



Performance & Strength Vegan 2400 Calorie Meal Planner

Meal Plan

	Vegan 2400 Calories



Meal Plan



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 High Protein Oatmeal, Strawberries	 English Muffin with PB & Apples with Soy Milk, Kiwi	 Almond Butter & Honey Sandwich				
LUNCH	 Peanut Tofu Stir-fry with Brown Rice, Blackberries & Soy	 Leftover: Peanut Tofu Stir-fry with Brown Rice,	 Tofu Stir-Fry with Brown Rice, Pumpkin Seeds &				
DINNER	 High Protein Veggie Stir-Fry, Steamed Spinach	 Peanut Hoisin Stir Fry, Cooked Edamame	 Leftover: Peanut Hoisin Stir Fry, Cooked Edamame		 Leftover: Tofu Stir-Fry with Brown Rice, Pumpkin		
SNACK	 Berry Bran Flakes with Soy Milk	 Snap Peas, Energizing Green Morning Smoothie	 Strawberry Puffed Rice Cereal with Soy Milk,				
2ND SNACK							



Grocery List

BAKING GOODS

- 1 bottle (11-12 oz) of Agave Nectar 1/8 pounds of Chia Seeds

BEVERAGES

- 1 package (16-18 oz) of Plant-Based Protein Powder

BREADS / CEREALS

- 1 box (17.3 oz) of Bran Flakes Cereal 1 box (10 oz) of Crispy Brown Rice Cereal
 1/8 pounds of Rolled Oats 1 loaf (24 oz) of White Bread
 1 package (6 ct) of Whole Wheat English Muffins

CANNED / JAR GOODS

- 1 jar (12 oz) of Almond Butter 1 can (15 oz) of Canned Kidney Beans
 1 can (14 fl oz) of Light Coconut Milk 1 jar (18 oz) of Peanut Butter

DAIRY

- 1 quart of Almond Milk (Unsweetened) 2 packages (16 oz) of Extra Firm Tofu
 1 half gallon of Soy Milk (Unsweetened) 1 container (24 oz) of Soy Yogurt

FROZEN FOODS

- 1 package (10 oz) of Frozen Spinach

PASTA / RICE / BEANS

- 1 package (16 oz) of Whole Wheat Spaghetti

PRODUCE






- 1 pint of Blackberries 1 pint of Blueberries
 1 bunch of Broccoli 1 Carrots
 1 bunch of Curly Kale 





Grocery List

PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) | <input type="checkbox"/> 1/8 ounces of Fresh Ginger |
| <input type="checkbox"/> 2 packages (10 oz) Frozen Broccoli | <input type="checkbox"/> 1 bulb of Garlic |
| <input type="checkbox"/> 1 bunch of Green Onions (Scallions) | <input type="checkbox"/> 1 Kiwifruit |
| <input type="checkbox"/> 3 Oranges | <input type="checkbox"/> 1 pint of Raspberries |
| <input type="checkbox"/> 1 bunch of Raw Spinach  | <input type="checkbox"/> 1 Red Apples  |
| <input type="checkbox"/> 3 Red Bell Peppers  | <input type="checkbox"/> 1/4 pounds of Snow Peas |
| <input type="checkbox"/> 1 quart of Strawberries  | <input type="checkbox"/> 3/8 pounds of Sugarsnap Peas  |
| <input type="checkbox"/> 1 package (8 oz) of White Mushrooms | |

SNACKS

- | | |
|--|--|
| <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas) | <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts |
| <input type="checkbox"/> 1/8 pounds of Sliced Almonds | |

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (8 fl oz) of Canola Oil | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon |
| <input type="checkbox"/> 1 bottle (2 oz) of Ground Ginger | <input type="checkbox"/> 1 jar (7 oz) of Hoisin Sauce |
| <input type="checkbox"/> 1 bottle (12 oz) of Honey | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 bottle (10 fl oz) of Soy Sauce | <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) |
| <input type="checkbox"/> 1 bottle (20 fl oz) of Tamari Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil |



EWG RECOMMENDS TO BUY ORGANIC



High Protein Oatmeal

BY RANELLE KIRCHNER, CHEF RDN

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

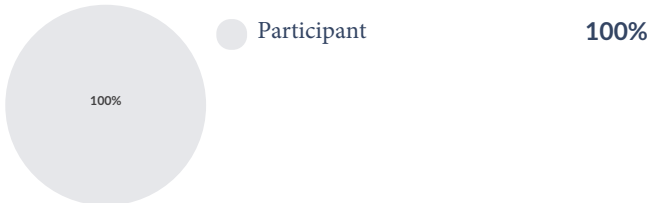
- 1/2 cup rolled oats
- 1 cup soy milk
- 1 tablespoon chia seeds
- 1/4 cup blueberries
- 1 tablespoon sliced almonds toasted

NUTRITION INFORMATION PER SERVING

Protein 19g Total Fat 14g Carbs 55g Calories 420kcal Fiber 14g
Sodium 102mg Fruits 0.28 servings Vegetables 0 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

Oatmeal

1. Heat soymilk in a pot with oats on medium high heat.
2. Stir as needed to prevent scalding for about 5-8 minutes
3. Remove from stovetop and serve with sides of chia seeds, blueberries and almonds.

Toasted Almonds

1. Preheat oven to 375°F.
2. Place almonds on a baking sheet and roast until fragrant, about 8 minutes.
3. Remove from oven, let cool slightly.



Strawberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash, slice and serve.

INGREDIENTS

1 1/4 cups whole strawberries

NUTRITION INFORMATION PER SERVING

Protein 1.27g Total Fat 0.57g Carbs 15g Calories 61kcal

Fiber 3.8g Sodium 1.9mg Fruits 1.25 servings

Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Berry Bran Flakes with Soy Milk

BY EVERYDAY EATLOVE

🕒 3 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Pour bran flakes into a bowl. Pour soy milk over cereal.
2. Serve with strawberries, on top of cereal or on the side.

INGREDIENTS

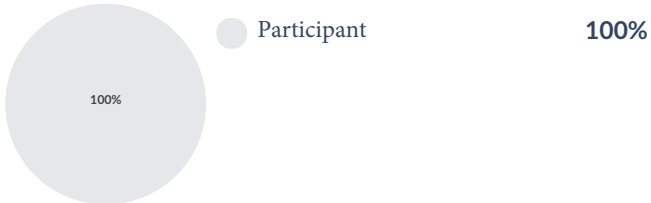
- 1 1/2 cups bran flakes
- 1 cup strawberries
- 1 1/2 cups soy milk

NUTRITION INFORMATION PER SERVING

Protein 19g Total Fat 8.6g Carbs 74g Calories 413kcal Fiber 17g
Sodium 470mg Fruits 1 servings Vegetables 0 servings
Added Sugar 11g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Peanut Tofu Stir-fry with Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 teaspoons canola oil	3 cups frozen broccoli chopped
2 cloves garlic minced	1/2 cup lite coconut milk
6 ounces firm tofu cubed	1/4 cup peanuts crushed
2 teaspoons soy sauce	1 cup cooked brown rice

Cooked Brown Rice

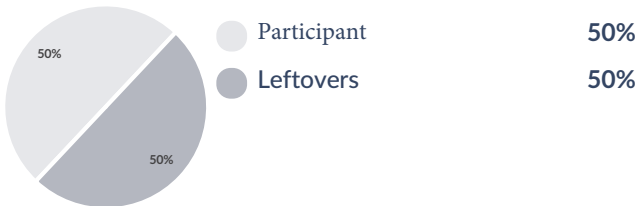
2 cups brown rice
5 cups water

NUTRITION INFORMATION PER SERVING

Protein 24g Total Fat 28g Carbs 47g Calories 509kcal Fiber 12g
Sodium 346mg Fruits 0 servings Vegetables 3 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Heat oil in a skillet over medium heat. Add garlic and cook for 1 minute.
2. Add tofu, soy sauce, and ginger, and sauté for 7-8 minutes turning over twice.
3. Add vegetables, coconut milk, and peanuts, cover and simmer for another 8-10 minutes.
4. To serve, top cooked rice with tofu and veggies.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.



Blackberries & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 1/2 cups blackberries
- 2 cups soy yogurt
- 2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein 11g Total Fat 4.49g Carbs 23g Calories 195kcal
Fiber 7.7g Sodium 91mg Fruits 0.75 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Wash blackberries and serve with soy yogurt.
2. Sprinkle yogurt with cinnamon if desired.



