

Meal Plan - 3400 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

3379 cals ● 239g protein (28%) ● 50g fat (13%) ● 422g carbs (50%) ● 72g fiber (8%)

Breakfast

550 cals, 20g protein, 90g net carbs, 5g fat



[Medium toasted bagel with 'butter'](#)

1 1/2 bagel(s)- 434 cals



[Blackberries](#)

1 2/3 cup(s)- 116 cals

Snacks

415 cals, 11g protein, 74g net carbs, 6g fat



[Soy milk yogurt](#)

1 container- 136 cals



[Instant oatmeal with water](#)

1 packet(s)- 165 cals



[Fruit juice](#)

1 cup(s)- 115 cals

Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

Lunch

1200 cals, 61g protein, 172g net carbs, 12g fat



[Bbq cauliflower wings](#)

1070 cals



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

128 cals

Dinner

780 cals, 50g protein, 81g net carbs, 25g fat



[Corn](#)

323 cals



[Garlic pepper seitan](#)

456 cals

Day 2

3379 cals ● 239g protein (28%) ● 50g fat (13%) ● 422g carbs (50%) ● 72g fiber (8%)

Breakfast

550 cals, 20g protein, 90g net carbs, 5g fat



Medium toasted bagel with 'butter'
1 1/2 bagel(s)- 434 cals



Blackberries
1 2/3 cup(s)- 116 cals

Snacks

415 cals, 11g protein, 74g net carbs, 6g fat



Soy milk yogurt
1 container- 136 cals



Instant oatmeal with water
1 packet(s)- 165 cals



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1200 cals, 61g protein, 172g net carbs, 12g fat



Bbq cauliflower wings
1070 cals



Simple salad with celery, cucumber & tomato
128 cals

Dinner

780 cals, 50g protein, 81g net carbs, 25g fat



Corn
323 cals



Garlic pepper seitan
456 cals

Day 3

3396 cals ● 291g protein (34%) ● 95g fat (25%) ● 290g carbs (34%) ● 53g fiber (6%)

Breakfast

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



'Cheesy' tofu scramble
380 cals



Sauteed Kale
91 cals

Snacks

415 cals, 11g protein, 74g net carbs, 6g fat



Soy milk yogurt
1 container- 136 cals



Instant oatmeal with water
1 packet(s)- 165 cals



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1040 cals, 54g protein, 156g net carbs, 11g fat



Lentil and veggie soup
647 cals



Naan bread
1 1/2 piece(s)- 393 cals

Dinner

1035 cals, 89g protein, 41g net carbs, 51g fat



Vegan sausage
3 sausage(s)- 804 cals



Simple kale & avocado salad
230 cals

Day 4

3437 cals ● 214g protein (25%) ● 127g fat (33%) ● 289g carbs (34%) ● 70g fiber (8%)

Breakfast

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



'Cheesy' tofu scramble
380 cals



Sauteed Kale
91 cals

Snacks

430 cals, 8g protein, 72g net carbs, 11g fat



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



Small granola bar
2 bar(s)- 238 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1045 cals, 28g protein, 69g net carbs, 59g fat



Vegan cheesy portabella pizzas
4 mushroom cap(s)- 583 cals



Simple kale & avocado salad
460 cals

Dinner

1060 cals, 41g protein, 130g net carbs, 31g fat



Edamame and chickpea salad
535 cals



Naan bread
2 piece(s)- 524 cals

Day 5

3364 cals ● 310g protein (37%) ● 113g fat (30%) ● 227g carbs (27%) ● 49g fiber (6%)

Breakfast

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



'Cheesy' tofu scramble
380 cals



Sauteed Kale
91 cals

Snacks

430 cals, 8g protein, 72g net carbs, 11g fat



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



Small granola bar
2 bar(s)- 238 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1030 cals, 73g protein, 98g net carbs, 28g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Chunky canned soup (non-creamy)
4 can(s)- 988 cals

Dinner

995 cals, 91g protein, 39g net carbs, 48g fat



Corn
92 cals



Baked tofu
32 oz- 905 cals

Day 6

3360 cals ● 283g protein (34%) ● 105g fat (28%) ● 267g carbs (32%) ● 54g fiber (6%)

