

Meal Plan - 1600 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

1570 cal ● 152g protein (39%) ● 31g fat (18%) ● 127g carbs (32%) ● 42g fiber (11%)

Breakfast

270 cal, 29g protein, 8g net carbs, 12g fat



[Double chocolate almond milk protein shake](#)

167 cal



[Roasted cashews](#)

1/8 cup(s)- 104 cal

Snacks

205 cal, 7g protein, 30g net carbs, 4g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cal



[Soy milk](#)

1/2 cup(s)- 42 cal

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cal

Lunch

190 cal, 6g protein, 28g net carbs, 5g fat



[Peanut butter and jelly sandwich](#)

1/2 sandwich(es)- 191 cal

Dinner

520 cal, 26g protein, 58g net carbs, 8g fat



[Black bean & sweet potato stew](#)

519 cal

Day 2

1547 cal ● 146g protein (38%) ● 38g fat (22%) ● 135g carbs (35%) ● 21g fiber (5%)

Breakfast

270 cal, 29g protein, 8g net carbs, 12g fat



Double chocolate almond milk protein shake
167 cal



Roasted cashews
1/8 cup(s)- 104 cal

Snacks

205 cal, 7g protein, 30g net carbs, 4g fat



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



Soy milk
1/2 cup(s)- 42 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Lunch

360 cal, 10g protein, 50g net carbs, 10g fat



Banana
1 banana(s)- 117 cal



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

Dinner

325 cal, 15g protein, 43g net carbs, 9g fat



Cucumber slices
1/2 cucumber- 30 cal



Chik'n nuggets
4 nuggets- 221 cal



Fruit juice
2/3 cup(s)- 76 cal

Day 3

1606 cal ● 148g protein (37%) ● 42g fat (23%) ● 138g carbs (34%) ● 21g fiber (5%)

Breakfast

270 cal, 29g protein, 8g net carbs, 12g fat



Double chocolate almond milk protein shake
167 cal



Roasted cashews
1/8 cup(s)- 104 cal

Snacks

205 cal, 7g protein, 30g net carbs, 4g fat



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



Soy milk
1/2 cup(s)- 42 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Lunch

420 cal, 12g protein, 54g net carbs, 14g fat



Banana
1 banana(s)- 117 cal



Grilled 'cheese' with mushrooms
302 cal

Dinner

325 cal, 15g protein, 43g net carbs, 9g fat



Cucumber slices
1/2 cucumber- 30 cal



Chik'n nuggets
4 nuggets- 221 cal



Fruit juice
2/3 cup(s)- 76 cal

Day 4

1591 cal ● 157g protein (40%) ● 47g fat (26%) ● 115g carbs (29%) ● 21g fiber (5%)

Breakfast

240 cal, 30g protein, 9g net carbs, 8g fat



Cherry tomatoes

9 cherry tomatoes- 32 cal



Protein shake (almond milk)

210 cal

Snacks

220 cal, 7g protein, 23g net carbs, 10g fat



Large granola bar

1 bar(s)- 176 cal



Soy milk

1/2 cup(s)- 42 cal

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cal

Lunch

365 cal, 13g protein, 40g net carbs, 14g fat



Cucumber slices

1/4 cucumber- 15 cal



Rosemary mushroom vegan cheese sandwich

1 sandwich(es)- 352 cal

Dinner

385 cal, 23g protein, 40g net carbs, 13g fat



Crispy chik'n tenders

5 1/3 tender(s)- 305 cal



Strawberries

1 1/2 cup(s)- 78 cal

Day 5

1551 cal ● 150g protein (39%) ● 58g fat (34%) ● 87g carbs (22%) ● 19g fiber (5%)

Breakfast

240 cal, 30g protein, 9g net carbs, 8g fat



Cherry tomatoes

9 cherry tomatoes- 32 cal



Protein shake (almond milk)

210 cal

Snacks

220 cal, 7g protein, 23g net carbs, 10g fat



Large granola bar

1 bar(s)- 176 cal



Soy milk

1/2 cup(s)- 42 cal

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cal

Lunch

365 cal, 13g protein, 40g net carbs, 14g fat



Cucumber slices

1/4 cucumber- 15 cal



Rosemary mushroom vegan cheese sandwich

1 sandwich(es)- 352 cal

Dinner

340 cal, 16g protein, 12g net carbs, 24g fat



Basic tofu

6 oz- 257 cal



Simple salad with celery, cucumber & tomato

85 cal

Day 6

1617 cals ● 157g protein (39%) ● 44g fat (24%) ● 123g carbs (30%) ● 27g fiber (7%)

Breakfast

255 cals, 9g protein, 14g net carbs, 17g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Rice cakes with peanut butter](#)

1 cake(s)- 240 cals

Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



[Kale chips](#)

138 cals

Lunch

450 cals, 37g protein, 52g net carbs, 8g fat



[Teriyaki seitan with veggies and rice](#)

451 cals

Dinner

395 cals, 23g protein, 48g net carbs, 7g fat



[Soy milk](#)

1 cup(s)- 85 cals



[Bbq cauliflower wings](#)

