

Meal Plan - 3500 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

3406 cals ● 232g protein (27%) ● 81g fat (21%) ● 344g carbs (40%) ● 93g fiber (11%)

Breakfast

515 cals, 20g protein, 76g net carbs, 11g fat



[Soy milk yogurt](#)

3 container- 407 cals



[Carrot sticks](#)

4 carrot(s)- 108 cals

Snacks

490 cals, 25g protein, 43g net carbs, 16g fat



[Protein bar](#)

1 bar- 245 cals



[Raspberries](#)

1 1/2 cup(s)- 108 cals



[Kale chips](#)

138 cals

Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

Lunch

1210 cals, 54g protein, 135g net carbs, 28g fat



[Simple salad with tomatoes and carrots](#)

245 cals



[White bean cassoulet](#)

962 cals

Dinner

760 cals, 35g protein, 87g net carbs, 24g fat



[Orange](#)

2 orange(s)- 170 cals



[Chik'n nuggets](#)

10 2/3 nuggets- 588 cals

Day 2

3374 cals ● 249g protein (30%) ● 101g fat (27%) ● 310g carbs (37%) ● 57g fiber (7%)

Breakfast

515 cals, 20g protein, 76g net carbs, 11g fat



[Soy milk yogurt](#)
3 container- 407 cals



[Carrot sticks](#)
4 carrot(s)- 108 cals

Snacks

490 cals, 25g protein, 43g net carbs, 16g fat



[Protein bar](#)
1 bar- 245 cals



[Raspberries](#)
1 1/2 cup(s)- 108 cals



[Kale chips](#)
138 cals

Protein Supplement(s)

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



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

Lunch

1060 cals, 71g protein, 93g net carbs, 41g fat



[Crispy chik'n tenders](#)
16 tender(s)- 914 cals



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

Dinner

870 cals, 36g protein, 94g net carbs, 32g fat



[White rice](#)
1 1/4 cup rice, cooked- 276 cals



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



[Carrot & grounds stir fry](#)
332 cals

Day 3

3362 cals ● 228g protein (27%) ● 111g fat (30%) ● 308g carbs (37%) ● 54g fiber (6%)

Breakfast

560 cals, 11g protein, 86g net carbs, 15g fat



[Chocolate banana oatmeal](#)
562 cals

Snacks

430 cals, 14g protein, 31g net carbs, 23g fat



[Pumpkin seeds](#)
183 cals



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



[Raspberries](#)
1 cup(s)- 72 cals

Protein Supplement(s)

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



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

Lunch

1060 cals, 71g protein, 93g net carbs, 41g fat



[Crispy chik'n tenders](#)
16 tender(s)- 914 cals



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

Dinner

870 cals, 36g protein, 94g net carbs, 32g fat



[White rice](#)
1 1/4 cup rice, cooked- 276 cals



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



[Carrot & grounds stir fry](#)
332 cals

Day 4

3567 cals ● 239g protein (27%) ● 136g fat (34%) ● 258g carbs (29%) ● 89g fiber (10%)

Breakfast

560 cals, 11g protein, 86g net carbs, 15g fat



[Chocolate banana oatmeal](#)
562 cals

Snacks

430 cals, 14g protein, 31g net carbs, 23g fat



[Pumpkin seeds](#)
183 cals



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



[Raspberries](#)
1 cup(s)- 72 cals

Protein Supplement(s)

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



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

Lunch

1145 cals, 50g protein, 91g net carbs, 49g fat



[Chickpea & kale soup](#)
818 cals



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Dinner

995 cals, 67g protein, 47g net carbs, 48g fat



[Peanut tempeh](#)
6 oz tempeh- 651 cals



[Edamame & beet salad](#)
342 cals

Day 5

3493 cals ● 249g protein (29%) ● 159g fat (41%) ● 183g carbs (21%) ● 84g fiber (10%)

Breakfast

490 cals, 20g protein, 10g net carbs, 38g fat



[Sunflower seeds](#)
271 cals



[Celery and peanut butter](#)
218 cals

Snacks

430 cals, 14g protein, 31g net carbs, 23g fat



[Pumpkin seeds](#)
183 cals



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



[Raspberries](#)
1 cup(s)- 72 cals

Protein Supplement(s)

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



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

Lunch

1145 cals, 50g protein, 91g net carbs, 49g fat



[Chickpea & kale soup](#)
818 cals



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Dinner

995 cals, 67g protein, 47g net carbs, 48g fat



[Peanut tempeh](#)
6 oz tempeh- 651 cals



[Edamame & beet salad](#)
342 cals

Day 6

3345 cals ● 243g protein (29%) ● 185g fat (50%) ● 121g carbs (15%) ● 55g fiber (7%)

