

# Meal Plan - 2900 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

2871 cals ● 183g protein (25%) ● 109g fat (34%) ● 250g carbs (35%) ● 41g fiber (6%)

### Breakfast

420 cals, 15g protein, 35g net carbs, 22g fat



[Sunflower seeds](#)

180 cals



[Instant oatmeal with almond milk](#)

1 packet(s)- 241 cals

### Snacks

390 cals, 17g protein, 17g net carbs, 26g fat



[Pistachios](#)

188 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cals

### Lunch

1075 cals, 46g protein, 147g net carbs, 26g fat



[Simple mixed greens and tomato salad](#)

189 cals



[Spaghetti and meatless meatballs](#)

885 cals

### Dinner

605 cals, 21g protein, 47g net carbs, 33g fat



[Tofu marsala](#)

434 cals



[Simple mixed greens salad](#)

170 cals

## Day 2

2894 cals ● 232g protein (32%) ● 81g fat (25%) ● 248g carbs (34%) ● 61g fiber (8%)

### Breakfast

420 cals, 15g protein, 35g net carbs, 22g fat



Sunflower seeds

180 cals



Instant oatmeal with almond milk

1 packet(s)- 241 cals

### Snacks

390 cals, 17g protein, 17g net carbs, 26g fat



Pistachios

188 cals



High-protein granola bar

1 bar(s)- 204 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

### Lunch

845 cals, 49g protein, 98g net carbs, 12g fat



Simple salad with celery, cucumber & tomato

171 cals



Lentil pasta

673 cals

### Dinner

855 cals, 67g protein, 94g net carbs, 19g fat



Teriyaki seitan with veggies and rice

789 cals



Simple mixed greens salad

68 cals

## Day 3

2843 cals ● 230g protein (32%) ● 70g fat (22%) ● 247g carbs (35%) ● 77g fiber (11%)

### Breakfast

440 cals, 11g protein, 41g net carbs, 18g fat



Grapes

102 cals



Avocado toast

2 slice(s)- 336 cals

### Snacks

325 cals, 18g protein, 10g net carbs, 19g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Avocado

176 cals



Protein shake (almond milk)

105 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

### Lunch

845 cals, 49g protein, 98g net carbs, 12g fat



Simple salad with celery, cucumber & tomato

171 cals



Lentil pasta

673 cals

### Dinner

855 cals, 67g protein, 94g net carbs, 19g fat



Teriyaki seitan with veggies and rice

789 cals



Simple mixed greens salad

68 cals

## Day 4

2881 cals ● 268g protein (37%) ● 99g fat (31%) ● 189g carbs (26%) ● 40g fiber (6%)

### Breakfast

440 cals, 11g protein, 41g net carbs, 18g fat



Grapes  
102 cals



Avocado toast  
2 slice(s)- 336 cals

### Snacks

325 cals, 18g protein, 10g net carbs, 19g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Avocado  
176 cals



Protein shake (almond milk)  
105 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake  
3 1/2 scoop- 382 cals

### Lunch

845 cals, 57g protein, 78g net carbs, 30g fat



Chunky canned soup (non-creamy)  
1 can(s)- 247 cals



Crispy chik'n tenders  
9 tender(s)- 514 cals



Simple salad with celery, cucumber & tomato  
85 cals

### Dinner

890 cals, 97g protein, 57g net carbs, 30g fat



Teriyaki seitan wings  
12 oz seitan- 892 cals

## Day 5

2872 cals ● 210g protein (29%) ● 93g fat (29%) ● 230g carbs (32%) ● 69g fiber (10%)

### Breakfast

440 cals, 11g protein, 41g net carbs, 18g fat



Grapes  
102 cals



Avocado toast  
2 slice(s)- 336 cals

### Snacks

325 cals, 18g protein, 10g net carbs, 19g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Avocado  
176 cals



Protein shake (almond milk)  
105 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake  
3 1/2 scoop- 382 cals

### Lunch

845 cals, 57g protein, 78g net carbs, 30g fat



Chunky canned soup (non-creamy)  
1 can(s)- 247 cals



Crispy chik'n tenders  
9 tender(s)- 514 cals



Simple salad with celery, cucumber & tomato  
85 cals

### Dinner

880 cals, 38g protein, 98g net carbs, 24g fat



Roasted brussels sprouts  
347 cals



Bbq cauliflower wings  
535 cals

## Day 6

2927 cals ● 186g protein (25%) ● 119g fat (37%) ● 232g carbs (32%) ● 45g fiber (6%)

