Meal Plan - 1000 calorie high protein 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

972 cals 92g protein (38%) 35g fat (32%) 54g carbs (22%) 18g fiber (8%)

Breakfast

155 cals, 7g protein, 4g net carbs, 10g fat

Egg in an eggplant
120 cals

Raspberries
1/2 cup(s)- 36 cals

Lunch

295 cals, 16g protein, 27g net carbs, 12g fat

Chik'n nuggets
5 1/3 nuggets- 294 cals

Dinner

305 cals, 20g protein, 21g net carbs, 12g fat

Buffalo tempeh with tzatziki
157 cals

Lentils
87 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 2

1013 cals 95g protein (37%) 34g fat (31%) 60g carbs (24%) 21g fiber (8%)

Breakfast

155 cals, 7g protein, 4g net carbs, 10g fat

Egg in an eggplant
120 cals

Raspberries
1/2 cup(s)- 36 cals

Lunch

295 cals, 16g protein, 27g net carbs, 12g fat

Chik'n nuggets
5 1/3 nuggets- 294 cals

Dinner

345 cals, 23g protein, 27g net carbs, 12g fat

Basic tempeh
2 oz- 148 cals

Buttered lima beans
110 cals

Lentils
87 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 3

993 cals 94g protein (38%) 31g fat (28%) 70g carbs (28%) 16g fiber (6%)

Breakfast

130 cals, 8g protein, 5g net carbs, 8g fat

Egg and pesto stuffed tomato
1 tomato(es)- 129 cals

Lunch

300 cals, 18g protein, 27g net carbs, 10g fat

Raspberries
1 cup(s)- 72 cals

Crispy chik'n tenders
4 tender(s)- 229 cals

Dinner

345 cals, 20g protein, 36g net carbs, 12g fat

Vegan meatball sub
1/2 sub(s)- 234 cals

Milk
3/4 cup(s)- 112 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 4

993 cals 94g protein (38%) 31g fat (28%) 70g carbs (28%) 16g fiber (6%)

Breakfast

130 cals, 8g protein, 5g net carbs, 8g fat

Egg and pesto stuffed tomato
1 tomato(es)- 129 cals

Lunch

300 cals, 18g protein, 27g net carbs, 10g fat

Raspberries
1 cup(s)- 72 cals

Crispy chik'n tenders
4 tender(s)- 229 cals

Dinner

345 cals, 20g protein, 36g net carbs, 12g fat

Vegan meatball sub
1/2 sub(s)- 234 cals

Milk
3/4 cup(s)- 112 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 5

985 cals 90g protein (37%) 43g fat (39%) 49g carbs (20%) 11g fiber (4%)

Breakfast

130 cals, 8g protein, 5g net carbs, 8g fat

Egg and pesto stuffed tomato
1 tomato(es)- 129 cals

Lunch

300 cals, 18g protein, 26g net carbs, 11g fat

Peanut tempeh
2 oz tempeh- 217 cals

White rice
3/8 cup rice, cooked- 82 cals

Dinner

340 cals, 16g protein, 17g net carbs, 23g fat

Milk
1 cup(s)- 149 cals

Buffalo tofu slaw salad
190 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 6

1028 cals 97g protein (38%) 30g fat (26%) 79g carbs (31%) 15g fiber (6%)

Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat

Boiled eggs
2 egg(s)- 139 cals

Lunch

355 cals, 16g protein, 41g net carbs, 10g fat

Bbq cauliflower wings
268 cals

Buttered broccoli
2/3 cup(s)- 89 cals

Dinner

315 cals, 20g protein, 36g net carbs, 10g fat

Simple kale salad
1 cup(s)- 55 cals

Slow cooker vegan jambalaya
259 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 7

1028 cals 97g protein (38%) 30g fat (26%) 79g carbs (31%) 15g fiber (6%)

Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat

Boiled eggs
2 egg(s)- 139 cals

Lunch

355 cals, 16g protein, 41g net carbs, 10g fat

Bbq cauliflower wings
268 cals

Buttered broccoli
2/3 cup(s)- 89 cals

Dinner

315 cals, 20g protein, 36g net carbs, 10g fat

Simple kale salad
1 cup(s)- 55 cals

Slow cooker vegan jambalaya
259 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Grocery List

Beverages

- [ ] protein powder
  14 scoop (1/3 cup ea) (434g)
- [ ] water
  15 1/4 cup(s) (3614mL)

Soups, Sauces, and Gravies

- [ ] Frank's Red Hot sauce
  2 tbsp (31mL)
- [ ] pesto sauce
  1 1/2 tbsp (24g)
- [ ] pasta sauce
  1/4 cup(s) (65g)
- [ ] vegetable broth
  1/4 cup(s) (mL)
- [ ] hot sauce
  1/2 tsp (3mL)
- [ ] barbecue sauce
  1/2 cup (143g)

