

# Meal Plan - vegan meal plan with over 50g protein

[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

1027 cals ● 52g protein (20%) ● 37g fat (32%) ● 108g carbs (42%) ● 14g fiber (6%)

### Breakfast

225 cals, 3g protein, 50g net carbs, 1g fat



[Raisins](#)  
1/4 cup- 137 cals



[Fruit juice](#)  
3/4 cup(s)- 86 cals

### Dinner

390 cals, 7g protein, 22g net carbs, 27g fat



[Veggie stuffed tomatoes \(dairy-free\)](#)  
3 stuffed tomato(es)- 391 cals

### Lunch

305 cals, 18g protein, 35g net carbs, 8g fat



[Seitan Philly vegan cheesesteak](#)  
1/2 sub(s)- 261 cals



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

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

## Day 2

1040 cals ● 53g protein (20%) ● 30g fat (26%) ● 123g carbs (47%) ● 15g fiber (6%)

### Breakfast

225 cals, 3g protein, 50g net carbs, 1g fat



[Raisins](#)  
1/4 cup- 137 cals



[Fruit juice](#)  
3/4 cup(s)- 86 cals

### Dinner

405 cals, 9g protein, 37g net carbs, 21g fat



[Avocado & greens vegan quesadilla](#)  
1/2 quesadilla(s)- 328 cals



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

### Lunch

305 cals, 18g protein, 35g net carbs, 8g fat



[Seitan Philly vegan cheesesteak](#)  
1/2 sub(s)- 261 cals



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

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

## Day 3

973 cals ● 55g protein (23%) ● 29g fat (27%) ● 105g carbs (43%) ● 17g fiber (7%)

### Breakfast

225 cals, 3g protein, 50g net carbs, 1g fat



**Raisins**  
1/4 cup- 137 cals



**Fruit juice**  
3/4 cup(s)- 86 cals

### Dinner

355 cals, 17g protein, 11g net carbs, 24g fat



**Basic tofu**  
6 oz- 257 cals



**Simple salad with tomatoes and carrots**  
98 cals

### Lunch

285 cals, 11g protein, 44g net carbs, 4g fat



**Egyptian quinoa salad**  
285 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

## Day 4

1057 cals ● 93g protein (35%) ● 28g fat (24%) ● 92g carbs (35%) ● 16g fiber (6%)

### Breakfast

180 cals, 4g protein, 29g net carbs, 3g fat



**Vegan English bubble & squeak**  
1 patties- 97 cals



**Orange**  
1 orange(s)- 85 cals

### Dinner

355 cals, 39g protein, 20g net carbs, 11g fat



**Simple salad with tomatoes and carrots**  
49 cals



**Simple seitan**  
5 oz- 305 cals

### Lunch

410 cals, 25g protein, 42g net carbs, 14g fat



**Crispy chik'n tenders**  
4 tender(s)- 229 cals



**Lentils**  
116 cals



**Simple mixed greens salad**  
68 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

## Day 5

990 cals ● 70g protein (28%) ● 28g fat (26%) ● 90g carbs (36%) ● 24g fiber (10%)

### Breakfast

180 cals, 4g protein, 29g net carbs, 3g fat



**Vegan English bubble & squeak**  
1 patties- 97 cals



**Orange**  
1 orange(s)- 85 cals

### Dinner

285 cals, 17g protein, 18g net carbs, 11g fat



**Tossed salad**  
121 cals



**Carrot & grounds stir fry**  
166 cals

### Lunch

410 cals, 25g protein, 42g net carbs, 14g fat



**Crispy chik'n tenders**  
4 tender(s)- 229 cals



**Lentils**  
116 cals



**Simple mixed greens salad**  
68 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

## Day 6

1011 cals ● 75g protein (30%) ● 21g fat (19%) ● 110g carbs (44%) ● 19g fiber (8%)

