

Meal Plan - 3100 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

3102 cals ● 244g protein (31%) ● 86g fat (25%) ● 285g carbs (37%) ● 52g fiber (7%)

Breakfast

575 cals, 61g protein, 23g net carbs, 25g fat



[Protein shake \(almond milk\)](#)
420 cals



[Apple & peanut butter](#)
1/2 apple(s)- 155 cals

Snacks

400 cals, 11g protein, 76g net carbs, 3g fat



[Pretzels](#)
358 cals



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

Protein Supplement(s)

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



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

Lunch

720 cals, 31g protein, 73g net carbs, 25g fat



[Bean & tofu goulash](#)
437 cals



[Tomato cucumber salad](#)
282 cals

Dinner

1025 cals, 57g protein, 109g net carbs, 32g fat



[Seitan philly vegan cheesesteak](#)
1 1/2 sub(s)- 783 cals



[Tossed salad](#)
242 cals

Day 2

3029 cals ● 244g protein (32%) ● 90g fat (27%) ● 255g carbs (34%) ● 55g fiber (7%)

Breakfast

575 cals, 61g protein, 23g net carbs, 25g fat



[Protein shake \(almond milk\)](#)
420 cals



[Apple & peanut butter](#)
1/2 apple(s)- 155 cals

Snacks

400 cals, 11g protein, 76g net carbs, 3g fat



[Pretzels](#)
358 cals



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

Protein Supplement(s)

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



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

Lunch

720 cals, 31g protein, 73g net carbs, 25g fat



[Bean & tofu goulash](#)
437 cals



[Tomato cucumber salad](#)
282 cals

Dinner

955 cals, 57g protein, 79g net carbs, 35g fat



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



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

Day 3

3120 cals ● 224g protein (29%) ● 120g fat (35%) ● 217g carbs (28%) ● 69g fiber (9%)

Breakfast

520 cals, 20g protein, 46g net carbs, 24g fat



[Apple](#)
1 apple(s)- 105 cals



[Smoky tofu with sweet potato hash](#)
413 cals

Snacks

350 cals, 10g protein, 13g net carbs, 27g fat



[Cucumber slices](#)
1 cucumber- 60 cals



[Walnuts](#)
3/8 cup(s)- 291 cals

Protein Supplement(s)

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



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

Lunch

915 cals, 54g protein, 75g net carbs, 32g fat



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



[Vegan chili con 'carne'](#)
727 cals

Dinner

955 cals, 57g protein, 79g net carbs, 35g fat



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



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

Day 4

3063 cals ● 253g protein (33%) ● 120g fat (35%) ● 187g carbs (24%) ● 54g fiber (7%)

Breakfast

520 cals, 20g protein, 46g net carbs, 24g fat



Apple

1 apple(s)- 105 cals



Smoky tofu with sweet potato hash

413 cals

Snacks

350 cals, 10g protein, 13g net carbs, 27g fat



Cucumber slices

1 cucumber- 60 cals



Walnuts

3/8 cup(s)- 291 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

915 cals, 54g protein, 75g net carbs, 32g fat



Simple mixed greens and tomato salad

189 cals



Vegan chili con 'carne'

727 cals

Dinner

895 cals, 86g protein, 50g net carbs, 36g fat



Mashed sweet potatoes

92 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 5

3122 cals ● 234g protein (30%) ● 126g fat (36%) ● 194g carbs (25%) ● 68g fiber (9%)

Breakfast

520 cals, 20g protein, 46g net carbs, 24g fat



Apple

1 apple(s)- 105 cals



Smoky tofu with sweet potato hash

413 cals

Snacks

350 cals, 10g protein, 13g net carbs, 27g fat



Cucumber slices

1 cucumber- 60 cals



Walnuts

3/8 cup(s)- 291 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

940 cals, 66g protein, 57g net carbs, 39g fat



Soy milk

1 3/4 cup(s)- 148 cals



Lentils

174 cals



Roasted tofu & veggies

616 cals

Dinner

930 cals, 54g protein, 74g net carbs, 35g fat



Simple mixed greens salad

68 cals



Mashed sweet potatoes

275 cals



Basic tempeh

8 oz- 590 cals

Day 6

3105 cals ● 258g protein (33%) ● 114g fat (33%) ● 197g carbs (25%) ● 64g fiber (8%)

