

# Meal Plan - 1100 calorie low carb vegetarian meal plan



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## Day 1

1092 cals ● 94g protein (35%) ● 42g fat (34%) ● 65g carbs (24%) ● 20g fiber (7%)

### Breakfast

200 cals, 13g protein, 2g net carbs, 15g fat



[Pesto scrambled eggs](#)  
2 eggs- 198 cals

### Lunch

350 cals, 16g protein, 27g net carbs, 14g fat



[Easy chickpea salad](#)  
234 cals



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals

### Dinner

330 cals, 16g protein, 34g net carbs, 12g fat



[Chik'n nuggets](#)  
5 nuggets- 276 cals



[Strawberries](#)  
1 cup(s)- 52 cals

### Protein Supplement(s)

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



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

## Day 2

1092 cals ● 94g protein (35%) ● 42g fat (34%) ● 65g carbs (24%) ● 20g fiber (7%)

### Breakfast

200 cals, 13g protein, 2g net carbs, 15g fat



[Pesto scrambled eggs](#)  
2 eggs- 198 cals

### Lunch

350 cals, 16g protein, 27g net carbs, 14g fat



[Easy chickpea salad](#)  
234 cals



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals

### Dinner

330 cals, 16g protein, 34g net carbs, 12g fat



[Chik'n nuggets](#)  
5 nuggets- 276 cals



[Strawberries](#)  
1 cup(s)- 52 cals

### Protein Supplement(s)

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



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

## Day 3

1106 cals ● 104g protein (38%) ● 51g fat (42%) ● 43g carbs (16%) ● 14g fiber (5%)

### Breakfast

205 cals, 22g protein, 13g net carbs, 6g fat



Grapes

58 cals



Tomato mushroom egg white omelet

149 cals

### Dinner

295 cals, 18g protein, 11g net carbs, 19g fat



Asparagus

125 cals



Garlic pepper seitan

171 cals

### Lunch

385 cals, 16g protein, 17g net carbs, 26g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Grilled cheese sandwich

1/2 sandwich(es)- 248 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

## Day 4

1106 cals ● 104g protein (38%) ● 51g fat (42%) ● 43g carbs (16%) ● 14g fiber (5%)

### Breakfast

205 cals, 22g protein, 13g net carbs, 6g fat



Grapes

58 cals



Tomato mushroom egg white omelet

149 cals

### Dinner

295 cals, 18g protein, 11g net carbs, 19g fat



Asparagus

125 cals



Garlic pepper seitan

171 cals

### Lunch

385 cals, 16g protein, 17g net carbs, 26g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Grilled cheese sandwich

1/2 sandwich(es)- 248 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

## Day 5

1058 cals ● 104g protein (39%) ● 41g fat (35%) ● 46g carbs (17%) ● 22g fiber (8%)

### Breakfast

145 cals, 14g protein, 4g net carbs, 7g fat



Scrambled egg whites  
121 cals



Cherry tomatoes  
6 cherry tomatoes- 21 cals

### Dinner

345 cals, 27g protein, 9g net carbs, 17g fat



Buttered sugar snap peas  
161 cals



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

### Lunch

355 cals, 14g protein, 32g net carbs, 16g fat



Spiced chickpea tabbouleh bowl  
182 cals



Roasted peanuts  
1/6 cup(s)- 173 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 6

1058 cals ● 104g protein (39%) ● 41g fat (35%) ● 46g carbs (17%) ● 22g fiber (8%)

### Breakfast

145 cals, 14g protein, 4g net carbs, 7g fat



Scrambled egg whites  
121 cals



Cherry tomatoes  
6 cherry tomatoes- 21 cals

### Dinner

345 cals, 27g protein, 9g net carbs, 17g fat



Buttered sugar snap peas  
161 cals



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

### Lunch

355 cals, 14g protein, 32g net carbs, 16g fat



Spiced chickpea tabbouleh bowl  
182 cals



Roasted peanuts  
1/6 cup(s)- 173 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 7

1119 cals ● 98g protein (35%) ● 48g fat (39%) ● 56g carbs (20%) ● 18g fiber (6%)

### Breakfast

145 cals, 14g protein, 4g net carbs, 7g fat



[Scrambled egg whites](#)  
121 cals



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

### Dinner

455 cals, 12g protein, 14g net carbs, 34g fat



[Mixed nuts](#)  
1/4 cup(s)- 218 cals



[Zoodles with avocado sauce](#)  
235 cals

### Lunch

305 cals, 24g protein, 37g net carbs, 6g fat



[Crispy chik'n tenders](#)  
2 tender(s)- 114 cals



[Cottage cheese & honey](#)  
1/2 cup(s)- 125 cals



[Peach](#)  
1 peach(es)- 66 cals

### Protein Supplement(s)

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



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

## Beverages

- ☐ water  
14 1/4 cup (3418mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Other

