

Meal Plan - 1700 calorie high protein vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1661 cals ● 150g protein (36%) ● 55g fat (30%) ● 103g carbs (25%) ● 39g fiber (9%)

Breakfast

250 cals, 15g protein, 15g net carbs, 14g fat



Kale & eggs
189 cals



Watermelon
6 oz- 61 cals

Snacks

205 cals, 7g protein, 17g net carbs, 8g fat



Carrots and hummus
205 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

570 cals, 27g protein, 37g net carbs, 30g fat



Coleslaw
163 cals



Brown rice
115 cals



Basic tempeh
4 oz- 295 cals

Dinner

250 cals, 16g protein, 30g net carbs, 2g fat



Lentil pasta
252 cals

Day 2

1661 cal ● 150g protein (36%) ● 55g fat (30%) ● 103g carbs (25%) ● 39g fiber (9%)

Breakfast

250 cal, 15g protein, 15g net carbs, 14g fat



Kale & eggs
189 cal



Watermelon
6 oz- 61 cal

Snacks

205 cal, 7g protein, 17g net carbs, 8g fat



Carrots and hummus
205 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

570 cal, 27g protein, 37g net carbs, 30g fat



Coleslaw
163 cal



Brown rice
115 cal



Basic tempeh
4 oz- 295 cal

Dinner

250 cal, 16g protein, 30g net carbs, 2g fat



Lentil pasta
252 cal

Day 3

1704 cal ● 179g protein (42%) ● 47g fat (25%) ● 113g carbs (26%) ● 29g fiber (7%)

Breakfast

305 cal, 32g protein, 22g net carbs, 9g fat



Protein shake (milk)
258 cal



Blueberries
1/2 cup(s)- 47 cal

Snacks

175 cal, 4g protein, 22g net carbs, 7g fat



Large granola bar
1 bar(s)- 176 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

415 cal, 35g protein, 29g net carbs, 10g fat



Vegan crumbles
1 1/4 cup(s)- 183 cal



Easy chickpea salad
234 cal

Dinner

425 cal, 23g protein, 37g net carbs, 19g fat



Milk
1 cup(s)- 149 cal



Chik'n nuggets
5 nuggets- 276 cal

Day 4

1688 cal ● 159g protein (38%) ● 46g fat (24%) ● 135g carbs (32%) ● 25g fiber (6%)

Breakfast

305 cal, 32g protein, 22g net carbs, 9g fat



Protein shake (milk)
258 cal



Blueberries
1/2 cup(s)- 47 cal

Snacks

175 cal, 4g protein, 22g net carbs, 7g fat



Large granola bar
1 bar(s)- 176 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

400 cal, 15g protein, 51g net carbs, 9g fat



Quinoa and black beans
260 cal



Tortilla chips
141 cal

Dinner

425 cal, 23g protein, 37g net carbs, 19g fat



Milk
1 cup(s)- 149 cal



Chik'n nuggets
5 nuggets- 276 cal

Day 5

1769 cal ● 156g protein (35%) ● 51g fat (26%) ● 134g carbs (30%) ● 39g fiber (9%)

Breakfast

250 cal, 11g protein, 13g net carbs, 14g fat



Basic fried eggs
1 egg(s)- 80 cal



Avocado toast
1 slice(s)- 168 cal

Snacks

220 cal, 10g protein, 23g net carbs, 8g fat



Breakfast cereal
97 cal



String cheese
1 stick(s)- 83 cal



Clementine
1 clementine(s)- 39 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

435 cal, 25g protein, 28g net carbs, 20g fat



Roasted almonds
1/6 cup(s)- 166 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal



Chunky canned soup (non-creamy)
1 can(s)- 247 cal

Dinner

485 cal, 25g protein, 66g net carbs, 6g fat



Veggie burger
1 burger- 275 cal



Peas
212 cal

Day 6

1683 cals ● 156g protein (37%) ● 43g fat (23%) ● 139g carbs (33%) ● 31g fiber (7%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs
1 egg(s)- 80 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

220 cals, 10g protein, 23g net carbs, 8g fat



Breakfast cereal
97 cals



String cheese
1 stick(s)- 83 cals



Clementine
1 clementine(s)- 39 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

350 cals, 25g protein, 33g net carbs, 12g fat



Buttery brown rice
167 cals



Simple seitan
3 oz- 183 cals

Dinner

485 cals, 25g protein, 66g net carbs, 6g fat



Veggie burger
1 burger- 275 cals



Peas
212 cals

Day 7

1686 cals ● 151g protein (36%) ● 47g fat (25%) ● 147g carbs (35%) ● 18g fiber (4%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs
1 egg(s)- 80 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

