

# Meal Plan - 1000 calorie high protein 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

983 cals ● 107g protein (43%) ● 29g fat (26%) ● 62g carbs (25%) ● 12g fiber (5%)

### Breakfast

185 cals, 5g protein, 36g net carbs, 1g fat



[Pretzels](#)  
183 cals

### Dinner

165 cals, 12g protein, 8g net carbs, 7g fat



[Carrot & grounds stir fry](#)  
166 cals

### Lunch

360 cals, 29g protein, 16g net carbs, 19g fat



[Vegan bangers and cauliflower mash](#)  
1 sausage link(s)- 361 cals

### Protein Supplement(s)

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



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

## Day 2

1004 cals ● 91g protein (36%) ● 17g fat (16%) ● 96g carbs (38%) ● 24g fiber (9%)

### Breakfast

185 cals, 5g protein, 36g net carbs, 1g fat



[Pretzels](#)  
183 cals

### Dinner

315 cals, 15g protein, 30g net carbs, 11g fat



[Vegan chickpea & chickpea pasta](#)  
262 cals



[Simple kale salad](#)  
1 cup(s)- 55 cals

### Lunch

230 cals, 11g protein, 28g net carbs, 4g fat



[Carrot sticks](#)  
4 carrot(s)- 108 cals



[Chunky canned soup \(non-creamy\)](#)  
1/2 can(s)- 124 cals

### Protein Supplement(s)

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



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

## Day 3

1040 cals ● 96g protein (37%) ● 31g fat (27%) ● 74g carbs (29%) ● 19g fiber (7%)

### Breakfast

135 cals, 5g protein, 24g net carbs, 1g fat



Small toasted bagel with 'butter'  
1/2 bagel(s)- 95 cals



Carrot sticks  
1 1/2 carrot(s)- 41 cals

### Dinner

315 cals, 14g protein, 18g net carbs, 19g fat



Rice cakes with peanut butter  
1/2 cake(s)- 120 cals



Crunchy Asian tofu salad  
196 cals

### Lunch

315 cals, 18g protein, 30g net carbs, 10g fat



Soy milk  
1 1/2 cup(s)- 127 cals



Zoodles marinara  
113 cals



Dinner roll  
1 roll(s)- 77 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Day 4

994 cals ● 92g protein (37%) ● 24g fat (22%) ● 86g carbs (34%) ● 16g fiber (6%)

### Breakfast

135 cals, 5g protein, 24g net carbs, 1g fat



Small toasted bagel with 'butter'  
1/2 bagel(s)- 95 cals



Carrot sticks  
1 1/2 carrot(s)- 41 cals

### Dinner

315 cals, 14g protein, 18g net carbs, 19g fat



Rice cakes with peanut butter  
1/2 cake(s)- 120 cals



Crunchy Asian tofu salad  
196 cals

### Lunch

270 cals, 13g protein, 41g net carbs, 3g fat



Lentil and veggie soup  
139 cals



Naan bread  
1/2 piece(s)- 131 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Day 5

1014 cals ● 108g protein (43%) ● 30g fat (27%) ● 54g carbs (21%) ● 23g fiber (9%)

### Breakfast

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



[Large granola bar](#)  
1 bar(s)- 176 cals

### Dinner

250 cals, 23g protein, 6g net carbs, 11g fat



[Olive oil drizzled broccoli](#)  
1 1/2 cup(s)- 105 cals



[Vegan crumbles](#)  
1 cup(s)- 146 cals

### Lunch

315 cals, 21g protein, 25g net carbs, 11g fat



[Sautéed Kale](#)  
61 cals



[Veggie burger patty](#)  
2 patty- 254 cals

### Protein Supplement(s)

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



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

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## Day 6

988 cals ● 101g protein (41%) ● 31g fat (28%) ● 58g carbs (23%) ● 19g fiber (8%)