High Protein Veggie Stir-Fry

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

2 teaspoons olive oil
3/4 cup kidney beans drained & rinsed
7 ounces extra firm tofu drained
3/4 cup cooked brown rice
1/2 cup carrots sliced
1 cup mushrooms sliced
1 cup red pepper sliced
2 teaspoons low sodium tamari
2 teaspoons sesame oil
2 tablespoons green onions sliced

Cooked Brown Rice

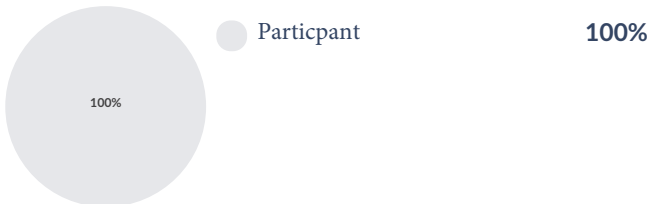
1 cup brown rice
2 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 40g Total Fat 33g Carbs 88g Calories 782kcal Fiber 16g
Sodium 853mg Fruits 0 servings Vegetables 3.12 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Cook rice according to package instructions, or click link for EatLove instructions.
2. Wash and prepare vegetables.
3. Drain and press tofu to remove excess water.
4. Heat half the olive oil in a pan over medium heat. Add tofu and cook for about 8 minutes or until browned. Remove from pan.
5. Add remaining olive oil to pan. Add carrots, bell pepper, and mushrooms to pan and stir-fry for 2-3 minutes. Add snow peas and stir-fry for 1 minute.
6. Add tofu back to pan. Add tamari and sesame oil to pan and stir-fry for an additional 1-2 minutes.
7. Remove from stir-fry from pan and top with green onions. Serve with brown rice.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.



Steamed Spinach

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

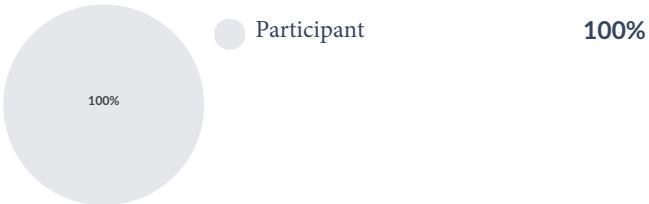
2 cups spinach

NUTRITION INFORMATION PER SERVING

Protein 1.72g Total Fat 0.23g Carbs 2.18g Calories 14kcal
Fiber 1.32g Sodium 47mg Fruits 0 servings Vegetables 1 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add spinach to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 3 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add spinach and cover with lid.
3. Steam for about 3 minutes or until tender.



English Muffin with PB & Apples with Soy Milk

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

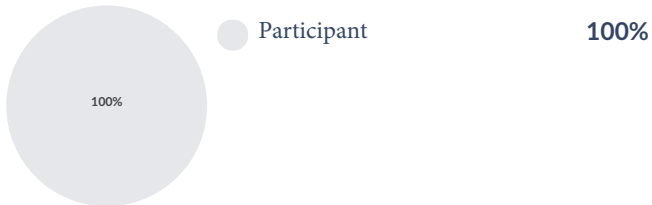
- 1 whole wheat english muffin toasted
- 2 tablespoons peanut butter
- 1 apple sliced
- 1 cup soy milk

NUTRITION INFORMATION PER SERVING

Protein 21g Total Fat 23g Carbs 66g Calories 535kcal Fiber 12g
Sodium 475mg Fruits 1 servings Vegetables 0 servings
Added Sugar 5.3g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Toast the English muffin.
2. Spread peanut butter onto toasted muffin. Top with sliced apples.
3. Serve with glass of soy milk.



Kiwi

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash, peel and serve.

INGREDIENTS

1 kiwi peeled

NUTRITION INFORMATION PER SERVING

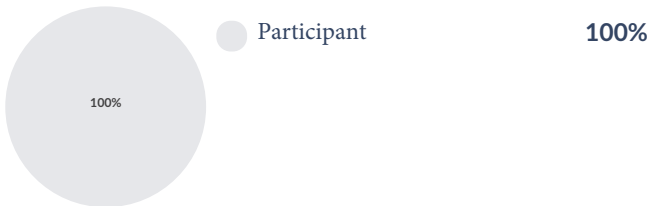
Protein 0.79g Total Fat 0.36g Carbs 10g Calories 42kcal

Fiber 2.07g Sodium 2.07mg Fruits 0.5 servings

Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Snap Peas

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash snap peas and serve.

