

# Meal Plan - 1500 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

1542 cals ● 99g protein (26%) ● 75g fat (44%) ● 96g carbs (25%) ● 24g fiber (6%)

### Breakfast

265 cals, 4g protein, 36g net carbs, 8g fat



[Apple, banana, almond butter bowl](#)

264 cals

### Lunch

510 cals, 16g protein, 36g net carbs, 30g fat



[Roasted tomatoes](#)

2 1/2 tomato(es)- 149 cals



[Curried lentils](#)

362 cals

### Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Pumpkin seeds](#)

183 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

### Dinner

400 cals, 33g protein, 17g net carbs, 20g fat



[Asparagus](#)

157 cals



[Simple seitan](#)

4 oz- 244 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

## Day 2

1556 cal ● 96g protein (25%) ● 71g fat (41%) ● 101g carbs (26%) ● 31g fiber (8%)

### Breakfast

265 cal, 4g protein, 36g net carbs, 8g fat



Apple, banana, almond butter bowl  
264 cal

### Snacks

205 cal, 10g protein, 5g net carbs, 15g fat



Pumpkin seeds  
183 cal



Cherry tomatoes  
6 cherry tomatoes- 21 cal

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cal

### Lunch

480 cal, 22g protein, 23g net carbs, 30g fat



Sunflower seeds  
180 cal



Vegan cream of mushroom soup  
301 cal

### Dinner

445 cal, 24g protein, 35g net carbs, 18g fat



Veggie burger patty  
2 patty- 254 cal



Simple mixed greens and tomato salad  
189 cal

## Day 3

1551 cal ● 103g protein (27%) ● 54g fat (31%) ● 137g carbs (35%) ● 27g fiber (7%)

### Breakfast

250 cal, 7g protein, 50g net carbs, 2g fat



Small toasted bagel with jelly  
1 bagel(s)- 248 cal

### Snacks

215 cal, 13g protein, 28g net carbs, 4g fat



Breakfast cereal with protein almond milk  
168 cal



Blueberries  
1/2 cup(s)- 47 cal

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cal

### Lunch

480 cal, 22g protein, 23g net carbs, 30g fat



Sunflower seeds  
180 cal



Vegan cream of mushroom soup  
301 cal

### Dinner

445 cal, 24g protein, 35g net carbs, 18g fat



Veggie burger patty  
2 patty- 254 cal



Simple mixed greens and tomato salad  
189 cal

## Day 4

1481 cal ● 110g protein (30%) ● 34g fat (21%) ● 159g carbs (43%) ● 24g fiber (6%)

### Breakfast

250 cal, 7g protein, 50g net carbs, 2g fat



**Small toasted bagel with jelly**  
1 bagel(s)- 248 cal

### Lunch

440 cal, 29g protein, 42g net carbs, 12g fat



**Lentils**  
231 cal



**Sautéed peppers and onions**  
63 cal



**Basic tempeh**  
2 oz- 148 cal

### Snacks

215 cal, 13g protein, 28g net carbs, 4g fat



**Breakfast cereal with protein almond milk**  
168 cal



**Blueberries**  
1/2 cup(s)- 47 cal

### Dinner

415 cal, 25g protein, 39g net carbs, 16g fat



**Simple salad with celery, cucumber & tomato**  
128 cal



**Crispy chik'n tenders**  
5 tender(s)- 286 cal

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cal

## Day 5

1533 cal ● 103g protein (27%) ● 54g fat (32%) ● 138g carbs (36%) ● 22g fiber (6%)

### Breakfast

250 cal, 7g protein, 50g net carbs, 2g fat



**Small toasted bagel with jelly**  
1 bagel(s)- 248 cal

### Lunch

485 cal, 33g protein, 37g net carbs, 19g fat



**Simple salad with celery, cucumber & tomato**  
85 cal



**Sweet potato wedges**  
130 cal



**Vegan sausage**  
1 sausage(s)- 268 cal

### Snacks

165 cal, 17g protein, 13g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cal



**Cucumber slices**  
1 cucumber- 60 cal

### Dinner

475 cal, 10g protein, 37g net carbs, 28g fat



**Tomato cucumber salad**  
212 cal



**Veggie stuffed tomatoes (dairy-free)**  
2 stuffed tomato(es)- 261 cal

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cal

## Day 6

1497 cals ● 100g protein (27%) ● 54g fat (33%) ● 126g carbs (34%) ● 25g fiber (7%)