### Breakfast

505 cals, 16g protein, 80g net carbs, 10g fat



[Small toasted bagel with 'butter'](#)  
1 1/2 bagel(s)- 286 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Large granola bar](#)  
1 bar(s)- 176 cals

### Snacks

345 cals, 11g protein, 18g net carbs, 25g fat



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



[Rice cakes with peanut butter](#)  
1 cake(s)- 240 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 1/2 scoop- 382 cals

### Lunch

865 cals, 52g protein, 87g net carbs, 28g fat



[Grilled 'cheese' with mushrooms](#)  
302 cals



[Protein bar](#)  
2 bar- 490 cals



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

### Dinner

830 cals, 23g protein, 45g net carbs, 54g fat



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



[Pecans](#)  
1/2 cup- 366 cals



[Chickpea & kale soup](#)  
273 cals

## Day 7

2927 cal ● 186g protein (25%) ● 119g fat (37%) ● 232g carbs (32%) ● 45g fiber (6%)

### Breakfast

505 cal, 16g protein, 80g net carbs, 10g fat



[Small toasted bagel with 'butter'](#)  
1 1/2 bagel(s)- 286 cal



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cal



[Large granola bar](#)  
1 bar(s)- 176 cal

### Snacks

345 cal, 11g protein, 18g net carbs, 25g fat



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



[Rice cakes with peanut butter](#)  
1 cake(s)- 240 cal

### Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 1/2 scoop- 382 cal

### Lunch

865 cal, 52g protein, 87g net carbs, 28g fat



[Grilled 'cheese' with mushrooms](#)  
302 cal



[Protein bar](#)  
2 bar- 490 cal



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

### Dinner

830 cal, 23g protein, 45g net carbs, 54g fat



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



[Pecans](#)  
1/2 cup- 366 cal



[Chickpea & kale soup](#)  
273 cal

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- ☐ sunflower kernels  
2 oz (57g)
- ☐ pecans  
1 cup, halves (99g)
- ☐ roasted cashews  
4 tbsp, halves and whole (34g)

## Snacks

- ☐ high-protein granola bar  
2 bar (80g)
- ☐ large granola bar  
2 bar (74g)
- ☐ rice cakes, any flavor  
2 cakes (18g)

## Breakfast Cereals

- ☐ flavored instant oatmeal  
2 packet (86g)

## Beverages

- ☐ almond milk, unsweetened  
3 cup (720mL)
- ☐ water  
24 1/2 cup(s) (5807mL)
- ☐ protein powder  
26 scoop (1/3 cup ea) (806g)

## Fats and Oils

- ☐ salad dressing  
1 1/4 cup (293mL)
- ☐ oil  
2 oz (60mL)
- ☐ olive oil  
2 1/2 tbsp (38mL)

## Other

- ☐ mixed greens  
4 1/2 package (5.5 oz) (715g)
- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ vegan butter  
2 1/2 tbsp (35g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/3 lbs (152g)
- ☐ cornstarch  
1 tsp (3g)
- ☐ seitan  
26 oz (737g)
- ☐ long-grain white rice  
9 1/4 tbsp (108g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1 jar (24 oz) (672g)
- ☐ vegetable broth  
4 1/2 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- ☐ barbecue sauce  
1/2 cup (143g)

## Spices and Herbs

- ☐ balsamic vinegar  
1/2 tbsp (8mL)
- ☐ salt  
1 tsp (5g)
- ☐ black pepper  
2 dash, ground (1g)
- ☐ thyme, dried  
2 tsp, ground (3g)

## Legumes and Legume Products

- ☐ firm tofu  
5 oz (142g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ peanut butter  
4 tbsp (64g)

## Fruits and Fruit Juices

- ☐ grapes  
5 1/4 cup (483g)
- ☐ avocados  
3 avocado(s) (603g)
- ☐ lemon juice  
1/2 tbsp (8mL)

## Baked Products

☐ teriyaki sauce  
1/2 lbs (183mL)

☐ lentil pasta  
2/3 lbs (302g)

☐ meatless chik'n tenders  
18 pieces (459g)

☐ nutritional yeast  
1/2 cup (30g)

☐ vegan cheese, sliced  
2 slice(s) (40g)

☐ protein bar (20g protein)  
4 bar (200g)

☐ almond yogurt, flavored  
2 container (300g)

☐ bread  
2/3 lbs (320g)

☐ bagel  
3 small bagel (3" dia) (207g)

## Vegetables and Vegetable Products

☐ tomatoes  
11 2/3 medium whole (2-3/5" dia) (1434g)

☐ garlic  
3 clove(s) (9g)

☐ shallots  
1/2 shallot (57g)

☐ mushrooms  
5 oz (141g)

☐ potatoes  
5 oz (142g)

☐ frozen mixed veggies  
1 1/6 package (10 oz ea) (336g)

☐ cucumber  
2 cucumber (8-1/4") (602g)

☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)

☐ ketchup  
1/4 cup (77g)

☐ brussels sprouts  
3/4 lbs (340g)

☐ cauliflower  
2 head small (4" dia.) (530g)

☐ kale leaves  
2 cup, chopped (80g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.

