

# Meal Plan - vegan meal plan with over 100g 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

1165 cals ● 103g protein (35%) ● 29g fat (23%) ● 90g carbs (31%) ● 32g fiber (11%)

### Breakfast

260 cals, 6g protein, 32g net carbs, 10g fat



[Small granola bar](#)  
2 bar(s)- 238 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Dinner

250 cals, 16g protein, 30g net carbs, 2g fat



[Lentil pasta](#)  
252 cals

### Lunch

380 cals, 21g protein, 25g net carbs, 16g fat



[White rice](#)  
1/3 cup rice, cooked- 74 cals



[Garlic collard greens](#)  
159 cals



[Basic tempeh](#)  
2 oz- 148 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

## Day 2

1182 cals ● 117g protein (40%) ● 42g fat (32%) ● 66g carbs (22%) ● 20g fiber (7%)

### Breakfast

260 cals, 6g protein, 32g net carbs, 10g fat



[Small granola bar](#)  
2 bar(s)- 238 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Dinner

285 cals, 29g protein, 8g net carbs, 11g fat



[Vegan crumbles](#)  
1 1/2 cup(s)- 219 cals



[Simple mixed greens salad](#)  
68 cals

### Lunch

365 cals, 22g protein, 23g net carbs, 19g fat



[White rice](#)  
1/4 cup rice, cooked- 55 cals



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



[Chik'n satay with peanut sauce](#)  
2 skewers- 233 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

## Day 3

1221 cals ● 105g protein (35%) ● 40g fat (30%) ● 86g carbs (28%) ● 24g fiber (8%)

### Breakfast

260 cals, 6g protein, 32g net carbs, 10g fat



[Small granola bar](#)  
2 bar(s)- 238 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Dinner

330 cals, 17g protein, 26g net carbs, 13g fat



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



[Vegan chili con 'carne'](#)  
218 cals

### Lunch

360 cals, 22g protein, 25g net carbs, 16g fat



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals



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

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

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## Day 4

1187 cals ● 110g protein (37%) ● 42g fat (32%) ● 68g carbs (23%) ● 23g fiber (8%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Dinner

330 cals, 17g protein, 26g net carbs, 13g fat



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



[Vegan chili con 'carne'](#)  
218 cals

### Lunch

360 cals, 22g protein, 25g net carbs, 16g fat



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals



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

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

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## Day 5

1219 cals ● 114g protein (37%) ● 44g fat (32%) ● 77g carbs (25%) ● 15g fiber (5%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



High-protein granola bar

1 bar(s)- 204 cals

### Dinner

325 cals, 10g protein, 36g net carbs, 14g fat



Bbq tofu & pineapple bowl

130 cals



Roasted almonds

1/8 cup(s)- 111 cals



Fruit juice

3/4 cup(s)- 86 cals

### Lunch

395 cals, 32g protein, 24g net carbs, 16g fat



Vegan buttered corn

94 cals



Baked tofu

10 2/3 oz- 302 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

## Day 6

1230 cals ● 111g protein (36%) ● 33g fat (24%) ● 104g carbs (34%) ● 17g fiber (5%)

### Breakfast

235 cals, 8g protein, 42g net carbs, 2g fat



Medium toasted bagel with 'butter'

1/2 bagel(s)- 145 cals



Nectarine

1 nectarine(s)- 70 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

### Dinner

325 cals, 10g protein, 36g net carbs, 14g fat



Bbq tofu & pineapple bowl

130 cals



Roasted almonds

1/8 cup(s)- 111 cals



Fruit juice

3/4 cup(s)- 86 cals

### Lunch

395 cals, 32g protein, 24g net carbs, 16g fat



Vegan buttered corn

94 cals



Baked tofu

10 2/3 oz- 302 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

## Day 7

1196 cals ● 101g protein (34%) ● 25g fat (19%) ● 125g carbs (42%) ● 17g fiber (6%)

### Breakfast

235 cals, 8g protein, 42g net carbs, 2g fat



Medium toasted bagel with 'butter'  
1/2 bagel(s)- 145 cals



Nectarine  
1 nectarine(s)- 70 cals



Cherry tomatoes  
6 cherry tomatoes- 21 cals

### Dinner

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



Cajun tofu  
157 cals



Lentils  
174 cals

### Lunch

355 cals, 10g protein, 52g net carbs, 10g fat



Grilled peanut butter and banana sandwich  
1/2 sandwich(es)- 243 cals



Fruit juice  
1 cup(s)- 115 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals



## Beverages

- ☐ water  
19 cup(s) (4477mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/8 jar (24 oz) (84g)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- ☐ vegetable broth  
1/4 cup(s) (mL)
- ☐ barbecue sauce  
2 tbsp (35g)

## Other

- ☐ lentil pasta  
2 oz (57g)
- ☐ mixed greens  
7 1/2 cup (225g)
- ☐ skewer(s)  
2 skewer(s) (2g)
- ☐ vegan chik'n strips  
2 2/3 oz (76g)
- ☐ sesame oil  
1 tsp (5mL)
- ☐ vegan butter  
1 tbsp (14g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
3 tbsp (36g)