INGREDIENTS

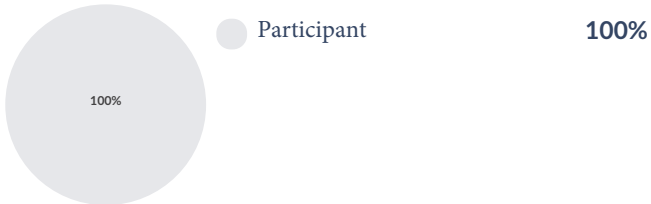
1 cup snap peas

NUTRITION INFORMATION PER SERVING

Protein 7.9g Total Fat 0.58g Carbs 21g Calories 117kcal
Fiber 7.4g Sodium 7.3mg Fruits 0 servings Vegetables 1 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Energizing Green Morning Smoothie

BY SINCERELY NOURISHED

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Add all ingredients to a blender and blend until smooth.

INGREDIENTS

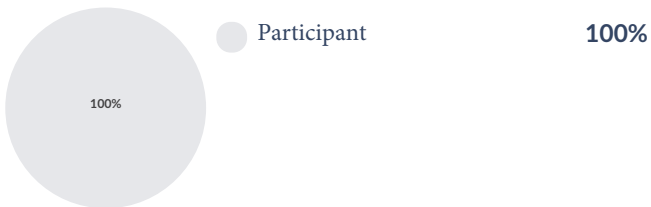
1 1/2 cups frozen kale	1/2 scoop protein powder
1 cup frozen spinach	1 cup unsweetened almond milk
1/2 orange peeled	1 teaspoon agave
1/2 teaspoon fresh ginger	1/4 cup ice

NUTRITION INFORMATION PER SERVING

Protein 19g Total Fat 6.5g Carbs 33g Calories 238kcal Fiber 12g
Sodium 424mg Fruits 0.5 servings Vegetables 2.75 servings
Added Sugar 4.69g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Peanut Hoisin Stir Fry

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 ounces whole wheat spaghetti 1/2 pound firm tofu pressed and cubed
 2 tablespoons peanut butter
 2 tablespoons hoisin sauce 3 cups broccoli chopped

NUTRITION INFORMATION PER SERVING

Protein 27g Total Fat 26g Carbs 64g Calories 556kcal Fiber 10g
 Sodium 384mg Fruits 0 servings Vegetables 1.5 servings
 Added Sugar 4.36g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Cook spaghetti according to package directions. Drain and set aside.
2. Mix together peanut butter and hoisin sauce until well combined. Add a splash of water if needed to help combine.
3. Heat half the oil in a pan over medium high heat. Add tofu and cook until golden brown. Add a splash of the peanut butter mixture, stir, and remove tofu from pan.
4. Heat remaining oil in the pan and add broccoli. Stir fry a couple minutes until tender-crisp.
5. Add drained spaghetti to pan along with the remaining peanut butter mixture. Stir until thoroughly mixed. Add tofu, give it another stir, then turn off heat.



INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/2 cups edamame
5 cups water
2 dashes salt

NUTRITION INFORMATION PER SERVING

Protein 15g Total Fat 7g Carbs 13g Calories 165kcal Fiber 7g
Sodium 157mg Fruits 0 servings Vegetables 0 servings
Added Sugar 0g

 For more nutrition information go to eatlove.is

PORTIONS



Cooked Edamame

BY EATLOVE

 15 MINS |  2 SERVINGS

 To modify servings, visit eatlove.is

Method

1. Add salt to pot of water. Bring to a boil.
2. When the water is boiling, add the edamame.
3. After 5-6 minutes, test the texture of the edamame. The beans should be firm, yet give to the teeth. (For a firmer bean, decrease the cooking time.)
4. When ready, drain the beans. May serve hot or at room temperature.