### Breakfast

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



[Large granola bar](#)  
1 bar(s)- 176 cals

### Dinner

250 cals, 23g protein, 6g net carbs, 11g fat



[Olive oil drizzled broccoli](#)  
1 1/2 cup(s)- 105 cals



[Vegan crumbles](#)  
1 cup(s)- 146 cals

### Lunch

290 cals, 14g protein, 28g net carbs, 11g fat



[Basic baked potato](#)  
1/2 potato(es)- 132 cals



[Cajun tofu](#)  
157 cals

### Protein Supplement(s)

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



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

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## Day 7

1043 cals ● 98g protein (37%) ● 33g fat (29%) ● 75g carbs (29%) ● 13g fiber (5%)

### Breakfast

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



[Large granola bar](#)  
1 bar(s)- 176 cals

### Lunch

290 cals, 14g protein, 28g net carbs, 11g fat



[Basic baked potato](#)  
1/2 potato(es)- 132 cals



[Cajun tofu](#)  
157 cals

### Dinner

305 cals, 19g protein, 23g net carbs, 14g fat



[Chik'n nuggets](#)  
4 nuggets- 221 cals



[Soy milk](#)  
1 cup(s)- 85 cals

### Protein Supplement(s)

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



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



## Beverages

- ☐ water  
17 1/2 cup (4186mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Vegetables and Vegetable Products

- ☐ fresh cilantro  
1/2 tbsp, chopped (2g)
- ☐ onion  
5/6 medium (2-1/2" dia) (88g)
- ☐ garlic  
1 1/2 clove(s) (5g)
- ☐ carrots  
8 1/4 medium (506g)
- ☐ kale leaves  
2 1/4 cup, chopped (90g)
- ☐ zucchini  
1 medium (196g)
- ☐ cabbage  
1 1/2 cup, shredded (105g)
- ☐ frozen mixed veggies  
6 tbsp (51g)
- ☐ frozen broccoli  
3 cup (273g)
- ☐ potatoes  
1 large (3" to 4-1/4" dia.) (369g)
- ☐ ketchup  
1 tbsp (17g)

## Fats and Oils

- ☐ oil  
1 oz (33mL)
- ☐ salad dressing  
1 tbsp (15mL)
- ☐ olive oil  
1 tbsp (15mL)

## Fruits and Fruit Juices

- ☐ lime juice  
2 1/2 tsp (13mL)

## Spices and Herbs

- ☐ crushed red pepper  
3/4 dash (0g)
- ☐ black pepper  
1 1/2 dash (0g)

## Other

- ☐ vegan sausage  
1 sausage (100g)
- ☐ frozen cauliflower  
3/4 cup (85g)
- ☐ vegan butter  
3/4 tbsp (11g)
- ☐ chickpea pasta  
1 oz (28g)
- ☐ nutritional yeast  
1/8 oz (2g)
- ☐ soy milk, unsweetened  
2 1/2 cup (600mL)
- ☐ sesame oil  
1 tsp (5mL)
- ☐ veggie burger patty  
2 patty (142g)
- ☐ vegan chik'n nuggets  
4 nuggets (86g)

## Snacks

- ☐ pretzels, hard, salted  
3 1/3 oz (95g)
- ☐ rice cakes, any flavor  
1 cakes (9g)
- ☐ large granola bar  
3 bar (111g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
1/2 can (~19 oz) (263g)
- ☐ pasta sauce  
1/2 cup (130g)
- ☐ vegetable broth  
1/2 cup(s) (mL)

## Baked Products

- ☐ Roll  
1 pan, dinner, or small roll (2" square, 2" high) (28g)
- ☐ bagel  
1 small bagel (3" dia) (69g)
- ☐ naan bread  
1/2 piece (45g)

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
2 tbsp (21g)

- ☐ salt  
1/3 tsp (1g)
- ☐ cajun seasoning  
1 tsp (2g)