Breakfast

420 cals, 57g protein, 10g net carbs, 16g fat



Protein shake (almond milk)
420 cals

Snacks

415 cals, 12g protein, 16g net carbs, 30g fat



Mixed nuts
3/8 cup(s)- 363 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1005 cals, 58g protein, 115g net carbs, 31g fat



Peach
4 peach(es)- 264 cals



Crispy chik'n tenders
13 tender(s)- 743 cals

Dinner

1080 cals, 59g protein, 122g net carbs, 26g fat



Raspberries
2 cup(s)- 144 cals



Vegan meatball sub
2 sub(s)- 936 cals

Day 7

3360 cals ● 283g protein (34%) ● 105g fat (28%) ● 267g carbs (32%) ● 54g fiber (6%)

Breakfast

420 cals, 57g protein, 10g net carbs, 16g fat



Protein shake (almond milk)
420 cals

Snacks

415 cals, 12g protein, 16g net carbs, 30g fat



Mixed nuts
3/8 cup(s)- 363 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1005 cals, 58g protein, 115g net carbs, 31g fat



Peach
4 peach(es)- 264 cals



Crispy chik'n tenders
13 tender(s)- 743 cals

Dinner

1080 cals, 59g protein, 122g net carbs, 26g fat



Raspberries
2 cup(s)- 144 cals



Vegan meatball sub
2 sub(s)- 936 cals

Vegetables and Vegetable Products

- ☐ frozen corn kernels
5 1/3 cup (725g)
- ☐ onion
1/3 cup, chopped (53g)
- ☐ garlic
7 1/2 clove(s) (22g)
- ☐ green pepper
2 3/4 tbsp, chopped (25g)
- ☐ cauliflower
8 head small (4" dia.) (2120g)
- ☐ tomatoes
2 2/3 medium whole (2-3/5" dia) (327g)
- ☐ cucumber
1 cucumber (8-1/4") (301g)
- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ kale leaves
1 lbs (482g)
- ☐ frozen mixed veggies
1 3/4 cup (236g)
- ☐ bell pepper
3/8 medium (48g)
- ☐ carrots
4 1/2 medium (268g)
- ☐ edamame beans, frozen
5 tbsp (47g)
- ☐ portabella cap
4 piece whole (564g)
- ☐ fresh ginger
2 slices (1" dia) (4g)
- ☐ ketchup
6 1/2 tbsp (111g)

Fats and Oils

- ☐ olive oil
1 3/4 oz (54mL)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ oil
1 1/2 tbsp (23mL)

Cereal Grains and Pasta

- ☐ seitan
2/3 lbs (302g)

Spices and Herbs

Other

- ☐ vegan butter
1 1/2 tbsp (21g)
- ☐ soy milk yogurt
3 container(s) (451g)
- ☐ nutritional yeast
6 oz (174g)
- ☐ mixed greens
1 package (5.5 oz) (155g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ italian seasoning
1/3 tsp (1g)
- ☐ vegan cheese, shredded
1 cup (112g)
- ☐ meatless chik'n tenders
26 pieces (663g)
- ☐ vegan meatballs, frozen
16 meatball(s) (480g)
- ☐ sub roll(s)
4 roll(s) (340g)

Fruits and Fruit Juices

- ☐ blackberries
3 1/3 cup (480g)
- ☐ fruit juice
50 2/3 fl oz (1520mL)
- ☐ lemon
1 1/2 small (87g)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ dried cranberries
2 1/2 tsp (8g)
- ☐ peach
8 medium (2-2/3" dia) (1200g)
- ☐ raspberries
4 cup (492g)

Breakfast Cereals

- ☐ flavored instant oatmeal
3 packet (129g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
2 cup (572g)
- ☐ vegetable broth
2 1/3 cup(s) (mL)

- ☐ black pepper
1/3 tsp, ground (1g)
- ☐ salt
1 tbsp (17g)
- ☐ turmeric, ground
1/4 tbsp (2g)
- ☐ vinegar
3/8 tsp (2mL)
- ☐ oregano, dried
4 dash, ground (1g)
- ☐ garlic powder
4 dash (2g)

Beverages

- ☐ water
2 gallon (7373mL)
- ☐ protein powder
32 scoop (1/3 cup ea) (992g)
- ☐ almond milk, unsweetened
4 cup (960mL)