### Instant oatmeal with almond milk

1 packet(s) - 241 cals ● 7g protein ● 8g fat ● 33g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**almond milk, unsweetened**  
3/4 cup (180mL)

For all 2 meals:

**flavored instant oatmeal**  
2 packet (86g)  
**almond milk, unsweetened**  
1 1/2 cup (360mL)

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

## Breakfast 2 [🔗](#)

Eat on day 3, day 4, day 5

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### Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**  
1 3/4 cup (161g)

For all 3 meals:

**grapes**  
5 1/4 cup (483g)

1. This recipe has no instructions.
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### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

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

For all 3 meals:

**bread**  
6 slice (192g)  
**avocados, ripe, sliced**  
1 1/2 avocado(s) (302g)

1. Toast the bread.
  2. Top with ripe avocado and use a fork to smash.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Small toasted bagel with 'butter'

1 1/2 bagel(s) - 286 cals ● 11g protein ● 3g fat ● 53g carbs ● 2g fiber



For single meal:

#### **bagel**

1 1/2 small bagel (3" dia) (104g)

#### **vegan butter**

3/4 tbsp (11g)

For all 2 meals:

#### **bagel**

3 small bagel (3" dia) (207g)

#### **vegan butter**

1 1/2 tbsp (21g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

### Cherry tomatoes

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



For single meal:

#### **tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

#### **tomatoes**

24 cherry tomatoes (408g)

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

### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

#### **large granola bar**

1 bar (37g)

For all 2 meals:

#### **large granola bar**

2 bar (74g)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



#### salad dressing

1/4 cup (56mL)

#### mixed greens

3 3/4 cup (113g)

#### tomatoes

10 tbsp cherry tomatoes (93g)

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

### Spaghetti and meatless meatballs

885 cals ● 42g protein ● 14g fat ● 134g carbs ● 14g fiber



#### vegan meatballs, frozen

4 meatball(s) (120g)

#### uncooked dry pasta

1/3 lbs (152g)

#### pasta sauce

1/3 jar (24 oz) (224g)

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

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



For single meal:

#### mixed greens

2/3 package (5.5 oz) (103g)

#### salad dressing

2 tbsp (30mL)

#### tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

#### cucumber, sliced

2/3 cucumber (8-1/4") (201g)

#### raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

For all 2 meals:

#### mixed greens

1 1/3 package (5.5 oz) (207g)

#### salad dressing

4 tbsp (60mL)

#### tomatoes, diced

1 1/3 medium whole (2-3/5" dia) (164g)

#### cucumber, sliced

1 1/3 cucumber (8-1/4") (401g)

#### raw celery, chopped

2 2/3 stalk, medium (7-1/2" - 8" long) (107g)

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

### Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber





For single meal:

**pasta sauce**  
1/3 jar (24 oz) (224g)  
**lentil pasta**  
1/3 lbs (151g)

For all 2 meals:

**pasta sauce**  
2/3 jar (24 oz) (448g)  
**lentil pasta**  
2/3 lbs (302g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

### Lunch 3 [🔗](#)

Eat on day 4, day 5

#### Chunky canned soup (non-creamy)

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



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.

#### Crispy chik'n tenders

9 tender(s) - 514 cals ● 36g protein ● 20g fat ● 46g carbs ● 0g fiber



For single meal:

**ketchup**  
2 1/4 tbsp (38g)  
**meatless chik'n tenders**  
9 pieces (230g)

For all 2 meals:

**ketchup**  
1/4 cup (77g)  
**meatless chik'n tenders**  
18 pieces (459g)

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

#### Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

**mixed greens**  
1/3 package (5.5 oz) (52g)  
**salad dressing**  
3 tsp (15mL)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia) (41g)  
**cucumber, sliced**  
1/3 cucumber (8-1/4") (100g)  
**raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long) (27g)

For all 2 meals:

**mixed greens**  
2/3 package (5.5 oz) (103g)  
**salad dressing**  
2 tbsp (30mL)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia) (82g)  
**cucumber, sliced**  
2/3 cucumber (8-1/4") (201g)  
**raw celery, chopped**  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