## **Legumes and Legume Products**

- ☐ soy sauce  
3/4 oz (17mL)
  - ☐ vegetarian burger crumbles  
3/4 package (12 oz) (257g)
  - ☐ chickpeas, canned  
1/4 can (112g)
  - ☐ peanut butter  
1 1/2 oz (43g)
  - ☐ roasted peanuts  
1 tbsp (9g)
  - ☐ firm tofu  
14 oz (397g)
  - ☐ lentils, raw  
2 tbsp (24g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Pretzels

183 cals ● 5g protein ● 1g fat ● 36g carbs ● 2g fiber



For single meal:

**pretzels, hard, salted**  
1 2/3 oz (47g)

For all 2 meals:

**pretzels, hard, salted**  
1/4 lbs (95g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Small toasted bagel with 'butter'

1/2 bagel(s) - 95 cals ● 4g protein ● 1g fat ● 18g carbs ● 1g fiber



For single meal:

**bagel**  
1/2 small bagel (3" dia) (35g)  
**vegan butter**  
1/4 tbsp (4g)

For all 2 meals:

**bagel**  
1 small bagel (3" dia) (69g)  
**vegan butter**  
1/2 tbsp (7g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

### Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:  
**carrots**  
1 1/2 medium (92g)

For all 2 meals:  
**carrots**  
3 medium (183g)

- 1. Cut carrots into strips and serve.

Breakfast 3 [↗](#)  
Eat on day 5, day 6, day 7

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 3 meals:  
**large granola bar**  
3 bar (111g)

- 1. This recipe has no instructions.



## Lunch 1 [🔗](#)

Eat on day 1

### Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

#### **onion, thinly sliced**

1/2 small (35g)

#### **vegan sausage**

1 sausage (100g)

#### **oil**

1/2 tbsp (8mL)

#### **frozen cauliflower**

3/4 cup (85g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Lunch 2 [🔗](#)

Eat on day 2

### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



Makes 4 carrot(s)

#### **carrots**

4 medium (244g)

1. Cut carrots into strips and serve.

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

#### **chunky canned soup (non-creamy varieties)**

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

## Lunch 3 [↗](#)

Eat on day 3

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### Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



Makes 1 1/2 cup(s)

#### **soy milk, unsweetened**

1 1/2 cup (360mL)

1. This recipe has no instructions.

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### Zoodles marinara

113 cals ● 4g protein ● 2g fat ● 14g carbs ● 5g fiber



#### **pasta sauce**

1/2 cup (130g)

#### **zucchini**

1 medium (196g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

### Dinner roll

1 roll(s) - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



Makes 1 roll(s)

#### **Roll**

1 pan, dinner, or small roll (2" square, 2" high) (28g)

1. Enjoy.
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## Lunch 4 [↗](#)

Eat on day 4

### Lentil and veggie soup

139 cals ● 9g protein ● 1g fat ● 19g carbs ● 5g fiber



**lentils, raw**  
2 tbsp (24g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**kale leaves**  
4 tbsp, chopped (10g)  
**nutritional yeast**  
1/4 tbsp (1g)  
**garlic**  
1/4 clove(s) (1g)  
**frozen mixed veggies**  
6 tbsp (51g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)



**naan bread**  
1/2 piece (45g)

1. This recipe has no instructions.

## Lunch 5 [↗](#)

Eat on day 5

### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



**oil**  
1 tsp (5mL)  
**kale leaves**  
1 cup, chopped (40g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

### Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

**veggie burger patty**  
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

## Lunch 6 [🔗](#)

Eat on day 6, day 7

### Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**salt**  
1/2 dash (0g)  
**oil**  
1/4 tsp (1mL)

For all 2 meals:

**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)  
**salt**  
1 dash (0g)  
**oil**  
1/2 tsp (3mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

### Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber





For single meal:

**oil**  
1 tsp (5mL)  
**cajun seasoning**  
4 dash (1g)  
**firm tofu, patted dry & cubed**  
5 oz (142g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**cajun seasoning**  
1 tsp (2g)  
**firm tofu, patted dry & cubed**  
10 oz (284g)

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.