Other

- [ ] tzatziki
  1/8 cup(s) (14g)
- [ ] vegan chik'n nuggets
  10 2/3 nuggets (229g)
- [ ] sub roll(s)
  1 roll(s) (85g)
- [ ] nutritional yeast
  1 oz (32g)
- [ ] vegan meatballs, frozen
  4 meatball(s) (120g)
- [ ] meatless chik'n tenders
  8 pieces (204g)
- [ ] coleslaw mix
  1/2 cup (45g)
- [ ] diced tomatoes
  1/4 28oz can (199g)
- [ ] vegan sausage
  2 oz (57g)

Fats and Oils

- [ ] oil
  1 oz (27mL)
- [ ] ranch dressing
  1 tbsp (15mL)
- [ ] salad dressing
  2 tbsp (30mL)

Spices and Herbs

- [ ] salt
  4 1/4 g (4g)
- [ ] black pepper
  1/4 g (0g)
- [ ] cajun seasoning
  1 tsp (3g)

Vegetables and Vegetable Products

- [ ] tomatoes
  5 1/4 medium whole (2-3/5" dia) (646g)
- [ ] eggplant
  2 1 inch (2.5 cm) slice(s) (120g)
- [ ] ketchup
  1/3 cup (79g)
- [ ] lima beans, frozen
  1/4 package (10 oz) (71g)
- [ ] kale leaves
  2 cup, chopped (80g)
- [ ] garlic
  1/2 clove(s) (2g)
- [ ] onion
  1/8 large (19g)
- [ ] green pepper
  1/8 large (21g)
- [ ] raw celery
  3/4 stalk, medium (7-1/2" - 8" long) (30g)
- [ ] cauliflower
  2 head small (4" dia.) (530g)
- [ ] frozen broccoli
  1 1/3 cup (121g)

Dairy and Egg Products

- [ ] eggs
  9 large (450g)
- [ ] butter
  1/4 stick (23g)
- [ ] whole milk
  2 1/2 cup(s) (600mL)

Fruits and Fruit Juices

- [ ] raspberries
  3 cup (369g)
- [ ] lemon juice
  1/4 tbsp (4mL)

Cereal Grains and Pasta

- [ ] olive oil
  1/4 tbsp (4mL)

Legumes and Legume Products

- [ ] tempeh
  6 oz (170g)
- [ ] lentils, raw
  4 tbsp (48g)
- [ ] peanut butter
  1 tbsp (16g)
- [ ] soy sauce
  1/2 tsp (3mL)
- [ ] firm tofu
  1/4 lbs (99g)

Grains and Pasta

- [ ] long-grain white rice
  6 tbsp (69g)
- [ ] seitan
  2 oz (57g)

Recipes

Breakfast 1

Eat on day 1 and day 2

Egg in an eggplant

120 cals 7g protein 9g fat 1g carbs 2g fiber

For single meal:

eggplant
1 1 inch (2.5 cm) slice(s) (60g)
oil
1 tsp (5mL)
eggs
1 large (50g)

For all 2 meals:

eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)
eggs
2 large (100g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Raspberries

1/2 cup(s) - 36 cals 1g protein 0g fat 3g carbs 4g fiber

For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Breakfast 2

Eat on day 3, day 4, and day 5

Egg and pesto stuffed tomato

1 tomato(es) - 129 cals 8g protein 8g fat 5g carbs 2g fiber

For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)
tomatoes
1 large whole (3" dia) (182g)

For all 3 meals:

pesto sauce
1 1/2 tbsp (24g)
eggs
3 large (150g)
tomatoes
3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Breakfast 3

Eat on day 6 and day 7

Boiled eggs

2 egg(s) - 139 cals 13g protein 10g fat 1g carbs 0g fiber

For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Lunch 1

Eat on day 1 and day 2

Chik'n nuggets

5 1/3 nuggets - 294 cals 16g protein 12g fat 27g carbs 3g fiber

For single meal:

ketchup
4 tsp (23g)
vegan chik'n nuggets
5 1/3 nuggets (115g)

For all 2 meals:

ketchup
2 2/3 tbsp (45g)
vegan chik'n nuggets
10 2/3 nuggets (229g)

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

Lunch 2

Eat on day 3 and day 4

Raspberries

1 cup(s) - 72 cals 2g protein 1g fat 7g carbs 8g fiber

For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Crispy chik'n tenders

4 tender(s) - 229 cals 16g protein 9g fat 21g carbs 0g fiber

For single meal:

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

For all 2 meals:

meatless chik'n tenders
8 pieces (204g)
ketchup
2 tbsp (34g)

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

Lunch 3

Eat on day 5

Peanut tempeh

2 oz tempeh - 217 cals 16g protein 11g fat 7g carbs 5g fiber

Makes 2 oz tempeh

tempeh
2 oz (57g)
peanut butter
1 tbsp (16g)
lemon juice
1/4 tbsp (4mL)
soy sauce
1/2 tsp (3mL)
nutritional yeast
1/4 tbsp (1g)

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.

White rice

3/8 cup rice, cooked - 82 cals 2g protein 0g fat 18g carbs 0g fiber

Makes 3/8 cup rice, cooked

water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 4

Eat on day 6 and day 7

Bbq cauliflower wings

268 cals 14g protein 2g fat 40g carbs 9g fiber

For single meal:

barbecue sauce
4 tbsp (72g)
salt
2 dash (2g)
nutritional yeast
4 tbsp (15g)
cauliflower
1 head small (4" dia.) (265g)

For all 2 meals:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Buttered broccoli

2/3 cup(s) - 89 cals 2g protein 8g fat 1g carbs 2g fiber

For single meal:

salt
1/3 dash (0g)
frozen broccoli
2/3 cup (61g)
black pepper
1/3 dash (0g)
butter
2 tsp (9g)

For all 2 meals:

salt
2/3 dash (0g)
frozen broccoli
1 1/3 cup (121g)
black pepper
2/3 dash (0g)
butter
4 tsp (19g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 1

Eat on day 1

Buffalo tempeh with tzatziki

157 cals 13g protein 7g fat 6g carbs 4g fiber

Frank's Red Hot sauce
1 tbsp (15mL)
tzatziki
1/8 cup(s) (14g)
oil
1/4 tbsp (4mL)
tempeh, roughly chopped
2 oz (57g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Lentils

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

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
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.

Roasted tomatoes

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

Makes 1 tomato(es)

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

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.

Dinner 2

Eat on day 2

Basic tempeh

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

Makes 2 oz

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

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.

Buttered lima beans

110 cals 5g protein 4g fat 10g carbs 4g fiber

salt
1 dash (1g)
lima beans, frozen
1/4 package (10 oz) (71g)
butter
1 tsp (5g)
black pepper
1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Lentils

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

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
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.

Dinner 3

Eat on day 3 and day 4

Vegan meatball sub

1/2 sub(s) - 234 cals 14g protein 6g fat 27g carbs 4g fiber

For single meal:

sub roll(s)
1/2 roll(s) (43g)
nutritional yeast
4 dash (1g)
pasta sauce
1/8 cup(s) (33g)
vegan meatballs, frozen
2 meatball(s) (60g)

For all 2 meals:

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
1/4 cup(s) (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Milk

3/4 cup(s) - 112 cals 6g protein 6g fat 9g carbs 0g fiber

For single meal:

whole milk
3/4 cup(s) (180mL)

For all 2 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Dinner 4

Eat on day 5

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

Makes 1 cup(s)

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Buffalo tofu slaw salad

190 cals 8g protein 15g fat 5g carbs 1g fiber

coleslaw mix
1/2 cup (45g)
Frank's Red Hot sauce
1 tbsp (15mL)
ranch dressing
1 tbsp (15mL)
oil
1/4 tbsp (4mL)
tomatoes, halved
1 tbsp cherry tomatoes (9g)
firm tofu, patted dry & cubed
1/4 lbs (99g)

1. Season the tofu cubes with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add the tofu and cook for 4-6 minutes, turning occasionally, until golden brown on all sides. Remove from heat and let cool slightly, then toss with hot sauce.
3. Serve the tofu over a bed of coleslaw and cherry tomatoes. Drizzle with ranch and serve.
4. Meal Prep Tip: Store the tofu and ranch separately from the coleslaw. Combine everything just before serving to keep the slaw fresh and crisp.

Dinner 5

Eat on day 6 and day 7

Simple kale salad

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

For single meal:

kale leaves
1 cup, chopped (40g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

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

Slow cooker vegan jambalaya

259 cals 18g protein 6g fat 31g carbs 2g fiber

For single meal:

vegetable broth
1/8 cup(s) (mL)
long-grain white rice
2 tbsp (23g)
cajun seasoning
1/2 tsp (1g)
olive oil
3/8 tsp (2mL)
hot sauce
1/4 tsp (1mL)
garlic, minced
1/4 clove(s) (1g)
diced tomatoes, with juice
1/8 28oz can (99g)
seitan, cut into cubes
1 oz (28g)
vegan sausage, sliced
1 oz (28g)
onion, chopped
1/8 large (9g)
green pepper, seeded and chopped
1/8 large (10g)
raw celery, chopped
3/8 stalk, medium (7-1/2" - 8" long) (15g)

For all 2 meals:

vegetable broth
1/4 cup(s) (mL)
long-grain white rice
4 tbsp (46g)
cajun seasoning
1 tsp (3g)
olive oil
1/4 tbsp (4mL)
hot sauce
1/2 tsp (3mL)
garlic, minced
1/2 clove(s) (2g)
diced tomatoes, with juice
1/4 28oz can (199g)
seitan, cut into cubes
2 oz (57g)
vegan sausage, sliced
2 oz (57g)
onion, chopped
1/8 large (19g)
green pepper, seeded and chopped
1/8 large (21g)
raw celery, chopped
3/4 stalk, medium (7-1/2" - 8" long) (30g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

Protein Supplement(s)

Eat every day

Protein shake

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

For single meal:

protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:

protein powder
14 scoop (1/3 cup ea) (434g)
water
14 cup(s) (3318mL)

1. The recipe has no instructions.