Breakfast

520 cals, 60g protein, 12g net carbs, 23g fat



Pistachios

188 cals



Double chocolate almond milk protein shake

335 cals

Snacks

325 cals, 10g protein, 34g net carbs, 10g fat



Bell pepper strips and hummus

213 cals



Pear

1 pear(s)- 113 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

940 cals, 66g protein, 57g net carbs, 39g fat



Soy milk

1 3/4 cup(s)- 148 cals



Lentils

174 cals



Roasted tofu & veggies

616 cals

Dinner

940 cals, 38g protein, 91g net carbs, 40g fat



Olive oil drizzled broccoli

4 cup(s)- 279 cals



Basic tofu

6 oz- 257 cals



Couscous

402 cals

Day 7

3098 cals ● 276g protein (36%) ● 123g fat (36%) ● 168g carbs (22%) ● 53g fiber (7%)

Breakfast

520 cals, 60g protein, 12g net carbs, 23g fat



[Pistachios](#)
188 cals



[Double chocolate almond milk protein shake](#)
335 cals

Snacks

325 cals, 10g protein, 34g net carbs, 10g fat



[Bell pepper strips and hummus](#)
213 cals



[Pear](#)
1 pear(s)- 113 cals

Protein Supplement(s)

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



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

Lunch

930 cals, 84g protein, 28g net carbs, 48g fat



[Baked tofu](#)
26 2/3 oz- 754 cals



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



[Tomato cucumber salad](#)
71 cals

Dinner

940 cals, 38g protein, 91g net carbs, 40g fat



[Olive oil drizzled broccoli](#)
4 cup(s)- 279 cals



[Basic tofu](#)
6 oz- 257 cals



[Couscous](#)
402 cals

Cereal Grains and Pasta

- ☐ seitan
1/4 lbs (128g)
- ☐ instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

Vegetables and Vegetable Products

- ☐ bell pepper
4 1/4 large (690g)
- ☐ onion
2 3/4 medium (2-1/2" dia) (307g)
- ☐ red onion
2 1/2 medium (2-1/2" dia) (290g)
- ☐ cucumber
5 1/2 cucumber (8-1/4") (1656g)
- ☐ romaine lettuce
4 1/2 hearts (2250g)
- ☐ carrots
6 medium (370g)
- ☐ tomatoes
13 1/2 medium whole (2-3/5" dia) (1669g)
- ☐ garlic
3 1/2 clove(s) (10g)
- ☐ ketchup
1/3 cup (91g)
- ☐ sweet potatoes
3 1/2 sweetpotato, 5" long (735g)
- ☐ canned stewed tomatoes
5/6 can (~14.5 oz) (337g)
- ☐ brussels sprouts
9 1/4 oz (265g)
- ☐ broccoli
56 tsp chopped (106g)
- ☐ frozen broccoli
8 cup (728g)
- ☐ fresh ginger
1 2/3 slices (1" dia) (4g)

Fats and Oils

- ☐ oil
1/3 lbs (145mL)
- ☐ salad dressing
13 oz (379mL)
- ☐ olive oil
2 1/2 oz (75mL)

Other

Beverages

- ☐ water
31 cup(s) (7347mL)
- ☐ protein powder
28 1/2 scoop (1/3 cup ea) (884g)
- ☐ almond milk, unsweetened
6 cup (1440mL)

Fruits and Fruit Juices

- ☐ apples
4 medium (3" dia) (728g)
- ☐ pears
2 medium (356g)

Legumes and Legume Products

- ☐ peanut butter
2 tbsp (32g)
- ☐ firm tofu
2 1/2 lbs (1134g)
- ☐ white beans, canned
1 can(s) (439g)
- ☐ kidney beans
5/6 can (373g)
- ☐ lentils, raw
1 cup (176g)
- ☐ vegetarian burger crumbles
5/6 package (12 oz) (283g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ extra firm tofu
3 1/3 lbs (1512g)
- ☐ hummus
13 1/4 tbsp (203g)
- ☐ soy sauce
13 1/4 tbsp (199mL)