268 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

Day 7

1617 cals ● 157g protein (39%) ● 44g fat (24%) ● 123g carbs (30%) ● 27g fiber (7%)

Breakfast

255 cals, 9g protein, 14g net carbs, 17g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Rice cakes with peanut butter](#)

1 cake(s)- 240 cals

Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



[Kale chips](#)

138 cals

Lunch

450 cals, 37g protein, 52g net carbs, 8g fat



[Teriyaki seitan with veggies and rice](#)

451 cals

Dinner

395 cals, 23g protein, 48g net carbs, 7g fat



[Soy milk](#)

1 cup(s)- 85 cals



[Bbq cauliflower wings](#)

268 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

Vegetables and Vegetable Products

- tomato paste
2 1/2 tsp (13g)
- kale leaves
1/2 lbs (252g)
- garlic
5/6 clove(s) (3g)
- onion
3/8 small (29g)
- sweet potatoes
3/8 sweetpotato, 5" long (88g)
- cucumber
2 cucumber (8-1/4") (552g)
- ketchup
3 1/3 tbsp (57g)
- mushrooms
1/4 lbs (120g)
- tomatoes
6 medium whole (2-3/5" dia) (755g)
- raw celery
4 2/3 stalk, medium (7-1/2" - 8" long) (187g)
- frozen mixed veggies
2/3 package (10 oz ea) (192g)
- cauliflower
2 head small (4" dia.) (530g)

Fats and Oils

- oil
1 oz (31mL)
- cooking spray
1/2 spray(s) , about 1/3 second each (0g)
- olive oil
2 tbsp (27mL)
- salad dressing
1 tbsp (15mL)

Fruits and Fruit Juices

- lemon juice
1 1/4 tsp (6mL)
- fruit juice
10 2/3 fl oz (320mL)
- banana
2 1/2 medium (7" to 7-7/8" long) (295g)
- strawberries
1 1/2 cup, whole (216g)

Spices and Herbs

Legumes and Legume Products

- black beans
5/6 can(s) (366g)
- peanut butter
1/3 cup (88g)
- firm tofu
6 oz (170g)

Sweets

- cocoa powder
1 tbsp (5g)
- jelly
1 serving 1 tbsp (21g)

Other

- protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- soy milk, unsweetened
1/4 gallon (1080mL)
- vegan chik'n nuggets
8 nuggets (172g)
- vegan cheese, sliced
1 slice(s) (20g)
- meatless chik'n tenders
5 1/3 pieces (136g)
- vegan cheese, shredded
1 cup (112g)
- mixed greens
1/2 package (5.5 oz) (82g)
- teriyaki sauce
1/4 cup (53mL)
- nutritional yeast
1/2 cup (30g)

Nut and Seed Products

- roasted cashews
6 tbsp, halves and whole (51g)

Breakfast Cereals

- flavored instant oatmeal
3 packet (129g)

Baked Products

- bread
1/2 lbs (256g)

- ground cumin
5 dash (1g)
- thyme, dried
1 tsp, ground (1g)
- rosemary
4 dash (1g)
- salt
2 tsp (11g)

Beverages

- water
31 cup(s) (7347mL)
- protein powder
26 1/2 scoop (1/3 cup ea) (822g)
- almond milk, unsweetened
1/4 gallon (840mL)

Snacks

- large granola bar
2 bar (74g)
- rice cakes, any flavor
2 cakes (18g)

Cereal Grains and Pasta

- seitan
1/2 lbs (227g)
- long-grain white rice
1/3 cup (62g)

Soups, Sauces, and Gravies

- barbecue sauce
1/2 cup (143g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Double chocolate almond milk protein shake

167 cal ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

cocoa powder

1 tsp (2g)

water

1 cup(s) (237mL)

almond milk, unsweetened

1/2 cup (120mL)

protein powder, chocolate

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

For all 3 meals:

cocoa powder

1 tbsp (5g)

water

3 cup(s) (711mL)

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder, chocolate

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

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp, halves and whole (17g)

For all 3 meals:

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

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

Protein shake (almond milk)

210 cals ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

almond milk, unsweetened

1 cup (240mL)

protein powder

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

For all 2 meals:

almond milk, unsweetened

2 cup (480mL)

protein powder

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

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Rice cakes with peanut butter

1 cake(s) - 240 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 2 meals:

peanut butter
4 tsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Lunch 1 [↗](#)

Eat on day 1

Peanut butter and jelly sandwich

1/2 sandwich(es) - 191 cal ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



Makes 1/2 sandwich(es)

bread
1 slice (32g)
peanut butter
1/2 tsp (8g)
jelly
1 serving 1 tsp (21g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Lunch 2 [↗](#)

Eat on day 2

Banana

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



Makes 1 banana(s)

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

1. This recipe has no instructions.

Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cal ● 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.

