

# Meal Plan - 3300 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

3187 cals ● 235g protein (29%) ● 78g fat (22%) ● 327g carbs (41%) ● 60g fiber (8%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Small granola bar](#)

1 bar(s)- 119 cals

### Snacks

400 cals, 24g protein, 36g net carbs, 15g fat



[Protein bar](#)

1 bar- 245 cals



[Cucumber slices](#)

1/4 cucumber- 15 cals



[Kale chips](#)

138 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 scoop- 436 cals

### Lunch

1030 cals, 60g protein, 126g net carbs, 24g fat



[White rice](#)

1 cup rice, cooked- 220 cals



[Chunky canned soup \(non-creamy\)](#)

3 can(s)- 741 cals



[Tomato cucumber salad](#)

71 cals

### Dinner

1180 cals, 51g protein, 144g net carbs, 32g fat



[Sunflower seeds](#)

271 cals



[Spiced chickpea tabbouleh bowl](#)

910 cals

## Day 2

3222 cals ● 227g protein (28%) ● 93g fat (26%) ● 321g carbs (40%) ● 49g fiber (6%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Small granola bar](#)

1 bar(s)- 119 cals

### Snacks

400 cals, 24g protein, 36g net carbs, 15g fat



[Protein bar](#)

1 bar- 245 cals



[Cucumber slices](#)

1/4 cucumber- 15 cals



[Kale chips](#)

138 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 scoop- 436 cals

### Lunch

1030 cals, 60g protein, 126g net carbs, 24g fat



[White rice](#)

1 cup rice, cooked- 220 cals



[Chunky canned soup \(non-creamy\)](#)

3 can(s)- 741 cals



[Tomato cucumber salad](#)

71 cals

### Dinner

1215 cals, 43g protein, 138g net carbs, 47g fat



[Eggplant and tofu curry](#)

1215 cals

## Day 3

3288 cals ● 305g protein (37%) ● 117g fat (32%) ● 213g carbs (26%) ● 41g fiber (5%)

### Breakfast

470 cals, 41g protein, 15g net carbs, 25g fat



'Cheesy' tofu scramble  
380 cals



Sauteed Kale  
91 cals

### Snacks

325 cals, 10g protein, 50g net carbs, 5g fat



Soy milk yogurt  
1 container- 136 cals



Strawberries  
3 2/3 cup(s)- 191 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

1035 cals, 72g protein, 91g net carbs, 37g fat



Couscous  
201 cals



Sauteed corn & lima beans  
298 cals



Vegan sausage  
2 sausage(s)- 536 cals

### Dinner

1020 cals, 86g protein, 54g net carbs, 48g fat



Garlic pepper seitan  
913 cals



Olive oil drizzled lima beans  
108 cals

## Day 4

3277 cals ● 246g protein (30%) ● 88g fat (24%) ● 303g carbs (37%) ● 71g fiber (9%)

### Breakfast

470 cals, 41g protein, 15g net carbs, 25g fat



'Cheesy' tofu scramble  
380 cals



Sauteed Kale  
91 cals

### Snacks

325 cals, 10g protein, 50g net carbs, 5g fat



Soy milk yogurt  
1 container- 136 cals



Strawberries  
3 2/3 cup(s)- 191 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

1020 cals, 45g protein, 86g net carbs, 44g fat



Simple salad with celery, cucumber & tomato  
341 cals



Tofu lo-mein  
677 cals

### Dinner

1025 cals, 54g protein, 148g net carbs, 12g fat



Lentil and veggie soup  
694 cals



Tomato cucumber salad  
71 cals



Naan bread  
1 piece(s)- 262 cals

## Day 5

3225 cals ● 231g protein (29%) ● 83g fat (23%) ● 316g carbs (39%) ● 74g fiber (9%)

### Breakfast

480 cals, 35g protein, 35g net carbs, 18g fat



Green protein shake  
261 cals



Celery and peanut butter  
218 cals

### Snacks

325 cals, 10g protein, 50g net carbs, 5g fat



Soy milk yogurt  
1 container- 136 cals



Strawberries  
3 2/3 cup(s)- 191 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

1040 cals, 38g protein, 136g net carbs, 28g fat



Naan bread  
2 piece(s)- 524 cals



Mustardy lemony chickpea soup  
518 cals

### Dinner

940 cals, 51g protein, 91g net carbs, 30g fat



Simple mixed greens salad  
68 cals



Bean & tofu goulash  
874 cals

## Day 6

3366 cals ● 239g protein (28%) ● 78g fat (21%) ● 360g carbs (43%) ● 66g fiber (8%)

