

Meal Plan - 1000 calorie intermittent fasting vegan 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

1014 cals ● 94g protein (37%) ● 31g fat (28%) ● 77g carbs (30%) ● 12g fiber (5%)

Lunch

485 cals, 25g protein, 28g net carbs, 28g fat



[Couscous](#)
100 cals



[Broccoli](#)
1 1/2 cup(s)- 44 cals



[Basic tofu](#)
8 oz- 342 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Dinner

255 cals, 9g protein, 47g net carbs, 2g fat



[Pasta with store-bought sauce](#)
255 cals

Day 2

1014 cals ● 94g protein (37%) ● 31g fat (28%) ● 77g carbs (30%) ● 12g fiber (5%)

Lunch

485 cals, 25g protein, 28g net carbs, 28g fat



[Couscous](#)
100 cals



[Broccoli](#)
1 1/2 cup(s)- 44 cals



[Basic tofu](#)
8 oz- 342 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Dinner

255 cals, 9g protein, 47g net carbs, 2g fat



[Pasta with store-bought sauce](#)
255 cals

Day 3

1037 cals ● 117g protein (45%) ● 42g fat (37%) ● 33g carbs (13%) ● 14g fiber (5%)

Lunch

410 cals, 32g protein, 21g net carbs, 21g fat



Garlic pepper seitan
342 cals



Simple mixed greens salad
68 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Dinner

355 cals, 25g protein, 11g net carbs, 20g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Basic tempeh
4 oz- 295 cals

Day 4

1037 cals ● 117g protein (45%) ● 42g fat (37%) ● 33g carbs (13%) ● 14g fiber (5%)

Lunch

410 cals, 32g protein, 21g net carbs, 21g fat



Garlic pepper seitan
342 cals



Simple mixed greens salad
68 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Dinner

355 cals, 25g protein, 11g net carbs, 20g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Basic tempeh
4 oz- 295 cals

Day 5

1004 cals ● 93g protein (37%) ● 34g fat (31%) ● 69g carbs (27%) ● 12g fiber (5%)

Lunch

405 cals, 16g protein, 59g net carbs, 9g fat



Simple mixed greens and tomato salad
76 cals



Flavored rice mix
143 cals



Rice pilaf with meatless meatballs
186 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Dinner

325 cals, 16g protein, 8g net carbs, 24g fat



Cajun tofu
209 cals



Tomato and avocado salad
117 cals

Day 6

967 cals ● 90g protein (37%) ● 31g fat (29%) ● 68g carbs (28%) ● 14g fiber (6%)

Lunch

345 cals, 8g protein, 37g net carbs, 15g fat



[Tortilla chips](#)

141 cals



[Black bean vegan quesadillas](#)

206 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

350 cals, 21g protein, 29g net carbs, 15g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Chik'n satay with peanut sauce](#)

2 skewers- 233 cals

Day 7

967 cals ● 90g protein (37%) ● 31g fat (29%) ● 68g carbs (28%) ● 14g fiber (6%)

Lunch

345 cals, 8g protein, 37g net carbs, 15g fat



[Tortilla chips](#)

141 cals



[Black bean vegan quesadillas](#)

206 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

350 cals, 21g protein, 29g net carbs, 15g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Chik'n satay with peanut sauce](#)

2 skewers- 233 cals

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1/3 box (5.8 oz) (55g)
- ☐ uncooked dry pasta
4 oz (114g)
- ☐ seitan
1/2 lbs (227g)
- ☐ brown rice
1/3 cup (63g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
3 cup (273g)
- ☐ onion
3/8 medium (2-1/2" dia) (48g)
- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ green pepper
2 tbsp, chopped (19g)
- ☐ tomatoes
2 1/4 medium whole (2-3/5" dia) (276g)
- ☐ fresh ginger
2/3 inch (2.5cm) cube (3g)

Legumes and Legume Products

- ☐ firm tofu
1 1/2 lbs (643g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ black beans
1/4 can(s) (110g)
- ☐ peanut butter
4 tsp (21g)

Fats and Oils

- ☐ oil
1/3 cup (79mL)
- ☐ olive oil
1 oz (32mL)
- ☐ salad dressing
1/4 cup (68mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ salsa
2 tbsp (32g)

Beverages

- ☐ water
18 1/4 cup (4378mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Spices and Herbs

- ☐ black pepper
5 dash, ground (1g)
- ☐ salt
4 dash (3g)
- ☐ cajun seasoning
1/4 tbsp (1g)
- ☐ garlic powder
1 dash (0g)

