

Meal Plan - 3000 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

2969 cal ● 239g protein (32%) ● 101g fat (31%) ● 208g carbs (28%) ● 69g fiber (9%)

Breakfast

185 cal, 5g protein, 32g net carbs, 2g fat



[Instant oatmeal with water](#)
1 packet(s)- 165 cal



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

Snacks

390 cal, 29g protein, 42g net carbs, 7g fat



[Strawberry banana protein smoothie](#)
1 smoothie(s)- 388 cal

Lunch

990 cal, 52g protein, 95g net carbs, 32g fat



[Bean & tofu goulash](#)
874 cal



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

Dinner

1025 cal, 69g protein, 36g net carbs, 58g fat



[Baked tofu](#)
20 oz- 566 cal



[Tossed salad](#)
242 cal



[Walnuts](#)
1/3 cup(s)- 219 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cal

Day 2

3049 cals ● 221g protein (29%) ● 103g fat (30%) ● 232g carbs (30%) ● 78g fiber (10%)

Breakfast

185 cals, 5g protein, 32g net carbs, 2g fat



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



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

390 cals, 29g protein, 42g net carbs, 7g fat



Strawberry banana protein smoothie
1 smoothie(s)- 388 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

1035 cals, 31g protein, 88g net carbs, 53g fat



Roasted rosemary sweet potatoes
525 cals



Mixed vegetables
1 3/4 cup(s)- 170 cals



Basic tofu
8 oz- 342 cals

Dinner

1055 cals, 72g protein, 66g net carbs, 39g fat



Basic tempeh
8 oz- 590 cals



Easy chickpea salad
467 cals

Day 3

3001 cals ● 209g protein (28%) ● 137g fat (41%) ● 194g carbs (26%) ● 38g fiber (5%)

Breakfast

490 cals, 15g protein, 67g net carbs, 11g fat



Peanut butter & banana breakfast sandwich
380 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

355 cals, 13g protein, 27g net carbs, 19g fat



Banana
1 banana(s)- 117 cals



Sunflower seeds
240 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

860 cals, 36g protein, 24g net carbs, 66g fat



Simple mixed greens and tomato salad
151 cals



Walnut crusted tofu (vegan)
711 cals

Dinner

915 cals, 61g protein, 73g net carbs, 39g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals



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

Day 4

3001 cals ● 209g protein (28%) ● 137g fat (41%) ● 194g carbs (26%) ● 38g fiber (5%)

Breakfast

490 cals, 15g protein, 67g net carbs, 11g fat



Peanut butter & banana breakfast sandwich
380 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

355 cals, 13g protein, 27g net carbs, 19g fat



Banana
1 banana(s)- 117 cals



Sunflower seeds
240 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

860 cals, 36g protein, 24g net carbs, 66g fat



Simple mixed greens and tomato salad
151 cals



Walnut crusted tofu (vegan)
711 cals

Dinner

915 cals, 61g protein, 73g net carbs, 39g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals



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

Day 5

2969 cals ● 222g protein (30%) ● 116g fat (35%) ● 208g carbs (28%) ● 51g fiber (7%)

Breakfast

490 cals, 15g protein, 67g net carbs, 11g fat



Peanut butter & banana breakfast sandwich
380 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

345 cals, 11g protein, 28g net carbs, 16g fat



Grapes
160 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

880 cals, 26g protein, 71g net carbs, 48g fat



Pan roasted zucchini
250 cals



Sesame peanut zoodles
441 cals



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

Dinner

875 cals, 86g protein, 39g net carbs, 39g fat



Vegan sausage
3 sausage(s)- 804 cals



Tomato cucumber salad
71 cals

Day 6

2956 cals ● 190g protein (26%) ● 108g fat (33%) ● 259g carbs (35%) ● 47g fiber (6%)

Breakfast

495 cals, 23g protein, 68g net carbs, 11g fat



Protein bar
1 bar- 245 cals



Crackers
8 cracker(s)- 135 cals



Banana
1 banana(s)- 117 cals

Snacks

345 cals, 11g protein, 28g net carbs, 16g fat



Grapes
160 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

880 cals, 26g protein, 71g net carbs, 48g fat



Pan roasted zucchini
250 cals



Sesame peanut zoodles
441 cals



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

Dinner

855 cals, 45g protein, 89g net carbs, 32g fat



Chik'n nuggets
14 nuggets- 772 cals



Watermelon
8 oz- 82 cals

Day 7

2959 cals ● 219g protein (30%) ● 91g fat (28%) ● 256g carbs (35%) ● 59g fiber (8%)