220 cals, 10g protein, 23g net carbs, 8g fat



Breakfast cereal
97 cals



String cheese
1 stick(s)- 83 cals



Clementine
1 clementine(s)- 39 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

350 cals, 25g protein, 33g net carbs, 12g fat



Buttery brown rice
167 cals



Simple seitan
3 oz- 183 cals

Dinner

490 cals, 19g protein, 75g net carbs, 10g fat



Milk
1 cup(s)- 149 cals



Pasta with store-bought sauce
340 cals

Legumes and Legume Products

- hummus
10 tbsp (150g)
- tempeh
1/2 lbs (227g)
- vegetarian burger crumbles
1 1/4 cup (125g)
- chickpeas, canned
1/2 can (224g)
- black beans
1/3 can (146g)

Vegetables and Vegetable Products

- baby carrots
40 medium (400g)
- kale leaves
1 cup, chopped (40g)
- garlic
1 1/6 clove(s) (4g)
- fresh parsley
1 1/2 sprigs (2g)
- tomatoes
1 1/2 medium whole (2-3/5" dia) (177g)
- onion
1/3 medium (2-1/2" dia) (36g)
- ketchup
1/4 cup (77g)
- frozen corn kernels
2 3/4 tbsp (23g)
- frozen peas
4 cup (536g)

Spices and Herbs

- salt
1/4 oz (6g)
- ground cumin
4 dash (1g)
- black pepper
1/2 tsp, ground (1g)
- balsamic vinegar
1/2 tbsp (8mL)
- cayenne pepper
1/3 dash (0g)

Dairy and Egg Products

- eggs
7 large (350g)

Other

- coleslaw mix
2/3 package (14 oz) (265g)
- lentil pasta
4 oz (113g)
- vegan chik'n nuggets
10 nuggets (215g)
- veggie burger patty
2 patty (142g)
- mixed greens
2 oz (57g)

Cereal Grains and Pasta

- brown rice
2/3 cup (127g)
- quinoa, uncooked
2 tbsp (21g)
- seitan
6 oz (170g)
- uncooked dry pasta
2 2/3 oz (76g)

Beverages

- water
26 cup(s) (6122mL)
- protein powder
26 1/2 scoop (1/3 cup ea) (822g)

Soups, Sauces, and Gravies

- pasta sauce
3/8 jar (24 oz) (280g)
- apple cider vinegar
1/2 tbsp (0mL)
- vegetable broth
1/4 cup(s) (mL)
- chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

Snacks

- large granola bar
2 bar (74g)
- tortilla chips
1 oz (28g)

Baked Products

- whole milk
5 3/4 cup (1380mL)
- string cheese
3 stick (84g)
- butter
1 tbsp (14g)

Fats and Oils

- oil
3 tbsp (42mL)
- olive oil
2 tbsp (30mL)

Fruits and Fruit Juices

- Watermelon
12 oz (340g)
- lemon juice
2 tbsp (30mL)
- blueberries
1 cup (148g)
- avocados
3/4 avocado(s) (151g)
- clementines
3 fruit (222g)

- bread
3 slice (96g)
- hamburger buns
2 bun (102g)

Nut and Seed Products

- almonds
3 tbsp, whole (27g)

Breakfast Cereals

- breakfast cereal
1 1/2 serving (45g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

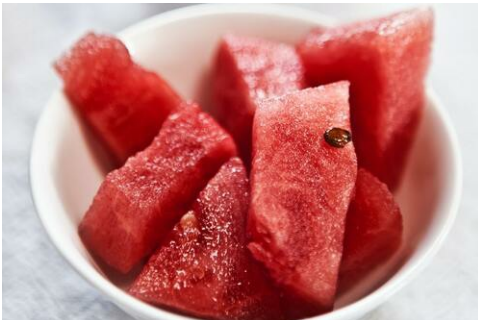
For all 2 meals:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Watermelon

6 oz - 61 cal ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon
6 oz (170g)

For all 2 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
 2. Serve.
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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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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

1. Heat oil in a skillet over medium low heat.
 2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Coleslaw

163 cal ● 1g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

coleslaw mix
1/3 package (14 oz) (132g)
olive oil
1 tbsp (15mL)
lemon juice
1 tbsp (15mL)
garlic, minced
1/3 clove (1g)
ground cumin
1 1/3 dash (0g)
salt
1 1/3 dash (1g)

