

Meal Plan - 3200 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

3067 cal ● 228g protein (30%) ● 139g fat (41%) ● 170g carbs (22%) ● 56g fiber (7%)

Breakfast

525 cal, 28g protein, 45g net carbs, 22g fat



Breakfast cereal with almond milk
169 cal



Almond yogurt
1 container(s)- 191 cal



Vegan breakfast sausage patties
2 patties- 166 cal

Snacks

370 cal, 12g protein, 42g net carbs, 14g fat



Hummus toast
1 slice(s)- 146 cal



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



Fruit juice
1 cup(s)- 115 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Lunch

685 cal, 40g protein, 38g net carbs, 34g fat



Peanut tempeh
4 oz tempeh- 434 cal



Cucumber slices
1 cucumber- 60 cal



Simple mixed greens and tomato salad
189 cal

Dinner

1105 cal, 63g protein, 42g net carbs, 67g fat



Pita bread
1/2 pita bread(s)- 39 cal



Mediterranean chik'n salad with lemon hummus dressing
1065 cal

Day 2

3240 cals ● 246g protein (30%) ● 120g fat (33%) ● 228g carbs (28%) ● 65g fiber (8%)

Breakfast

525 cals, 28g protein, 45g net carbs, 22g fat



Breakfast cereal with almond milk
169 cals



Almond yogurt
1 container(s)- 191 cals



Vegan breakfast sausage patties
2 patties- 166 cals

Snacks

370 cals, 12g protein, 42g net carbs, 14g fat



Hummus toast
1 slice(s)- 146 cals



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



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

1020 cals, 60g protein, 102g net carbs, 30g fat



Simple mixed greens and tomato salad
76 cals



Bbq tempeh wrap
2 wrap(s)- 944 cals

Dinner

940 cals, 61g protein, 36g net carbs, 53g fat



Seitan salad
718 cals



Roasted almonds
1/4 cup(s)- 222 cals

Day 3

3156 cals ● 242g protein (31%) ● 154g fat (44%) ● 153g carbs (19%) ● 48g fiber (6%)

Breakfast

485 cals, 16g protein, 33g net carbs, 29g fat



Pretzels
110 cals



Pistachios
375 cals

Snacks

370 cals, 17g protein, 36g net carbs, 14g fat



Soy milk
1 1/2 cup(s)- 127 cals



Instant oatmeal with almond milk
1 packet(s)- 241 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

980 cals, 63g protein, 46g net carbs, 55g fat



Chik'n satay with peanut sauce
6 skewers- 699 cals



Tomato cucumber salad
282 cals

Dinner

940 cals, 61g protein, 36g net carbs, 53g fat



Seitan salad
718 cals



Roasted almonds
1/4 cup(s)- 222 cals

Day 4

3154 cals ● 241g protein (31%) ● 102g fat (29%) ● 244g carbs (31%) ● 75g fiber (10%)

Breakfast

485 cals, 16g protein, 33g net carbs, 29g fat



Pretzels
110 cals



Pistachios
375 cals

Snacks

370 cals, 17g protein, 36g net carbs, 14g fat



Soy milk
1 1/2 cup(s)- 127 cals



Instant oatmeal with almond milk
1 packet(s)- 241 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

960 cals, 48g protein, 147g net carbs, 7g fat



Bbq cauliflower wings
803 cals



Pita bread
2 pita bread(s)- 156 cals

Dinner

960 cals, 75g protein, 25g net carbs, 50g fat



Garlic collard greens
358 cals



Baked tofu
21 1/3 oz- 603 cals

Day 5

3237 cals ● 228g protein (28%) ● 155g fat (43%) ● 161g carbs (20%) ● 70g fiber (9%)