Breakfast

495 cals, 23g protein, 68g net carbs, 11g fat



Protein bar
1 bar- 245 cals



Crackers
8 cracker(s)- 135 cals



Banana
1 banana(s)- 117 cals

Snacks

345 cals, 11g protein, 28g net carbs, 16g fat



Grapes
160 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

885 cals, 56g protein, 68g net carbs, 31g fat



Simple mixed greens and tomato salad
227 cals



Bbq tempeh lettuce wrap
8 lettuce wrap(s)- 658 cals

Dinner

855 cals, 45g protein, 89g net carbs, 32g fat



Chik'n nuggets
14 nuggets- 772 cals



Watermelon
8 oz- 82 cals

Legumes and Legume Products

- ☐ soy sauce
1/2 lbs (195mL)
- ☐ extra firm tofu
1 1/4 lbs (567g)
- ☐ firm tofu
35 oz (992g)
- ☐ white beans, canned
1 can(s) (439g)
- ☐ tempeh
1 lbs (454g)
- ☐ chickpeas, canned
1 can (448g)
- ☐ peanut butter
1/2 cup (144g)

Vegetables and Vegetable Products

- ☐ fresh ginger
1 1/4 slices (1" dia) (3g)
- ☐ red onion
3/8 medium (2-1/2" dia) (45g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ romaine lettuce
7/8 head (548g)
- ☐ carrots
13 medium (782g)
- ☐ tomatoes
6 2/3 medium whole (2-3/5" dia) (822g)
- ☐ garlic
6 clove(s) (18g)
- ☐ onion
2 1/2 medium (2-1/2" dia) (285g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ sweet potatoes
1 2/3 sweetpotato, 5" long (350g)
- ☐ frozen mixed veggies
1 3/4 cup (236g)
- ☐ zucchini
6 medium (1176g)
- ☐ green onions
3 tbsp, sliced (24g)
- ☐ ketchup
1/2 cup (119g)
- ☐ bell pepper
1 small (74g)

Nut and Seed Products

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Beverages

- ☐ water
26 1/4 cup (6298mL)
- ☐ protein powder
26 1/2 scoop (1/3 cup ea) (822g)

Spices and Herbs

- ☐ fresh thyme
4 dash (0g)
- ☐ paprika
1 tbsp (7g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ rosemary, dried
2 1/2 tsp (3g)
- ☐ salt
3/4 tbsp (14g)
- ☐ black pepper
1/2 oz (12g)
- ☐ dijon mustard
2 1/2 tbsp (38g)
- ☐ oregano, dried
1/2 tbsp, ground (3g)
- ☐ garlic powder
1/2 tbsp (5g)

Other

- ☐ mixed greens
12 3/4 cup (383g)
- ☐ ice cubes
2 cup (280g)
- ☐ vegan sausage
7 sausage (700g)
- ☐ frozen cauliflower
3 cup (340g)
- ☐ coleslaw mix
3 1/2 cup (315g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ vegan chik'n nuggets
28 nuggets (602g)

Fruits and Fruit Juices

- ☐ sesame seeds
1/2 oz (16g)
- ☐ walnuts
1/4 lbs (128g)
- ☐ almonds
20 almond (24g)
- ☐ sunflower kernels
2 2/3 oz (76g)
- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)
- ☐ chia seeds
1/2 tbsp (7g)

Fats and Oils

- ☐ salad dressing
1/2 lbs (236mL)
- ☐ oil
3 oz (88mL)
- ☐ olive oil
1/3 cup (70mL)
- ☐ vegan mayonnaise
5 tbsp (75g)

- ☐ banana
9 medium (7" to 7-7/8" long) (1062g)
- ☐ frozen strawberries
3 cup, unthawed (447g)
- ☐ lemon juice
2 1/2 tsp (13mL)
- ☐ fruit juice
53 1/3 fl oz (1600mL)
- ☐ grapes
8 1/4 cup (759g)
- ☐ lime juice
1 1/2 tbsp (23mL)
- ☐ Watermelon
16 oz (453g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ barbecue sauce
4 tbsp (68g)

Baked Products

- ☐ bread
6 slice (192g)
 - ☐ crackers
16 crackers (56g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

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 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

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

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Peanut butter & banana breakfast sandwich

380 cals ● 13g protein ● 11g fat ● 50g carbs ● 8g fiber



For single meal:

bread, toasted

2 slice (64g)

peanut butter

1 tbsp (16g)

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

bread, toasted

6 slice (192g)

peanut butter

3 tbsp (48g)

banana, sliced

3 medium (7" to 7-7/8" long) (354g)

1. Toast bread if desired and spread with peanut butter.
2. Add as many slices of banana as you can and top with other half of bread. Any left over banana can be eaten on the side.

