

Meal Plan - 1400 calorie low carb 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

1424 cals ● 98g protein (28%) ● 68g fat (43%) ● 68g carbs (19%) ● 36g fiber (10%)

Breakfast

310 cals, 8g protein, 22g net carbs, 18g fat



[Soy milk yogurt](#)

1 container- 136 cals



[Avocado](#)

176 cals

Snacks

140 cals, 3g protein, 4g net carbs, 11g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Walnuts](#)

1/6 cup(s)- 117 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Lunch

395 cals, 25g protein, 20g net carbs, 20g fat



[Vegan buttery garlic green beans](#)

121 cals



[Cajun tofu](#)

275 cals

Dinner

415 cals, 26g protein, 21g net carbs, 18g fat



[Tempeh taco salad bowl](#)

416 cals

Day 2

1430 cals ● 91g protein (26%) ● 69g fat (44%) ● 75g carbs (21%) ● 35g fiber (10%)

Breakfast

310 cals, 8g protein, 22g net carbs, 18g fat



Soy milk yogurt

1 container- 136 cals



Avocado

176 cals

Snacks

140 cals, 3g protein, 4g net carbs, 11g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Walnuts

1/6 cup(s)- 117 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

400 cals, 18g protein, 28g net carbs, 21g fat



Vegan cream of mushroom soup

401 cals

Dinner

415 cals, 26g protein, 21g net carbs, 18g fat



Tempeh taco salad bowl

416 cals

Day 3

1384 cals ● 97g protein (28%) ● 63g fat (41%) ● 74g carbs (21%) ● 32g fiber (9%)

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk

1 cup(s)- 85 cals



Almond protein balls

1 ball(s)- 135 cals

Snacks

155 cals, 2g protein, 21g net carbs, 5g fat



Roasted pepper wedges with vegan cheese

2 wedge(s)- 68 cals



Orange

1 orange(s)- 85 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

400 cals, 18g protein, 28g net carbs, 21g fat



Vegan cream of mushroom soup

401 cals

Dinner

445 cals, 27g protein, 20g net carbs, 22g fat



Carrot & grounds stir fry

332 cals



Simple kale & avocado salad

115 cals

Day 4

1376 cals ● 105g protein (30%) ● 58g fat (38%) ● 69g carbs (20%) ● 40g fiber (12%)

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk
1 cup(s)- 85 cals



Almond protein balls
1 ball(s)- 135 cals

Snacks

155 cals, 2g protein, 21g net carbs, 5g fat



Roasted pepper wedges with vegan cheese
2 wedge(s)- 68 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

395 cals, 26g protein, 23g net carbs, 16g fat



Roasted carrots
4 carrots(s)- 211 cals



Vegan crumbles
1 1/4 cup(s)- 183 cals

Dinner

445 cals, 27g protein, 20g net carbs, 22g fat



Carrot & grounds stir fry
332 cals



Simple kale & avocado salad
115 cals

Day 5

1368 cals ● 92g protein (27%) ● 67g fat (44%) ● 72g carbs (21%) ● 29g fiber (8%)

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk
1 cup(s)- 85 cals



Almond protein balls
1 ball(s)- 135 cals

Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



Raspberries
3/4 cup(s)- 54 cals



Bell pepper strips and hummus
114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

465 cals, 25g protein, 28g net carbs, 25g fat



Chunky canned soup (non-creamy)
1 can(s)- 247 cals



Mixed nuts
1/4 cup(s)- 218 cals

Dinner

355 cals, 11g protein, 27g net carbs, 20g fat



Simple mixed greens salad
136 cals



Tofu marsala
217 cals

Day 6

1419 cals ● 100g protein (28%) ● 61g fat (39%) ● 84g carbs (24%) ● 33g fiber (9%)

Breakfast

200 cals, 4g protein, 14g net carbs, 12g fat



[Blueberry nut apple slices](#)
1/2 apple(s)- 198 cals

Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



[Raspberries](#)
3/4 cup(s)- 54 cals



[Bell pepper strips and hummus](#)
114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Lunch

465 cals, 25g protein, 28g net carbs, 25g fat



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



[Mixed nuts](#)
1/4 cup(s)- 218 cals

Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



[Seitan salad](#)
359 cals



[Peach](#)
1 peach(es)- 66 cals

Day 7

1428 cals ● 113g protein (32%) ● 61g fat (39%) ● 74g carbs (21%) ● 31g fiber (9%)

Breakfast

200 cals, 4g protein, 14g net carbs, 12g fat



[Blueberry nut apple slices](#)
1/2 apple(s)- 198 cals

Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



[Raspberries](#)
3/4 cup(s)- 54 cals



[Bell pepper strips and hummus](#)
114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Lunch

