

# Meal Plan - 2800 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

2696 cals ● 173g protein (26%) ● 79g fat (26%) ● 281g carbs (42%) ● 42g fiber (6%)

### Breakfast

445 cals, 45g protein, 27g net carbs, 14g fat



[Sunflower seeds](#)

90 cals



[Double chocolate almond milk protein shake](#)

251 cals



[Apple](#)

1 apple(s)- 105 cals

### Snacks

365 cals, 17g protein, 44g net carbs, 9g fat



[Soy milk](#)

1 3/4 cup(s)- 148 cals



[Pretzels](#)

165 cals



[Strawberries](#)

1 cup(s)- 52 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Lunch

890 cals, 17g protein, 85g net carbs, 47g fat



[Dried cranberries](#)

1/4 cup- 136 cals



[Strawberry apple spinach salad](#)

335 cals



[Roasted cashews](#)

1/2 cup(s)- 417 cals

### Dinner

670 cals, 21g protein, 123g net carbs, 7g fat



[Spaghetti and meatless meatballs](#)

332 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Fruit juice](#)

2 3/4 cup(s)- 315 cals

## Day 2

2855 cals ● 204g protein (29%) ● 114g fat (36%) ● 201g carbs (28%) ● 50g fiber (7%)

### Breakfast

445 cals, 45g protein, 27g net carbs, 14g fat



Sunflower seeds

90 cals



Double chocolate almond milk protein shake

251 cals



Apple

1 apple(s)- 105 cals

### Snacks

365 cals, 17g protein, 44g net carbs, 9g fat



Soy milk

1 3/4 cup(s)- 148 cals



Pretzels

165 cals



Strawberries

1 cup(s)- 52 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Lunch

890 cals, 17g protein, 85g net carbs, 47g fat



Dried cranberries

1/4 cup- 136 cals



Strawberry apple spinach salad

335 cals



Roasted cashews

1/2 cup(s)- 417 cals

### Dinner

830 cals, 52g protein, 43g net carbs, 42g fat



Seitan salad

359 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Roasted almonds

1/4 cup(s)- 222 cals

## Day 3

2797 cals ● 217g protein (31%) ● 91g fat (29%) ● 217g carbs (31%) ● 60g fiber (9%)

### Breakfast

445 cals, 45g protein, 27g net carbs, 14g fat



Sunflower seeds

90 cals



Double chocolate almond milk protein shake

251 cals



Apple

1 apple(s)- 105 cals

### Snacks

320 cals, 5g protein, 43g net carbs, 9g fat



Grapes

160 cals



Fruit juice

1/2 cup(s)- 57 cals



Roasted cashews

1/8 cup(s)- 104 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Lunch

875 cals, 42g protein, 101g net carbs, 23g fat



Creamy lentils and sweet potato

768 cals



Soy milk

1 1/4 cup(s)- 106 cals

### Dinner

830 cals, 52g protein, 43g net carbs, 42g fat



Seitan salad

359 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Roasted almonds

1/4 cup(s)- 222 cals

## Day 4

2754 cals ● 190g protein (28%) ● 85g fat (28%) ● 243g carbs (35%) ● 65g fiber (9%)

### Breakfast

455 cals, 26g protein, 9g net carbs, 28g fat



Chocolate avocado vegan chia pudding  
344 cals



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

### Snacks

320 cals, 5g protein, 43g net carbs, 9g fat



Grapes  
160 cals



Fruit juice  
1/2 cup(s)- 57 cals



Roasted cashews  
1/8 cup(s)- 104 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

875 cals, 42g protein, 101g net carbs, 23g fat



Creamy lentils and sweet potato  
768 cals



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

### Dinner

775 cals, 44g protein, 86g net carbs, 23g fat



Simple mixed greens and tomato salad  
76 cals



Vegan meatball sub  
1 1/2 sub(s)- 702 cals

## Day 5

2807 cals ● 218g protein (31%) ● 138g fat (44%) ● 115g carbs (16%) ● 59g fiber (8%)