Carrot sticks

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



For single meal:

carrots

4 medium (244g)

For all 3 meals:

carrots

12 medium (732g)

1. Cut carrots into strips and serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

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.

Crackers

8 cracker(s) - 135 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:
crackers
8 crackers (28g)

For all 2 meals:
crackers
16 crackers (56g)

- 1. Enjoy.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:
banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:
banana
2 medium (7" to 7-7/8" long) (236g)

- 1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Bean & tofu goulash

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

**fresh thyme**

4 dash (0g)

paprika

1 tbsp (7g)

oil

1 tbsp (15mL)

garlic, minced

1 clove (3g)

onion, diced

1 medium (2-1/2" dia) (110g)

firm tofu, drained and diced

1/2 lbs (198g)

white beans, canned, drained & rinsed

1 can(s) (439g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Simple mixed greens and tomato salad

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

**salad dressing**

2 1/4 tbsp (34mL)

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Lunch 2 [🔗](#)

Eat on day 2

Roasted rosemary sweet potatoes

525 cals ● 6g protein ● 23g fat ● 61g carbs ● 12g fiber



sweet potatoes, cut into 1" cubes

1 2/3 sweetpotato, 5" long (350g)

rosemary, dried

2 1/2 tsp (3g)

olive oil

5 tsp (25mL)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



Makes 1 3/4 cup(s)

frozen mixed veggies

1 3/4 cup (236g)

1. Prepare according to instructions on package.

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

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.

Lunch 3 [↗](#)

Eat on day 3, day 4

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.

Walnut crusted tofu (vegan)

711 cals ● 33g protein ● 57g fat ● 13g carbs ● 5g fiber



For single meal:

firm tofu, drained

10 oz (284g)

walnuts

6 1/2 tbsp, chopped (48g)

lemon juice

1 1/4 tsp (6mL)

garlic, diced

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

dijon mustard

1 1/4 tbsp (19g)

vegan mayonnaise

2 1/2 tbsp (38g)

For all 2 meals:

firm tofu, drained

1 1/4 lbs (567g)

walnuts

13 tbsp, chopped (97g)

lemon juice

2 1/2 tsp (13mL)

garlic, diced

5 clove(s) (15g)

dijon mustard

2 1/2 tbsp (38g)

vegan mayonnaise

5 tbsp (75g)

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.

Lunch 4 [↗](#)

Eat on day 5, day 6

Pan roasted zucchini

250 cal ● 5g protein ● 19g fat ● 9g carbs ● 5g fiber



For single meal:

zucchini
1 1/2 medium (294g)
black pepper
3/4 tbsp, ground (5g)
oregano, dried
1/4 tbsp, ground (1g)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
olive oil
1 1/2 tbsp (23mL)

For all 2 meals:

zucchini
3 medium (588g)
black pepper
1 1/2 tbsp, ground (10g)
oregano, dried
1/2 tbsp, ground (3g)
garlic powder
1/2 tbsp (5g)
salt
1/2 tbsp (9g)
olive oil
3 tbsp (45mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Sesame peanut zoodles

441 cal ● 19g protein ● 28g fat ● 20g carbs ● 9g fiber



For single meal:

chia seeds
1/4 tbsp (4g)
lime juice
3/4 tbsp (11mL)
green onions
1 1/2 tbsp, sliced (12g)
sesame seeds
1/4 tbsp (2g)
soy sauce
1 1/2 tbsp (23mL)
peanut butter
3 tbsp (48g)
coleslaw mix
3/4 cup (68g)
zucchini, spiralized
1 1/2 medium (294g)

For all 2 meals:

chia seeds
1/2 tbsp (7g)
lime juice
1 1/2 tbsp (23mL)
green onions
3 tbsp, sliced (24g)
sesame seeds
1/2 tbsp (5g)
soy sauce
3 tbsp (45mL)
peanut butter
6 tbsp (96g)
coleslaw mix
1 1/2 cup (135g)
zucchini, spiralized
3 medium (588g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

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.

Lunch 5 [↗](#)

Eat on day 7

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



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.