## Spices and Herbs

- ☐ salt  
2 1/2 g (3g)
- ☐ black pepper  
1/2 g (0g)
- ☐ ground cumin  
2 dash (1g)
- ☐ chili powder  
2 dash (1g)
- ☐ cajun seasoning  
4 dash (1g)

## Vegetables and Vegetable Products

## Fats and Oils

- ☐ oil  
1 oz (28mL)
- ☐ salad dressing  
1/2 cup (113mL)
- ☐ cooking spray  
1/2 spray(s) , about 1/3 second each (0g)

## Legumes and Legume Products

- ☐ tempeh  
2 oz (57g)
- ☐ peanut butter  
5 tsp (27g)
- ☐ vegetarian burger crumbles  
2/3 package (12 oz) (235g)
- ☐ kidney beans  
1/4 can (112g)
- ☐ lentils, raw  
6 tbsp (72g)
- ☐ firm tofu  
1/2 lbs (255g)
- ☐ soy sauce  
2/3 cup (161mL)
- ☐ extra firm tofu  
1 1/3 lbs (605g)

## Snacks

- ☐ small granola bar  
6 bar (150g)
- ☐ high-protein granola bar  
2 bar (80g)

## Fruits and Fruit Juices

- ☐ lime juice  
1/2 tbsp (8mL)
- ☐ canned pineapple  
1/2 cup, chunks (91g)
- ☐ fruit juice  
20 fl oz (600mL)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)
- ☐ banana  
1/2 medium (7" to 7-7/8" long) (59g)

## Nut and Seed Products

- ☐ almonds  
1/2 cup, whole (72g)

- ☐ collard greens  
1/2 lbs (227g)
- ☐ garlic  
2 1/4 clove(s) (7g)
- ☐ tomatoes  
7 medium whole (2-3/5" dia) (863g)
- ☐ fresh ginger  
4 1/2 g (5g)
- ☐ canned stewed tomatoes  
1/4 can (~14.5 oz) (101g)
- ☐ onion  
1/4 medium (2-1/2" dia) (28g)
- ☐ bell pepper  
1/2 medium (60g)
- ☐ broccoli  
1/2 cup chopped (46g)
- ☐ frozen corn kernels  
1 1/3 cup (181g)

- ☐ sesame seeds  
4 tsp (12g)

### **Baked Products**

- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)
  - ☐ bread  
1 slice (32g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### 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 3 meals:

**small granola bar**  
6 bar (150g)

1. This recipe has no instructions.

### 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 3 meals:

**tomatoes**  
18 cherry tomatoes (306g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

- 1. This recipe has no instructions.



## Breakfast 3 [🔗](#)

Eat on day 6, day 7

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### Medium toasted bagel with 'butter'

1/2 bagel(s) - 145 cals ● 6g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

#### **bagel**

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

#### **vegan butter**

1/4 tbsp (4g)

For all 2 meals:

#### **bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)

#### **vegan butter**

1/2 tbsp (7g)

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

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### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

#### **nectarine, pitted**

1 medium (2-1/2" dia) (142g)

For all 2 meals:

#### **nectarine, pitted**

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### 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.
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## Lunch 1 [🔗](#)

Eat on day 1

### White rice

1/3 cup rice, cooked - 74 cal ● 1g protein ● 0g fat ● 16g carbs ● 0g fiber

Makes 1/3 cup rice, cooked

#### long-grain white rice

1 3/4 tbsp (21g)

#### water

1/4 cup(s) (53mL)

#### salt

1 dash (1g)

#### black pepper

2/3 dash, ground (0g)



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.

### Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



#### collard greens

1/2 lbs (227g)

#### oil

1/2 tbsp (8mL)

#### garlic, minced

1 1/2 clove(s) (5g)

#### salt

1 dash (1g)

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

## Basic tempeh

2 oz - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

### oil

1 tsp (5mL)

### tempeh

2 oz (57g)

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.

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## Lunch 2 [↗](#)

Eat on day 2

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### White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber

Makes 1/4 cup rice, cooked

### long-grain white rice

4 tsp (15g)

### water

1/6 cup(s) (39mL)

### salt

2/3 dash (0g)

### black pepper

1/2 dash, ground (0g)



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.

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## 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.

## Chik'n satay with peanut sauce

2 skewers - 233 cals ● 19g protein ● 14g fat ● 5g carbs ● 2g fiber



Makes 2 skewers

**skewer(s)**  
2 skewer(s) (2g)  
**fresh ginger, grated or minced**  
1/3 inch (2.5cm) cube (2g)  
**vegan chik'n strips**  
2 2/3 oz (76g)  
**sesame oil**  
1 tsp (5mL)  
**lime juice**  
1/2 tbsp (7mL)  
**peanut butter**  
2 tsp (11g)

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

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

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

1 can (~19 oz) (526g)

For all 2 meals:

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

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Roasted almonds

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



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Vegan buttered corn

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



For single meal:

#### **black pepper**

1/2 dash (0g)

#### **salt**

1/2 dash (0g)

#### **vegan butter**

1/4 tbsp (4g)

#### **frozen corn kernels**

2/3 cup (91g)

For all 2 meals:

#### **black pepper**

1 dash (0g)

#### **salt**

1 dash (0g)

#### **vegan butter**

1/2 tbsp (7g)

#### **frozen corn kernels**

1 1/3 cup (181g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.