### Breakfast

455 cals, 26g protein, 9g net carbs, 28g fat



Chocolate avocado vegan chia pudding  
344 cals



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

### Snacks

395 cals, 12g protein, 47g net carbs, 12g fat



Grapefruit  
1 grapefruit- 119 cals



Roasted chickpeas  
1/2 cup- 276 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

795 cals, 35g protein, 32g net carbs, 54g fat



Tomato and avocado salad  
293 cals



Lemon pepper tofu  
14 oz- 504 cals

### Dinner

835 cals, 73g protein, 25g net carbs, 41g fat



Baked tofu  
20 oz- 566 cals



Soy milk  
2 cup(s)- 169 cals



Simple salad with tomatoes and carrots  
98 cals

## Day 6

2833 cals ● 207g protein (29%) ● 121g fat (39%) ● 180g carbs (25%) ● 48g fiber (7%)

### Breakfast

375 cals, 15g protein, 45g net carbs, 15g fat



[Roasted cashews](#)  
1/8 cup(s)- 104 cals



[Soy milk yogurt](#)  
2 container- 271 cals

### Snacks

395 cals, 12g protein, 47g net carbs, 12g fat



[Grapefruit](#)  
1 grapefruit- 119 cals



[Roasted chickpeas](#)  
1/2 cup- 276 cals

### Protein Supplement(s)

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



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

### Lunch

905 cals, 35g protein, 61g net carbs, 51g fat



[Pumpkin seeds](#)  
183 cals



[Salsa verde tofu salad](#)  
529 cals



[Fruit juice](#)  
1 2/3 cup(s)- 191 cals

### Dinner

835 cals, 73g protein, 25g net carbs, 41g fat



[Baked tofu](#)  
20 oz- 566 cals



[Soy milk](#)  
2 cup(s)- 169 cals



[Simple salad with tomatoes and carrots](#)  
98 cals

## Day 7

2762 cals ● 192g protein (28%) ● 116g fat (38%) ● 193g carbs (28%) ● 44g fiber (6%)

### Breakfast

375 cals, 15g protein, 45g net carbs, 15g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Soy milk yogurt**  
2 container- 271 cals

### Snacks

395 cals, 12g protein, 47g net carbs, 12g fat



**Grapefruit**  
1 grapefruit- 119 cals



**Roasted chickpeas**  
1/2 cup- 276 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

905 cals, 35g protein, 61g net carbs, 51g fat



**Pumpkin seeds**  
183 cals



**Salsa verde tofu salad**  
529 cals



**Fruit juice**  
1 2/3 cup(s)- 191 cals

### Dinner

760 cals, 58g protein, 37g net carbs, 37g fat



**Tomato and avocado salad**  
293 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Simple seitan**  
7 oz- 426 cals

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/2 oz (43g)
- ☐ almonds  
1/4 lbs (130g)
- ☐ roasted cashews  
1 1/2 cup (206g)
- ☐ coconut milk, canned  
6 3/4 tbsp (101mL)
- ☐ chia seeds  
4 tbsp (57g)
- ☐ sesame seeds  
2 1/2 tbsp (23g)
- ☐ roasted pumpkin seeds, unsalted  
1/4 lbs (103g)

## Other

- ☐ protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ soy milk, unsweetened  
10 cup(s) (mL)
- ☐ vegan meatballs, frozen  
7 1/2 meatball(s) (225g)
- ☐ nutritional yeast  
3 1/2 tsp (4g)
- ☐ cacao powder  
2 tbsp (12g)
- ☐ mixed greens  
6 cup (180g)
- ☐ sub roll(s)  
1 1/2 roll(s) (128g)
- ☐ Roasted chickpeas  
1 1/2 cup (170g)
- ☐ soy milk yogurt  
4 container(s) (601g)

## Sweets

- ☐ cocoa powder  
1 1/2 tbsp (8g)

## Beverages

- ☐ almond milk, unsweetened  
1/4 gallon (900mL)
- ☐ water  
25 1/2 cup(s) (6044mL)
- ☐ protein powder  
22 scoop (1/3 cup ea) (682g)