### Breakfast

480 cals, 35g protein, 35g net carbs, 18g fat



Green protein shake  
261 cals



Celery and peanut butter  
218 cals

### Snacks

335 cals, 4g protein, 41g net carbs, 10g fat



Dark chocolate  
2 square(s)- 120 cals



Grapes  
213 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

1040 cals, 38g protein, 136g net carbs, 28g fat



Naan bread  
2 piece(s)- 524 cals



Mustardy lemony chickpea soup  
518 cals

### Dinner

1075 cals, 65g protein, 145g net carbs, 20g fat



Simple salad with celery, cucumber & tomato  
171 cals



Teriyaki seitan with veggies and rice  
676 cals



Fruit juice  
2 cup(s)- 229 cals

## Day 7

3309 cal ● 237g protein (29%) ● 113g fat (31%) ● 272g carbs (33%) ● 63g fiber (8%)

### Breakfast

480 cal, 35g protein, 35g net carbs, 18g fat



[Green protein shake](#)  
261 cal



[Celery and peanut butter](#)  
218 cal

### Snacks

335 cal, 4g protein, 41g net carbs, 10g fat



[Dark chocolate](#)  
2 square(s)- 120 cal



[Grapes](#)  
213 cal

### Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cal

### Lunch

985 cal, 36g protein, 48g net carbs, 63g fat



[Lentil kale salad](#)  
487 cal



[Roasted almonds](#)  
1/2 cup(s)- 499 cal

### Dinner

1075 cal, 65g protein, 145g net carbs, 20g fat



[Simple salad with celery, cucumber & tomato](#)  
171 cal



[Teriyaki seitan with veggies and rice](#)  
676 cal



[Fruit juice](#)  
2 cup(s)- 229 cal

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/2 oz (43g)
- ☐ almonds  
3 oz (89g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1/2 cup (115mL)
- ☐ strawberries  
11 cup, whole (1584g)
- ☐ orange  
3 orange (462g)
- ☐ banana  
1 1/2 medium (7" to 7-7/8" long) (177g)
- ☐ grapes  
7 1/3 cup (675g)
- ☐ fruit juice  
32 fl oz (960mL)

## Vegetables and Vegetable Products

- ☐ fresh parsley  
3 1/3 sprigs (3g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (783g)
- ☐ cucumber  
4 1/3 cucumber (8-1/4") (1304g)
- ☐ kale leaves  
16 1/2 oz (472g)
- ☐ red onion  
3/4 small (53g)
- ☐ eggplant  
3/4 small (344g)
- ☐ garlic  
12 clove(s) (36g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (163g)
- ☐ green pepper  
2 3/4 tbsp, chopped (25g)
- ☐ lima beans, frozen  
5/8 package (10 oz) (171g)
- ☐ frozen corn kernels  
10 tbsp (85g)
- ☐ frozen mixed veggies  
1 2/3 lbs (768g)
- ☐ raw celery  
11 1/3 stalk, medium (7-1/2" - 8" long) (453g)
- ☐ fresh spinach  
3 cup(s) (90g)

## Fats and Oils

- ☐ oil  
3 1/4 oz (99mL)
- ☐ olive oil  
3 oz (91mL)
- ☐ salad dressing  
6 1/2 oz (187mL)

## Legumes and Legume Products

- ☐ chickpeas, canned  
2 1/3 can (1045g)
- ☐ firm tofu  
3 lbs (1332g)
- ☐ lentils, raw  
1 cup (180g)
- ☐ soy sauce  
1/2 tbsp (8mL)
- ☐ extra firm tofu  
1/2 lbs (227g)
- ☐ peanut butter  
6 tbsp (96g)
- ☐ white beans, canned  
1 can(s) (439g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
1 1/6 box (5.8 oz) (192g)
- ☐ long-grain white rice  
2 cup (355g)
- ☐ seitan  
1 1/2 lbs (643g)

## Beverages

- ☐ water  
2 gallon (7757mL)
- ☐ protein powder  
28 scoop (1/3 cup ea) (868g)
- ☐ protein powder, vanilla  
3 scoop (1/3 cup ea) (93g)

## Snacks

- ☐ small granola bar  
2 bar (50g)

## Other

- ☐ broccoli  
1 1/2 cup chopped (137g)
- ☐ leeks  
1 1/2 leek (134g)

## Spices and Herbs

- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ salt  
1 tbsp (18g)
- ☐ black pepper  
1 tsp, ground (3g)
- ☐ turmeric, ground  
4 dash (2g)
- ☐ fresh thyme  
4 dash (0g)
- ☐ paprika  
1 tbsp (7g)
- ☐ dijon mustard  
1 tbsp (17g)
- ☐ crushed red pepper  
5 dash (1g)

- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ curry sauce  
3/4 jar (15 oz) (319g)
- ☐ nutritional yeast  
1 1/4 oz (35g)
- ☐ soy milk yogurt  
3 container(s) (451g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ mixed greens  
3 package (5.5 oz) (458g)
- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ teriyaki sauce  
1/3 cup (79mL)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
6 can (~19 oz) (3156g)
- ☐ vegetable broth  
5 1/2 cup(s) (mL)
- ☐ oriental flavored ramen  
1/2 package with flavor packet (43g)

## Baked Products

- ☐ naan bread  
5 piece (450g)

## Sweets

- ☐ Chocolate, dark, 70-85%  
4 square(s) (40g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Cherry tomatoes

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



For single meal:

#### tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

#### tomatoes

12 cherry tomatoes (204g)

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

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

#### small granola bar

1 bar (25g)

For all 2 meals:

#### small granola bar

2 bar (50g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 3, day 4

### 'Cheesy' tofu scramble

380 cal ● 39g protein ● 18g fat ● 11g carbs ● 4g fiber



For single meal:

**firm tofu, drained**  
14 oz (397g)  
**garlic, minced**  
1 clove (3g)  
**turmeric, ground**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**nutritional yeast**  
4 tbsp (15g)  
**water**  
2 tbsp (30mL)

For all 2 meals:

**firm tofu, drained**  
1 3/4 lbs (794g)  
**garlic, minced**  
2 clove (6g)  
**turmeric, ground**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**water**  
4 tbsp (60mL)

1. Heat the water in a non-stick pan over medium heat.
2. Add the garlic and cook until fragrant.
3. Crumble the tofu into the pan and cook for a couple minutes, stirring occasionally.
4. Add in the turmeric, nutritional yeast, and salt and stir until well-combined.
5. Cook mixture for a few more minutes, adding more water if necessary.
6. Serve.

### Sauteed Kale

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



For single meal:

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

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**kale leaves**  
3 cup, chopped (120g)

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

## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

**fresh spinach**

1 cup(s) (30g)

**water**

1/4 cup(s) (59mL)

**orange, peeled, sliced, and deseeded**

1 orange (154g)

**protein powder, vanilla**

1 scoop (1/3 cup ea) (31g)

**banana, frozen**

1/2 medium (7" to 7-7/8" long) (59g)

For all 3 meals:

**fresh spinach**

3 cup(s) (90g)

**water**

3/4 cup(s) (178mL)

**orange, peeled, sliced, and deseeded**

3 orange (462g)

**protein powder, vanilla**

3 scoop (1/3 cup ea) (93g)

**banana, frozen**

1 1/2 medium (7" to 7-7/8" long) (177g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

**raw celery**

2 stalk, medium (7-1/2" - 8" long) (80g)

**peanut butter**

2 tbsp (32g)

For all 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long) (240g)

**peanut butter**

6 tbsp (96g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

## Lunch 1 [🔗](#)

Eat on day 1, day 2

### White rice

1 cup rice, cooked - 220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

#### long-grain white rice

1/3 cup (62g)

#### water

2/3 cup(s) (158mL)

#### salt

1/3 tsp (2g)

#### black pepper

2 dash, ground (1g)

For all 2 meals:

#### long-grain white rice

2/3 cup (123g)

#### water

1 1/3 cup(s) (316mL)

#### salt

1/4 tbsp (4g)

#### black pepper

4 dash, ground (1g)

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

### Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

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

3 can (~19 oz) (1578g)

For all 2 meals:

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

6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

### Tomato cucumber salad

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



For single meal:

**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)

For all 2 meals:

**tomatoes, thinly sliced**  
1 medium whole (2-3/5" dia) (123g)  
**cucumber, thinly sliced**  
1/2 cucumber (8-1/4") (151g)  
**red onion, thinly sliced**  
1/2 small (35g)  
**salad dressing**  
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

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## Lunch 2 [🔗](#)

Eat on day 3

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### Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

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### Sauteed corn & lima beans

298 cals ● 9g protein ● 12g fat ● 30g carbs ● 7g fiber



**black pepper**  
1/4 tsp, ground (0g)  
**salt**  
1/4 tsp (1g)  
**lima beans, frozen**  
10 tbsp (100g)  
**frozen corn kernels**  
10 tbsp (85g)  
**olive oil**  
2 1/2 tsp (13mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

**vegan sausage**  
2 sausage (200g)

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

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## Lunch 3 [🔗](#)