### Breakfast

210 cals, 4g protein, 38g net carbs, 2g fat



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



[Blueberries](#)  
1/2 cup(s)- 47 cals

### Snacks

165 cals, 17g protein, 13g net carbs, 4g fat



[Protein shake \(almond milk\)](#)  
105 cals



[Cucumber slices](#)  
1 cucumber- 60 cals

### Protein Supplement(s)

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



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

### Lunch

485 cals, 33g protein, 37g net carbs, 19g fat



[Simple salad with celery, cucumber & tomato](#)  
85 cals



[Sweet potato wedges](#)  
130 cals



[Vegan sausage](#)  
1 sausage(s)- 268 cals

### Dinner

475 cals, 10g protein, 37g net carbs, 28g fat



[Tomato cucumber salad](#)  
212 cals



[Veggie stuffed tomatoes \(dairy-free\)](#)  
2 stuffed tomato(es)- 261 cals

## Day 7

1534 cals ● 126g protein (33%) ● 28g fat (16%) ● 161g carbs (42%) ● 34g fiber (9%)

### Breakfast

210 cals, 4g protein, 38g net carbs, 2g fat



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



[Blueberries](#)  
1/2 cup(s)- 47 cals

### Snacks

165 cals, 17g protein, 13g net carbs, 4g fat



[Protein shake \(almond milk\)](#)  
105 cals



[Cucumber slices](#)  
1 cucumber- 60 cals

### Protein Supplement(s)

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



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

### Lunch

555 cals, 35g protein, 64g net carbs, 12g fat



[Chik'n stir fry](#)  
427 cals



[Simple salad with celery, cucumber & tomato](#)  
128 cals

### Dinner

440 cals, 33g protein, 44g net carbs, 9g fat



[Simple mixed greens salad](#)  
68 cals



[Vegan crumbles](#)  
3/4 cup(s)- 110 cals



[Lentils](#)  
260 cals

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- coconut flakes  
1 1/2 tbsp (8g)
- almond butter  
1 1/2 tbsp (24g)
- coconut milk, canned  
6 tbsp (91mL)
- sunflower kernels  
2 oz (57g)

## Vegetables and Vegetable Products

- tomatoes  
13 2/3 medium whole (2-3/5" dia) (1684g)
- asparagus  
5 oz (142g)
- cauliflower  
3 cup chopped (321g)
- mushrooms  
2 1/4 cup, pieces or slices (158g)
- garlic  
1 1/2 clove (5g)
- onion  
1 3/4 medium (2-1/2" dia) (190g)
- cucumber  
6 cucumber (8-1/4") (1856g)
- raw celery  
3 1/3 stalk, medium (7-1/2" - 8" long) (133g)
- ketchup  
1 1/4 tbsp (21g)
- bell pepper  
1 large (171g)
- sweet potatoes  
1 sweetpotato, 5" long (210g)
- purple onions  
1 1/2 small (105g)
- zucchini  
1 large (323g)
- fresh spinach  
2 cup(s) (60g)
- carrots  
1 1/2 small (5-1/2" long) (75g)

## Fruits and Fruit Juices

- banana  
1 1/2 medium (7" to 7-7/8" long) (177g)
- apples  
1 1/2 medium (3" dia) (273g)

## Legumes and Legume Products

- lentils, raw  
1 cup (184g)
- tempeh  
2 oz (57g)
- vegetarian burger crumbles  
3/4 cup (75g)
- soy sauce  
1 1/4 tbsp (19mL)

## Beverages

- water  
16 cup(s) (3768mL)
- protein powder  
12 3/4 scoop (1/3 cup ea) (395g)
- almond milk, unsweetened  
1/3 gallon (1260mL)

## Spices and Herbs

- salt  
2 tsp (12g)
- black pepper  
2 tsp, ground (5g)
- onion powder  
1 tbsp (7g)

## Other

- curry paste  
1/2 tbsp (8g)
- veggie burger patty  
4 patty (284g)
- mixed greens  
3 1/2 package (5.5 oz) (528g)
- meatless chik'n tenders  
5 pieces (128g)
- vegan sausage  
2 sausage (200g)
- vegan cheese, shredded  
1/3 cup (37g)
- italian seasoning  
2 tsp (7g)
- vegan chik'n strips  
1/4 lbs (106g)

## Cereal Grains and Pasta

- seitan  
4 oz (113g)

lemon juice  
1 tbsp (14mL)

blueberries  
2 cup (296g)

### **Fats and Oils**

oil  
1 1/2 oz (44mL)

olive oil  
3 tbsp (44mL)

salad dressing  
2/3 lbs (300mL)

brown rice  
1/4 cup (53g)

### **Baked Products**

bagel  
3 small bagel (3" dia) (207g)

### **Sweets**

jelly  
3 serving 1 tbsp (63g)

### **Breakfast Cereals**

breakfast cereal  
1 1/2 serving (45g)

flavored instant oatmeal  
2 packet (86g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Apple, banana, almond butter bowl