## Fats and Oils

- ☐ balsamic vinaigrette  
4 tbsp (60mL)
- ☐ salad dressing  
5 tbsp (75mL)
- ☐ oil  
2 oz (60mL)
- ☐ olive oil  
2 tsp (9mL)

## Vegetables and Vegetable Products

- ☐ fresh spinach  
13 1/3 cup(s) (400g)
- ☐ tomatoes  
7 2/3 medium whole (2-3/5" dia) (944g)
- ☐ sweet potatoes  
1 2/3 sweetpotato, 5" long (350g)
- ☐ onion  
2 medium (2-1/2" dia) (221g)
- ☐ fresh ginger  
2 1/2 slices (1" dia) (6g)
- ☐ romaine lettuce  
1 hearts (500g)
- ☐ carrots  
1/2 medium (31g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
2 oz (57g)
- ☐ seitan  
13 oz (369g)
- ☐ cornstarch  
2 tbsp (16g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/4 jar (24 oz) (182g)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- ☐ vegetable broth  
3 1/3 cup(s) (mL)
- ☐ salsa verde  
3 tbsp (48g)

## Spices and Herbs

- ☐ ground cumin  
1/3 oz (9g)

## Fruits and Fruit Juices

- ☐ apples  
4 1/2 medium (3" dia) (844g)
- ☐ strawberries  
2 pint (645g)
- ☐ dried cranberries  
1/2 cup (80g)
- ☐ fruit juice  
56 2/3 fl oz (1700mL)
- ☐ avocados  
2 3/4 avocado(s) (552g)
- ☐ grapes  
5 1/2 cup (506g)
- ☐ Grapefruit  
3 large (approx 4-1/2" dia) (996g)
- ☐ lime juice  
2 1/2 tbsp (38mL)
- ☐ lemon  
1 small (58g)

## Snacks

- ☐ pretzels, hard, salted  
3 oz (85g)
- 

- ☐ black pepper  
5 dash, ground (1g)
- ☐ salt  
5 dash (4g)
- ☐ garlic powder  
5 dash (2g)
- ☐ lemon pepper  
4 dash (1g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 cup (213g)
- ☐ firm tofu  
1 1/2 lbs (649g)
- ☐ extra firm tofu  
2 1/2 lbs (1134g)
- ☐ soy sauce  
1 1/4 cup (300mL)
- ☐ black beans  
6 tbsp (90g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



Translation missing:  
en.for\_single\_meal

#### **sunflower kernels**

1/2 oz (14g)

For all 3 meals:

#### **sunflower kernels**

1 1/2 oz (43g)

1. The recipe has no instructions.

## Double chocolate almond milk protein shake

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



Translation missing:  
en.for\_single\_meal

#### **protein powder, chocolate**

1 1/2 scoop (1/3 cup ea) (47g)

#### **cocoa powder**

1/2 tbsp (3g)

#### **almond milk, unsweetened**

3/4 cup (180mL)

#### **water**

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

For all 3 meals:

#### **protein powder, chocolate**

4 1/2 scoop (1/3 cup ea) (140g)

#### **cocoa powder**

1 1/2 tbsp (8g)

#### **almond milk, unsweetened**

2 1/4 cup (540mL)

#### **water**

4 1/2 cup(s) (1067mL)

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

## Apple

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



Translation missing:  
en.for\_single\_meal

#### **apples**

1 medium (3" dia) (182g)

For all 3 meals:

#### **apples**

3 medium (3" dia) (546g)

1. The recipe has no instructions.

---

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

---

### Chocolate avocado vegan chia pudding

344 cal ● 22g protein ● 19g fat ● 8g carbs ● 14g fiber



Translation missing:  
en.for\_single\_meal

**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**almond milk, unsweetened**  
3/4 cup(s) (180mL)  
**chia seeds**  
2 tbsp (28g)  
**cacao powder**  
1 tbsp (6g)  
**avocados**  
1 slices (25g)

For all 2 meals:

**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**almond milk, unsweetened**  
1 1/2 cup(s) (360mL)  
**chia seeds**  
4 tbsp (57g)  
**cacao powder**  
2 tbsp (12g)  
**avocados**  
2 slices (50g)

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.