Eat on day 4

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### Simple salad with celery, cucumber & tomato

341 cals ● 12g protein ● 13g fat ● 34g carbs ● 10g fiber



**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.

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### Tofu lo-mein

677 cals ● 33g protein ● 32g fat ● 52g carbs ● 12g fiber





**frozen mixed veggies**  
1/2 lbs (227g)  
**olive oil**  
1 tbsp (15mL)  
**water**  
3/4 cup(s) (178mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**oriental flavored ramen**  
1/2 package with flavor packet (43g)  
**extra firm tofu**  
1/2 lbs (227g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

### Lunch 4 [↗](#)

Eat on day 5, day 6

#### Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

**naan bread**  
2 piece (180g)

For all 2 meals:

**naan bread**  
4 piece (360g)

1. This recipe has no instructions.

#### Mustardy lemony chickpea soup

518 cals ● 21g protein ● 18g fat ● 50g carbs ● 18g fiber



For single meal:

**lemon juice**  
3 tbsp (45mL)  
**italian seasoning**  
3 dash (1g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**oil**  
3/4 tbsp (11mL)  
**dijon mustard**  
1/2 tbsp (8g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**broccoli, chopped**  
3/4 cup chopped (68g)  
**leeks, sliced**  
3/4 leek (67g)  
**chickpeas, canned**  
3/4 can (336g)

For all 2 meals:

**lemon juice**  
6 tbsp (90mL)  
**italian seasoning**  
1/4 tbsp (3g)  
**vegetable broth**  
3 cup(s) (mL)  
**oil**  
1 1/2 tbsp (23mL)  
**dijon mustard**  
1 tbsp (17g)  
**garlic, minced**  
3 clove(s) (9g)  
**broccoli, chopped**  
1 1/2 cup chopped (137g)  
**leeks, sliced**  
1 1/2 leek (134g)  
**chickpeas, canned**  
1 1/2 can (672g)

1. Heat oil in a large pot. Add leeks, garlic, and some salt. Stir and cook 5-7 minutes until softened.
2. Stir in broth, chickpeas (including the liquid), and Italian seasoning. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
3. Take about 1/4th of the mixture and puree in a blender until smooth. Return puree back to the pot and stir.
4. Add broccoli, cover, and cook 10 minutes. Turn off heat. Stir in dijon and lemon juice. Season with salt and pepper to taste. Serve.

## Lunch 5 [🔗](#)

Eat on day 7

### Lentil kale salad

487 cal ● 19g protein ● 23g fat ● 41g carbs ● 9g fiber



**ground cumin**  
5 dash (1g)  
**water**  
1 1/4 cup(s) (296mL)  
**crushed red pepper**  
5 dash (1g)  
**garlic, diced**  
1 1/4 clove(s) (4g)  
**lemon juice**  
1 1/4 tbsp (19mL)  
**almonds**  
1 1/4 tbsp, slivered (8g)  
**oil**  
1 1/4 tbsp (19mL)  
**kale leaves**  
2 cup, chopped (75g)  
**lentils, raw**  
5 tbsp (60g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

### Roasted almonds

1/2 cup(s) - 499 cal ● 17g protein ● 40g fat ● 7g carbs ● 10g fiber



Makes 1/2 cup(s)

**almonds**

1/2 cup, whole (80g)

1. This recipe has no instructions.

## Snacks 1 [🔗](#)

Eat on day 1, day 2

### Protein bar

1 bar - 245 cal● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**

1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**

2 bar (100g)

1. This recipe has no instructions.

### Cucumber slices

1/4 cucumber - 15 cal● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**

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

For all 2 meals:

**cucumber**

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

### Kale chips

138 cal● 3g protein ● 10g fat ● 7g carbs ● 2g fiber





For single meal:

**olive oil**  
2 tsp (10mL)  
**kale leaves**  
2/3 bunch (113g)  
**salt**  
1/4 tbsp (4g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**kale leaves**  
1 1/3 bunch (227g)  
**salt**  
1/2 tbsp (8g)

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

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Soy milk yogurt

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



For single meal:

**soy milk yogurt**  
1 container(s) (150g)

For all 3 meals:

**soy milk yogurt**  
3 container(s) (451g)

1. This recipe has no instructions.

### Strawberries

3 2/3 cup(s) - 191 cals ● 4g protein ● 1g fat ● 30g carbs ● 11g fiber



For single meal:

**strawberries**  
3 2/3 cup, whole (528g)

For all 3 meals:

**strawberries**  
11 cup, whole (1584g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**Chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:

**Chocolate, dark, 70-85%**  
4 square(s) (40g)

1. This recipe has no instructions.

### Grapes

213 cal ● 3g protein ● 1g fat ● 34g carbs ● 13g fiber



For single meal:

**grapes**  
3 2/3 cup (337g)

For all 2 meals:

**grapes**  
7 1/3 cup (675g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Sunflower seeds

271 cal ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



**sunflower kernels**  
1 1/2 oz (43g)

1. This recipe has no instructions.

### Spiced chickpea tabbouleh bowl

910 cal ● 38g protein ● 11g fat ● 141g carbs ● 25g fiber



**lemon juice**  
1 1/4 tsp (6mL)  
**fresh parsley, chopped**  
3 1/3 sprigs (3g)  
**tomatoes, chopped**  
5/6 roma tomato (67g)  
**cucumber, chopped**  
3/8 cucumber (8-1/4") (125g)  
**ground cumin**  
1/4 tbsp (2g)  
**oil**  
3/8 tsp (2mL)  
**chickpeas, canned, drained & rinsed**  
5/6 can (373g)  
**instant couscous, flavored**  
5/6 box (5.8 oz) (137g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

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## Dinner 2 [↗](#)

Eat on day 2

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### Eggplant and tofu curry

1215 cals ● 43g protein ● 47g fat ● 138g carbs ● 18g fiber



**eggplant, cubed**  
3/4 small (344g)  
**firm tofu, patted dry and cubed**  
3/4 package (16 oz) (340g)  
**curry sauce**  
3/4 jar (15 oz) (319g)  
**oil**  
3/4 tbsp (11mL)  
**long-grain white rice**  
3/4 cup (139g)

1. Prepare rice according to package. Set aside.
  2. In a skillet over medium heat, add the oil.
  3. Add in the cubed tofu and eggplant and cook until browned, stirring occasionally, for about 7 minutes.
  4. Pour in the curry sauce and heat through.
  5. Serve the rice and top with curry sauce mixture.
-

## Dinner 3 [↗](#)

Eat on day 3

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### Garlic pepper seitan

913 cals ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber

**olive oil**

2 2/3 tbsp (40mL)

**onion**

1/3 cup, chopped (53g)

**garlic, minced**

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

**green pepper**

2 2/3 tbsp, chopped (25g)

**seitan, chicken style**

2/3 lbs (302g)

**black pepper**

1/3 tsp, ground (1g)

**water**

4 tsp (20mL)

**salt**

1 1/3 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

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### Olive oil drizzled lima beans

108 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber

**black pepper**

1/2 dash, ground (0g)

**salt**

1 dash (1g)

**lima beans, frozen**

1/4 package (10 oz) (71g)

**olive oil**

1/4 tbsp (4mL)

1. Cook lima beans according to package.
  2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
  3. Serve.
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## Dinner 4 [🔗](#)

Eat on day 4

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### Lentil and veggie soup

694 cals ● 44g protein ● 4g fat ● 97g carbs ● 25g fiber



#### **lentils, raw**

10 tbsp (120g)

#### **vegetable broth**

2 1/2 cup(s) (mL)

#### **kale leaves**

1 1/4 cup, chopped (50g)

#### **nutritional yeast**

1 1/4 tbsp (5g)

#### **garlic**

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

#### **frozen mixed veggies**

2 cup (253g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

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### 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.

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

#### **naan bread**

1 piece (90g)



1. This recipe has no instructions.
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## Dinner 5 [🔗](#)

Eat on day 5

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### 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.

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### Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



#### **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.
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## Dinner 6 [🔗](#)

Eat on day 6, day 7

### 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.

### Teriyaki seitan with veggies and rice

676 cals ● 56g protein ● 13g fat ● 77g carbs ● 7g fiber



For single meal:

**seitan, cut into strips**

6 oz (170g)

**oil**

1/2 tbsp (8mL)

**teriyaki sauce**

2 2/3 tbsp (40mL)

**frozen mixed veggies**

1/2 package (10 oz ea) (144g)

**long-grain white rice**

4 tbsp (46g)

For all 2 meals:

**seitan, cut into strips**

3/4 lbs (340g)

**oil**

1 tbsp (15mL)

**teriyaki sauce**

1/3 cup (80mL)

**frozen mixed veggies**

1 package (10 oz ea) (288g)

**long-grain white rice**

1/2 cup (93g)

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.

### Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

**fruit juice**

16 fl oz (480mL)

For all 2 meals:

**fruit juice**

32 fl oz (960mL)

1. This recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

**water**

4 cup(s) (948mL)

**protein powder**

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

For all 7 meals:

**water**

28 cup(s) (6636mL)

**protein powder**

28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.

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