Breakfast

600 cals, 26g protein, 48g net carbs, 29g fat



Smoky tofu with sweet potato hash
517 cals



Orange
1 orange(s)- 85 cals

Snacks

355 cals, 20g protein, 17g net carbs, 17g fat



Bell pepper strips and hummus
227 cals



Soy milk
1 1/2 cup(s)- 127 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

965 cals, 45g protein, 64g net carbs, 47g fat



Garlic collard greens
398 cals



Sesame orange tofu
10 1/2 oz tofu- 566 cals

Dinner

935 cals, 51g protein, 29g net carbs, 60g fat



Simple mixed greens and tomato salad
151 cals



Buffalo tempeh with vegan ranch
785 cals

Day 6

3227 cal ● 210g protein (26%) ● 143g fat (40%) ● 207g carbs (26%) ● 68g fiber (8%)

Breakfast

600 cal, 26g protein, 48g net carbs, 29g fat



[Smoky tofu with sweet potato hash](#)
517 cal



[Orange](#)
1 orange(s)- 85 cal

Snacks

355 cal, 20g protein, 17g net carbs, 17g fat



[Bell pepper strips and hummus](#)
227 cal



[Soy milk](#)
1 1/2 cup(s)- 127 cal

Protein Supplement(s)

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



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

Lunch

965 cal, 45g protein, 64g net carbs, 47g fat



[Garlic collard greens](#)
398 cal



[Sesame orange tofu](#)
10 1/2 oz tofu- 566 cal

Dinner

925 cal, 34g protein, 75g net carbs, 47g fat



[Sesame peanut zoodles](#)
735 cal



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

Day 7

3211 cal ● 201g protein (25%) ● 155g fat (43%) ● 199g carbs (25%) ● 54g fiber (7%)

Breakfast

600 cal, 26g protein, 48g net carbs, 29g fat



[Smoky tofu with sweet potato hash](#)
517 cal



[Orange](#)
1 orange(s)- 85 cal

Snacks

355 cal, 20g protein, 17g net carbs, 17g fat



[Bell pepper strips and hummus](#)
227 cal



[Soy milk](#)
1 1/2 cup(s)- 127 cal

Protein Supplement(s)

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



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

Lunch

945 cal, 36g protein, 56g net carbs, 59g fat



[Sunflower seeds](#)
451 cal



[Vegan grilled cheese](#)
1 1/2 sandwich(es)- 496 cal

Dinner

925 cal, 34g protein, 75g net carbs, 47g fat



[Sesame peanut zoodles](#)
735 cal



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

Baked Products

- pita bread
2 1/2 pita, small (4" dia) (70g)
- bread
5 slice (160g)
- flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Other

- vegan chik'n strips
1 lbs (439g)
- mixed greens
10 1/2 cup (315g)
- almond yogurt, flavored
2 container (300g)
- vegan breakfast sausage patties
4 patties (152g)
- nutritional yeast
2 1/3 oz (66g)
- coleslaw mix
4 1/2 cup (405g)
- soy milk, unsweetened
1/2 gallon (1800mL)
- skewer(s)
6 skewer(s) (6g)
- sesame oil
2 1/2 tbsp (38mL)
- smoked paprika
3 3/4 tsp (9g)
- vegan ranch
4 tbsp (60mL)
- sriracha chili sauce
1 1/2 tbsp (23g)
- vegan cheese, sliced
3 slice(s) (60g)

Spices and Herbs

- thyme, dried
1/4 tbsp, leaves (1g)
- paprika
1/4 tbsp (2g)
- salt
1/2 tbsp (10g)

Fats and Oils

- oil
6 2/3 oz (202mL)

Legumes and Legume Products

- chickpeas, canned
1/2 cup (120g)
- hummus
1 lbs (467g)
- soy sauce
3/4 lbs (285mL)
- peanut butter
1/2 lbs (224g)
- tempeh
1 1/4 lbs (567g)
- extra firm tofu
1 1/3 lbs (605g)
- firm tofu
3 lbs (1340g)

Beverages

- water
25 cup(s) (5953mL)
- protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- almond milk, unsweetened
2 1/2 cup (600mL)

