

# Meal Plan - 1600 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

1606 cals ● 147g protein (37%) ● 67g fat (38%) ● 75g carbs (19%) ● 30g fiber (7%)

### Breakfast

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pistachios**

188 cals

### Snacks

80 cals, 3g protein, 12g net carbs, 0g fat



**Sugar snap peas**

1 1/2 cup- 41 cals



**Clementine**

1 clementine(s)- 39 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Lunch

540 cals, 44g protein, 23g net carbs, 29g fat



**Vegan bangers and cauliflower mash**

1 1/2 sausage link(s)- 541 cals

### Dinner

560 cals, 44g protein, 29g net carbs, 23g fat



**Basic tempeh**

6 oz- 443 cals



**Lentils**

116 cals

## Day 2

1622 cals ● 138g protein (34%) ● 63g fat (35%) ● 87g carbs (22%) ● 39g fiber (10%)

### Breakfast

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pistachios**

188 cals

### Snacks

80 cals, 3g protein, 12g net carbs, 0g fat



**Sugar snap peas**

1 1/2 cup- 41 cals



**Clementine**

1 clementine(s)- 39 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Lunch

555 cals, 35g protein, 36g net carbs, 25g fat



**Crack slaw with tempeh**

422 cals



**Soy milk yogurt**

1 container- 136 cals

### Dinner

560 cals, 44g protein, 29g net carbs, 23g fat



**Basic tempeh**

6 oz- 443 cals



**Lentils**

116 cals

## Day 3

1569 cals ● 108g protein (27%) ● 68g fat (39%) ● 89g carbs (23%) ● 43g fiber (11%)

### Breakfast

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pistachios**

188 cals

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



**Dark chocolate**

2 square(s)- 120 cals



**Sunflower seeds**

90 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Lunch

485 cals, 23g protein, 44g net carbs, 15g fat



**Chunky canned soup (non-creamy)**

1 can(s)- 247 cals



**Raspberries**

1 3/4 cup(s)- 126 cals



**Simple kale salad**

2 cup(s)- 110 cals

### Dinner

450 cals, 23g protein, 27g net carbs, 22g fat



**Soy milk**

1 1/2 cup(s)- 127 cals



**Roasted peanuts**

1/6 cup(s)- 153 cals



**Zoodles marinara**

169 cals

## Day 4

1585 cal ● 111g protein (28%) ● 66g fat (37%) ● 96g carbs (24%) ● 42g fiber (11%)

### Breakfast

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



#### Cherry tomatoes

6 cherry tomatoes- 21 cal



#### High-protein granola bar

1 bar(s)- 204 cal

### Snacks

210 cal, 6g protein, 8g net carbs, 16g fat



#### Dark chocolate

2 square(s)- 120 cal



#### Sunflower seeds

90 cal

### Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cal

### Lunch

485 cal, 23g protein, 44g net carbs, 15g fat



#### Chunky canned soup (non-creamy)

1 can(s)- 247 cal



#### Raspberries

1 3/4 cup(s)- 126 cal



#### Simple kale salad

2 cup(s)- 110 cal

### Dinner

450 cal, 23g protein, 27g net carbs, 22g fat



#### Soy milk

1 1/2 cup(s)- 127 cal



#### Roasted peanuts

1/6 cup(s)- 153 cal



#### Zoodles marinara

169 cal

## Day 5

1599 cals ● 105g protein (26%) ● 73g fat (41%) ● 89g carbs (22%) ● 42g fiber (11%)

### 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

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



#### Dark chocolate

2 square(s)- 120 cals



#### Sunflower seeds

90 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

### Lunch

435 cals, 19g protein, 23g net carbs, 24g fat



#### Raspberries

1 1/4 cup(s)- 90 cals



#### Crispy chik'n tenders

2 tender(s)- 114 cals



#### Roasted peanuts

1/4 cup(s)- 230 cals

### Dinner

510 cals, 21g protein, 41g net carbs, 20g fat



#### Clementine

1 clementine(s)- 39 cals



#### Chipotle stewed beans & greens

328 cals



#### Mixed nuts

1/6 cup(s)- 145 cals

## Day 6

1632 cal ● 112g protein (27%) ● 68g fat (37%) ● 91g carbs (22%) ● 53g fiber (13%)