Other

- ☐ mixed greens
4 1/2 cup (135g)
- ☐ snow peas
1/8 cup (5g)
- ☐ vegan meatballs, frozen
1 1/2 meatball(s) (45g)
- ☐ vegan cheese, shredded
2 tbsp (14g)
- ☐ skewer(s)
4 skewer(s) (4g)
- ☐ vegan chik'n strips
1/3 lbs (151g)
- ☐ sesame oil
2 tsp (10mL)

Fruits and Fruit Juices

- ☐ lime juice
1 1/2 tbsp (23mL)
- ☐ avocados
1/2 avocado(s) (101g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
3/8 pouch (~5.6 oz) (68g)

Snacks

- ☐ tortilla chips
2 oz (57g)

Baked Products

- ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



For single meal:

instant couscous, flavored
1/6 box (5.8 oz) (27g)

For all 2 meals:

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

1. Follow instructions on package.

Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

frozen broccoli
1 1/2 cup (137g)

For all 2 meals:

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

firm tofu
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

1. Slice tofu 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, day 4

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

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)

For all 2 meals:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
garlic, minced
2 1/2 clove(s) (8g)
green pepper
2 tbsp, chopped (19g)
seitan, chicken style
1/2 lbs (227g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)

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.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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Lunch 3 [🔗](#)

Eat on day 5

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix

1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Rice pilaf with meatless meatballs

186 cals ● 10g protein ● 4g fat ● 25g carbs ● 3g fiber



snow peas, ends trimmed

1/8 cup (5g)

tomatoes

1 1/2 cherry tomatoes (26g)

vegan meatballs, frozen

1 1/2 meatball(s) (45g)

flavored rice mix

1/8 box (8 oz) (28g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
 2. Meanwhile prepare vegan meatballs according to package instructions.
 3. Plate rice mix and top with vegan meatballs. Serve.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Tortilla chips

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



For single meal:

tortilla chips

1 oz (28g)

For all 2 meals:

tortilla chips

2 oz (57g)

1. This recipe has no instructions.

Black bean vegan quesadillas

206 cals ● 6g protein ● 8g fat ● 19g carbs ● 7g fiber



For single meal:

avocados, ripe

1/8 avocado(s) (25g)

oil

1/4 tsp (1mL)

flour tortillas

1/2 tortilla (approx 7-8" dia) (25g)

black beans, drained and rinsed

1/8 can(s) (55g)

salsa, divided

1 tbsp (16g)

vegan cheese, shredded

1 tbsp (7g)

For all 2 meals:

avocados, ripe

1/4 avocado(s) (50g)

oil

1/2 tsp (3mL)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

black beans, drained and rinsed

1/4 can(s) (110g)

salsa, divided

2 tbsp (32g)

vegan cheese, shredded

2 tbsp (14g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

Dinner 1 [↗](#)

Eat on day 1, day 2

Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

uncooked dry pasta

2 oz (57g)

pasta sauce

1/8 jar (24 oz) (84g)

For all 2 meals:

uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

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

Dinner 2 [↗](#)

Eat on day 3, day 4

Roasted tomatoes

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



For single meal:

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

For all 2 meals:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

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.

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.

Dinner 3 [↗](#)

Eat on day 5

Cajun tofu

209 cal ● 15g protein ● 14g fat ● 5g carbs ● 0g fiber



oil
1/2 tbsp (7mL)
cajun seasoning
1/4 tbsp (1g)
firm tofu, patted dry & cubed
6 2/3 oz (189g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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Dinner 4 [🔗](#)

Eat on day 6, day 7

Brown rice

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

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Chik'n satay with peanut sauce

2 skewers - 233 cal ● 19g protein ● 14g fat ● 5g carbs ● 2g fiber



For single meal:

skewer(s)
2 skewer(s) (2g)
fresh ginger, grated or minced
1/3 inch (2.5cm) cube (2g)
vegan chik'n strips
2 2/3 oz (76g)
sesame oil
1 tsp (5mL)
lime juice
1/2 tbsp (7mL)
peanut butter
2 tsp (11g)

For all 2 meals:

skewer(s)
4 skewer(s) (4g)
fresh ginger, grated or minced
2/3 inch (2.5cm) cube (3g)
vegan chik'n strips
1/3 lbs (151g)
sesame oil
2 tsp (10mL)
lime juice
3 tsp (15mL)
peanut butter
4 tsp (21g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

- water**
2 1/2 cup(s) (593mL)
- protein powder**
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

- water**
17 1/2 cup(s) (4148mL)
- protein powder**
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.