Breakfast Cereals

- breakfast cereal
2 serving (60g)
- flavored instant oatmeal
2 packet (86g)

Nut and Seed Products

- almonds
3/4 cup, whole (107g)
- pistachios, dry roasted, without shells or salt added
1 cup (123g)
- sesame seeds
1 oz (29g)
- chia seeds
2 1/2 tsp (12g)
- sunflower kernels
2 1/2 oz (71g)

Cereal Grains and Pasta

- seitan
3/4 lbs (340g)
- cornstarch
1/4 cup (36g)

- salad dressing
1/2 lbs (244mL)

Fruits and Fruit Juices

- lemon juice
2 tbsp (30mL)
- canned black olives
9 large (40g)
- fruit juice
42 2/3 fl oz (1280mL)
- avocados
1 avocado(s) (201g)
- lime juice
4 tbsp (60mL)
- orange
3 2/3 orange (567g)

Vegetables and Vegetable Products

- onion
1/2 small (35g)
- tomatoes
8 medium whole (2-3/5" dia) (971g)
- cucumber
2 cucumber (8-1/4") (602g)
- fresh spinach
8 cup(s) (240g)
- bell pepper
3 1/3 large (550g)
- fresh ginger
1/4 oz (8g)
- purple onions
3 small (201g)
- collard greens
3 1/2 lbs (1644g)
- garlic
14 clove(s) (42g)
- cauliflower
3 head small (4" dia.) (795g)
- sweet potatoes
2 sweetpotato, 5" long (394g)
- green onions
5 tbsp, sliced (40g)
- zucchini
5 medium (980g)

Soups, Sauces, and Gravies

- barbecue sauce
8 fl oz (283g)
- Frank's Red Hot sauce
4 tbsp (60mL)

Snacks

- pretzels, hard, salted
2 oz (57g)

Sweets

- sugar
3 tbsp (39g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Breakfast cereal with almond milk

169 cals ● 5g protein ● 5g fat ● 24g carbs ● 3g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

breakfast cereal

1 serving (30g)

For all 2 meals:

almond milk, unsweetened

1 cup (240mL)

breakfast cereal

2 serving (60g)

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.

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.

Vegan breakfast sausage patties

2 patties - 166 cals ● 18g protein ● 6g fat ● 6g carbs ● 4g fiber



For single meal:

vegan breakfast sausage patties
2 patties (76g)

For all 2 meals:

vegan breakfast sausage patties
4 patties (152g)

1. Cook patties according to package instructions. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Pretzels

110 cal ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. This recipe has no instructions.

Pistachios

375 cal ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1 cup (123g)

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

Eat on day 5, day 6, day 7

Smoky tofu with sweet potato hash

517 cal ● 25g protein ● 29g fat ● 32g carbs ● 7g fiber



For single meal:

water
1/6 cup(s) (49mL)
oil
1 1/4 tbsp (19mL)
smoked paprika
1 1/4 tsp (3g)
nutritional yeast
1 1/4 tbsp (5g)
purple onions, sliced
5/8 small (44g)
sweet potatoes, cubed
5/8 sweetpotato, 5" long (131g)
firm tofu, patted dry
1/2 lbs (248g)

For all 3 meals:

water
5/8 cup(s) (148mL)
oil
1/4 cup (56mL)
smoked paprika
3 3/4 tsp (9g)
nutritional yeast
1/4 cup (14g)
purple onions, sliced
2 small (131g)
sweet potatoes, cubed
2 sweetpotato, 5" long (394g)
firm tofu, patted dry
1 1/2 lbs (744g)

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.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Peanut tempeh

4 oz tempeh - 434 cal ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Cucumber slices

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



Makes 1 cucumber

cucumber

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

1. Slice cucumber into rounds and serve.

Simple mixed greens and tomato salad

189 cal ● 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.