Snacks

- ☐ pretzels, hard, salted
6 1/2 oz (184g)

Spices and Herbs

- ☐ fresh thyme
4 dash (0g)
- ☐ paprika
1 tbsp (7g)
- ☐ ground cumin
1/4 tbsp (2g)

- ☐ sub roll(s)
1 1/2 roll(s) (128g)
- ☐ vegan cheese, sliced
1 1/2 slice(s) (30g)
- ☐ meatless chik'n tenders
21 1/3 pieces (544g)
- ☐ smoked paprika
3 tsp (7g)
- ☐ nutritional yeast
3 tbsp (11g)
- ☐ mixed greens
9 cup (270g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ soy milk, unsweetened
1/3 gallon (1140mL)
- ☐ protein powder, chocolate
4 scoop (1/3 cup ea) (124g)

- ☐ chili powder
1/4 tbsp (2g)
- ☐ salt
1/3 oz (9g)
- ☐ black pepper
3 g (3g)

Nut and Seed Products

- ☐ walnuts
1 1/4 cup, shelled (125g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ sesame seeds
5 tsp (15g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
5/6 cup(s) (mL)

Sweets

- ☐ cocoa powder
4 tsp (7g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Protein shake (almond milk)

420 cal ● 57g protein ● 16g fat ● 10g carbs ● 2g fiber



For single meal:

almond milk, unsweetened

2 cup (480mL)

protein powder

2 scoop (1/3 cup ea) (62g)

For all 2 meals:

almond milk, unsweetened

4 cup (960mL)

protein powder

4 scoop (1/3 cup ea) (124g)

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

Apple & peanut butter

1/2 apple(s) - 155 cal ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples

1/2 medium (3" dia) (91g)

peanut butter

1 tbsp (16g)

For all 2 meals:

apples

1 medium (3" dia) (182g)

peanut butter

2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Apple

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



For single meal:

apples

1 medium (3" dia) (182g)

For all 3 meals:

apples

3 medium (3" dia) (546g)

1. This recipe has no instructions.

Smoky tofu with sweet potato hash

413 cal ● 20g protein ● 23g fat ● 26g carbs ● 6g fiber



For single meal:

water

1/6 cup(s) (39mL)

oil

1 tbsp (15mL)

smoked paprika

1 tsp (2g)

nutritional yeast

1 tbsp (4g)

red onion, sliced

1/2 small (35g)

sweet potatoes, cubed

1/2 sweetpotato, 5" long (105g)

firm tofu, patted dry

1/2 lbs (198g)

For all 3 meals:

water

1/2 cup(s) (118mL)

oil

3 tbsp (45mL)

smoked paprika

3 tsp (7g)

nutritional yeast

3 tbsp (11g)

red onion, sliced

1 1/2 small (105g)

sweet potatoes, cubed

1 1/2 sweetpotato, 5" long (315g)

firm tofu, patted dry

1 1/3 lbs (595g)

1. Heat only half of the oil in a skillet over medium heat. Add cubed sweet potato and cook until lightly browned, about 4-5 minutes.
2. Add water and cover to steam until sweet potatoes are easily pierced with a fork, 3-5 minutes.
3. Add in sliced onion and some salt and pepper. Cook until onions have softened, about 6-8 minutes. Transfer hash to a plate and wipe skillet clean.
4. Heat remaining oil to a skillet over medium heat and crumble tofu into the skillet. Stir in nutritional yeast, smoked paprika, and some salt and pepper. Cook until tofu starts to become a little crispy.
5. Plate tofu with sweet potato hash and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

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.

Double chocolate almond milk protein shake

335 cals ● 53g protein ● 9g fat ● 7g carbs ● 3g fiber



For single meal:

cocoa powder

2 tsp (4g)

water

2 cup(s) (474mL)

almond milk, unsweetened

1 cup (240mL)

protein powder, chocolate

2 scoop (1/3 cup ea) (62g)

For all 2 meals:

cocoa powder

4 tsp (7g)

water

4 cup(s) (948mL)

almond milk, unsweetened

2 cup (480mL)

protein powder, chocolate

4 scoop (1/3 cup ea) (124g)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Bean & tofu goulash

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



For single meal:

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)

For all 2 meals:

fresh thyme

4 dash (0g)

paprika

1 tbsp (7g)

oil

1 tbsp (15mL)

garlic, minced

1 clove (3g)

onion, diced

1 medium (2-1/2" dia) (110g)

firm tofu, drained and diced

1/2 lbs (198g)

white beans, canned, drained & rinsed

1 can(s) (439g)

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.

Tomato cucumber salad

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



For single meal:

tomatoes, thinly sliced

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

cucumber, thinly sliced

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

red onion, thinly sliced

1 small (70g)

salad dressing

4 tbsp (60mL)

For all 2 meals:

tomatoes, thinly sliced

4 medium whole (2-3/5" dia) (492g)

cucumber, thinly sliced

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

red onion, thinly sliced

2 small (140g)

salad dressing

1/2 cup (120mL)

1. Mix ingredients together in a bowl and serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple mixed greens and tomato salad

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



For single meal:

salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing

1/2 cup (113mL)

mixed greens

7 1/2 cup (225g)

tomatoes

1 1/4 cup cherry tomatoes (186g)

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

Vegan chili con 'carne'

727 cals ● 50g protein ● 20g fat ● 62g carbs ● 25g fiber



For single meal:

oil

2 1/2 tsp (13mL)

garlic, minced

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

kidney beans, drained and rinsed

3/8 can (187g)

lentils, raw

1/4 cup (40g)

vegetarian burger crumbles

3/8 package (12 oz) (142g)

canned stewed tomatoes

3/8 can (~14.5 oz) (169g)

ground cumin

3 1/3 dash (1g)

chili powder

3 1/3 dash (1g)

vegetable broth

3/8 cup(s) (mL)

onion, chopped

3/8 medium (2-1/2" dia) (46g)

bell pepper, chopped

5/6 medium (99g)

For all 2 meals:

oil

5 tsp (25mL)

garlic, minced

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

kidney beans, drained and rinsed

5/6 can (373g)

lentils, raw

6 2/3 tbsp (80g)

vegetarian burger crumbles

5/6 package (12 oz) (283g)

canned stewed tomatoes

5/6 can (~14.5 oz) (337g)

ground cumin

1/4 tbsp (2g)

chili powder

1/4 tbsp (2g)

vegetable broth

5/6 cup(s) (mL)

onion, chopped

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

bell pepper, chopped

1 2/3 medium (198g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Soy milk

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



For single meal:

soy milk, unsweetened

1 3/4 cup (420mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (840mL)

1. This recipe has no instructions.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt

1/2 dash (0g)

water

1 cup(s) (237mL)

lentils, raw, rinsed

4 tbsp (48g)

For all 2 meals:

salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Roasted tofu & veggies

616 cal ● 42g protein ● 31g fat ● 28g carbs ● 15g fiber



For single meal:

extra firm tofu

1 1/6 block (378g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

brussels sprouts, cut in half

1/4 lbs (132g)

carrots, cut as desired

1 3/4 medium (107g)

broccoli, cut as desired

9 1/3 tbsp chopped (53g)

bell pepper, sliced

5/8 medium (69g)

onion, thickly sliced

1/4 medium (2-1/2" dia) (32g)

olive oil

3 1/2 tsp (17mL)

For all 2 meals:

extra firm tofu

2 1/3 block (756g)

salt

1 tsp (7g)

black pepper

1 tsp, ground (3g)

brussels sprouts, cut in half

9 1/3 oz (265g)

carrots, cut as desired

3 1/2 medium (213g)

broccoli, cut as desired

56 tsp chopped (106g)

bell pepper, sliced

1 1/6 medium (139g)

onion, thickly sliced

5/8 medium (2-1/2" dia) (64g)

olive oil

2 1/3 tbsp (35mL)