## Baked tofu

10 2/3 oz - 302 cals ● 29g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

### soy sauce

1/3 cup (80mL)

### extra firm tofu

2/3 lbs (302g)

### fresh ginger, peeled and grated

2/3 slices (1" dia) (1g)

### sesame seeds

2 tsp (6g)

For all 2 meals:

### soy sauce

2/3 cup (160mL)

### extra firm tofu

1 1/3 lbs (605g)

### fresh ginger, peeled and grated

1 1/3 slices (1" dia) (3g)

### sesame seeds

4 tsp (12g)

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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## Lunch 5 [🔗](#)

Eat on day 7

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### Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cals ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



Makes 1/2 sandwich(es)

### bread

1 slice (32g)

### banana, sliced

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

### peanut butter

1 tbsp (16g)

### cooking spray

1/2 spray(s) , about 1/3 second each (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

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## Fruit juice

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



Makes 1 cup(s)

**fruit juice**

8 fl oz (240mL)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Lentil pasta

252 cal ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



**pasta sauce**

1/8 jar (24 oz) (84g)

**lentil pasta**

2 oz (57g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

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## Dinner 2 [↗](#)

Eat on day 2

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### Vegan crumbles

1 1/2 cup(s) - 219 cal ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

**vegetarian burger crumbles**

1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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### Simple mixed greens salad

68 cal ● 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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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

**salad dressing**  
2 1/4 tbsp (34mL)  
**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)

For all 2 meals:

**salad dressing**  
1/4 cup (68mL)  
**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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### Vegan chili con 'carne'

218 cals ● 15g protein ● 6g fat ● 18g carbs ● 8g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**garlic, minced**  
3/8 clove(s) (1g)  
**kidney beans, drained and rinsed**  
1/8 can (56g)  
**lentils, raw**  
1 tbsp (12g)  
**vegetarian burger crumbles**  
1/8 package (12 oz) (43g)  
**canned stewed tomatoes**  
1/8 can (~14.5 oz) (51g)  
**ground cumin**  
1 dash (0g)  
**chili powder**  
1 dash (0g)  
**vegetable broth**  
1/8 cup(s) (mL)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**bell pepper, chopped**  
1/4 medium (30g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
3/4 clove(s) (2g)  
**kidney beans, drained and rinsed**  
1/4 can (112g)  
**lentils, raw**  
2 tbsp (24g)  
**vegetarian burger crumbles**  
1/4 package (12 oz) (85g)  
**canned stewed tomatoes**  
1/4 can (~14.5 oz) (101g)  
**ground cumin**  
2 dash (1g)  
**chili powder**  
2 dash (1g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, chopped**  
1/2 medium (60g)

1. Heat the oil in a large saucepan over medium heat.
  2. Add the garlic, and chopped onion and peppers. Cook until soft.
  3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
  4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
  5. Bring to a simmer and cook for 25 minutes.
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## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Bbq tofu & pineapple bowl

130 cals ● 5g protein ● 5g fat ● 16g carbs ● 1g fiber



For single meal:

**oil**  
3/8 tsp (2mL)  
**barbecue sauce**  
1 tbsp (17g)  
**canned pineapple**  
4 tbsp, chunks (45g)  
**firm tofu**  
2 oz (57g)  
**broccoli**  
4 tbsp chopped (23g)

For all 2 meals:

**oil**  
1/4 tbsp (4mL)  
**barbecue sauce**  
2 tbsp (35g)  
**canned pineapple**  
1/2 cup, chunks (91g)  
**firm tofu**  
4 oz (113g)  
**broccoli**  
1/2 cup chopped (46g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

### Roasted almonds

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



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

### Fruit juice

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



For single meal:

**fruit juice**

6 fl oz (180mL)

For all 2 meals:

**fruit juice**

12 fl oz (360mL)

1. This recipe has no instructions.

## Dinner 5 [↗](#)

Eat on day 7

### Cajun tofu

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



**oil**

1 tsp (5mL)

**cajun seasoning**

4 dash (1g)

**firm tofu, patted dry & cubed**

5 oz (142g)

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.

### Lentils

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



**salt**

1/2 dash (0g)

**water**

1 cup(s) (237mL)

**lentils, raw, rinsed**

4 tbsp (48g)

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.

# Protein Supplement(s)

Eat every day

## Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

- water**  
2 1/2 cup(s) (593mL)
- protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

- water**  
17 1/2 cup(s) (4148mL)
- protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.