- ☐ vegan chik'n nuggets  
10 nuggets (215g)
- ☐ meatless chik'n tenders  
2 pieces (51g)

## Vegetables and Vegetable Products

- ☐ ketchup  
3 tbsp (51g)
- ☐ fresh parsley  
4 1/3 sprigs (4g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (816g)
- ☐ onion  
1/2 medium (2-1/2" dia) (55g)
- ☐ asparagus  
1/2 lbs (227g)
- ☐ garlic  
1 1/4 clove(s) (4g)
- ☐ green pepper  
1 tbsp, chopped (9g)
- ☐ mushrooms  
1/3 cup, pieces or slices (23g)
- ☐ frozen sugar snap peas  
2 cup (288g)
- ☐ cucumber  
1/6 cucumber (8-1/4") (50g)
- ☐ zucchini  
1/2 large (162g)

## Fruits and Fruit Juices

- ☐ strawberries  
2 cup, whole (288g)
- ☐ lemon juice  
3 tbsp (48mL)
- ☐ grapes  
2 cup (184g)
- ☐ peach  
1 medium (2-2/3" dia) (150g)
- ☐ avocados  
1/2 avocado(s) (101g)

## Spices and Herbs

- ☐ balsamic vinegar  
1 tbsp (15mL)
- ☐ salt  
4 g (4g)
- ☐ black pepper  
2 1/4 g (2g)
- ☐ ground cumin  
1/3 tsp (1g)
- ☐ fresh basil  
1/2 cup leaves, whole (12g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 1/3 can (597g)
- ☐ roasted peanuts  
14 tbsp (128g)
- ☐ vegetarian burger crumbles  
2 1/2 cup (250g)

## Dairy and Egg Products

- ☐ eggs  
6 large (300g)
- ☐ butter  
3/8 stick (41g)
- ☐ sliced cheese  
2 slice (1 oz ea) (56g)
- ☐ egg whites  
15 large (497g)
- ☐ low fat cottage cheese (1% milkfat)  
1 cup (226g)

## Baked Products

- ☐ bread  
2 slice (64g)

## Fats and Oils

- ☐ olive oil  
1 oz (37mL)
- ☐ oil  
3/4 oz (23mL)

## Cereal Grains and Pasta

- ☐ seitan  
4 oz (113g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1 tbsp (1mL)
- ☐ pesto sauce  
2 tbsp (32g)

- ☐ instant couscous, flavored  
1/3 box (5.8 oz) (55g)

## Sweets

- ☐ honey  
2 tsp (14g)

## Nut and Seed Products

- ☐ mixed nuts  
4 tbsp (34g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

#### **pesto sauce**

1 tbsp (16g)

#### **eggs**

2 large (100g)

For all 2 meals:

#### **pesto sauce**

2 tbsp (32g)

#### **eggs**

4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

#### **grapes**

1 cup (92g)

For all 2 meals:

#### **grapes**

2 cup (184g)

1. This recipe has no instructions.

### Tomato mushroom egg white omelet

149 cal ● 21g protein ● 6g fat ● 3g carbs ● 0g fiber



For single meal:

**mushrooms, chopped**  
2 2/3 tbsp, pieces or slices (12g)  
**tomatoes, chopped**  
1/4 small whole (2-2/5" dia) (23g)  
**eggs**  
1 large (50g)  
**egg whites**  
2 large (66g)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**mushrooms, chopped**  
1/3 cup, pieces or slices (23g)  
**tomatoes, chopped**  
1/2 small whole (2-2/5" dia) (46g)  
**eggs**  
2 large (100g)  
**egg whites**  
4 large (132g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**black pepper**  
2 dash, ground (1g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Scrambled egg whites

121 cal ● 13g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**egg whites**  
1/2 cup (122g)

For all 3 meals:

**oil**  
1 1/2 tbsp (23mL)  
**egg whites**  
1 1/2 cup (365g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

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### Cherry tomatoes

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





For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 3 meals:

**tomatoes**  
18 cherry tomatoes (306g)

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

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## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### Easy chickpea salad

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



For single meal:

**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)

For all 2 meals:

**fresh parsley, chopped**  
3 sprigs (3g)  
**apple cider vinegar**  
1 tbsp (1mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**onion, thinly sliced**  
1/2 small (35g)  
**chickpeas, canned, drained and rinsed**  
1 can (448g)

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

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

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

Eat on day 3, day 4

### Roasted peanuts

1/8 cup(s) - 115 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. This recipe has no instructions.

### Cherry tomatoes

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



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

### Grilled cheese sandwich

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



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1/2 tbsp (7g)  
**sliced cheese**  
1 slice (1 oz ea) (28g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
1 tbsp (14g)  
**sliced cheese**  
2 slice (1 oz ea) (56g)

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.

## Lunch 3 [↗](#)

Eat on day 5, day 6

### Spiced chickpea tabbouleh bowl

182 cals ● 8g protein ● 2g fat ● 28g carbs ● 5g fiber



For single meal:

**lemon juice**  
1/4 tsp (1mL)  
**fresh parsley, chopped**  
2/3 sprigs (1g)  
**tomatoes, chopped**  
1/6 roma tomato (13g)  
**cucumber, chopped**  
1/8 cucumber (8-1/4") (25g)  
**ground cumin**  
1 1/3 dash (0g)  
**oil**  
1/8 tsp (0mL)  
**chickpeas, canned, drained & rinsed**  
1/6 can (75g)  
**instant couscous, flavored**  
1/6 box (5.8 oz) (27g)

For all 2 meals:

**lemon juice**  
1/2 tsp (2mL)  
**fresh parsley, chopped**  
1 1/3 sprigs (1g)  
**tomatoes, chopped**  
1/3 roma tomato (27g)  
**cucumber, chopped**  
1/6 cucumber (8-1/4") (50g)  
**ground cumin**  
1/3 tsp (1g)  
**oil**  
1/6 tsp (1mL)  
**chickpeas, canned, drained & rinsed**  
1/3 can (149g)  
**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

### Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
3 tbsp (27g)

For all 2 meals:

**roasted peanuts**  
6 tbsp (55g)

1. This recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 7

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### Crispy chik'n tenders

2 tender(s) - 114 cals ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



Makes 2 tender(s)

#### ketchup

1/2 tbsp (9g)

#### meatless chik'n tenders

2 pieces (51g)

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

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### Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

#### 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.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1 peach(es)

#### peach

1 medium (2-2/3" dia) (150g)

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

Eat on day 1, day 2

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### Chik'n nuggets

5 nuggets - 276 cals ● 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.

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### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

#### **strawberries**

1 cup, whole (144g)

For all 2 meals:

#### **strawberries**

2 cup, whole (288g)

1. This recipe has no instructions.
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## Dinner 2 [🔗](#)

Eat on day 3, day 4

### Asparagus

125 cals ● 3g protein ● 10g fat ● 3g carbs ● 3g fiber



For single meal:

**asparagus**  
4 oz (113g)  
**lemon juice**  
3/4 tbsp (11mL)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**olive oil**  
3/4 tbsp (11mL)

For all 2 meals:

**asparagus**  
1/2 lbs (227g)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**olive oil**  
1 1/2 tbsp (23mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

### Garlic pepper seitan

171 cals ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**onion**  
1 tbsp, chopped (10g)  
**garlic, minced**  
5/8 clove(s) (2g)  
**green pepper**  
1/2 tbsp, chopped (5g)  
**seitan, chicken style**  
2 oz (57g)  
**black pepper**  
1/2 dash, ground (0g)  
**water**  
1/4 tbsp (4mL)  
**salt**  
1/4 dash (0g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**onion**  
2 tbsp, chopped (20g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**green pepper**  
1 tbsp, chopped (9g)  
**seitan, chicken style**  
4 oz (113g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
1/2 tbsp (8mL)  
**salt**  
1/2 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



For single meal:

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**butter**

1 tbsp (14g)

**frozen sugar snap peas**

1 cup (144g)

For all 2 meals:

**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**butter**

2 tbsp (27g)

**frozen sugar snap peas**

2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### 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.

## Dinner 4 [↗](#)

Eat on day 7

### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

**mixed nuts**

4 tbsp (34g)

1. This recipe has no instructions.

### Zoodles with avocado sauce

235 cals ● 5g protein ● 16g fat ● 9g carbs ● 10g fiber



**water**  
1/6 cup(s) (39mL)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**tomatoes, halved**  
5 cherry tomatoes (85g)  
**fresh basil**  
1/2 cup leaves, whole (12g)  
**zucchini**  
1/2 large (162g)  
**avocados, peeled and seed removed**  
1/2 avocado(s) (101g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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