Breakfast

490 cals, 20g protein, 10g net carbs, 38g fat



Sunflower seeds
271 cals



Celery and peanut butter
218 cals

Snacks

430 cals, 29g protein, 10g net carbs, 23g fat



Soy milk
1 cup(s)- 85 cals



Chocolate avocado vegan chia pudding
344 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1030 cals, 41g protein, 23g net carbs, 82g fat



Roasted tomatoes
3 tomato(es)- 179 cals



Walnut crusted tofu (vegan)
853 cals

Dinner

960 cals, 56g protein, 75g net carbs, 40g fat



Simple mixed greens and tomato salad
151 cals



White rice
1 cup rice, cooked- 220 cals



Basic tempeh
8 oz- 590 cals

Day 7

3345 cals ● 243g protein (29%) ● 185g fat (50%) ● 121g carbs (15%) ● 55g fiber (7%)

Breakfast

490 cals, 20g protein, 10g net carbs, 38g fat



Sunflower seeds
271 cals



Celery and peanut butter
218 cals

Snacks

430 cals, 29g protein, 10g net carbs, 23g fat



Soy milk
1 cup(s)- 85 cals



Chocolate avocado vegan chia pudding
344 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1030 cals, 41g protein, 23g net carbs, 82g fat



Roasted tomatoes
3 tomato(es)- 179 cals



Walnut crusted tofu (vegan)
853 cals

Dinner

960 cals, 56g protein, 75g net carbs, 40g fat



Simple mixed greens and tomato salad
151 cals



White rice
1 cup rice, cooked- 220 cals



Basic tempeh
8 oz- 590 cals

Fruits and Fruit Juices

- ☐ orange
2 orange (308g)
- ☐ raspberries
6 cup (738g)
- ☐ lime juice
2 tsp (10mL)
- ☐ banana
2 1/2 medium (7" to 7-7/8" long) (295g)
- ☐ lemon juice
1 1/4 fl oz (38mL)
- ☐ avocados
2 slices (50g)

Other

- ☐ vegan chik'n nuggets
10 2/3 nuggets (229g)
- ☐ soy milk yogurt
6 container(s) (902g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ mixed greens
20 1/2 cup (615g)
- ☐ meatless chik'n tenders
32 pieces (816g)
- ☐ chocolate chips
5 tbsp (71g)
- ☐ nutritional yeast
1 1/2 tbsp (6g)
- ☐ soy milk, unsweetened
2 cup (480mL)
- ☐ cacao powder
2 tbsp (12g)

Vegetables and Vegetable Products

- ☐ ketchup
2/3 cup (181g)
- ☐ carrots
15 1/2 medium (944g)
- ☐ kale leaves
16 1/2 oz (467g)
- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1294g)
- ☐ romaine lettuce
2 3/4 hearts (1375g)
- ☐ garlic
16 clove(s) (48g)
- ☐ onion
2 medium (2-1/2" dia) (238g)

Fats and Oils

- ☐ olive oil
4 tsp (20mL)
- ☐ salad dressing
1 1/4 cup (309mL)
- ☐ oil
4 oz (121mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ vegan mayonnaise
6 tbsp (90g)

Spices and Herbs

- ☐ salt
1 tbsp (17g)
- ☐ black pepper
1 tsp, ground (3g)
- ☐ crushed red pepper
1/3 tsp (1g)
- ☐ dijon mustard
3 tbsp (45g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
12 1/2 cup(s) (mL)

Legumes and Legume Products

- ☐ white beans, canned
1 1/4 can(s) (549g)
- ☐ soy sauce
2 oz (45mL)
- ☐ vegetarian burger crumbles
1/2 lbs (227g)
- ☐ peanut butter
7 oz (193g)
- ☐ tempeh
1 3/4 lbs (794g)
- ☐ chickpeas, canned
3 can (1344g)
- ☐ firm tofu
1 1/2 lbs (680g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/2 cup (278g)

Sweets

- ☐ raw celery
7 1/4 stalk, medium (7-1/2" - 8" long) (290g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)
- ☐ beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- ☐ edamame, frozen, shelled
2 cup (236g)

Beverages

- ☐ water
2 gallon (8026mL)
- ☐ protein powder
29 scoop (1/3 cup ea) (899g)
- ☐ almond milk, unsweetened
1 1/2 cup(s) (360mL)

- ☐ maple syrup
2 1/2 tsp (13mL)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1 1/4 cup(s) (101g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)
- ☐ mixed nuts
3/4 cup (101g)
- ☐ sunflower kernels
1/4 lbs (128g)
- ☐ walnuts
1 cup, chopped (116g)
- ☐ chia seeds
4 tbsp (57g)