Lunch 2 [↗](#)

Eat on day 2

Simple mixed greens and tomato salad

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



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

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

Bbq tempeh wrap

2 wrap(s) - 944 cal ● 58g protein ● 25g fat ● 97g carbs ● 25g fiber



Makes 2 wrap(s)
bell pepper, deseeded and sliced
1 small (74g)
oil
1 tsp (5mL)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
coleslaw mix
2 cup (180g)
barbecue sauce
4 tbsp (68g)
tempeh, cut into strips
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

Lunch 3 [↗](#)

Eat on day 3

Chik'n satay with peanut sauce

6 skewers - 699 cal ● 57g protein ● 42g fat ● 16g carbs ● 7g fiber



Makes 6 skewers

skewer(s)

6 skewer(s) (6g)

fresh ginger, grated or minced

1 1 inch cube (5g)

vegan chik'n strips

1/2 lbs (227g)

sesame oil

1 tbsp (15mL)

lime juice

1 1/2 tbsp (23mL)

peanut butter

2 tbsp (32g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Tomato cucumber salad

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



tomatoes, thinly sliced

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

cucumber, thinly sliced

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

purple onions, thinly sliced

1 small (70g)

salad dressing

4 tbsp (60mL)

1. Mix ingredients together in a bowl and serve.
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Lunch 4 [↗](#)

Eat on day 4

Bbq cauliflower wings

803 cal ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

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.

Pita bread

2 pita bread(s) - 156 cal ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



Makes 2 pita bread(s)

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Garlic collard greens

398 cal ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



For single meal:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
garlic, minced
3 3/4 clove(s) (11g)
salt
1/3 tsp (2g)

For all 2 meals:

collard greens
2 1/2 lbs (1134g)
oil
2 1/2 tbsp (38mL)
garlic, minced
7 1/2 clove(s) (23g)
salt
5 dash (4g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Sesame orange tofu

10 1/2 oz tofu - 566 cal ● 27g protein ● 26g fat ● 53g carbs ● 2g fiber



For single meal:

sesame oil
3/4 tbsp (11mL)
sesame seeds
1/2 tbsp (5g)
cornstarch
2 1/4 tbsp (18g)
firm tofu, patted dry & cubed
2/3 lbs (298g)
sriracha chili sauce
3/4 tbsp (11g)
sugar
1 1/2 tbsp (20g)
soy sauce
1 1/2 tbsp (23mL)
orange, juiced
3/8 fruit (2-7/8" dia) (53g)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

sesame oil
1 1/2 tbsp (23mL)
sesame seeds
1 tbsp (9g)
cornstarch
1/4 cup (36g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)
sriracha chili sauce
1 1/2 tbsp (23g)
sugar
3 tbsp (39g)
soy sauce
3 tbsp (45mL)
orange, juiced
3/4 fruit (2-7/8" dia) (105g)
garlic, minced
3 clove(s) (9g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Lunch 6 [↗](#)

Eat on day 7

Sunflower seeds

451 cal ● 21g protein ● 36g fat ● 6g carbs ● 6g fiber



sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Vegan grilled cheese

1 1/2 sandwich(es) - 496 cal ● 15g protein ● 24g fat ● 50g carbs ● 6g fiber



Makes 1 1/2 sandwich(es)

vegan cheese, sliced

3 slice(s) (60g)

bread

3 slice (96g)

oil

1/2 tbsp (8mL)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Soy milk

1 1/2 cup(s) - 127 cal ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/2 cup (360mL)

For all 2 meals:

soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.