### Breakfast

255 cal, 12g protein, 15g net carbs, 13g fat



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



**Soy milk**  
1 cup(s)- 85 cal

### Snacks

215 cal, 12g protein, 11g net carbs, 10g fat



**Grapes**  
44 cal



**Chocolate avocado vegan chia pudding**  
172 cal

### Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cal

### Lunch

435 cal, 19g protein, 23g net carbs, 24g fat



**Raspberries**  
1 1/4 cup(s)- 90 cal



**Crispy chik'n tenders**  
2 tender(s)- 114 cal



**Roasted peanuts**  
1/4 cup(s)- 230 cal

### Dinner

510 cal, 21g protein, 41g net carbs, 20g fat



**Clementine**  
1 clementine(s)- 39 cal



**Chipotle stewed beans & greens**  
328 cal



**Mixed nuts**  
1/6 cup(s)- 145 cal

# Day 7

1560 cals ● 102g protein (26%) ● 73g fat (42%) ● 80g carbs (21%) ● 43g fiber (11%)

## Breakfast

255 cals, 12g protein, 15g net carbs, 13g fat



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



**Soy milk**  
1 cup(s)- 85 cals

## Snacks

215 cals, 12g protein, 11g net carbs, 10g fat



**Grapes**  
44 cals



**Chocolate avocado vegan chia pudding**  
172 cals

## Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Lunch

435 cals, 11g protein, 26g net carbs, 28g fat



**Simple kale salad**  
1 cup(s)- 55 cals



**Black bean vegan quesadillas**  
206 cals



**Walnuts**  
1/4 cup(s)- 175 cals

## Dinner

435 cals, 19g protein, 28g net carbs, 21g fat



**Black bean & sweet potato stew**  
207 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

## Fats and Oils

- oil  
2 1/4 oz (69mL)
- salad dressing  
5 tbsp (75mL)

## Legumes and Legume Products

- tempeh  
1 lbs (454g)
- lentils, raw  
1/3 cup (64g)
- roasted peanuts  
1 cup (158g)
- black beans  
1 1/2 can(s) (640g)

## Spices and Herbs

- salt  
3/4 dash (1g)
- chipotle seasoning  
4 dash (1g)
- ground cumin  
2 dash (1g)

## Beverages

- water  
16 cup(s) (3811mL)
- protein powder  
14 1/2 scoop (1/3 cup ea) (450g)
- almond milk, unsweetened  
3/4 cup(s) (180mL)

## Vegetables and Vegetable Products

- tomatoes  
30 cherry tomatoes (510g)
- Sugar snap peas  
3 cup, whole (189g)
- onion  
1 small (64g)
- garlic  
3 1/3 clove(s) (10g)
- zucchini  
3 medium (588g)
- kale leaves  
2/3 lbs (295g)
- fresh cilantro  
2 tbsp, chopped (6g)

## Fruits and Fruit Juices

- clementines  
4 fruit (296g)
- raspberries  
6 cup (738g)
- avocados  
3/4 avocado(s) (151g)
- grapes  
1 1/2 cup (138g)
- lemon juice  
1/2 tsp (3mL)

## Other

- vegan sausage  
1 1/2 sausage (150g)
- frozen cauliflower  
1 cup (128g)
- coleslaw mix  
2 cup (180g)
- soy milk yogurt  
1 container(s) (150g)
- soy milk, unsweetened  
5 cup (1200mL)
- meatless chik'n tenders  
4 pieces (102g)
- cacao powder  
1 tbsp (6g)
- vegan cheese, shredded  
1 tbsp (7g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tsp (5mL)
- pasta sauce  
1 1/2 cup (390g)
- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- salsa  
1 tbsp (16g)

## Sweets

- Chocolate, dark, 70-85%  
6 square(s) (60g)

## Snacks

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

- fresh spinach  
2 oz (57g)
- purple onions  
1 medium (2-1/2" dia) (110g)
- ketchup  
1 tbsp (17g)
- tomato paste  
1 tsp (5g)
- sweet potatoes  
1/6 sweetpotato, 5" long (35g)

## Baked Products

- bread  
2 slice (64g)
- flour tortillas  
1/2 tortilla (approx 7-8" dia) (25g)

## Nut and Seed Products

- pistachios, dry roasted, without shells or salt added  
3/4 cup (92g)
  - sunflower kernels  
2 oz (55g)
  - mixed nuts  
1/3 cup (45g)
  - chia seeds  
2 tbsp (28g)
  - walnuts  
4 tbsp, shelled (25g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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### 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.