Bbq tempeh lettuce wrap

8 lettuce wrap(s) - 658 cals ● 51g protein ● 17g fat ● 52g carbs ● 23g fiber



Makes 8 lettuce wrap(s)

romaine lettuce

8 leaf inner (48g)

tempeh, cubed

1/2 lbs (227g)

barbecue sauce

4 tbsp (68g)

coleslaw mix

2 cup (180g)

oil

1 tsp (5mL)

bell pepper, deseeded and sliced

1 small (74g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Strawberry banana protein smoothie

1 smoothie(s) - 388 cal ● 29g protein ● 7g fat ● 42g carbs ● 10g fiber



For single meal:

protein powder

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

banana, frozen, peeled and sliced

1 medium (7" to 7-7/8" long) (118g)

frozen strawberries

1 1/2 cup, unthawed (224g)

almonds

10 almond (12g)

water

2 tbsp (30mL)

ice cubes

1 cup (140g)

For all 2 meals:

protein powder

2 scoop (1/3 cup ea) (62g)

banana, frozen, peeled and sliced

2 medium (7" to 7-7/8" long) (236g)

frozen strawberries

3 cup, unthawed (447g)

almonds

20 almond (24g)

water

4 tbsp (60mL)

ice cubes

2 cup (280g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

Snacks 2 [↗](#)

Eat on day 3, day 4

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:
sunflower kernels
1 1/3 oz (38g)

For all 2 meals:
sunflower kernels
2 2/3 oz (76g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Grapes
160 cal ● 2g protein ● 1g fat ● 25g carbs ● 10g fiber



For single meal:
grapes
2 3/4 cup (253g)

For all 3 meals:
grapes
8 1/4 cup (759g)

1. This recipe has no instructions.

Pumpkin seeds
183 cal ● 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.

Dinner 1 [🔗](#)

Eat on day 1

Baked tofu

20 oz - 566 cals ● 55g protein ● 29g fat ● 14g carbs ● 7g fiber



Makes 20 oz

soy sauce

10 tbsp (150mL)

extra firm tofu

1 1/4 lbs (567g)

fresh ginger, peeled and grated

1 1/4 slices (1" dia) (3g)

sesame seeds

1 1/4 tbsp (11g)

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.

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

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.

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber

Makes 1/3 cup(s)

walnuts
5 tbsp, shelled (31g)



1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Basic tempeh

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



Makes 8 oz

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

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.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



fresh parsley, chopped
3 sprigs (3g)
apple cider vinegar
1 tbsp (1mL)
balsamic vinegar
1 tbsp (15mL)
tomatoes, halved
1 cup cherry tomatoes (149g)
onion, thinly sliced
1/2 small (35g)
chickpeas, canned, drained and rinsed
1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!

Dinner 3 [🔗](#)

Eat on day 3, day 4

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:	For all 2 meals:
onion, thinly sliced 1 small (70g)	onion, thinly sliced 2 small (140g)
vegan sausage 2 sausage (200g)	vegan sausage 4 sausage (400g)
oil 1 tbsp (15mL)	oil 2 tbsp (30mL)
frozen cauliflower 1 1/2 cup (170g)	frozen cauliflower 3 cup (340g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:	For all 2 meals:
fruit juice 13 1/3 fl oz (400mL)	fruit juice 26 2/3 fl oz (800mL)

1. This recipe has no instructions.

Dinner 4 [🔗](#)

Eat on day 5

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.

Tomato cucumber salad

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



tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
red onion, thinly sliced
1/4 small (18g)
salad dressing
1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Chik'n nuggets

14 nuggets - 772 cals ● 43g protein ● 32g fat ● 72g carbs ● 7g fiber



For single meal:

vegan chik'n nuggets
14 nuggets (301g)
ketchup
1/4 cup (60g)

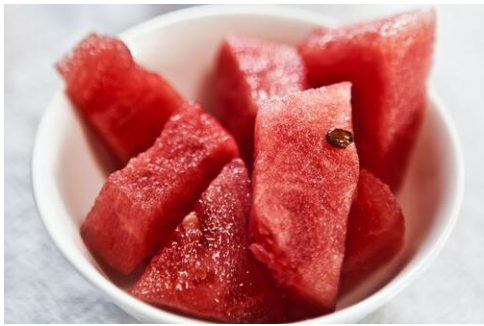
For all 2 meals:

vegan chik'n nuggets
28 nuggets (602g)
ketchup
1/2 cup (119g)

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

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

Watermelon
8 oz (227g)

For all 2 meals:

Watermelon
16 oz (453g)

1. Slice watermelon and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water
3 1/2 cup(s) (830mL)
protein powder
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water
24 1/2 cup(s) (5807mL)
protein powder
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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