For all 2 meals:

coleslaw mix
2/3 package (14 oz) (265g)
olive oil
2 tbsp (30mL)
lemon juice
2 tbsp (30mL)
garlic, minced
2/3 clove (2g)
ground cumin
1/3 tsp (1g)
salt
1/3 tsp (2g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

Brown rice

115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

For all 2 meals:

brown rice
1/3 cup (63g)
salt
2 dash (2g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

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 2 [↗](#)

Eat on day 3

Vegan crumbles

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



Makes 1 1/4 cup(s)

vegetarian burger crumbles
1 1/4 cup (125g)

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

Easy chickpea salad

234 cal ● 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!
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Lunch 3 [↗](#)

Eat on day 4

Quinoa and black beans

260 cal ● 13g protein ● 3g fat ● 33g carbs ● 12g fiber



oil
1/6 tsp (1mL)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, chopped
1/2 clove(s) (2g)
quinoa, uncooked
2 tbsp (21g)
vegetable broth
1/4 cup(s) (mL)
ground cumin
1 1/3 dash (0g)
cayenne pepper
1/3 dash (0g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
frozen corn kernels
2 2/3 tbsp (23g)
black beans, rinsed and drained
1/3 can (146g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Tortilla chips

141 cal ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber

tortilla chips
1 oz (28g)

1. This recipe has no instructions.



Lunch 4 [↗](#)

Eat on day 5

Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds

3 tbsp, whole (27g)

1. This recipe has no instructions.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.
-

Lunch 5 [↗](#)

Eat on day 6, day 7

Buttery brown rice

167 cal ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



For single meal:

butter
1/2 tbsp (7g)
brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

For all 2 meals:

butter
1 tbsp (14g)
brown rice
1/3 cup (63g)
salt
2 dash (2g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Simple seitan

3 oz - 183 cal ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

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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Snacks 1 [↗](#)

Eat on day 1, day 2

Carrots and hummus

205 cals ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus
5 tbsp (75g)
baby carrots
20 medium (200g)

For all 2 meals:

hummus
10 tbsp (150g)
baby carrots
40 medium (400g)

1. Serve carrots with hummus.
-

Snacks 2 [↗](#)

Eat on day 3, day 4

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Breakfast cereal

97 cal ● 3g protein ● 3g fat ● 14g carbs ● 1g fiber



For single meal:

whole milk
4 tbsp (60mL)
breakfast cereal
1/2 serving (15g)

For all 3 meals:

whole milk
3/4 cup (180mL)
breakfast cereal
1 1/2 serving (45g)

1. 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.
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String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. This recipe has no instructions.

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

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

Eat on day 1, day 2

Lentil pasta

252 cal ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



For single meal:

pasta sauce
1/8 jar (24 oz) (84g)
lentil pasta
2 oz (57g)

For all 2 meals:

pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Chik'n nuggets

5 nuggets - 276 cal ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

vegan chik'n nuggets
5 nuggets (108g)
ketchup
1 1/4 tbsp (21g)

For all 2 meals:

vegan chik'n nuggets
10 nuggets (215g)
ketchup
2 1/2 tbsp (43g)

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

Dinner 3 [↗](#)

Eat on day 5, day 6

Veggie burger

1 burger - 275 cal ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



For single meal:

veggie burger patty

1 patty (71g)

hamburger buns

1 bun (51g)

ketchup

1 tbsp (17g)

mixed greens

1 oz (28g)

For all 2 meals:

veggie burger patty

2 patty (142g)

hamburger buns

2 bun (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

1. Cook patty according to instructions on package.
 2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.
-

Peas

212 cal ● 14g protein ● 1g fat ● 25g carbs ● 12g fiber



For single meal:

frozen peas

2 cup (268g)

For all 2 meals:

frozen peas

4 cup (536g)

1. Prepare according to instructions on package.
-

Dinner 4 [↗](#)

Eat on day 7

Milk

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



Makes 1 cup(s)

whole milk

1 cup (240mL)

1. This recipe has no instructions.
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Pasta with store-bought sauce

340 cal ● 12g protein ● 2g fat ● 63g carbs ● 5g fiber



uncooked dry pasta

2 2/3 oz (76g)

pasta sauce

1/6 jar (24 oz) (112g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water

3 1/2 cup(s) (830mL)

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water

24 1/2 cup(s) (5807mL)

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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