Baked Products

- ☐ bagel
3 medium bagel (3-1/2" to 4" dia) (315g)
- ☐ naan bread
3 1/2 piece (315g)

- ☐ pasta sauce
1 1/2 cup (390g)
- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

Legumes and Legume Products

- ☐ firm tofu
2 1/2 lbs (1191g)
- ☐ lentils, raw
9 1/4 tbsp (112g)
- ☐ chickpeas, canned
5/6 can (358g)
- ☐ soy sauce
1 cup (240mL)
- ☐ extra firm tofu
2 lbs (907g)

Snacks

- ☐ small granola bar
4 bar (100g)

Nut and Seed Products

- ☐ sesame seeds
2 tbsp (18g)
 - ☐ mixed nuts
13 1/4 tbsp (112g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Medium toasted bagel with 'butter'

1 1/2 bagel(s) - 434 cals ● 17g protein ● 4g fat ● 80g carbs ● 4g fiber



For single meal:

bagel

1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

vegan butter

3/4 tbsp (11g)

For all 2 meals:

bagel

3 medium bagel (3-1/2" to 4" dia) (315g)

vegan butter

1 1/2 tbsp (21g)

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

Blackberries

1 2/3 cup(s) - 116 cals ● 3g protein ● 1g fat ● 10g carbs ● 13g fiber



For single meal:

blackberries

1 2/3 cup (240g)

For all 2 meals:

blackberries

3 1/3 cup (480g)

1. Rinse blackberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

'Cheesy' tofu scramble

380 cals ● 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 3 meals:

firm tofu, drained
2 1/2 lbs (1191g)
garlic, minced
3 clove (9g)
turmeric, ground
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
water
6 tbsp (90mL)

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 cals ● 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 3 meals:

oil
1 1/2 tbsp (23mL)
kale leaves
4 1/2 cup, chopped (180g)

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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein shake (almond milk)

420 cals ● 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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Bbq cauliflower wings

1070 cals ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



For single meal:

barbecue sauce

1 cup (286g)

salt

1 tsp (6g)

nutritional yeast

1 cup (60g)

cauliflower

4 head small (4" dia.) (1060g)

For all 2 meals:

barbecue sauce

2 cup (572g)

salt

2 tsp (12g)

nutritional yeast

2 cup (120g)

cauliflower

8 head small (4" dia.) (2120g)

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.

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens
1/2 package (5.5 oz) (78g)
salad dressing
1 1/2 tbsp (23mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)

For all 2 meals:

mixed greens
1 package (5.5 oz) (155g)
salad dressing
3 tbsp (45mL)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
cucumber, sliced
1 cucumber (8-1/4") (301g)
raw celery, chopped
2 stalk, medium (7-1/2" - 8" long) (80g)

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

Lunch 2 [🔗](#)

Eat on day 3

Lentil and veggie soup

647 cals ● 41g protein ● 3g fat ● 91g carbs ● 23g fiber



lentils, raw
9 1/3 tbsp (112g)
vegetable broth
2 1/3 cup(s) (mL)
kale leaves
56 tsp, chopped (47g)
nutritional yeast
3 1/2 tsp (4g)
garlic
1 1/6 clove(s) (3g)
frozen mixed veggies
1 3/4 cup (236g)

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.

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)



naan bread
1 1/2 piece (135g)

1. This recipe has no instructions.
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Lunch 3 [🔗](#)

Eat on day 4

Vegan cheesy portabella pizzas

4 mushroom cap(s) - 583 cals ● 18g protein ● 28g fat ● 50g carbs ● 15g fiber



Makes 4 mushroom cap(s)

portabella cap, stems pulled out

4 piece whole (564g)

pasta sauce

1/2 cup (130g)

oregano, dried

4 dash, ground (1g)

olive oil

1/2 tsp (3mL)

vegan cheese, shredded

1 cup (112g)

garlic powder

4 dash (2g)

1. Preheat oven to 400 F (200 C) and line a baking sheet with foil and grease the foil with the olive oil.
2. Place the mushroom caps on the sheet top-side down, and spoon the tomato sauce into each mushroom cap evenly.
3. Top each with the cheese and spices.
4. Bake 25 minutes until cheese melts.

Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lunch 4 [🔗](#)

Eat on day 5

Cherry tomatoes

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



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Peach

4 peach(es) - 264 cals ● 6g protein ● 2g fat ● 48g carbs ● 9g fiber



For single meal:

peach

4 medium (2-2/3" dia) (600g)

For all 2 meals:

peach

8 medium (2-2/3" dia) (1200g)

1. This recipe has no instructions.

Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

ketchup

3 1/4 tbsp (55g)

meatless chik'n tenders

13 pieces (332g)

For all 2 meals:

ketchup

6 1/2 tbsp (111g)

meatless chik'n tenders

26 pieces (663g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Soy milk yogurt

1 container - 136 cal● 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.

Instant oatmeal with water

1 packet(s) - 165 cal● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 3 meals:

flavored instant oatmeal
3 packet (129g)
water
2 1/4 cup(s) (533mL)

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

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 3 meals:

fruit juice
24 fl oz (720mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar

2 bar (50g)

For all 2 meals:

small granola bar

4 bar (100g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



For single meal:

mixed nuts

6 2/3 tbsp (56g)

For all 2 meals:

mixed nuts

13 1/3 tbsp (112g)

1. This recipe has no instructions.

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 2 meals:

carrots
4 medium (244g)

- 1. Cut carrots into strips and serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Corn

323 cals ● 9g protein ● 2g fat ● 59g carbs ● 7g fiber



For single meal:

frozen corn kernels
2 1/3 cup (317g)

For all 2 meals:

frozen corn kernels
4 2/3 cup (635g)

- 1. Prepare according to instructions on package.

Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



For single meal:

olive oil
4 tsp (20mL)
onion
2 2/3 tbsp, chopped (27g)
garlic, minced
1 2/3 clove(s) (5g)
green pepper
4 tsp, chopped (12g)
seitan, chicken style
1/3 lbs (151g)
black pepper
1 1/3 dash, ground (0g)
water
2 tsp (10mL)
salt
2/3 dash (0g)

For all 2 meals:

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.

Dinner 2 [🔗](#)

Eat on day 3

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.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 3 [↗](#)

Eat on day 4

Edamame and chickpea salad

535 cal ● 24g protein ● 20g fat ● 44g carbs ● 20g fiber



chickpeas, canned, drained and rinsed

5/6 can (358g)

bell pepper, diced

3/8 medium (48g)

carrots, diced

3/8 medium (24g)

dried cranberries

2 1/2 tsp (8g)

olive oil

2 1/2 tsp (12mL)

vinegar

3/8 tsp (2mL)

italian seasoning

1/3 tsp (1g)

edamame beans, frozen

5 tbsp (47g)

1. Cook the edamame according to its package. Discard any pods.
2. In a large bowl, add the rinsed chickpeas, edamame beans, pepper, carrots, and cranberries. Set aside.
3. In a small bowl, mix together the olive oil, vinegar, and seasoning until blended.
4. Pour dressing over chickpea mixture and toss.
5. Best served chilled.

Naan bread

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

Makes 2 piece(s)



naan bread

2 piece (180g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5

Corn

92 cal ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



frozen corn kernels

2/3 cup (91g)

1. Prepare according to instructions on package.

Baked tofu

32 oz - 905 cals ● 88g protein ● 47g fat ● 22g carbs ● 11g fiber



Makes 32 oz

soy sauce

1 cup (240mL)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

sesame seeds

2 tbsp (18g)

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.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

raspberries

2 cup (246g)

For all 2 meals:

raspberries

4 cup (492g)

1. Rinse raspberries and serve.

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

vegan meatballs, frozen

8 meatball(s) (240g)

pasta sauce

1/2 cup (130g)

nutritional yeast

2 tsp (3g)

sub roll(s)

2 roll(s) (170g)

For all 2 meals:

vegan meatballs, frozen

16 meatball(s) (480g)

pasta sauce

1 cup (260g)

nutritional yeast

4 tsp (5g)

sub roll(s)

4 roll(s) (340g)

1. Cook vegan meatballs according to package.
 2. Heat up pasta sauce on stove or in microwave.
 3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
 4. Serve.
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Protein Supplement(s) [↗](#)

Eat every day

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.