264 cal ● 4g protein ● 8g fat ● 36g carbs ● 7g fiber



For single meal:

**banana, sliced**  
3/4 medium (7" to 7-7/8" long) (89g)  
**apples, chopped**  
3/4 medium (3" dia) (137g)  
**coconut flakes**  
3/4 tbsp (4g)  
**almond butter**  
3/4 tbsp (12g)

For all 2 meals:

**banana, sliced**  
1 1/2 medium (7" to 7-7/8" long)  
(177g)  
**apples, chopped**  
1 1/2 medium (3" dia) (273g)  
**coconut flakes**  
1 1/2 tbsp (8g)  
**almond butter**  
1 1/2 tbsp (24g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Small toasted bagel with jelly

1 bagel(s) - 248 cal ● 7g protein ● 2g fat ● 50g carbs ● 2g fiber



For single meal:

**bagel**  
1 small bagel (3" dia) (69g)  
**jelly**  
1 serving 1 tbsp (21g)

For all 3 meals:

**bagel**  
3 small bagel (3" dia) (207g)  
**jelly**  
3 serving 1 tbsp (63g)

1. Toast the bagel to desired toastiness.
2. Spread the butter and jelly.
3. Enjoy.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### 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.

### Blueberries

1/2 cup(s) - 47 cal ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**

1/2 cup (74g)

For all 2 meals:

**blueberries**

1 cup (148g)

1. Rinse off blueberries and serve.

## Lunch 1 [↗](#)

Eat on day 1

### Roasted tomatoes

2 1/2 tomato(es) - 149 cal ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

**tomatoes**

2 1/2 small whole (2-2/5" dia) (228g)

**oil**

2 1/2 tsp (13mL)

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.



## Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



### lentils, raw

4 tbsp (48g)

### water

1/2 cup(s) (119mL)

### salt

1/2 dash (0g)

### coconut milk, canned

6 tbsp (90mL)

### curry paste

1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

### sunflower kernels

1 oz (28g)

For all 2 meals:

### sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

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## Vegan cream of mushroom soup

301 cals ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



For single meal:

**cauliflower**  
1 1/2 cup chopped (161g)  
**almond milk, unsweetened**  
1 1/2 cup(s) (360mL)  
**onion powder**  
1/2 tbsp (4g)  
**salt**  
3 dash (2g)  
**oil**  
1/4 tbsp (4mL)  
**mushrooms, diced**  
1 cup, pieces or slices (79g)  
**garlic, diced**  
3/4 clove (2g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**onion, diced**  
3/8 small (26g)

For all 2 meals:

**cauliflower**  
3 cup chopped (321g)  
**almond milk, unsweetened**  
3 cup(s) (720mL)  
**onion powder**  
1 tbsp (7g)  
**salt**  
1/4 tbsp (5g)  
**oil**  
1/2 tbsp (8mL)  
**mushrooms, diced**  
2 1/4 cup, pieces or slices (158g)  
**garlic, diced**  
1 1/2 clove (5g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**onion, diced**  
3/4 small (53g)

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.

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## Lunch 3 [↗](#)

Eat on day 4

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### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



**salt**  
2/3 dash (0g)  
**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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### Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



**oil**  
1/4 tbsp (4mL)  
**onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, sliced into strips**  
1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

### Basic tempeh

2 oz - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

**oil**  
1 tsp (5mL)  
**tempeh**  
2 oz (57g)

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.

## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Simple salad with celery, cucumber & tomato

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



For single meal:

**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)

For all 2 meals:

**mixed greens**  
2/3 package (5.5 oz) (103g)  
**salad dressing**  
2 tbsp (30mL)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia) (82g)  
**cucumber, sliced**  
2/3 cucumber (8-1/4") (201g)  
**raw celery, chopped**  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

### Sweet potato wedges

130 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**sweet potatoes, cut into wedges**  
1/2 sweetpotato, 5" long (105g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Vegan sausage

1 sausage(s) - 268 cal ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

**vegan sausage**  
2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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## Lunch 5 [↗](#)

Eat on day 7

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### Chik'n stir fry

427 cal ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



**vegan chik'n strips**

1/4 lbs (106g)

**carrots, cut into thin strips**

1 1/2 small (5-1/2" long) (75g)

**water**

1/2 cup(s) (133mL)

**soy sauce**

1 1/4 tbsp (19mL)

**bell pepper, deseeded & cut into thin strips**

3/4 medium (89g)

**brown rice**

1/4 cup (53g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

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### Simple salad with celery, cucumber & tomato

128 cal ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



**mixed greens**

1/2 package (5.5 oz) (78g)

**salad dressing**

1 1/2 tbsp (23mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**cucumber, sliced**

