

Meal Plan - 1000 calorie intermittent fasting vegetarian 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

1006 cals ● 91g protein (36%) ● 32g fat (29%) ● 70g carbs (28%) ● 18g fiber (7%)

Lunch

270 cals, 12g protein, 15g net carbs, 17g fat



[Grilled cheese sandwich](#)
1/2 sandwich(es)- 248 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

520 cals, 31g protein, 53g net carbs, 15g fat



[Seitan Philly cheesesteak](#)
1/2 sub(s)- 285 cals



[Easy chickpea salad](#)
234 cals

Day 2

1039 cals ● 97g protein (37%) ● 32g fat (28%) ● 67g carbs (26%) ● 24g fiber (9%)

Lunch

365 cals, 26g protein, 35g net carbs, 9g fat



[Baked fries](#)
97 cals



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



[Fruit juice](#)
3/4 cup(s)- 86 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

455 cals, 22g protein, 31g net carbs, 22g fat



[Chickpea & kale soup](#)
273 cals



[Pumpkin seeds](#)
183 cals

Day 3

1039 cals ● 97g protein (37%) ● 32g fat (28%) ● 67g carbs (26%) ● 24g fiber (9%)

Lunch

365 cals, 26g protein, 35g net carbs, 9g fat



Baked fries

97 cals



Vegan crumbles

1 1/4 cup(s)- 183 cals



Fruit juice

3/4 cup(s)- 86 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

455 cals, 22g protein, 31g net carbs, 22g fat



Chickpea & kale soup

273 cals



Pumpkin seeds

183 cals

Day 4

1001 cals ● 92g protein (37%) ● 42g fat (38%) ● 46g carbs (18%) ● 18g fiber (7%)

Lunch

370 cals, 21g protein, 26g net carbs, 17g fat



Cheese & crackers

4 cracker(s)- 182 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Bbq tempeh lettuce wrap

2 lettuce wrap(s)- 165 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

415 cals, 23g protein, 18g net carbs, 24g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Salsa verde tofu salad

353 cals

Day 5

988 cals ● 105g protein (43%) ● 38g fat (34%) ● 43g carbs (18%) ● 14g fiber (6%)

Lunch

355 cals, 34g protein, 23g net carbs, 12g fat



Vegan sausage

1 sausage(s)- 268 cals



Lentils

87 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

415 cals, 23g protein, 18g net carbs, 24g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Salsa verde tofu salad

353 cals

Day 6

981 cals ● 93g protein (38%) ● 33g fat (31%) ● 50g carbs (20%) ● 27g fiber (11%)

Lunch

405 cals, 20g protein, 36g net carbs, 14g fat



Sugar snap peas
164 cals



Curried lentils
241 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

360 cals, 25g protein, 13g net carbs, 19g fat



Sauteed peppers and onions
63 cals



Basic tempeh
4 oz- 295 cals

Day 7

981 cals ● 93g protein (38%) ● 33g fat (31%) ● 50g carbs (20%) ● 27g fiber (11%)

Lunch

405 cals, 20g protein, 36g net carbs, 14g fat



Sugar snap peas
164 cals



Curried lentils
241 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

360 cals, 25g protein, 13g net carbs, 19g fat



Sauteed peppers and onions
63 cals



Basic tempeh
4 oz- 295 cals

Baked Products

- ☐ bread
1 slice (32g)
- ☐ crackers
4 crackers (14g)

Dairy and Egg Products

- ☐ butter
1/2 tbsp (7g)
- ☐ sliced cheese
1 slice (1 oz ea) (28g)
- ☐ cheese
1 1/2 oz (42g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)

Vegetables and Vegetable Products

- ☐ tomatoes
3 medium whole (2-3/5" dia) (359g)
- ☐ bell pepper
1 1/4 large (201g)
- ☐ onion
3/4 medium (2-1/2" dia) (86g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ garlic
2 clove(s) (6g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ romaine lettuce
2 leaf inner (12g)
- ☐ frozen sugar snap peas
5 1/3 cup (768g)

Cereal Grains and Pasta

- ☐ seitan
1 1/2 oz (43g)

Fats and Oils

- ☐ oil
1 3/4 oz (54mL)

Other

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ vegetable broth
4 cup(s) (mL)
- ☐ salsa verde
2 tbsp (32g)
- ☐ barbecue sauce
1 tbsp (17g)

Spices and Herbs

- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ ground cumin
2 tsp (4g)
- ☐ salt
1 dash (1g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/2 can (672g)
- ☐ vegetarian burger crumbles
2 1/2 cup (250g)
- ☐ black beans
4 tbsp (60g)
- ☐ firm tofu
2 slice(s) (168g)
- ☐ tempeh
10 oz (284g)
- ☐ lentils, raw
1/2 cup (88g)

Beverages

- ☐ water
15 cup(s) (3595mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
3 oz (89g)
- ☐ coconut milk, canned
1/2 cup (120mL)