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### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**

4 tbsp (31g)

For all 3 meals:

**pistachios, dry roasted, without shells or salt added**

3/4 cup (92g)

1. This recipe has no instructions.
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## 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

### Avocado toast

1 slice(s) - 168 cals ● 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.

## Soy milk

1 cup(s) - 85 cal ● 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.

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## Lunch 1 [🔗](#)

Eat on day 1

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### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cal ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 sausage link(s)

**onion, thinly sliced**  
3/4 small (53g)  
**vegan sausage**  
1 1/2 sausage (150g)  
**oil**  
3/4 tbsp (11mL)  
**frozen cauliflower**  
1 cup (128g)

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.
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## Lunch 2 [↗](#)

Eat on day 2

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### Crack slaw with tempeh

422 cal ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



**tempeh, cubed**  
4 oz (113g)  
**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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### Soy milk yogurt

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



Makes 1 container

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

1. This recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### 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.

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### Raspberries

1 3/4 cup(s) - 126 cal ● 3g protein ● 1g fat ● 12g carbs ● 14g fiber



For single meal:

**raspberries**

1 3/4 cup (215g)

For all 2 meals:

**raspberries**

3 1/2 cup (431g)

1. Rinse raspberries and serve.

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### Simple kale salad

2 cup(s) - 110 cal ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**salad dressing**

2 tbsp (30mL)

**kale leaves**

2 cup, chopped (80g)

For all 2 meals:

**salad dressing**

4 tbsp (60mL)

**kale leaves**

4 cup, chopped (160g)

1. Toss kale in dressing of your choice and serve.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Raspberries

1 1/4 cup(s) - 90 cal ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

**raspberries**  
1 1/4 cup (154g)

For all 2 meals:

**raspberries**  
2 1/2 cup (308g)

1. Rinse raspberries and serve.
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### Crispy chik'n tenders

2 tender(s) - 114 cal ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



For single meal:

**ketchup**  
1/2 tbsp (9g)  
**meatless chik'n tenders**  
2 pieces (51g)

For all 2 meals:

**ketchup**  
1 tbsp (17g)  
**meatless chik'n tenders**  
4 pieces (102g)

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

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. This recipe has no instructions.
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## Lunch 5 [↗](#)

Eat on day 7

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### Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

**salad dressing**

1 tbsp (15mL)

**kale leaves**

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

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### Black bean vegan quesadillas

206 cal ● 6g protein ● 8g fat ● 19g carbs ● 7g fiber



**avocados, ripe**

1/8 avocado(s) (25g)

**oil**

1/4 tsp (1mL)

**flour tortillas**

1/2 tortilla (approx 7-8" dia) (25g)

**black beans, drained and rinsed**

1/8 can(s) (55g)

**salsa, divided**

1 tbsp (16g)

**vegan cheese, shredded**

1 tbsp (7g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber

Makes 1/4 cup(s)

**walnuts**

4 tbsp, shelled (25g)

1. This recipe has no instructions.



## Snacks 1 [↗](#)

Eat on day 1, day 2

### Sugar snap peas

1 1/2 cup - 41 cal ● 3g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**Sugar snap peas**  
1 1/2 cup, whole (95g)

For all 2 meals:

**Sugar snap peas**  
3 cup, whole (189g)

1. Season with salt if desired and serve raw.

### Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**Chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 3 meals:

**Chocolate, dark, 70-85%**  
6 square(s) (60g)

1. This recipe has no instructions.

### Sunflower seeds



90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 3 meals:

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

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Grapes

44 cals ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber



For single meal:

**grapes**  
3/4 cup (69g)

For all 2 meals:

**grapes**  
1 1/2 cup (138g)

1. This recipe has no instructions.

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### Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