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

**raw celery, chopped**

1 stalk, medium (7-1/2" - 8" long) (40g)

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

Eat on day 1, day 2

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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.
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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 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Breakfast cereal with protein almond milk

168 cal ● 13g protein ● 4g fat ● 19g carbs ● 2g fiber



For single meal:

**protein powder**  
3/8 scoop (1/3 cup ea) (12g)  
**breakfast cereal**  
3/4 serving (23g)  
**almond milk, unsweetened**  
6 tbsp (90mL)

For all 2 meals:

**protein powder**  
3/4 scoop (1/3 cup ea) (23g)  
**breakfast cereal**  
1 1/2 serving (45g)  
**almond milk, unsweetened**  
3/4 cup (180mL)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

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### Blueberries

1/2 cup(s) - 47 cal ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Protein shake (almond milk)

105 cal ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

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

### Cucumber slices

1 cucumber - 60 cal ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

**cucumber**  
3 cucumber (8-1/4") (903g)

1. Slice cucumber into rounds and serve.

## Dinner 1 [↗](#)

Eat on day 1

### Asparagus

157 cal ● 3g protein ● 13g fat ● 4g carbs ● 3g fiber



**asparagus**  
5 oz (142g)  
**lemon juice**  
1 tbsp (14mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**olive oil**  
1 tbsp (14mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

### Simple seitan

4 oz - 244 cal ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



Makes 4 oz

**oil**  
1 tsp (5mL)  
**seitan**  
4 oz (113g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

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

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### Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**salad dressing**  
1/4 cup (56mL)  
**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)

For all 2 meals:

**salad dressing**  
1/2 cup (113mL)  
**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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## Dinner 3 [↗](#)

Eat on day 4

### Simple salad with celery, cucumber & tomato

128 cal ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



#### mixed greens

1/2 package (5.5 oz) (78g)

#### salad dressing

1 1/2 tbsp (23mL)

#### tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

#### cucumber, sliced

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

#### raw celery, chopped

1 stalk, medium (7-1/2" - 8" long) (40g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

### Crispy chik'n tenders

5 tender(s) - 286 cal ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

#### ketchup

1 1/4 tbsp (21g)

#### meatless chik'n tenders

5 pieces (128g)

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

## Dinner 4 [↗](#)

Eat on day 5, day 6

### Tomato cucumber salad

212 cal ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



For single meal:

#### tomatoes, thinly sliced

1 1/2 medium whole (2-3/5" dia) (185g)

#### cucumber, thinly sliced

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

#### purple onions, thinly sliced

3/4 small (53g)

#### salad dressing

3 tbsp (45mL)

For all 2 meals:

#### tomatoes, thinly sliced

3 medium whole (2-3/5" dia) (369g)

#### cucumber, thinly sliced

1 1/2 cucumber (8-1/4") (452g)

#### purple onions, thinly sliced

1 1/2 small (105g)

#### salad dressing

6 tbsp (90mL)

1. Mix ingredients together in a bowl and serve.

### Veggie stuffed tomatoes (dairy-free)

2 stuffed tomato(es) - 261 cal ● 5g protein ● 18g fat ● 15g carbs ● 5g fiber



For single meal:

**vegan cheese, shredded**  
2 1/2 tbsp (18g)  
**tomatoes**  
2 medium whole (2-3/5" dia) (246g)  
**zucchini, diced**  
1/2 large (162g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**fresh spinach**  
1 cup(s) (30g)  
**italian seasoning**  
1 tsp (4g)  
**salt**  
1 dash (1g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**vegan cheese, shredded**  
1/3 cup (37g)  
**tomatoes**  
4 medium whole (2-3/5" dia) (492g)  
**zucchini, diced**  
1 large (323g)  
**onion, diced**  
1 medium (2-1/2" dia) (110g)  
**fresh spinach**  
2 cup(s) (60g)  
**italian seasoning**  
2 tsp (7g)  
**salt**  
2 dash (2g)  
**olive oil**  
2 tbsp (30mL)

1. Preheat oven to 350 F (180 C).
2. Cut the top off each tomato and discard.
3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
5. Dice zucchini and onion.
6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
10. Bake for about 20-25 minutes until tomatoes are piping hot.
11. Optionally: place under broiler for about a minute to brown cheese.

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## Dinner 5 [↗](#)

Eat on day 7

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

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### Vegan crumbles

3/4 cup(s) - 110 cals ● 14g protein ● 3g fat ● 2g carbs ● 4g fiber





Makes 3/4 cup(s)

### vegetarian burger crumbles

3/4 cup (75g)

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

## Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



### salt

3/4 dash (1g)

### water

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

### lentils, raw, rinsed

6 tsp (72g)

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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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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