### Breakfast

230 cals, 17g protein, 25g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



**Orange**  
1 orange(s)- 85 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Dinner

330 cals, 23g protein, 29g net carbs, 11g fat



**Cajun tofu**  
157 cals



**Lentils**  
174 cals

### Lunch

340 cals, 12g protein, 56g net carbs, 5g fat



**Pasta with store-bought sauce**  
255 cals



**Simple salad with celery, cucumber & tomato**  
85 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

# Day 7

1011 cals ● 75g protein (30%) ● 21g fat (19%) ● 110g carbs (44%) ● 19g fiber (8%)

## Breakfast

230 cals, 17g protein, 25g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



**Orange**  
1 orange(s)- 85 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

## Dinner

330 cals, 23g protein, 29g net carbs, 11g fat



**Cajun tofu**  
157 cals



**Lentils**  
174 cals

## Lunch

340 cals, 12g protein, 56g net carbs, 5g fat



**Pasta with store-bought sauce**  
255 cals



**Simple salad with celery, cucumber & tomato**  
85 cals

## Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

## Beverages

- water  
2/3 gallon (2496mL)
- protein powder  
8 scoop (1/3 cup ea) (248g)
- almond milk, unsweetened  
1 cup (240mL)

## Other

- vegan cheese, shredded  
1 1/2 oz (42g)
- italian seasoning  
1/2 tbsp (5g)
- sub roll(s)  
1 roll(s) (85g)
- vegan cheese, sliced  
1 slice(s) (20g)
- mixed greens  
1 1/2 package (5.5 oz) (238g)
- meatless chik'n tenders  
8 pieces (204g)

## Vegetables and Vegetable Products

- tomatoes  
9 medium whole (2-3/5" dia) (1125g)
- zucchini  
3/4 large (242g)
- onion  
1 1/4 medium (2-1/2" dia) (135g)
- fresh spinach  
1/4 10oz package (59g)
- bell pepper  
1 1/2 small (111g)
- cucumber  
1 1/4 cucumber (8-1/4") (389g)
- carrots  
4 1/2 medium (279g)
- romaine lettuce  
1 1/4 hearts (625g)
- ketchup  
2 tbsp (34g)
- potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- brussels sprouts  
1 cup, shredded (50g)
- purple onions  
1/8 medium (2-1/2" dia) (14g)
- fresh cilantro  
1/2 tbsp, chopped (2g)

## Fats and Oils

- olive oil  
1 1/2 tbsp (23mL)
- oil  
1 1/2 oz (49mL)
- salad dressing  
1/4 lbs (129mL)

## Cereal Grains and Pasta

- seitan  
1/2 lbs (227g)
- quinoa, uncooked  
1/3 cup (56g)
- uncooked dry pasta  
4 oz (114g)

## Fruits and Fruit Juices

- raisins  
3/4 cup, packed (124g)
- fruit juice  
18 fl oz (540mL)
- avocados  
1/4 avocado(s) (50g)
- lemon juice  
1 tbsp (15mL)
- orange  
4 orange (616g)
- lime juice  
1/2 tsp (3mL)

## Soups, Sauces, and Gravies

- salsa  
1 tbsp (18g)
- hot sauce  
2 tsp (10mL)
- pasta sauce  
1/4 jar (24 oz) (168g)

## Baked Products

- flour tortillas  
1/2 tortilla (approx 12" dia) (59g)

## Legumes and Legume Products

- firm tofu  
1 lbs (454g)

- garlic  
1/3 clove(s) (1g)
- raw celery  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

- lentils, raw  
13 1/4 tbsp (160g)
- soy sauce  
1/2 tbsp (8mL)
- vegetarian burger crumbles  
2 oz (57g)

### Spices and Herbs

- salt  
3 dash (2g)
  - ground cumin  
4 dash (1g)
  - turmeric, ground  
2 dash (1g)
  - fresh basil  
1 tbsp, chopped (3g)
  - crushed red pepper  
3/4 dash (0g)
  - cajun seasoning  
1 tsp (2g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Raisins

1/4 cup - 137 cal ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 3 meals:

**raisins**  
3/4 cup, packed (124g)

1. This recipe has no instructions.

### Fruit juice

3/4 cup(s) - 86 cal ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

**fruit juice**  
6 fl oz (180mL)

For all 3 meals:

**fruit juice**  
18 fl oz (540mL)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Vegan English bubble & squeak

1 patties - 97 cal ● 2g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

**potatoes, peeled & cut into chunks**

1 small (1-3/4" to 2-1/4" dia.) (92g)

**hot sauce**

1 tsp (5mL)

**brussels sprouts, shredded**

1/2 cup, shredded (25g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**potatoes, peeled & cut into chunks**

2 small (1-3/4" to 2-1/4" dia.) (184g)

**hot sauce**

2 tsp (10mL)

**brussels sprouts, shredded**

1 cup, shredded (50g)

**oil**

1 tsp (5mL)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

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### Orange

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



For single meal:

**orange**

1 orange (154g)

For all 2 meals:

**orange**

2 orange (308g)

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

Eat on day 6, day 7

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### Protein shake (almond milk)

105 cal ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**almond milk, unsweetened**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

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

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### Orange

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



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

### Carrot sticks

1 1/2 carrot(s) - 41 cal ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**  
1 1/2 medium (92g)

For all 2 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Seitan Philly vegan cheesesteak

1/2 sub(s) - 261 cal ● 16g protein ● 8g fat ● 30g carbs ● 2g fiber



For single meal:

**seitan, cut into strips**

1 1/2 oz (43g)

**bell pepper, sliced**

1/4 small (19g)

**onion, chopped**

1/8 medium (2-1/2" dia) (14g)

**oil**

1/4 tbsp (4mL)

**sub roll(s)**

1/2 roll(s) (43g)

**vegan cheese, sliced**

1/2 slice(s) (10g)

For all 2 meals:

**seitan, cut into strips**

3 oz (85g)

**bell pepper, sliced**

1/2 small (37g)

**onion, chopped**

1/4 medium (2-1/2" dia) (28g)

**oil**

1/2 tbsp (8mL)

**sub roll(s)**

1 roll(s) (85g)

**vegan cheese, sliced**

1 slice(s) (20g)

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

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



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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## Lunch 2 [↗](#)

Eat on day 3

### Egyptian quinoa salad

285 cal ● 11g protein ● 4g fat ● 44g carbs ● 7g fiber



**quinoa, uncooked**

1/3 cup (56g)

**ground cumin**

4 dash (1g)

**turmeric, ground**

2 dash (1g)

**tomatoes, finely chopped**

1 small whole (2-2/5" dia) (91g)

**cucumber, finely chopped**

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

**lemon juice**

1 tbsp (15mL)

**fresh basil**

1 tbsp, chopped (3g)

**bell pepper, seeds removed**

1 small (74g)

1. Cook quinoa according to directions on package, except add in cumin and turmeric to the water while it cooks.
2. While quinoa cooks, prepare remaining ingredients. (Optionally: you can halve the bell pepper and roast in the broiler for about 10 minutes, flipping once, or until skin blisters. Remove the skin and finely chop. This is optional and you can also just use finely chopped, raw bell pepper.)
3. When quinoa is cooked, let it cool for 5 minutes and then mix in all remaining ingredients.
4. Season with salt and pepper to taste. Serve.

## Lunch 3 [↗](#)

Eat on day 4, day 5

### Crispy chik'n tenders

4 tender(s) - 229 cal ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

**ketchup**

1 tbsp (17g)

**meatless chik'n tenders**

4 pieces (102g)

For all 2 meals:

**ketchup**

2 tbsp (34g)

**meatless chik'n tenders**

8 pieces (204g)

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

### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (158mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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

### Simple mixed greens salad

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



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Pasta with store-bought sauce

255 cal ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**  
2 oz (57g)  
**pasta sauce**  
1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**  
4 oz (114g)  
**pasta sauce**  
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

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### Simple salad with celery, cucumber & tomato

85 cal ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

- mixed greens**  
1/3 package (5.5 oz) (52g)
- salad dressing**  
1 tbsp (15mL)
- tomatoes, diced**  
1/3 medium whole (2-3/5" dia) (41g)
- cucumber, sliced**  
1/3 cucumber (8-1/4") (100g)
- raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long) (27g)

For all 2 meals:

- 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)