Snacks

- ☐ large granola bar
3 bar (111g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Soy milk yogurt

3 container - 407 cals ● 18g protein ● 11g fat ● 59g carbs ● 1g fiber



For single meal:

soy milk yogurt

3 container(s) (451g)

For all 2 meals:

soy milk yogurt

6 container(s) (902g)

1. This recipe has no instructions.

Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots

4 medium (244g)

For all 2 meals:

carrots

8 medium (488g)

1. Cut carrots into strips and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Chocolate banana oatmeal

562 cals ● 11g protein ● 15g fat ● 86g carbs ● 12g fiber



For single meal:

- water**
1 1/4 cup(s) (296mL)
- maple syrup**
1 1/4 tsp (6mL)
- oatmeal, old-fashioned oats, rolled oats**
5/8 cup(s) (51g)
- banana, sliced**
1 1/4 medium (7" to 7-7/8" long) (148g)
- chocolate chips**
2 1/2 tbsp (35g)

For all 2 meals:

- water**
2 1/2 cup(s) (593mL)
- maple syrup**
2 1/2 tsp (13mL)
- oatmeal, old-fashioned oats, rolled oats**
1 1/4 cup(s) (101g)
- banana, sliced**
2 1/2 medium (7" to 7-7/8" long) (295g)
- chocolate chips**
5 tbsp (71g)

1. Add all ingredients, but only half of the banana slices and microwave for about 2 minutes. Top with remaining banana slices and serve.
2. Note: You can mix the oatmeal, chocolate chips and maple syrup and store in your refrigerator for up to 5 days. When ready to eat, add water, half the banana slices, and microwave. Top with remaining banana.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Sunflower seeds

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



For single meal:

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

For all 3 meals:

- sunflower kernels**
1/4 lbs (128g)

1. This recipe has no instructions.

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

Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



salad dressing

2 tbsp (28mL)

tomatoes, diced

1 1/4 medium whole (2-3/5" dia) (154g)

carrots, sliced

5/8 medium (38g)

romaine lettuce, roughly chopped

1 1/4 hearts (625g)

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

White bean cassoulet

962 cals ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



garlic, minced

2 1/2 clove(s) (8g)

oil

1 1/4 tbsp (19mL)

vegetable broth

5/8 cup(s) (mL)

white beans, canned, drained & rinsed

1 1/4 can(s) (549g)

onion, diced

1 1/4 medium (2-1/2" dia) (138g)

raw celery, thinly sliced

1 1/4 stalk, medium (7-1/2" - 8" long)
(50g)

carrots, peeled & slices

2 1/2 large (180g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Crispy chik'n tenders

16 tender(s) - 914 cals ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



For single meal:

ketchup

4 tbsp (68g)

meatless chik'n tenders

16 pieces (408g)

For all 2 meals:

ketchup

1/2 cup (136g)

meatless chik'n tenders

32 pieces (816g)

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

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing

1 tbsp (17mL)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

For all 2 meals:

salad dressing

2 1/4 tbsp (34mL)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia)
(185g)

carrots, sliced

3/4 medium (46g)

romaine lettuce, roughly chopped

1 1/2 hearts (750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

oil

1/2 tbsp (8mL)

garlic, minced

3 clove(s) (9g)

vegetable broth

6 cup(s) (mL)

kale leaves, chopped

3 cup, chopped (120g)

chickpeas, canned, drained

1 1/2 can (672g)

For all 2 meals:

oil

1 tbsp (15mL)

garlic, minced

6 clove(s) (18g)

vegetable broth

12 cup(s) (mL)

kale leaves, chopped

6 cup, chopped (240g)

chickpeas, canned, drained

3 can (1344g)

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

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts

6 tbsp (50g)

For all 2 meals:

mixed nuts

3/4 cup (101g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Roasted tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

tomatoes

3 small whole (2-2/5" dia) (273g)

oil

1 tbsp (15mL)

For all 2 meals:

tomatoes

6 small whole (2-2/5" dia) (546g)

oil

2 tbsp (30mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Walnut crusted tofu (vegan)

853 cals ● 39g protein ● 68g fat ● 16g carbs ● 6g fiber



For single meal:

firm tofu, drained

3/4 lbs (340g)

walnuts

1/2 cup, chopped (58g)

lemon juice

1/2 tbsp (8mL)

garlic, diced

3 clove(s) (9g)

dijon mustard

1 1/2 tbsp (23g)

vegan mayonnaise

3 tbsp (45g)

For all 2 meals:

firm tofu, drained

1 1/2 lbs (680g)

walnuts

1 cup, chopped (116g)

lemon juice

1 tbsp (15mL)

garlic, diced

6 clove(s) (18g)

dijon mustard

3 tbsp (45g)

vegan mayonnaise

6 tbsp (90g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Protein bar

1 bar - 245 cals ● 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.
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Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries

1 1/2 cup (185g)

For all 2 meals:

raspberries

3 cup (369g)

1. Rinse raspberries and serve.

Kale chips

138 cals ● 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

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.