---

### Roasted almonds

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



Translation missing:  
en.for\_single\_meal

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.
-

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Translation missing:  
en.for\_single\_meal

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

### Soy milk yogurt

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



Translation missing:  
en.for\_single\_meal

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

For all 2 meals:

**soy milk yogurt**  
4 container(s) (601g)

1. The recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



Translation missing:  
en.for\_single\_meal

**dried cranberries**  
4 tbsp (40g)

For all 2 meals:

**dried cranberries**  
1/2 cup (80g)

1. The recipe has no instructions.

## Strawberry apple spinach salad

335 cals ● 7g protein ● 15g fat ● 33g carbs ● 11g fiber



Translation missing:  
en.for\_single\_meal

**apples, chopped**  
1 small (2-3/4" dia) (149g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**almonds**  
2 tbsp, sliced (12g)  
**fresh spinach**  
3 cup(s) (90g)  
**strawberries, chopped**  
1/2 pint (179g)

For all 2 meals:

**apples, chopped**  
2 small (2-3/4" dia) (298g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**almonds**  
4 tbsp, sliced (23g)  
**fresh spinach**  
6 cup(s) (180g)  
**strawberries, chopped**  
1 pint (357g)

1. Toss all ingredients together, except the vinaigrette.
2. Drizzle Vinaigrette over salad when serving.

## Roasted cashews

1/2 cup(s) - 417 cals ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



Translation missing:  
en.for\_single\_meal

**roasted cashews**  
1/2 cup (69g)

For all 2 meals:

**roasted cashews**  
1 cup (137g)

1. The recipe has no instructions.
-

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Creamy lentils and sweet potato

768 cal ● 34g protein ● 18g fat ● 99g carbs ● 20g fiber



Translation missing:  
en.for\_single\_meal

#### **sweet potatoes, chopped into bite-sized pieces**

5/6 sweetpotato, 5" long (175g)

#### **ground cumin**

5 dash (1g)

#### **oil**

1 1/4 tsp (6mL)

#### **coconut milk, canned**

1/4 cup (50mL)

#### **onion, diced**

5/6 medium (2-1/2" dia) (92g)

#### **fresh spinach**

1 2/3 cup(s) (50g)

#### **vegetable broth**

1 2/3 cup(s) (mL)

#### **lentils, raw**

1/2 cup (106g)

For all 2 meals:

#### **sweet potatoes, chopped into bite-sized pieces**

1 2/3 sweetpotato, 5" long (350g)

#### **ground cumin**

1 1/4 tsp (3g)

#### **oil**

2 1/2 tsp (13mL)

#### **coconut milk, canned**

6 2/3 tbsp (100mL)

#### **onion, diced**

1 2/3 medium (2-1/2" dia) (183g)

#### **fresh spinach**

3 1/3 cup(s) (100g)

#### **vegetable broth**

3 1/3 cup(s) (mL)

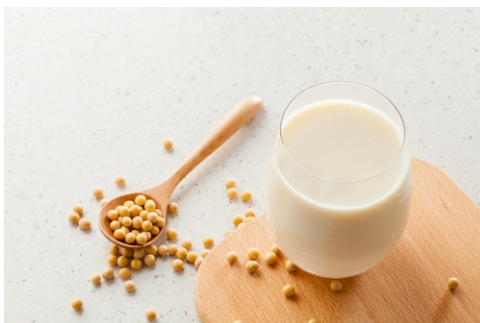
#### **lentils, raw**

1 cup (213g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

### Soy milk

1 1/4 cup(s) - 106 cal ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



Translation missing:  
en.for\_single\_meal

#### **soy milk, unsweetened**

1 1/4 cup(s) (mL)

For all 2 meals:

#### **soy milk, unsweetened**

2 1/2 cup(s) (mL)

1. The recipe has no instructions.



## Lunch 3 [🔗](#)

Eat on day 5

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



#### tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

#### black pepper

1/3 tsp, ground (1g)