**almond milk, unsweetened**  
3/8 cup(s) (90mL)  
**chia seeds**  
1 tbsp (14g)  
**cacao powder**  
1/2 tbsp (3g)  
**avocados**  
1/2 slices (13g)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**almond milk, unsweetened**  
3/4 cup(s) (180mL)  
**chia seeds**  
2 tbsp (28g)  
**cacao powder**  
1 tbsp (6g)  
**avocados**  
1 slices (25g)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
  2. Cover and refrigerate for 1-2 hours or overnight.
  3. Serve and enjoy.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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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### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (158mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Soy milk

1 1/2 cup(s) - 127 cal ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**soy milk, unsweetened**  
3 cup (720mL)

1. This recipe has no instructions.

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### Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 2/3 tbsp (24g)

For all 2 meals:

**roasted peanuts**  
1/3 cup (49g)

1. This recipe has no instructions.

### Zoodles marinara

169 cal ● 7g protein ● 3g fat ● 21g carbs ● 8g fiber



For single meal:

**pasta sauce**  
3/4 cup (195g)  
**zucchini**  
1 1/2 medium (294g)

For all 2 meals:

**pasta sauce**  
1 1/2 cup (390g)  
**zucchini**  
3 medium (588g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

#### **clementines**

1 fruit (74g)

For all 2 meals:

#### **clementines**

2 fruit (148g)

1. This recipe has no instructions.

### Chipotle stewed beans & greens

328 cal ● 16g protein ● 8g fat ● 30g carbs ● 18g fiber



For single meal:

#### **oil**

1/2 tbsp (8mL)

#### **water**

1/8 cup(s) (30mL)

#### **fresh cilantro**

1 tbsp, chopped (3g)

#### **fresh spinach, chopped**

1 oz (28g)

#### **chipotle seasoning**

2 dash (1g)

#### **black beans, drained & rinsed**

1/2 can(s) (220g)

#### **kale leaves**

1 1/2 oz (43g)

#### **garlic, minced**

1 clove(s) (3g)

#### **purple onions, diced**

1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

#### **oil**

1 tbsp (15mL)

#### **water**

1/4 cup(s) (59mL)

#### **fresh cilantro**

2 tbsp, chopped (6g)

#### **fresh spinach, chopped**

2 oz (57g)

#### **chipotle seasoning**

4 dash (1g)

#### **black beans, drained & rinsed**

1 can(s) (439g)

#### **kale leaves**

3 oz (85g)

#### **garlic, minced**

2 clove(s) (6g)

#### **purple onions, diced**

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

1. Heat oil in a saucepan over medium heat. Add only half of the onion and only half of the garlic. Cook 3-5 minutes til softened.
2. Add kale and cook 1-2 minutes until wilted.
3. Add beans, water, only half of the chipotle seasoning, and some salt and pepper. Bring to a simmer and cook until liquid reduces, 5-7 minutes.
4. In a medium bowl, add the spinach, cilantro, remaining garlic, remaining onion, and some salt and pepper. Toss.
5. Plate stewed beans next to the spinach mixture. Serve.

### Mixed nuts

1/6 cup(s) - 145 cal ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**  
1/3 cup (45g)

1. This recipe has no instructions.

## Dinner 4 [↗](#)

Eat on day 7

### Black bean & sweet potato stew

207 cal ● 10g protein ● 3g fat ● 23g carbs ● 12g fiber



**tomato paste**

1 tsp (5g)

**oil**

1/2 tsp (3mL)

**kale leaves**

4 tbsp, chopped (10g)

**lemon juice**

1/2 tsp (3mL)

**ground cumin**

2 dash (1g)

**garlic, diced**

1/3 clove(s) (1g)

**onion, chopped**

1/6 small (12g)

**sweet potatoes, cubed**

1/6 sweetpotato, 5" long (35g)

**water**

1/2 cup(s) (119mL)

**black beans, drained**

1/3 can(s) (146g)

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.

### Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber

Makes 1/4 cup(s)

**roasted peanuts**

4 tbsp (37g)



1. This recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**water**

2 cup(s) (474mL)

**protein powder**

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

For all 7 meals:

**water**

14 cup(s) (3318mL)

**protein powder**

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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