Large granola bar

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



For single meal:

large granola bar
1 bar (37g)

For all 3 meals:

large granola bar
3 bar (111g)

1. This recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Snacks 3 [↗](#)

Eat on day 6, day 7

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Chocolate avocado vegan chia pudding

344 cals ● 22g protein ● 19g fat ● 8g carbs ● 14g fiber



For single meal:

almond milk, unsweetened
3/4 cup(s) (180mL)
chia seeds
2 tbsp (28g)
cacao powder
1 tbsp (6g)
avocados
1 slices (25g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened
1 1/2 cup(s) (360mL)
chia seeds
4 tbsp (57g)
cacao powder
2 tbsp (12g)
avocados
2 slices (50g)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
 2. Cover and refrigerate for 1-2 hours or overnight.
 3. Serve and enjoy.
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Dinner 1 [↗](#)

Eat on day 1

Orange

2 orange(s) - 170 cal ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber

Makes 2 orange(s)

orange
2 orange (308g)



1. This recipe has no instructions.

Chik'n nuggets

10 2/3 nuggets - 588 cal ● 33g protein ● 24g fat ● 55g carbs ● 6g fiber

Makes 10 2/3 nuggets

vegan chik'n nuggets
10 2/3 nuggets (229g)
ketchup
2 2/3 tbsp (45g)



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

Dinner 2 [↗](#)

Eat on day 2, day 3

White rice

1 1/4 cup rice, cooked - 276 cal ● 6g protein ● 1g fat ● 61g carbs ● 1g fiber

For single meal:

long-grain white rice
6 2/3 tbsp (77g)
water
5/6 cup(s) (198mL)
salt
3 1/3 dash (3g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

long-grain white rice
13 1/3 tbsp (154g)
water
1 2/3 cup(s) (395mL)
salt
1/4 tbsp (5g)
black pepper
5 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.

Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



For single meal:

salad dressing

1/3 cup (79mL)

mixed greens

5 1/4 cup (158g)

tomatoes

14 tbsp cherry tomatoes (130g)

For all 2 meals:

salad dressing

2/3 cup (158mL)

mixed greens

10 1/2 cup (315g)

tomatoes

1 3/4 cup cherry tomatoes (261g)

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

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



For single meal:

fresh cilantro, chopped

3 tsp, chopped (3g)

oil

2 tsp (10mL)

lime juice

1 tsp (5mL)

crushed red pepper

1 1/3 dash (0g)

water

2 tsp (10mL)

soy sauce

3 tsp (15mL)

onion, chopped

1/3 large (50g)

garlic, minced

2/3 clove(s) (2g)

vegetarian burger crumbles

4 oz (113g)

carrots

1 1/3 large (96g)

For all 2 meals:

fresh cilantro, chopped

2 tbsp, chopped (6g)

oil

4 tsp (20mL)

lime juice

2 tsp (10mL)

crushed red pepper

1/3 tsp (1g)

water

4 tsp (20mL)

soy sauce

2 tbsp (30mL)

onion, chopped

2/3 large (100g)

garlic, minced

1 1/3 clove(s) (4g)

vegetarian burger crumbles

1/2 lbs (227g)

carrots

2 2/3 large (192g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
 2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
 3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
 4. Once fully cooked, serve and top with lime juice and remaining cilantro,
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Dinner 3 [↗](#)

Eat on day 4, day 5

Peanut tempeh

6 oz tempeh - 651 cal ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

nutritional yeast

3/4 tbsp (3g)

soy sauce

1/2 tbsp (8mL)

lemon juice

3/4 tbsp (11mL)

peanut butter

3 tbsp (48g)

tempeh

6 oz (170g)

For all 2 meals:

nutritional yeast

1 1/2 tbsp (6g)

soy sauce

1 tbsp (15mL)

lemon juice

1 1/2 tbsp (23mL)

peanut butter

6 tbsp (97g)

tempeh

3/4 lbs (340g)

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.

Edamame & beet salad

342 cal ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

For all 2 meals:

balsamic vinaigrette

4 tbsp (60mL)

beets, precooked (canned or refrigerated), chopped

8 beets (2" dia, sphere) (400g)

edamame, frozen, shelled

2 cup (236g)

mixed greens

4 cup (120g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

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



For single meal:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing

6 tbsp (90mL)

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

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

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.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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.

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.
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