Almond Butter & Honey Sandwich

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

- 2 slices white bread
- 2 tablespoons almond butter
- 1 tablespoon honey
- 10 fluid ozs soy milk

NUTRITION INFORMATION PER SERVING

Protein 22g Total Fat 26g Carbs 55g Calories 526kcal Fiber 7.2g
Sodium 513mg Fruits 0 servings Vegetables 0 servings
Added Sugar 11g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Strawberry Puffed Rice Cereal with Soy Milk

BY EVERYDAY EATLOVE

🕒 3 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

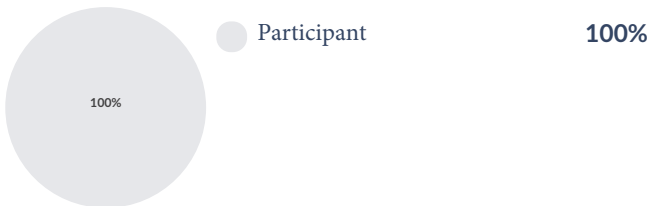
- 1 1/2 cups puffed rice cereal
- 1 cup strawberries
- 1 cup soy milk

NUTRITION INFORMATION PER SERVING

Protein 12g Total Fat 5.6g Carbs 62g Calories 340kcal Fiber 5.5g
Sodium 528mg Fruits 1 servings Vegetables 0 servings
Added Sugar 4.25g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Pour puffed rice into a bowl. Pour soy milk over cereal.
2. Serve with strawberries, on top of cereal or on the side.



Raspberries & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash raspberries and serve with soy yogurt.
2. Sprinkle yogurt with cinnamon if desired.

INGREDIENTS

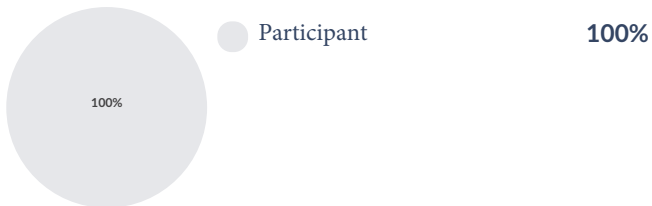
- 1/2 cup raspberries
- 1/2 cup soy yogurt
- 1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein 5.2g Total Fat 2.38g Carbs 14g Calories 106kcal Fiber 5g
Sodium 46mg Fruits 0.5 servings Vegetables 0 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Tofu Stir-Fry with Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

12 ounces extra firm tofu cubed	2 teaspoons sesame oil
2 cups broccoli cut into florets	2 tablespoons reduced sodium soy sauce
1 cup red pepper chopped	2 cups cooked brown rice

Cooked Brown Rice

2 cups brown rice
5 cups water

NUTRITION INFORMATION PER SERVING

Protein 27g Total Fat 17g Carbs 64g Calories 489kcal Fiber 7.4g
Sodium 488mg Fruits 0 servings Vegetables 2 servings
Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

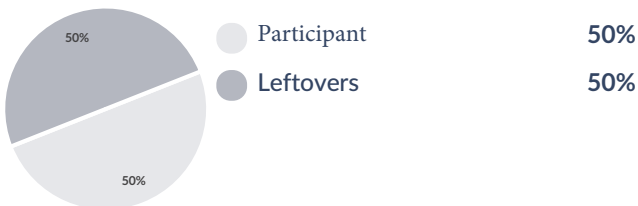
Method

1. Cook brown rice according to package instructions.
2. Press and drain tofu between paper towels to remove excess water.
3. Heat sesame oil in a pan over medium heat. Add drained tofu and cook until lightly browned on all sides, about 5 minutes. Remove tofu from pan and set aside.
4. Add broccoli and red pepper to same pan and saute for 2-3 minutes. Add snow peas and saute for an additional minute.
5. Add tofu back to pan. Add soy sauce and stir to combine, cooking for an additional minute.
6. Remove from heat and serve over brown rice.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

PORTIONS





Pumpkin Seeds & Orange

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Pour pumpkin seeds into a bowl. Serve with orange.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 ounces pumpkin seeds

2 oranges

NUTRITION INFORMATION PER SERVING

Protein 11g Total Fat 14g Carbs 28g Calories 259kcal Fiber 7.2g

Sodium 5.2mg Fruits 1 servings Vegetables 0 servings

Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS