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

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## Dinner 1 [↗](#)

Eat on day 1

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### Veggie stuffed tomatoes (dairy-free)

3 stuffed tomato(es) - 391 cal ● 7g protein ● 27g fat ● 22g carbs ● 7g fiber





Makes 3 stuffed tomato(es)

**vegan cheese, shredded**

4 tbsp (28g)

**tomatoes**

3 medium whole (2-3/5" dia) (369g)

**zucchini, diced**

3/4 large (242g)

**onion, diced**

3/4 medium (2-1/2" dia) (83g)

**fresh spinach**

1 1/2 cup(s) (45g)

**italian seasoning**

1/2 tbsp (5g)

**salt**

1 1/2 dash (1g)

**olive oil**

1 1/2 tbsp (23mL)

1. Preheat oven to 350 F (180 C).
  2. Cut the top off each tomato and discard.
  3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
  4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
  5. Dice zucchini and onion.
  6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
  7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
  8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
  9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
  10. Bake for about 20-25 minutes until tomatoes are piping hot.
  11. Optionally: place under broiler for about a minute to brown cheese.
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## Dinner 2 [↗](#)

Eat on day 2

### Avocado & greens vegan quesadilla

1/2 quesadilla(s) - 328 cal ● 7g protein ● 16g fat ● 32g carbs ● 7g fiber



Makes 1/2 quesadilla(s)

#### salsa

1 tbsp (18g)

#### oil

1/4 tsp (1mL)

#### vegan cheese, shredded

1/2 oz (14g)

#### fresh spinach

1/2 oz (14g)

#### avocados, thinly sliced

1/4 avocado(s) (50g)

#### flour tortillas

1/2 tortilla (approx 12" dia) (59g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
3. Slice and serve with salsa.

### 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.

## Dinner 3 [↗](#)

Eat on day 3

### Basic tofu

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



Makes 6 oz

#### firm tofu

6 oz (170g)

#### oil

1 tbsp (15mL)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



### salad dressing

3/4 tbsp (11 mL)

### tomatoes, diced

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

### carrots, sliced

1/4 medium (15g)

### romaine lettuce, roughly chopped

1/2 hearts (250g)

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

## Dinner 4 [↗](#)

Eat on day 4

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## Simple salad with tomatoes and carrots

49 cal ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



### salad dressing

1 tsp (6 mL)

### tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

### carrots, sliced

1/8 medium (8g)

### romaine lettuce, roughly chopped

1/4 hearts (125g)

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

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## Simple seitan

5 oz - 305 cal ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



Makes 5 oz

### oil

1 1/4 tsp (6 mL)

### seitan

5 oz (142g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
  2. Season with salt, pepper, or seasonings of choice. Serve.
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## Dinner 5 [↗](#)

Eat on day 5

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### Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



**purple onions, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**romaine lettuce, shredded**  
1/2 hearts (250g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)

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

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### Carrot & grounds stir fry

166 cal ● 12g protein ● 7g fat ● 8g carbs ● 5g fiber



**fresh cilantro, chopped**  
1/2 tbsp, chopped (2g)  
**oil**  
1 tsp (5mL)  
**lime juice**  
1/2 tsp (3mL)  
**crushed red pepper**  
2/3 dash (0g)  
**water**  
1 tsp (5mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**onion, chopped**  
1/6 large (25g)  
**garlic, minced**  
1/3 clove(s) (1g)  
**vegetarian burger crumbles**  
2 oz (57g)  
**carrots**  
2/3 large (48g)

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 6 [↗](#)

Eat on day 6, day 7

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### Cajun tofu

157 cal ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**cajun seasoning**  
4 dash (1g)  
**firm tofu, patted dry & cubed**  
5 oz (142g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**cajun seasoning**  
1 tsp (2g)  
**firm tofu, patted dry & cubed**  
10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

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### Lentils

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



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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

Eat every day

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### Protein shake

1 scoop - 109 cal ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

**water**

1 cup(s) (237mL)

**protein powder**

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

For all 7 meals:

**water**

7 cup(s) (1659mL)

**protein powder**

7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.
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