1 slice (32g)

For all 2 meals:

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

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

Basic vegan chia pudding

186 cal ● 6g protein ● 10g fat ● 9g carbs ● 8g fiber



For single meal:

maple syrup
1 tsp (5mL)
cinnamon
2 dash (1g)
vanilla extract
1/2 tsp (3mL)
almond milk, unsweetened
1/2 cup(s) (120mL)
chia seeds
1 1/2 tbsp (21g)

For all 2 meals:

maple syrup
2 tsp (10mL)
cinnamon
4 dash (1g)
vanilla extract
1 tsp (5mL)
almond milk, unsweetened
1 cup(s) (240mL)
chia seeds
3 tbsp (43g)

1. Mix all ingredients together in a small container. Cover and refrigerate mixture 2 hours to overnight, until chia seeds plump up. Serve.

Soy milk

1/2 cup(s) - 42 cal ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened
1/2 cup (120mL)

For all 2 meals:

soy milk, unsweetened
1 cup (240mL)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Breakfast cereal with almond milk

212 cal ● 6g protein ● 6g fat ● 31g carbs ● 3g fiber



For single meal:

almond milk, unsweetened
10 tbsp (150mL)
breakfast cereal
1 1/4 serving (38g)

For all 2 meals:

almond milk, unsweetened
1 1/4 cup (300mL)
breakfast cereal
2 1/2 serving (75g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.
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Soy milk yogurt

1 container - 136 cal ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt

1 container(s) (150g)

For all 2 meals:

soy milk yogurt

2 container(s) (301g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

For all 2 meals:

garlic, diced

1 clove (3g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

olive oil

1 tbsp (15mL)

fresh spinach

8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Lemon pepper tofu

21 oz - 756 cal ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

lemon pepper

1/4 tbsp (2g)

oil

1 1/2 tbsp (23mL)

cornstarch

3 tbsp (24g)

lemon, zested

1 1/2 small (87g)

firm tofu, patted dry & cubed

1 1/3 lbs (595g)

For all 2 meals:

lemon pepper

1/2 tbsp (3g)

oil

3 tbsp (45mL)

cornstarch

6 tbsp (48g)

lemon, zested

3 small (174g)

firm tofu, patted dry & cubed

2 1/2 lbs (1191g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Roasted tomatoes

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



For single meal:

tomatoes

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

oil

4 tsp (20mL)

For all 2 meals:

tomatoes

8 small whole (2-2/5" dia) (728g)

oil

2 2/3 tbsp (40mL)

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.

Baked tofu

21 1/3 oz - 603 cal ● 59g protein ● 31g fat ● 14g carbs ● 7g fiber



For single meal:

soy sauce
2/3 cup (160mL)
extra firm tofu
1 1/3 lbs (605g)
fresh ginger, peeled and grated
1 1/3 slices (1" dia) (3g)
sesame seeds
4 tsp (12g)

For all 2 meals:

soy sauce
1 1/3 cup (320mL)
extra firm tofu
2 2/3 lbs (1210g)
fresh ginger, peeled and grated
2 2/3 slices (1" dia) (6g)
sesame seeds
2 2/3 tbsp (24g)

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.

Lunch 3 [↗](#)

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.

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.
-

Lunch 4 [↗](#)

Eat on day 6, day 7

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped
3/8 bunch (64g)
lemon, juiced
3/8 small (22g)
avocados, chopped
3/8 avocado(s) (75g)

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
lemon, juiced
3/4 small (44g)
avocados, chopped
3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Mediterranean vegan chik'n wrap

2 wrap(s) - 713 cals ● 36g protein ● 26g fat ● 75g carbs ● 8g fiber



For single meal:

tomatoes, chopped
2 slice(s), thin/small (30g)
cucumber, chopped
1/2 cup slices (52g)
hummus
4 tbsp (60g)
mixed greens
1/2 cup (15g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
meatless chik'n tenders
5 oz (142g)

For all 2 meals:

tomatoes, chopped
4 slice(s), thin/small (60g)
cucumber, chopped
1 cup slices (104g)
hummus
1/2 cup (120g)
mixed greens
1 cup (30g)
flour tortillas
4 tortilla (approx 7-8" dia) (196g)
meatless chik'n tenders
10 oz (284g)