#### salt

1/3 tsp (2g)

#### garlic powder

1/3 tsp (1g)

#### olive oil

1 tsp (5mL)

#### avocados, cubed

5/8 avocado(s) (126g)

#### lime juice

1 1/4 tbsp (19mL)

#### onion

1 1/4 tbsp minced (19g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

#### firm tofu, patted dry & cubed

14 oz (397g)

#### lemon pepper

4 dash (1g)

#### oil

1 tbsp (15mL)

#### cornstarch

2 tbsp (16g)

#### lemon, zested

1 small (58g)

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 4 [🔗](#)

Eat on day 6 and day 7

### Pumpkin seeds

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



Translation missing:  
en.for\_single\_meal

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

### Salsa verde tofu salad

529 cals ● 23g protein ● 36g fat ● 17g carbs ● 12g fiber



Translation missing:  
en.for\_single\_meal

**tomatoes, chopped**  
3/4 roma tomato (60g)  
**black beans, drained and rinsed**  
3 tbsp (45g)  
**avocados, sliced**  
3 slices (75g)  
**salsa verde**  
1 1/2 tbsp (24g)  
**ground cumin**  
1/2 tbsp (3g)  
**roasted pumpkin seeds, unsalted**  
3 tbsp (22g)  
**mixed greens**  
2 1/4 cup (68g)  
**oil**  
1/2 tbsp (8mL)  
**firm tofu**  
1 1/2 slice(s) (126g)

For all 2 meals:

**tomatoes, chopped**  
1 1/2 roma tomato (120g)  
**black beans, drained and rinsed**  
6 tbsp (90g)  
**avocados, sliced**  
6 slices (150g)  
**salsa verde**  
3 tbsp (48g)  
**ground cumin**  
1 tbsp (6g)  
**roasted pumpkin seeds, unsalted**  
6 tbsp (44g)  
**mixed greens**  
4 1/2 cup (135g)  
**oil**  
1 tbsp (15mL)  
**firm tofu**  
3 slice(s) (252g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

### Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



Translation missing:  
en.for\_single\_meal

**fruit juice**  
13 1/3 fl oz (400mL)

For all 2 meals:

**fruit juice**  
26 2/3 fl oz (800mL)

1. The recipe has no instructions.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Soy milk

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



Translation missing:  
en.for\_single\_meal

**soy milk, unsweetened**  
1 3/4 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

### Pretzels

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



Translation missing:  
en.for\_single\_meal

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

For all 2 meals:

**pretzels, hard, salted**  
3 oz (85g)

1. The recipe has no instructions.

### Strawberries

1 cup(s) - 52 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber





Translation missing:  
en.for\_single\_meal

**strawberries**  
1 cup, whole (144g)

For all 2 meals:  
**strawberries**  
2 cup, whole (288g)

1. The recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Grapes

160 cals ● 2g protein ● 1g fat ● 25g carbs ● 10g fiber



Translation missing:  
en.for\_single\_meal

**grapes**  
2 3/4 cup (253g)

For all 2 meals:  
**grapes**  
5 1/2 cup (506g)

1. The recipe has no instructions.

### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Translation missing:  
en.for\_single\_meal

**fruit juice**  
4 fl oz (120mL)

For all 2 meals:  
**fruit juice**  
8 fl oz (240mL)

1. The recipe has no instructions.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Translation missing:  
en.for\_single\_meal

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

---

## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

---

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Translation missing:  
en.for\_single\_meal

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

For all 3 meals:

**Grapefruit**  
3 large (approx 4-1/2" dia) (996g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

---

### Roasted chickpeas

1/2 cup - 276 cals ● 10g protein ● 12g fat ● 24g carbs ● 8g fiber



Translation missing:  
en.for\_single\_meal

**Roasted chickpeas**  
1/2 cup (57g)

For all 3 meals:

**Roasted chickpeas**  
1 1/2 cup (170g)

1. The recipe has no instructions.
-

## Dinner 1 [🔗](#)

Eat on day 1

---

### Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



#### **vegan meatballs, frozen**

1 1/2 meatball(s) (45g)