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## Dinner 1 [↗](#)

Eat on day 1

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### Carrot & grounds stir fry

166 cals ● 12g protein ● 7g fat ● 8g carbs ● 5g fiber



**fresh cilantro, chopped**  
1/2 tbsp, chopped (2g)  
**oil**  
1 tsp (5mL)  
**lime juice**  
1/2 tsp (3mL)  
**crushed red pepper**  
2/3 dash (0g)  
**water**  
1 tsp (5mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**onion, chopped**  
1/6 large (25g)  
**garlic, minced**  
1/3 clove(s) (1g)  
**vegetarian burger crumbles**  
2 oz (57g)  
**carrots**  
2/3 large (48g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
  2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
  3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
  4. Once fully cooked, serve and top with lime juice and remaining cilantro,
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## Dinner 2 [↗](#)

Eat on day 2

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### Vegan chickpea & chickpea pasta

262 cals ● 13g protein ● 8g fat ● 25g carbs ● 10g fiber



#### **vegan butter**

1/4 tbsp (4g)

#### **onion, thinly sliced**

1/4 medium (2-1/2" dia) (28g)

#### **chickpea pasta**

1 oz (28g)

#### **chickpeas, canned, drained & rinsed**

1/4 can (112g)

#### **garlic, minced**

1 clove(s) (3g)

#### **oil**

1/4 tbsp (4mL)

#### **nutritional yeast**

4 dash (1g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

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### Simple kale salad

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



Makes 1 cup(s)

#### **salad dressing**

1 tbsp (15mL)

#### **kale leaves**

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.
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## Dinner 3 [🔗](#)

Eat on day 3, day 4

### Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

For all 2 meals:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

### Crunchy Asian tofu salad

196 cal ● 10g protein ● 11g fat ● 12g carbs ● 3g fiber



For single meal:

**cabbage, shredded**  
3/4 cup, shredded (53g)  
**lime juice**  
1 tsp (5mL)  
**soy sauce**  
1 tsp (5mL)  
**roasted peanuts**  
1/2 tbsp (5g)  
**peanut butter**  
1 tsp (5g)  
**carrots, cut into matchsticks**  
1/4 medium (15g)  
**quinoa, uncooked**  
1 tbsp (11g)  
**sesame oil**  
1/2 tsp (3mL)  
**firm tofu, drained**  
2 oz (57g)

For all 2 meals:

**cabbage, shredded**  
1 1/2 cup, shredded (105g)  
**lime juice**  
2 tsp (10mL)  
**soy sauce**  
2 tsp (10mL)  
**roasted peanuts**  
1 tbsp (9g)  
**peanut butter**  
2 tsp (11g)  
**carrots, cut into matchsticks**  
1/2 medium (31g)  
**quinoa, uncooked**  
2 tbsp (21g)  
**sesame oil**  
1 tsp (5mL)  
**firm tofu, drained**  
4 oz (113g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen broccoli**

1 1/2 cup (137g)

**olive oil**

1/2 tbsp (8mL)

For all 2 meals:

**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen broccoli**

3 cup (273g)

**olive oil**

1 tbsp (15mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Vegan crumbles

1 cup(s) - 146 cals ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



For single meal:

**vegetarian burger crumbles**

1 cup (100g)

For all 2 meals:

**vegetarian burger crumbles**

2 cup (200g)

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

## Dinner 5 [🔗](#)

Eat on day 7

### Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



Makes 4 nuggets

**vegan chik'n nuggets**

4 nuggets (86g)

**ketchup**

1 tbsp (17g)

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

### Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber





Makes 1 cup(s)  
**soy milk, unsweetened**  
1 cup (240mL)

1. This recipe has no instructions.

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.