Lunch 3 [↗](#)

Eat on day 3

Banana

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



Makes 1 banana(s)

banana

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

1. This recipe has no instructions.

Grilled 'cheese' with mushrooms

302 cals ● 10g protein ● 14g fat ● 30g carbs ● 5g fiber



bread

2 slice(s) (64g)

thyme, dried

1 tsp, ground (1g)

olive oil

1/2 tbsp (8mL)

mushrooms

1/2 cup, chopped (35g)

vegan cheese, sliced

1 slice(s) (20g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lunch 4 [↗](#)

Eat on day 4, day 5

Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber

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

1. Slice cucumber into rounds and serve.
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Rosemary mushroom vegan cheese sandwich

1 sandwich(es) - 352 cal ● 12g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

vegan cheese, shredded

1/2 cup (56g)

bread

2 slice(s) (64g)

mushrooms

1 1/2 oz (43g)

mixed greens

1/2 cup (15g)

rosemary

2 dash (0g)

For all 2 meals:

vegan cheese, shredded

1 cup (112g)

bread

4 slice(s) (128g)

mushrooms

3 oz (85g)

mixed greens

1 cup (30g)

rosemary

4 dash (1g)

1. Heat a skillet over medium heat.
 2. Top the bottom slice of bread with half of the vegan cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
 3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Teriyaki seitan with veggies and rice

451 cal ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



For single meal:

seitan, cut into strips
4 oz (113g)
oil
1 tsp (5mL)
teriyaki sauce
1 3/4 tbsp (27mL)
frozen mixed veggies
1/3 package (10 oz ea) (96g)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

seitan, cut into strips
1/2 lbs (227g)
oil
2 tsp (10mL)
teriyaki sauce
1/4 cup (53mL)
frozen mixed veggies
2/3 package (10 oz ea) (192g)
long-grain white rice
1/3 cup (62g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

flavored instant oatmeal
3 packet (129g)
water
2 1/4 cup(s) (533mL)

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

Soy milk

1/2 cup(s) - 42 cal ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened
1/2 cup (120mL)

For all 3 meals:

soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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)

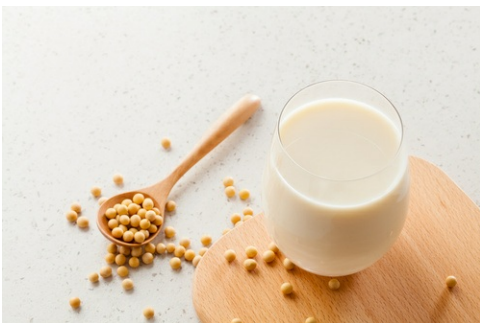
For all 2 meals:

large granola bar
2 bar (74g)

1. This recipe has no instructions.

Soy milk

1/2 cup(s) - 42 cal ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened
1/2 cup (120mL)

For all 2 meals:

soy milk, unsweetened
1 cup (240mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

olive oil
2 tsp (10mL)
kale leaves
2/3 bunch (113g)
salt
1/4 tbsp (4g)

For all 2 meals:

olive oil
4 tsp (20mL)
kale leaves
1 1/3 bunch (227g)
salt
1/2 tbsp (8g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
 5. Spread the leaves over the baking sheet and sprinkle with salt.
 6. Bake about 10-15 minutes- until edges are browned but not burnt.
 7. Serve
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Dinner 1 [↗](#)

Eat on day 1

Black bean & sweet potato stew

519 cal ● 26g protein ● 8g fat ● 58g carbs ● 30g fiber



tomato paste

2 1/2 tsp (13g)

oil

1 1/4 tsp (6mL)

kale leaves

10 tbsp, chopped (25g)

lemon juice

1 1/4 tsp (6mL)

ground cumin

5 dash (1g)

garlic, diced

5/6 clove(s) (3g)

onion, chopped

3/8 small (29g)

sweet potatoes, cubed

3/8 sweetpotato, 5" long (88g)

water

1 1/4 cup(s) (296mL)

black beans, drained

5/6 can(s) (366g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Cucumber slices

1/2 cucumber - 30 cal ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

cucumber

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

For all 2 meals:

cucumber

1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

Chik'n nuggets

4 nuggets - 221 cal ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

vegan chik'n nuggets

4 nuggets (86g)

ketchup

1 tbsp (17g)

For all 2 meals:

vegan chik'n nuggets

8 nuggets (172g)

ketchup

2 tbsp (34g)

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

Fruit juice

2/3 cup(s) - 76 cal ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice

5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice

10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Crispy chik'n tenders

5 1/3 tender(s) - 305 cal ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



Makes 5 1/3 tender(s)

ketchup

4 tsp (23g)

meatless chik'n tenders

5 1/3 pieces (136g)

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

Strawberries

1 1/2 cup(s) - 78 cal ● 2g protein ● 1g fat ● 12g carbs ● 4g fiber



Makes 1 1/2 cup(s)

strawberries

1 1/2 cup, whole (216g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5

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 celery, cucumber & tomato

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



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)

1. Mix all vegetables in a large bowl.
 2. Drizzle salad dressing over when serving.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Soy milk

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



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

barbecue sauce
4 tbsp (72g)
salt
2 dash (2g)
nutritional yeast
4 tbsp (15g)
cauliflower
1 head small (4" dia.) (265g)

For all 2 meals:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal ● 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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