#### **uncooked dry pasta**

2 oz (57g)

#### **pasta sauce**

1/8 jar (24 oz) (84g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

---

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

#### **tomatoes**

6 cherry tomatoes (102g)

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

### Fruit juice

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber



Makes 2 3/4 cup(s)

#### **fruit juice**

22 fl oz (660mL)

1. The recipe has no instructions.
-

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



Translation missing:  
en.for\_single\_meal

#### **avocados, chopped**

1/4 avocado(s) (50g)

#### **tomatoes, halved**

6 cherry tomatoes (102g)

#### **seitan, crumbled or sliced**

3 oz (85g)

#### **fresh spinach**

2 cup(s) (60g)

#### **salad dressing**

1 tbsp (15mL)

#### **nutritional yeast**

1 tsp (1g)

#### **oil**

1 tsp (5mL)

For all 2 meals:

#### **avocados, chopped**

1/2 avocado(s) (101g)

#### **tomatoes, halved**

12 cherry tomatoes (204g)

#### **seitan, crumbled or sliced**

6 oz (170g)

#### **fresh spinach**

4 cup(s) (120g)

#### **salad dressing**

2 tbsp (30mL)

#### **nutritional yeast**

2 tsp (3g)

#### **oil**

2 tsp (10mL)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

### Chunky canned soup (non-creamy)

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



Translation missing:  
en.for\_single\_meal

#### **chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

For all 2 meals:

#### **chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Translation missing:  
en.for\_single\_meal

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

---

## Dinner 3 [↗](#)

Eat on day 4

---

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**salad dressing**  
1 1/2 tbsp (23mL)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**mixed greens**  
1 1/2 cup (45g)

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

---

### Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



Makes 1 1/2 sub(s)  
**vegan meatballs, frozen**  
6 meatball(s) (180g)  
**pasta sauce**  
6 tbsp (98g)  
**nutritional yeast**  
1/2 tbsp (2g)  
**sub roll(s)**  
1 1/2 roll(s) (128g)

1. Cook vegan meatballs according to package.
  2. Heat up pasta sauce on stove or in microwave.
  3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
  4. Serve.
-



## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Baked tofu

20 oz - 566 cals ● 55g protein ● 29g fat ● 14g carbs ● 7g fiber



Translation missing:  
en.for\_single\_meal

#### **fresh ginger, peeled and grated**

1 1/4 slices (1" dia) (3g)

#### **extra firm tofu**

1 1/4 lbs (567g)

#### **sesame seeds**

1 1/4 tbsp (11g)

#### **soy sauce**

10 tbsp (150mL)

For all 2 meals:

#### **fresh ginger, peeled and grated**

2 1/2 slices (1" dia) (6g)

#### **extra firm tofu**

2 1/2 lbs (1134g)

#### **sesame seeds**

2 1/2 tbsp (23g)

#### **soy sauce**

1 1/4 cup (300mL)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

### Soy milk

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



Translation missing:  
en.for\_single\_meal

#### **soy milk, unsweetened**

2 cup(s) (mL)

For all 2 meals:

#### **soy milk, unsweetened**

4 cup(s) (mL)

1. The recipe has no instructions.

### Simple salad with tomatoes and carrots

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



Translation missing:  
en.for\_single\_meal

**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**carrots, sliced**  
1/4 medium (15g)  
**salad dressing**  
3/4 tbsp (11mL)

For all 2 meals:

**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**carrots, sliced**  
1/2 medium (31g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Dinner 5 [🔗](#)

Eat on day 7

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



**tomatoes, diced**  
5/8 medium whole (2-3/5" dia) (77g)  
**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**garlic powder**  
1/3 tsp (1g)  
**olive oil**  
1 tsp (5mL)  
**avocados, cubed**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**onion**  
1 1/4 tbsp minced (19g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### 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.

### Simple seitan

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



Makes 7 oz

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

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.

---

## Protein Supplement(s) [↗](#)

Eat every day

---

### Protein shake

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



Translation missing:  
en.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. The recipe has no instructions.
-