1. Preheat oven to 400 F (200 C).
 2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
 3. Cut tofu in one inch cubes.
 4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
 5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
 6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
 7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
 8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
 9. Remove all from oven and combine. Season with salt and pepper. Serve.
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Lunch 4 [↗](#)

Eat on day 7

Baked tofu

26 2/3 oz - 754 cals ● 74g protein ● 39g fat ● 18g carbs ● 9g fiber



Makes 26 2/3 oz

soy sauce

13 1/3 tbsp (200mL)

extra firm tofu

1 2/3 lbs (756g)

fresh ginger, peeled and grated

1 2/3 slices (1" dia) (4g)

sesame seeds

5 tsp (15g)

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.

Soy milk

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



Makes 1 1/4 cup(s)

soy milk, unsweetened

1 1/4 cup (300mL)

1. This recipe has no instructions.

Tomato cucumber salad

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



tomatoes, thinly sliced

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

cucumber, thinly sliced

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

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Pretzels

358 cals ● 9g protein ● 3g fat ● 71g carbs ● 3g fiber



For single meal:

pretzels, hard, salted

3 1/4 oz (92g)

For all 2 meals:

pretzels, hard, salted

6 1/2 oz (184g)

1. This recipe has no instructions.

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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

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

For all 3 meals:

cucumber

3 cucumber (8-1/4") (903g)

1. Slice cucumber into rounds and serve.

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 2/3 tbsp, shelled (42g)

For all 3 meals:

walnuts

1 1/4 cup, shelled (125g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Bell pepper strips and hummus

213 cals ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



For single meal:

hummus

6 1/2 tbsp (101g)

bell pepper

1 1/4 medium (149g)

For all 2 meals:

hummus

13 tbsp (203g)

bell pepper

2 1/2 medium (298g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Seitan Philly vegan cheesesteak

1 1/2 sub(s) - 783 cals ● 48g protein ● 24g fat ● 89g carbs ● 5g fiber



Makes 1 1/2 sub(s)

seitan, cut into strips

1/4 lbs (128g)

bell pepper, sliced

3/4 small (56g)

onion, chopped

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

oil

3/4 tbsp (11mL)

sub roll(s)

1 1/2 roll(s) (128g)

vegan cheese, sliced

1 1/2 slice(s) (30g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 2 [🔗](#)

Eat on day 2, day 3

Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



For single meal:

salad dressing
2 1/2 tbsp (39mL)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia) (215g)
carrots, sliced
7/8 medium (53g)
romaine lettuce, roughly chopped
1 3/4 hearts (875g)

For all 2 meals:

salad dressing
1/3 cup (79mL)
tomatoes, diced
3 1/2 medium whole (2-3/5" dia) (431g)
carrots, sliced
1 3/4 medium (107g)
romaine lettuce, roughly chopped
3 1/2 hearts (1750g)

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

Crispy chik'n tenders

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



For single meal:

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

For all 2 meals:

ketchup
1/3 cup (91g)
meatless chik'n tenders
21 1/3 pieces (544g)

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

Dinner 3 [↗](#)

Eat on day 4

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



sweet potatoes

1/2 sweetpotato, 5" long (105g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage

3 sausage (300g)

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

Dinner 4 [↗](#)

Eat on day 5

Simple mixed greens salad

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



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Basic tempeh
8 oz - 590 cal ● 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.

Dinner 5
Eat on day 6, day 7

Olive oil drizzled broccoli
4 cup(s) - 279 cal ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:
black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

For all 2 meals:
black pepper
4 dash (0g)
salt
4 dash (2g)
frozen broccoli
8 cup (728g)
olive oil
2 2/3 tbsp (40mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

firm tofu

6 oz (170g)

oil

1 tbsp (15mL)

For all 2 meals:

firm tofu

3/4 lbs (340g)

oil

2 tbsp (30mL)

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.

Couscous

402 cals ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



For single meal:

instant couscous, flavored

2/3 box (5.8 oz) (110g)

For all 2 meals:

instant couscous, flavored

1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

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.
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