Fruits and Fruit Juices

- ☐ sub roll(s)
1/2 roll(s) (43g)
- ☐ mixed greens
3 cup (90g)
- ☐ coleslaw mix
1/2 cup (45g)
- ☐ vegan sausage
1 sausage (100g)
- ☐ curry paste
2 tsp (10g)

- ☐ fruit juice
12 fl oz (360mL)
- ☐ avocados
4 slices (100g)

Sweets

- ☐ honey
2 tsp (14g)



Lunch 1 [↗](#)

Eat on day 1

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

butter

1/2 tbsp (7g)

sliced cheese

1 slice (1 oz ea) (28g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



For single meal:

oil

1/4 tbsp (4mL)

potatoes

1/4 large (3" to 4-1/4" dia.) (92g)

For all 2 meals:

oil

1/2 tbsp (8mL)

potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Vegan crumbles

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



For single meal:

vegetarian burger crumbles

1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles

2 1/2 cup (250g)

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

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

fruit juice

6 fl oz (180mL)

For all 2 meals:

fruit juice

12 fl oz (360mL)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Cheese & crackers

4 cracker(s) - 182 cals ● 8g protein ● 12g fat ● 10g carbs ● 1g fiber



Makes 4 cracker(s)

crackers

4 crackers (14g)

cheese

1 oz (28g)

1. Slice cheese and put on top of crackers. Serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.

Bbq tempeh lettuce wrap

2 lettuce wrap(s) - 165 cals ● 13g protein ● 4g fat ● 13g carbs ● 6g fiber



Makes 2 lettuce wrap(s)

romaine lettuce

2 leaf inner (12g)

tempeh, cubed

2 oz (57g)

barbecue sauce

1 tbsp (17g)

coleslaw mix

1/2 cup (45g)

oil

1/4 tsp (1mL)

bell pepper, deseeded and sliced

1/4 small (19g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Lunch 4 [↗](#)

Eat on day 5

Vegan sausage

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



Makes 1 sausage(s)

vegan sausage

1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



salt

1/4 dash (0g)

water

1/2 cup(s) (119mL)

lentils, raw, rinsed

2 tbsp (24g)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

frozen sugar snap peas

2 2/3 cup (384g)

For all 2 meals:

frozen sugar snap peas

5 1/3 cup (768g)

1. Prepare according to instructions on package.

Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



For single meal:

lentils, raw
2 2/3 tbsp (32g)
water
1/3 cup(s) (79mL)
salt
1/3 dash (0g)
coconut milk, canned
4 tbsp (60mL)
curry paste
1 tsp (5g)

For all 2 meals:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

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.

Dinner 1 [🔗](#)

Eat on day 1

Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



Makes 1/2 sub(s)

cheese
1/2 slice (1 oz each) (14g)
seitan, cut into strips
1 1/2 oz (43g)
bell pepper, sliced
1/4 small (19g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
oil
1/4 tbsp (4mL)
sub roll(s)
1/2 roll(s) (43g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Dinner 2 [↗](#)

Eat on day 2, day 3

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

oil
1/2 tsp (3mL)
garlic, minced
1 clove(s) (3g)
vegetable broth
2 cup(s) (mL)
kale leaves, chopped
1 cup, chopped (40g)
chickpeas, canned, drained
1/2 can (224g)

For all 2 meals:

oil
1 tsp (5mL)
garlic, minced
2 clove(s) (6g)
vegetable broth
4 cup(s) (mL)
kale leaves, chopped
2 cup, chopped (80g)
chickpeas, canned, drained
1 can (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

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.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey

1 tsp (7g)

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

For all 2 meals:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Salsa verde tofu salad

353 cals ● 16g protein ● 24g fat ● 11g carbs ● 8g fiber



For single meal:

tomatoes, chopped

1/2 roma tomato (40g)

salsa verde

1 tbsp (16g)

ground cumin

1 tsp (2g)

black beans, drained and rinsed

2 tbsp (30g)

roasted pumpkin seeds, unsalted

2 tbsp (15g)

avocados, sliced

2 slices (50g)

mixed greens

1 1/2 cup (45g)

oil

1 tsp (5mL)

firm tofu

1 slice(s) (84g)

For all 2 meals:

tomatoes, chopped

1 roma tomato (80g)

salsa verde

2 tbsp (32g)

ground cumin

2 tsp (4g)

black beans, drained and rinsed

4 tbsp (60g)

roasted pumpkin seeds, unsalted

4 tbsp (30g)

avocados, sliced

4 slices (100g)

mixed greens

3 cup (90g)

oil

2 tsp (10mL)

firm tofu

2 slice(s) (168g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Sauteed peppers and onions

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



For single meal:

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

For all 2 meals:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

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

4 oz - 295 cals ● 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.
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Protein Supplement(s) [↗](#)

Eat every day

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.