

# Meal Plan - 1400 calorie high protein 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

1333 cals ● 128g protein (38%) ● 33g fat (23%) ● 108g carbs (32%) ● 23g fiber (7%)

### Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat



**Dark chocolate**

1 square(s)- 60 cals



**Large granola bar**

1 bar(s)- 176 cals



**Cucumber slices**

3/4 cucumber- 45 cals

### Snacks

105 cals, 1g protein, 21g net carbs, 0g fat



**Apple**

1 apple(s)- 105 cals

### Lunch

170 cals, 13g protein, 4g net carbs, 10g fat



**Sautéed mushrooms**

4 oz mushrooms- 95 cals



**Vegan crumbles**

1/2 cup(s)- 73 cals

### Dinner

450 cals, 35g protein, 47g net carbs, 10g fat



**Lentils**

174 cals



**Maple seitan lettuce cups with vegan ranch**

1 lettuce cup(s)- 278 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

## Day 2

1383 cal ● 128g protein (37%) ● 30g fat (20%) ● 125g carbs (36%) ● 25g fiber (7%)

### Breakfast

280 cal, 7g protein, 33g net carbs, 12g fat



**Dark chocolate**  
1 square(s)- 60 cal



**Large granola bar**  
1 bar(s)- 176 cal



**Cucumber slices**  
3/4 cucumber- 45 cal

### Snacks

105 cal, 1g protein, 21g net carbs, 0g fat



**Apple**  
1 apple(s)- 105 cal

### Lunch

220 cal, 12g protein, 22g net carbs, 6g fat



**Bean & tofu goulash**  
219 cal

### Dinner

450 cal, 35g protein, 47g net carbs, 10g fat



**Lentils**  
174 cal



**Maple seitan lettuce cups with vegan ranch**  
1 lettuce cup(s)- 278 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

## Day 3

1389 cal ● 123g protein (35%) ● 40g fat (26%) ● 113g carbs (32%) ● 22g fiber (6%)

### Breakfast

280 cal, 7g protein, 33g net carbs, 12g fat



**Dark chocolate**  
1 square(s)- 60 cal



**Large granola bar**  
1 bar(s)- 176 cal



**Cucumber slices**  
3/4 cucumber- 45 cal

### Snacks

135 cal, 6g protein, 2g net carbs, 11g fat



**Sunflower seeds**  
135 cal

### Lunch

370 cal, 21g protein, 49g net carbs, 8g fat



**Rice pilaf with meatless meatballs**  
372 cal

### Dinner

275 cal, 17g protein, 26g net carbs, 8g fat



**Lentils**  
87 cal



**Roasted tomatoes**  
1 tomato(es)- 60 cal



**Veggie burger patty**  
1 patty- 127 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

## Day 4

1381 cal ● 134g protein (39%) ● 46g fat (30%) ● 87g carbs (25%) ● 21g fiber (6%)

### Breakfast

155 cal, 7g protein, 23g net carbs, 4g fat



**Soy milk yogurt**  
1 container- 136 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal

### Snacks

135 cal, 6g protein, 2g net carbs, 11g fat



**Sunflower seeds**  
135 cal

### Lunch

370 cal, 21g protein, 49g net carbs, 8g fat



**Rice pilaf with meatless meatballs**  
372 cal

### Dinner

390 cal, 28g protein, 11g net carbs, 22g fat



**Sautéed mushrooms**  
4 oz mushrooms- 95 cal



**Basic tempeh**  
4 oz- 295 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

## Day 5

1387 cal ● 125g protein (36%) ● 40g fat (26%) ● 111g carbs (32%) ● 22g fiber (6%)

### Breakfast

155 cal, 7g protein, 23g net carbs, 4g fat



**Soy milk yogurt**  
1 container- 136 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal

### Snacks

95 cal, 5g protein, 15g net carbs, 0g fat



**Sugar snap peas**  
2 cup- 54 cal



**Watermelon**  
4 oz- 41 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

### Lunch

420 cal, 14g protein, 60g net carbs, 12g fat



**Fruit juice**  
1/2 cup(s)- 57 cal



**Flavored rice mix**  
143 cal



**Tofu marsala**  
217 cal

### Dinner

390 cal, 28g protein, 11g net carbs, 22g fat



**Sautéed mushrooms**  
4 oz mushrooms- 95 cal



**Basic tempeh**  
4 oz- 295 cal

## Day 6

1360 cal ● 125g protein (37%) ● 36g fat (24%) ● 93g carbs (27%) ● 41g fiber (12%)

### Breakfast

170 cal, 5g protein, 13g net carbs, 9g fat



**Avocado toast**  
1 slice(s)- 168 cal

### Snacks

95 cal, 5g protein, 15g net carbs, 0g fat



**Sugar snap peas**  
2 cup- 54 cal



**Watermelon**  
4 oz- 41 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

### Lunch

435 cal, 18g protein, 47g net carbs, 11g fat



**Lentil chili**  
290 cal



**Simple salad with tomatoes and carrots**  
147 cal

### Dinner

330 cal, 25g protein, 15g net carbs, 15g fat



**Carrot & grounds stir fry**  
332 cal

# Day 7

1360 cals ● 125g protein (37%) ● 36g fat (24%) ● 93g carbs (27%) ● 41g fiber (12%)

## Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



[Avocado toast](#)  
1 slice(s)- 168 cals

## Lunch

435 cals, 18g protein, 47g net carbs, 11g fat



[Lentil chili](#)  
290 cals



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

## Snacks

95 cals, 5g protein, 15g net carbs, 0g fat



[Sugar snap peas](#)  
2 cup- 54 cals



[Watermelon](#)  
4 oz- 41 cals

## Dinner

330 cals, 25g protein, 15g net carbs, 15g fat



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

## Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 scoop- 327 cals

---

## Spices and Herbs

- salt  
1/3 tsp (2g)
- fresh thyme  
1 dash (0g)
- paprika  
1/4 tbsp (2g)
- balsamic vinegar  
1/4 tbsp (4mL)
- chili powder  
2 tsp (5g)
- ground cumin  
1 tsp (2g)
- black pepper  
3/4 dash, ground (0g)
- crushed red pepper  
1/3 tsp (1g)

## Beverages

- water  
1 1/2 gallon (5645mL)
- protein powder  
21 scoop (1/3 cup ea) (651g)

## Legumes and Legume Products

- lentils, raw  
1 cup (184g)
- vegetarian burger crumbles  
5/6 package (12 oz) (277g)
- firm tofu  
1/4 lbs (120g)
- white beans, canned  
1/4 can(s) (110g)
- tempeh  
1/2 lbs (227g)
- soy sauce  
2 tbsp (30mL)

## Other

- vegan ranch  
1 tbsp (15mL)
- smoked paprika  
1/2 tsp (1g)
- veggie burger patty  
1 patty (71g)
- snow peas  
1/4 cup (21g)

## Sweets

- maple syrup  
1 tbsp (15mL)
- Chocolate, dark, 70-85%  
3 square(s) (30g)

## Fats and Oils

- oil  
3 1/4 oz (98mL)
- salad dressing  
2 1/4 tbsp (34mL)

## Snacks

- large granola bar  
3 bar (111g)

## Fruits and Fruit Juices

- apples  
2 medium (3" dia) (364g)
- fruit juice  
4 fl oz (120mL)
- Watermelon  
12 oz (340g)
- avocados  
1/2 avocado(s) (101g)
- lime juice  
2 tsp (10mL)

## Nut and Seed Products

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

## Meals, Entrees, and Side Dishes

- flavored rice mix  
1 pouch (~5.6 oz) (153g)

## Soups, Sauces, and Gravies

- vegetable broth  
1 1/4 cup(s) (mL)

## Baked Products

- bread  
2 slice (64g)

- vegan meatballs, frozen**  
6 meatball(s) (180g)
- soy milk yogurt**  
2 container(s) (301g)
- vegan butter**  
1/2 tbsp (7g)

## **Cereal Grains and Pasta**

- seitan**  
6 oz (170g)
- cornstarch**  
4 dash (1g)
- dry bulgur wheat**  
1/3 cup (47g)

## **Vegetables and Vegetable Products**

- shallots**  
3/4 shallot (85g)
  - cucumber**  
2 1/2 cucumber (8-1/4") (719g)
  - romaine lettuce**  
1 1/4 head (762g)
  - mushrooms**  
13 1/4 oz (376g)
  - garlic**  
3 1/2 clove(s) (10g)
  - onion**  
1 1/2 medium (2-1/2" dia) (164g)
  - tomatoes**  
4 3/4 medium whole (2-3/5" dia) (582g)
  - potatoes**  
2 1/2 oz (71g)
  - Sugar snap peas**  
6 cup, whole (378g)
  - canned whole tomatoes**  
2/3 cup (160g)
  - carrots**  
4 medium (238g)
  - fresh cilantro**  
2 tbsp, chopped (6g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

**Chocolate, dark, 70-85%**  
1 square(s) (10g)

For all 3 meals:

**Chocolate, dark, 70-85%**  
3 square(s) (30g)

1. This recipe has no instructions.

### Large granola bar

1 bar(s) - 176 cal ● 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.

### Cucumber slices

3/4 cucumber - 45 cal ● 2g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**cucumber**  
3/4 cucumber (8-1/4") (226g)

For all 3 meals:

**cucumber**  
2 1/4 cucumber (8-1/4") (677g)

1. Slice cucumber into rounds and serve.



## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Soy milk yogurt

1 container - 136 cal ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

**soy milk yogurt**  
1 container(s) (150g)

For all 2 meals:

**soy milk yogurt**  
2 container(s) (301g)

1. This recipe has no instructions.

### 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 3 [↗](#)

Eat on day 6, day 7

### Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

---

## Lunch 1 [↗](#)

Eat on day 1

---

### Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

**oil**

1/2 tbsp (8mL)

**mushrooms, sliced**

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

---

### Vegan crumbles

1/2 cup(s) - 73 cal ● 9g protein ● 2g fat ● 1g carbs ● 3g fiber



Makes 1/2 cup(s)

**vegetarian burger crumbles**

1/2 cup (50g)

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

---

## Lunch 2 [↗](#)

Eat on day 2

---

### Bean & tofu goulash

219 cal ● 12g protein ● 6g fat ● 22g carbs ● 6g fiber



**fresh thyme**

1 dash (0g)

**paprika**

1/4 tbsp (2g)

**oil**

1/4 tbsp (4mL)

**garlic, minced**

1/4 clove (1g)

**onion, diced**

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

**firm tofu, drained and diced**

1 3/4 oz (50g)

**white beans, canned, drained & rinsed**

1/4 can(s) (110g)

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.
-

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Rice pilaf with meatless meatballs

372 cal ● 21g protein ● 8g fat ● 49g carbs ● 6g fiber



For single meal:

**snow peas, ends trimmed**

1/8 cup (11g)

**tomatoes**

3 cherry tomatoes (51g)

**vegan meatballs, frozen**

3 meatball(s) (90g)

**flavored rice mix**

1/4 box (8 oz) (57g)

For all 2 meals:

**snow peas, ends trimmed**

1/4 cup (21g)

**tomatoes**

6 cherry tomatoes (102g)

**vegan meatballs, frozen**

6 meatball(s) (180g)

**flavored rice mix**

1/2 box (8 oz) (113g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

## Lunch 4 [↗](#)

Eat on day 5

### Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

**fruit juice**

4 fl oz (120mL)

1. This recipe has no instructions.

### Flavored rice mix

143 cal ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



**flavored rice mix**

1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

### Tofu marsala

217 cal ● 9g protein ● 11g fat ● 18g carbs ● 3g fiber



**balsamic vinegar**

1/4 tbsp (4mL)

**garlic, minced**

1/2 clove(s) (2g)

**shallots, minced**

1/4 shallot (28g)

**oil**

1/2 tbsp (8mL)

**mushrooms, sliced**

1 1/4 oz (35g)

**firm tofu, patted dry & cubed**

2 1/2 oz (71g)

**vegetable broth, hot**

1/4 cup(s) (mL)

**cornstarch**

4 dash (1g)

**vegan butter**

1/2 tbsp (7g)

**potatoes, peeled & quartered**

2 1/2 oz (71g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
  2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
  3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
  4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
  5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
  6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
  7. Serve tofu marsala with mashed potatoes.
-

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Lentil chili

290 cal ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**garlic, minced**  
2/3 clove(s) (2g)  
**lentils, raw**  
2 2/3 tbsp (32g)  
**chili powder**  
1 tsp (3g)  
**ground cumin**  
4 dash (1g)  
**salt**  
2/3 dash (1g)  
**black pepper**  
1/3 dash, ground (0g)  
**canned whole tomatoes, chopped**  
1/3 cup (80g)  
**dry bulgur wheat**  
2 2/3 tbsp (23g)  
**vegetable broth**  
1/2 cup(s) (mL)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**lentils, raw**  
1/3 cup (64g)  
**chili powder**  
2 tsp (5g)  
**ground cumin**  
1 tsp (2g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**canned whole tomatoes, chopped**  
2/3 cup (160g)  
**dry bulgur wheat**  
1/3 cup (47g)  
**vegetable broth**  
1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

### Simple salad with tomatoes and carrots

147 cal ● 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.

## Snacks 1 [↗](#)

Eat on day 1, day 2

---

### Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

1. This recipe has no instructions.

---

## Snacks 2 [↗](#)

Eat on day 3, day 4

---

### Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
3/4 oz (21g)

For all 2 meals:

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

1. This recipe has no instructions.

---

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

---

### Sugar snap peas

2 cup - 54 cal ● 4g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**Sugar snap peas**  
2 cup, whole (126g)

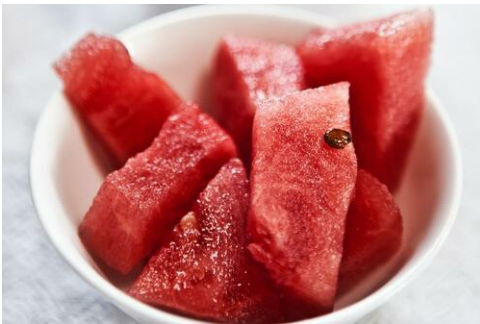
For all 3 meals:

**Sugar snap peas**  
6 cup, whole (378g)

1. Season with salt if desired and serve raw.
- 

### Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

**Watermelon**  
4 oz (113g)

For all 3 meals:

**Watermelon**  
12 oz (340g)

1. Slice watermelon and serve.
-

## Dinner 1 [↗](#)

Eat on day 1, day 2

---

### 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.

---

### Maple seitan lettuce cups with vegan ranch

1 lettuce cup(s) - 278 cal ● 24g protein ● 10g fat ● 22g carbs ● 2g fiber



For single meal:

**vegan ranch**  
1/2 tbsp (8mL)  
**seitan, crumbled**  
3 oz (85g)  
**shallots, sliced**  
1/4 shallot (28g)  
**maple syrup**  
1/2 tbsp (8mL)  
**cucumber, diced**  
3 slices (21g)  
**romaine lettuce**  
1 leaf inner (6g)  
**oil**  
1 tsp (5mL)  
**smoked paprika**  
1/4 tsp (1g)

For all 2 meals:

**vegan ranch**  
1 tbsp (15mL)  
**seitan, crumbled**  
6 oz (170g)  
**shallots, sliced**  
1/2 shallot (57g)  
**maple syrup**  
1 tbsp (15mL)  
**cucumber, diced**  
6 slices (42g)  
**romaine lettuce**  
2 leaf inner (12g)  
**oil**  
2 tsp (10mL)  
**smoked paprika**  
1/2 tsp (1g)

1. Heat oil in a skillet over medium heat.
  2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
  3. Turn off heat. Stir in maple syrup.
  4. Add seitan to lettuce cups and top with cucumber and a drizzle of vegan ranch. Serve.
-



## Dinner 2 [↗](#)

Eat on day 3

---

### Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



#### salt

1/4 dash (0g)

#### water

1/2 cup(s) (119mL)

#### lentils, raw, rinsed

2 tbsp (24g)

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.

---

### Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

#### tomatoes

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

#### oil

1 tsp (5mL)

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.

### Veggie burger patty

1 patty - 127 cal ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



Makes 1 patty

#### veggie burger patty

1 patty (71g)

1. Cook burger according to package instructions.
  2. Serve.
-

## Dinner 3 [↗](#)

Eat on day 4, day 5

---

### Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**mushrooms, sliced**  
4 oz (113g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**mushrooms, sliced**  
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
  2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
  3. Season with salt/pepper and any spices or herbs you have on hand. Serve.
- 

### Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**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.
-

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Carrot & grounds stir fry

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



For single meal:

**fresh cilantro, chopped**

1 tbsp, 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**

1 tbsp (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,

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

3 scoop - 327 cal ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

**water**

3 cup(s) (711mL)

**protein powder**

3 scoop (1/3 cup ea) (93g)

For all 7 meals:

**water**

21 cup(s) (4977mL)

**protein powder**

21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.