475 cals, 38g protein, 18g net carbs, 25g fat



[Soy milk](#)
1 1/3 cup(s)- 113 cals



[Vegan bangers and cauliflower mash](#)
1 sausage link(s)- 361 cals

Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



[Seitan salad](#)
359 cals



[Peach](#)
1 peach(es)- 66 cals

Fats and Oils

- ☐ oil
2 1/2 oz (79mL)
- ☐ salad dressing
5 tbsp (75mL)

Legumes and Legume Products

- ☐ refried beans
3/4 cup (182g)
- ☐ tempeh
6 oz (170g)
- ☐ firm tofu
2/3 lbs (319g)
- ☐ soy sauce
2 tbsp (30mL)
- ☐ vegetarian burger crumbles
1 package (12 oz) (352g)
- ☐ hummus
2/3 cup (162g)

Soups, Sauces, and Gravies

- ☐ salsa
1/4 cup (81g)
- ☐ vegetable broth
1/4 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

Other

- ☐ mixed greens
3 3/4 cup (113g)
- ☐ soy milk yogurt
2 container(s) (301g)
- ☐ vegan butter
1 3/4 tbsp (25g)
- ☐ soy milk, unsweetened
1/4 gallon (1039mL)
- ☐ almond flour
1 1/2 tbsp (11g)
- ☐ vegan cheese, shredded
1 oz (28g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ vegan sausage
1 sausage (100g)
- ☐ frozen cauliflower
3/4 cup (85g)

Beverages

- ☐ water
2/3 gallon (2534mL)
- ☐ protein powder
3/4 lbs (334g)
- ☐ almond milk, unsweetened
4 cup(s) (960mL)

Vegetables and Vegetable Products

- ☐ tomatoes
24 cherry tomatoes (408g)
- ☐ garlic
5 3/4 clove(s) (17g)
- ☐ fresh green beans
10 oz (283g)
- ☐ cauliflower
4 cup chopped (428g)
- ☐ mushrooms
1/2 lbs (245g)
- ☐ onion
2 medium (2-1/2" dia) (205g)
- ☐ bell pepper
3 medium (357g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)
- ☐ carrots
6 2/3 large (480g)
- ☐ kale leaves
1/2 bunch (85g)
- ☐ shallots
1/4 shallot (28g)
- ☐ potatoes
2 1/2 oz (71g)
- ☐ fresh spinach
4 cup(s) (120g)

Nut and Seed Products

- ☐ walnuts
1 1/2 oz (41g)
- ☐ almond butter
2 3/4 oz (79g)
- ☐ mixed nuts
1/2 cup (67g)

Cereal Grains and Pasta

- ☐ cornstarch
4 dash (1g)

Fruits and Fruit Juices

☐ seitan
6 oz (170g)

- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ orange
2 orange (308g)
- ☐ lime juice
2 tsp (10mL)
- ☐ lemon
1/2 small (29g)
- ☐ raspberries
2 1/4 cup (277g)
- ☐ blueberries
4 tbsp (37g)
- ☐ apples
1 medium (3" dia) (182g)
- ☐ peach
2 medium (2-2/3" dia) (300g)

Spices and Herbs

- ☐ taco seasoning mix
1 1/2 tbsp (13g)
 - ☐ lemon pepper
2 dash (0g)
 - ☐ salt
1 1/3 tsp (8g)
 - ☐ cajun seasoning
1 tsp (2g)
 - ☐ onion powder
4 tsp (10g)
 - ☐ black pepper
2 tsp, ground (5g)
 - ☐ crushed red pepper
1/3 tsp (1g)
 - ☐ balsamic vinegar
1/4 tbsp (4mL)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 2 meals:

avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.
-

Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
1/2 tbsp (3g)
almond flour
1/2 tbsp (4g)
almond butter
1 tbsp (16g)

For all 3 meals:

protein powder
1 1/2 tbsp (9g)
almond flour
1 1/2 tbsp (11g)
almond butter
3 tbsp (47g)

1. Mix all ingredients together until well incorporated.
 2. Form into balls.
 3. Store any leftovers in an airtight container in the fridge.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Blueberry nut apple slices

1/2 apple(s) - 198 cals ● 4g protein ● 12g fat ● 14g carbs ● 5g fiber



For single meal:

blueberries
2 tbsp (19g)
walnuts, chopped
2 walnuts (4g)
almond butter
1 tbsp (16g)
apples
1/2 medium (3" dia) (91g)

For all 2 meals:

blueberries
4 tbsp (37g)
walnuts, chopped
4 walnuts (8g)
almond butter
2 tbsp (32g)
apples
1 medium (3" dia) (182g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

Lunch 1 [↗](#)

Eat on day 1

Vegan buttery garlic green beans

121 cals ● 6g protein ● 1g fat ● 14g carbs ● 8g fiber



vegan butter
1 1/4 tbsp (18g)
garlic, minced
2 clove(s) (6g)
fresh green beans, trimmed, snapped in half
10 oz (283g)
lemon pepper
2 dash (0g)
salt
1/3 tsp (2g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Cajun tofu