Instant oatmeal with almond milk

1 packet(s) - 241 cal ● 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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Bell pepper strips and hummus

227 cal ● 10g protein ● 11g fat ● 14g carbs ● 9g fiber



For single meal:

hummus
1/2 cup (108g)
bell pepper
1 1/3 medium (159g)

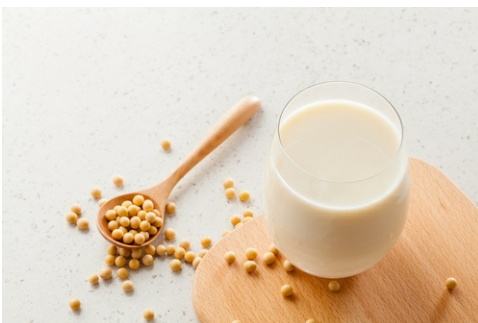
For all 3 meals:

hummus
1 1/3 cup (325g)
bell pepper
4 medium (476g)

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

Soy milk

1 1/2 cup(s) - 127 cal ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/2 cup (360mL)

For all 3 meals:

soy milk, unsweetened
1/4 gallon (1080mL)

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

Eat on day 1

Pita bread

1/2 pita bread(s) - 39 cal ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



Makes 1/2 pita bread(s)

pita bread

1/2 pita, small (4" dia) (14g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Mediterranean chik'n salad with lemon hummus dressing

1065 cal ● 62g protein ● 67g fat ● 35g carbs ● 20g fiber

**vegan chik'n strips**

1/2 lbs (213g)

thyme, dried

1/4 tbsp, leaves (1g)

paprika

1/4 tbsp (2g)

oil

3 tbsp (45mL)

lemon juice

1 1/2 tbsp (23mL)

onion, thinly sliced

1/2 small (35g)

tomatoes, chopped

3/4 cup cherry tomatoes (112g)

canned black olives, pitted

9 large (40g)

chickpeas, canned, drained and rinsed

1/2 cup (120g)

mixed greens

2 1/4 cup (68g)

hummus

1/4 cup (68g)

1. Mix hummus and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
 2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
 3. Add the remaining oil to the skillet and cook the chik'n strips for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
 4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
 5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
avocados, sliced
1 avocado(s) (201g)
tomatoes, halved
24 cherry tomatoes (408g)
fresh spinach
8 cup(s) (240g)
seitan, sliced
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Roasted almonds

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



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

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

Eat on day 4

Garlic collard greens

358 cal ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



collard greens

1 lbs (510g)

oil

1 tbsp (17mL)

garlic, minced

3 1/2 clove(s) (10g)

salt

1/4 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Baked tofu

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



Makes 21 1/3 oz

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)

soy sauce

2/3 cup (160mL)

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.

Dinner 4 [↗](#)

Eat on day 5

Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



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.

Buffalo tempeh with vegan ranch

785 cal ● 48g protein ● 50g fat ● 19g carbs ● 16g fiber



vegan ranch
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)
Frank's Red Hot sauce
4 tbsp (60mL)
oil
1 tbsp (15mL)

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

Dinner 5 [↗](#)

Eat on day 6, day 7

Sesame peanut zoodles

735 cals ● 31g protein ● 47g fat ● 33g carbs ● 16g fiber



For single meal:

chia seeds
1 1/4 tsp (6g)
lime juice
1 1/4 tbsp (19mL)
green onions
2 1/2 tbsp, sliced (20g)
sesame seeds
1 1/4 tsp (4g)
soy sauce
2 1/2 tbsp (38mL)
peanut butter
5 tbsp (80g)
coleslaw mix
1 1/4 cup (113g)
zucchini, spiralized
2 1/2 medium (490g)

For all 2 meals:

chia seeds
2 1/2 tsp (12g)
lime juice
2 1/2 tbsp (38mL)
green onions
5 tbsp, sliced (40g)
sesame seeds
2 1/2 tsp (8g)
soy sauce
5 tbsp (75mL)
peanut butter
10 tbsp (160g)
coleslaw mix
2 1/2 cup (225g)
zucchini, spiralized
5 medium (980g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Fruit juice

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



For single meal:

fruit juice

13 1/3 fl oz (400mL)

For all 2 meals:

fruit juice

26 2/3 fl oz (800mL)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal ● 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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