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

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## Lunch 4 [🔗](#)

Eat on day 6, day 7

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### Grilled 'cheese' with mushrooms

302 cals ● 10g protein ● 14g fat ● 30g carbs ● 5g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**thyme, dried**  
1 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**mushrooms**  
1/2 cup, chopped (35g)  
**vegan cheese, sliced**  
1 slice(s) (20g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**thyme, dried**  
2 tsp, ground (3g)  
**olive oil**  
1 tbsp (15mL)  
**mushrooms**  
1 cup, chopped (70g)  
**vegan cheese, sliced**  
2 slice(s) (40g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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## Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:  
**protein bar (20g protein)**  
2 bar (100g)

For all 2 meals:  
**protein bar (20g protein)**  
4 bar (200g)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

76 cals ● 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.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

High-protein granola bar

1 bar(s) - 204 cals ● 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.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Cherry tomatoes

12 cherry tomatoes - 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.

### Avocado

176 cals ● 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.

### Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber





For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Roasted cashews

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



For single meal:

**roasted cashews**  
2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

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### Rice cakes with peanut butter

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



For single meal:

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

For all 2 meals:

**peanut butter**  
4 tbsp (64g)  
**rice cakes, any flavor**  
2 cakes (18g)

1. Spread peanut butter over top of rice cake.
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## Dinner 1 [🔗](#)

Eat on day 1

### Tofu marsala

434 cals ● 17g protein ● 21g fat ● 37g carbs ● 6g fiber



#### **balsamic vinegar**

1/2 tbsp (8mL)

#### **garlic, minced**

1 clove(s) (3g)

#### **shallots, minced**

1/2 shallot (57g)

#### **oil**

1 tbsp (15mL)

#### **mushrooms, sliced**

2 1/2 oz (71g)

#### **firm tofu, patted dry & cubed**

5 oz (142g)

#### **vegetable broth, hot**

1/2 cup(s) (mL)

#### **cornstarch**

1 tsp (3g)

#### **vegan butter**

1 tbsp (14g)

#### **potatoes, peeled & quartered**

5 oz (142g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

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

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Teriyaki seitan with veggies and rice

789 cals ● 65g protein ● 15g fat ● 90g carbs ● 9g fiber



For single meal:

**seitan, cut into strips**  
7 oz (198g)  
**oil**  
1 3/4 tsp (9mL)  
**teriyaki sauce**  
3 tbsp (47mL)  
**frozen mixed veggies**  
5/8 package (10 oz ea) (168g)  
**long-grain white rice**  
1/4 cup (54g)

For all 2 meals:

**seitan, cut into strips**  
14 oz (397g)  
**oil**  
3 1/2 tsp (17mL)  
**teriyaki sauce**  
6 1/4 tbsp (93mL)  
**frozen mixed veggies**  
1 1/6 package (10 oz ea) (336g)  
**long-grain white rice**  
9 1/3 tbsp (108g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Dinner 3 [↗](#)

Eat on day 4

### Teriyaki seitan wings

12 oz seitan - 892 cals ● 97g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 12 oz seitan

#### teriyaki sauce

6 tbsp (90mL)

#### oil

1 1/2 tbsp (23mL)

#### seitan

3/4 lbs (340g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Dinner 4 [↗](#)

Eat on day 5

### Roasted brussels sprouts

347 cals ● 10g protein ● 20g fat ● 18g carbs ● 13g fiber



#### brussels sprouts

3/4 lbs (340g)

#### olive oil

1 1/2 tbsp (23mL)

#### salt

3 dash (2g)

#### black pepper

2 dash, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

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## Dinner 5 [🔗](#)

Eat on day 6, day 7

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### Almond yogurt

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



For single meal:

**almond yogurt, flavored**  
1 container (150g)

For all 2 meals:

**almond yogurt, flavored**  
2 container (300g)

1. This recipe has no instructions.

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### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber





For single meal:

**pecans**  
1/2 cup, halves (50g)

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. This recipe has no instructions.

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
2 cup(s) (mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**chickpeas, canned, drained**  
1/2 can (224g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**garlic, minced**  
2 clove(s) (6g)  
**vegetable broth**  
4 cup(s) (mL)  
**kale leaves, chopped**  
2 cup, chopped (80g)  
**chickpeas, canned, drained**  
1 can (448g)

- 1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
- 2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
- 3. Crack a hefty amount of pepper on top and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**water**  
3 1/2 cup(s) (830mL)  
**protein powder**  
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

**water**  
24 1/2 cup(s) (5807mL)  
**protein powder**  
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.