275 cals ● 19g protein ● 19g fat ● 6g carbs ● 1g fiber



oil
1 3/4 tsp (9mL)
cajun seasoning
1 tsp (2g)
firm tofu, patted dry & cubed
1/2 lbs (248g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Vegan cream of mushroom soup

401 cal ● 18g protein ● 21g fat ● 28g carbs ● 7g fiber



For single meal:

cauliflower
2 cup chopped (214g)
almond milk, unsweetened
2 cup(s) (480mL)
onion powder
2 tsp (5g)
salt
4 dash (3g)
oil
1 tsp (5mL)
mushrooms, diced
1 1/2 cup, pieces or slices (105g)
garlic, diced
1 clove (3g)
black pepper
1 tsp, ground (2g)
onion, diced
1/2 small (35g)

For all 2 meals:

cauliflower
4 cup chopped (428g)
almond milk, unsweetened
4 cup(s) (960mL)
onion powder
4 tsp (10g)
salt
1 tsp (6g)
oil
2 tsp (10mL)
mushrooms, diced
3 cup, pieces or slices (210g)
garlic, diced
2 clove (6g)
black pepper
2 tsp, ground (5g)
onion, diced
1 small (70g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
 2. Once boiling, reduce heat, and continue cooking for 8 minutes.
 3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
 4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
 5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.
-

Lunch 3 [↗](#)

Eat on day 4

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil

2 tsp (10mL)

carrots, sliced

4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

vegetarian burger crumbles

1 1/4 cup (125g)

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

Lunch 4 [↗](#)

Eat on day 5, day 6

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 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.

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts
4 tbsp (34g)

For all 2 meals:

mixed nuts
1/2 cup (67g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 7

Soy milk

1 1/3 cup(s) - 113 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



Makes 1 1/3 cup(s)

soy milk, unsweetened
1 1/3 cup (320mL)

1. This recipe has no instructions.

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

onion, thinly sliced
1/2 small (35g)
vegan sausage
1 sausage (100g)
oil
1/2 tbsp (8mL)
frozen cauliflower
3/4 cup (85g)

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.

Snacks 1 [🔗](#)

Eat on day 1, day 2

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.

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 2/3 tbsp, shelled (17g)

For all 2 meals:

walnuts
1/3 cup, shelled (33g)

- 1. This recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 3, day 4

Roasted pepper wedges with vegan cheese

2 wedge(s) - 68 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

vegan cheese, shredded

1/2 oz (14g)

bell pepper

1/2 medium (60g)

oil

1/4 tsp (1mL)

For all 2 meals:

vegan cheese, shredded

1 oz (28g)

bell pepper

1 medium (119g)

oil

1/2 tsp (3mL)

1. Preheat oven or toaster oven to 400°F (200°C).
2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
4. Remove sheet from oven and add the vegan cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
5. Serve and enjoy.

Orange

1 orange(s) - 85 cals ● 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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries

3/4 cup (92g)

For all 3 meals:

raspberries

2 1/4 cup (277g)

1. Rinse raspberries and serve.
-

Bell pepper strips and hummus

114 cals ● 5g protein ● 5g fat ● 7g carbs ● 5g fiber



For single meal:

hummus

1/4 cup (54g)

bell pepper

2/3 medium (79g)

For all 3 meals:

hummus

2/3 cup (162g)

bell pepper

2 medium (238g)

1. Cut bell pepper into strips.
 2. Serve with hummus to dip in.
-

Dinner 1 [↗](#)

Eat on day 1, day 2

Tempeh taco salad bowl

416 cals ● 26g protein ● 18g fat ● 21g carbs ● 17g fiber



For single meal:

oil
3/8 tsp (2mL)
refried beans
6 tbsp (91g)
salsa
2 1/4 tbsp (41g)
mixed greens
6 tbsp (11g)
avocados, cubed
3/8 avocado(s) (75g)
taco seasoning mix
3/4 tbsp (6g)
tempeh
3 oz (85g)

For all 2 meals:

oil
1/4 tbsp (4mL)
refried beans
3/4 cup (182g)
salsa
1/4 cup (81g)
mixed greens
3/4 cup (23g)
avocados, cubed
3/4 avocado(s) (151g)
taco seasoning mix
1 1/2 tbsp (13g)
tempeh
6 oz (170g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
 2. Heat refried beans in the microwave or a separate pan; set aside.
 3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
 4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Carrot & grounds stir fry

332 cals ● 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,

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 3 [↗](#)

Eat on day 5

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Tofu marsala

217 cals ● 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.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- water**
1 1/2 cup(s) (356mL)
- protein powder**
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

- water**
10 1/2 cup(s) (2489mL)
- protein powder**
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.