1. Cook chik'n according to package.
 2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Avocado

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



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

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

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

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



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

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

Snacks 2 [↗](#)

Eat on day 4, day 5

Kale chips

206 cal ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

olive oil
1 tbsp (15mL)
kale leaves
1 bunch (170g)
salt
1 tsp (6g)

For all 2 meals:

olive oil
2 tbsp (30mL)
kale leaves
2 bunch (340g)
salt
2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

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 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Blackberries

2 cup(s) - 139 cal ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:

blackberries

2 cup (288g)

For all 2 meals:

blackberries

4 cup (576g)

1. Rinse blackberries and serve.

Chocolate avocado vegan chia pudding

172 cal ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

almond milk, unsweetened

3/8 cup(s) (90mL)

chia seeds

1 tbsp (14g)

cacao powder

1/2 tbsp (3g)

avocados

1/2 slices (13g)

protein powder

1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

almond milk, unsweetened

3/4 cup(s) (180mL)

chia seeds

2 tbsp (28g)

cacao powder

1 tbsp (6g)

avocados

1 slices (25g)

protein powder

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

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Dinner 1 [↗](#)

Eat on day 1

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

naan bread

1 1/2 piece (135g)



1. This recipe has no instructions.

Spinach soup

540 cals ● 25g protein ● 19g fat ● 46g carbs ● 22g fiber



ground cumin

1 1/4 tsp (3g)

vegetable broth

1 1/2 cup(s) (mL)

fresh spinach

10 oz (284g)

fresh ginger, minced

2 1/2 inch (2.5cm) cube (13g)

onion, chopped

1 1/4 medium (2-1/2" dia) (138g)

oil

2 1/2 tsp (13mL)

chickpeas, canned, drained & rinsed

5/8 can (280g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

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.

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

onion, thinly sliced
1 small (70g)
vegan sausage
2 sausage (200g)
oil
1 tbsp (15mL)
frozen cauliflower
1 1/2 cup (170g)

For all 2 meals:

onion, thinly sliced
2 small (140g)
vegan sausage
4 sausage (400g)
oil
2 tbsp (30mL)
frozen cauliflower
3 cup (340g)

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 4

Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Crispy chik'n tenders

10 2/3 tender(s) - 609 cal ● 43g protein ● 24g fat ● 55g carbs ● 0g fiber



Makes 10 2/3 tender(s)

ketchup
2 2/3 tbsp (45g)
meatless chik'n tenders
10 2/3 pieces (272g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Tomato cucumber salad

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



For single meal:

tomatoes, thinly sliced
1 1/2 medium whole (2-3/5" dia)
(185g)
cucumber, thinly sliced
3/4 cucumber (8-1/4") (226g)
red onion, thinly sliced
3/4 small (53g)
salad dressing
3 tbsp (45mL)

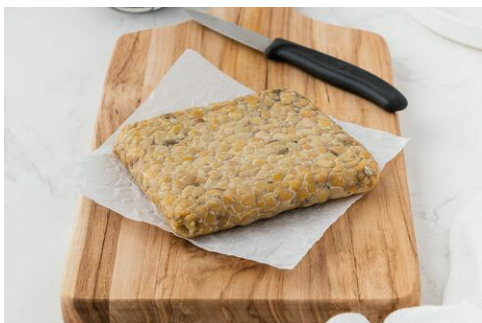
For all 2 meals:

tomatoes, thinly sliced
3 medium whole (2-3/5" dia) (369g)
cucumber, thinly sliced
1 1/2 cucumber (8-1/4") (452g)
red onion, thinly sliced
1 1/2 small (105g)
salad dressing
6 tbsp (90mL)

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

Basic tempeh

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



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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 5 [↗](#)

Eat on day 7

White rice

5/6 cup rice, cooked - 184 cal ● 4g protein ● 0g fat ● 41g carbs ● 1g fiber



Makes 5/6 cup rice, cooked

long-grain white rice

1/4 cup (51g)

water

1/2 cup(s) (132mL)

salt

1/4 tsp (2g)

black pepper

1/4 tsp, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Olive oil drizzled lima beans

161 cal ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



black pepper

3/4 dash, ground (0g)

salt

1 1/2 dash (1g)

lima beans, frozen

3/8 package (10 oz) (107g)

olive oil

1 tsp (6mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Basic tofu

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



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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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