

Meal Plan - 1600 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

1589 cals ● 108g protein (27%) ● 58g fat (33%) ● 123g carbs (31%) ● 36g fiber (9%)

Breakfast

140 cals, 5g protein, 7g net carbs, 9g fat



Cherry tomatoes

9 cherry tomatoes- 32 cals



Mixed nuts

1/8 cup(s)- 109 cals

Snacks

240 cals, 5g protein, 30g net carbs, 10g fat



Small granola bar

2 bar(s)- 238 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

505 cals, 16g protein, 58g net carbs, 15g fat



Blackberries

1 1/2 cup(s)- 105 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Veggie burger with 'cheese'

1 burger- 340 cals

Dinner

490 cals, 34g protein, 27g net carbs, 23g fat



White rice

1/4 cup rice, cooked- 55 cals



Peanut tempeh

4 oz tempeh- 434 cals

Day 2

1589 cal ● 108g protein (27%) ● 58g fat (33%) ● 123g carbs (31%) ● 36g fiber (9%)

Breakfast

140 cal, 5g protein, 7g net carbs, 9g fat



Cherry tomatoes

9 cherry tomatoes- 32 cal



Mixed nuts

1/8 cup(s)- 109 cal

Snacks

240 cal, 5g protein, 30g net carbs, 10g fat



Small granola bar

2 bar(s)- 238 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

505 cal, 16g protein, 58g net carbs, 15g fat



Blackberries

1 1/2 cup(s)- 105 cal



Roasted tomatoes

1 tomato(es)- 60 cal



Veggie burger with 'cheese'

1 burger- 340 cal

Dinner

490 cal, 34g protein, 27g net carbs, 23g fat



White rice

1/4 cup rice, cooked- 55 cal



Peanut tempeh

4 oz tempeh- 434 cal

Day 3

1585 cal ● 104g protein (26%) ● 53g fat (30%) ● 136g carbs (34%) ● 37g fiber (9%)

Breakfast

275 cal, 9g protein, 18g net carbs, 17g fat



Grapefruit

1/2 grapefruit- 59 cal



Celery and peanut butter

218 cal

Snacks

175 cal, 2g protein, 28g net carbs, 1g fat



Grapes

174 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

440 cal, 27g protein, 40g net carbs, 15g fat



White rice

1/2 cup rice, cooked- 110 cal



Carrot & grounds stir fry

332 cal

Dinner

475 cal, 18g protein, 49g net carbs, 19g fat



Ginger coconut chickpea soup

343 cal



Naan bread

1/2 piece(s)- 131 cal

Day 4

1538 cals ● 106g protein (28%) ● 44g fat (26%) ● 142g carbs (37%) ● 37g fiber (9%)

Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



Grapefruit

1/2 grapefruit- 59 cals



Celery and peanut butter

218 cals

Snacks

175 cals, 2g protein, 28g net carbs, 1g fat



Grapes

174 cals

Lunch

440 cals, 27g protein, 40g net carbs, 15g fat



White rice

1/2 cup rice, cooked- 110 cals



Carrot & grounds stir fry

332 cals

Dinner

425 cals, 20g protein, 55g net carbs, 11g fat



Quinoa

1 cup quinoa, cooked- 208 cals



Simple mixed greens and tomato salad

76 cals



Chik'n stir fry

142 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

1611 cals ● 110g protein (27%) ● 78g fat (44%) ● 92g carbs (23%) ● 24g fiber (6%)

Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



Grapefruit

1/2 grapefruit- 59 cals



Celery and peanut butter

218 cals

Snacks

220 cals, 6g protein, 44g net carbs, 2g fat



Pretzels

220 cals

Lunch

385 cals, 25g protein, 12g net carbs, 22g fat



Cooked peppers

3/4 bell pepper(s)- 90 cals



Basic tempeh

4 oz- 295 cals

Dinner

510 cals, 22g protein, 16g net carbs, 37g fat



Walnut crusted tofu (vegan)

426 cals



Simple salad with celery, cucumber & tomato

85 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1618 cal ● 129g protein (32%) ● 51g fat (29%) ● 132g carbs (33%) ● 27g fiber (7%)

Breakfast

295 cal, 7g protein, 31g net carbs, 14g fat



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



Walnuts
1/6 cup(s)- 131 cal

Snacks

220 cal, 6g protein, 44g net carbs, 2g fat



Pretzels
220 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

385 cal, 25g protein, 12g net carbs, 22g fat



Cooked peppers
3/4 bell pepper(s)- 90 cal



Basic tempeh
4 oz- 295 cal

Dinner

500 cal, 44g protein, 44g net carbs, 13g fat



Vegan sausage
1 sausage(s)- 268 cal



Lentils
231 cal

Day 7

1564 cal ● 114g protein (29%) ● 45g fat (26%) ● 154g carbs (39%) ● 21g fiber (5%)

Breakfast

295 cal, 7g protein, 31g net carbs, 14g fat



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



Walnuts
1/6 cup(s)- 131 cal

Snacks

220 cal, 6g protein, 44g net carbs, 2g fat



Pretzels
220 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

330 cal, 10g protein, 34g net carbs, 16g fat



Vegan grilled cheese
1 sandwich(es)- 331 cal

Dinner

500 cal, 44g protein, 44g net carbs, 13g fat



Vegan sausage
1 sausage(s)- 268 cal



Lentils
231 cal

Cereal Grains and Pasta

- long-grain white rice
1/2 cup (93g)
- quinoa, uncooked
1/3 cup (57g)
- brown rice
1 1/2 tbsp (18g)

Beverages

- water
1 1/4 gallon (4954mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Spices and Herbs

- salt
1/4 tbsp (4g)
- black pepper
3 dash, ground (1g)
- turmeric, ground
1/2 dash (0g)
- curry powder
1/4 tbsp (2g)
- crushed red pepper
1/3 tsp (1g)
- dijon mustard
3/4 tbsp (11g)

Other

- nutritional yeast
1 tbsp (4g)
- veggie burger patty
2 patty (142g)
- mixed greens
1 package (5.5 oz) (153g)
- vegan cheese, sliced
4 slice(s) (80g)
- vegan chik'n strips
1 1/4 oz (35g)
- vegan sausage
2 sausage (200g)

Legumes and Legume Products

- soy sauce
2 oz (46mL)
- peanut butter
1/3 lbs (161g)

Vegetables and Vegetable Products

- tomatoes
4 1/2 medium whole (2-3/5" dia) (566g)
- ketchup
2 tbsp (34g)
- raw celery
6 2/3 stalk, medium (7-1/2" - 8" long) (267g)
- fresh ginger
1/8 slices (1" dia) (0g)
- garlic
3 1/3 clove(s) (10g)
- onion
3/4 large (119g)
- fresh cilantro
2 tbsp, chopped (6g)
- carrots
3 1/2 medium (217g)
- bell pepper
1 2/3 large (276g)
- cucumber
1/3 cucumber (8-1/4") (100g)

Nut and Seed Products

- mixed nuts
4 tbsp (34g)
- coconut milk, canned
1/8 can (59mL)
- walnuts
2 1/3 oz (66g)

Snacks

- small granola bar
4 bar (100g)
- pretzels, hard, salted
6 oz (170g)

Fats and Oils

- oil
2 1/2 oz (72mL)
- salad dressing
2 1/2 tbsp (38mL)
- vegan mayonnaise
1 1/2 tbsp (23g)

Baked Products

- hamburger buns
2 bun(s) (102g)

- tempeh
1 lbs (454g)
- lentils, raw
13 1/2 tbsp (164g)
- chickpeas, canned
1/8 can (56g)
- vegetarian burger crumbles
1/2 lbs (227g)
- firm tofu
6 oz (170g)

Fruits and Fruit Juices

- lemon juice
5/8 fl oz (19mL)
 - blackberries
3 cup (432g)
 - Grapefruit
1 1/2 large (approx 4-1/2" dia) (498g)
 - grapes
6 cup (552g)
 - lime juice
2 tsp (10mL)
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- naan bread
1/2 piece (45g)
- bread
2 slice (64g)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 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.

Mixed nuts

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts

2 tbsp (17g)

For all 2 meals:

mixed nuts

4 tbsp (34g)

1. This recipe has no instructions.
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Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Celery and peanut butter

218 cal ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

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

peanut butter

2 tbsp (32g)

For all 3 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

peanut butter

6 tbsp (96g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
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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.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

3 tbsp, shelled (19g)

For all 2 meals:

walnuts

6 tbsp, shelled (38g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Blackberries

1 1/2 cup(s) - 105 cal ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

blackberries

1 1/2 cup (216g)

For all 2 meals:

blackberries

3 cup (432g)

1. Rinse blackberries and serve.

Roasted tomatoes

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



For single meal:

tomatoes

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

oil

1 tsp (5mL)

For all 2 meals:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Veggie burger with 'cheese'

1 burger - 340 cal ● 12g protein ● 9g fat ● 46g carbs ● 6g fiber



For single meal:

veggie burger patty

1 patty (71g)

mixed greens

1 oz (28g)

ketchup

1 tbsp (17g)

hamburger buns

1 bun(s) (51g)

vegan cheese, sliced

1 slice(s) (20g)

For all 2 meals:

veggie burger patty

2 patty (142g)

mixed greens

2 oz (57g)

ketchup

2 tbsp (34g)

hamburger buns

2 bun(s) (102g)

vegan cheese, sliced

2 slice(s) (40g)

1. Cook patty according to instructions on package.
 2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.
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Lunch 2 [↗](#)

Eat on day 3, day 4

White rice

1/2 cup rice, cooked - 110 cal ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



For single meal:

long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Carrot & grounds stir fry

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



For single meal:

fresh cilantro, chopped
1 tbsp, chopped (3g)
oil
2 tsp (10mL)
lime juice
1 tsp (5mL)
crushed red pepper
1 1/3 dash (0g)
water
2 tsp (10mL)
soy sauce
1 tbsp (15mL)
onion, chopped
1/3 large (50g)
garlic, minced
2/3 clove(s) (2g)
vegetarian burger crumbles
4 oz (113g)
carrots
1 1/3 large (96g)

For all 2 meals:

fresh cilantro, chopped
2 tbsp, chopped (6g)
oil
4 tsp (20mL)
lime juice
2 tsp (10mL)
crushed red pepper
1/3 tsp (1g)
water
4 tsp (20mL)
soy sauce
2 tbsp (30mL)
onion, chopped
2/3 large (100g)
garlic, minced
1 1/3 clove(s) (4g)
vegetarian burger crumbles
1/2 lbs (227g)
carrots
2 2/3 large (192g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Lunch 3 [🔗](#)

Eat on day 5, day 6

Cooked peppers

3/4 bell pepper(s) - 90 cal ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
bell pepper, seeded & cut into strips
3/4 large (123g)

For all 2 meals:

oil
1 tbsp (15mL)
bell pepper, seeded & cut into strips
1 1/2 large (246g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Basic tempeh

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



For single meal:

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

For all 2 meals:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Lunch 4 [↗](#)

Eat on day 7

Vegan grilled cheese

1 sandwich(es) - 331 cal ● 10g protein ● 16g fat ● 34g carbs ● 4g fiber



Makes 1 sandwich(es)

vegan cheese, sliced
2 slice(s) (40g)
bread
2 slice (64g)
oil
1 tsp (5mL)

1. Preheat skillet to medium-low with half of the oil.
 2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
 3. Grill until lightly browned-remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Small granola bar

2 bar(s) - 238 cal ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar
2 bar (50g)

For all 2 meals:

small granola bar
4 bar (100g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Grapes

174 cal ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



For single meal:

grapes
3 cup (276g)

For all 2 meals:

grapes
6 cup (552g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Pretzels

220 cal ● 6g protein ● 2g fat ● 44g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
2 oz (57g)

For all 3 meals:

pretzels, hard, salted
6 oz (170g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

long-grain white rice
4 tsp (15g)
water
1/6 cup(s) (39mL)
salt
2/3 dash (0g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

long-grain white rice
2 2/3 tbsp (31g)
water
1/3 cup(s) (79mL)
salt
1 1/3 dash (1g)
black pepper
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Peanut tempeh

4 oz tempeh - 434 cal ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

For all 2 meals:

nutritional yeast

1 tbsp (4g)

soy sauce

2 tsp (10mL)

lemon juice

1 tbsp (15mL)

peanut butter

4 tbsp (65g)

tempeh

1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 2 [↗](#)

Eat on day 3

Ginger coconut chickpea soup

343 cals ● 13g protein ● 17g fat ● 28g carbs ● 8g fiber



turmeric, ground

1/2 dash (0g)

water

5/8 cup(s) (148mL)

lentils, raw, rinsed

3 tbsp (36g)

coconut milk, canned

1/8 can (56mL)

chickpeas, canned, drained

1/8 can (56g)

curry powder

1/4 tbsp (2g)

fresh ginger, diced

1/8 slices (1" dia) (0g)

garlic, diced

1/2 clove(s) (2g)

onion, diced

1/8 large (19g)

oil

1/4 tbsp (4mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)



1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

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

Chik'n stir fry

142 cal ● 10g protein ● 2g fat ● 17g carbs ● 3g fiber

**vegan chik'n strips**

1 1/4 oz (35g)

carrots, cut into thin strips

1/2 small (5-1/2" long) (25g)

water

1/6 cup(s) (44mL)

soy sauce

1 1/4 tsp (6mL)

bell pepper, deseeded & cut into thin strips

1/4 medium (30g)

brown rice

1 1/2 tbsp (18g)

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.

Dinner 4 [↗](#)

Eat on day 5

Walnut crusted tofu (vegan)

426 cal ● 20g protein ● 34g fat ● 8g carbs ● 3g fiber

**firm tofu, drained**

6 oz (170g)

walnuts

4 tbsp, chopped (29g)

lemon juice

1/4 tbsp (4mL)

garlic, diced

1 1/2 clove(s) (5g)

dijon mustard

3/4 tbsp (11g)

vegan mayonnaise

1 1/2 tbsp (23g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Simple salad with celery, cucumber & tomato

85 cals ● 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.
-

Dinner 5 [↗](#)

Eat on day 6, day 7

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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Lentils

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



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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

Protein shake

2 scoop - 218 cal● 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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