

Meal Plan - 1100 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

1121 cals ● 99g protein (35%) ● 11g fat (9%) ● 132g carbs (47%) ● 24g fiber (9%)

Breakfast

245 cals, 6g protein, 48g net carbs, 2g fat



[Pretzels](#)
220 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals

Dinner

200 cals, 10g protein, 25g net carbs, 4g fat



[Tuscan white bean soup](#)
202 cals

Lunch

400 cals, 23g protein, 57g net carbs, 4g fat



[Simple vegan chili](#)
286 cals



[Fruit juice](#)
1 cup(s)- 115 cals

Protein Supplement(s)

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



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

Day 2

1121 cals ● 99g protein (35%) ● 11g fat (9%) ● 132g carbs (47%) ● 24g fiber (9%)

Breakfast

245 cals, 6g protein, 48g net carbs, 2g fat



[Pretzels](#)
220 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals

Dinner

200 cals, 10g protein, 25g net carbs, 4g fat



[Tuscan white bean soup](#)
202 cals

Lunch

400 cals, 23g protein, 57g net carbs, 4g fat



[Simple vegan chili](#)
286 cals



[Fruit juice](#)
1 cup(s)- 115 cals

Protein Supplement(s)

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



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

Day 3

1109 cals ● 100g protein (36%) ● 30g fat (25%) ● 84g carbs (30%) ● 25g fiber (9%)

Breakfast

170 cals, 8g protein, 18g net carbs, 5g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Hummus toast](#)

1 slice(s)- 146 cals

Dinner

330 cals, 19g protein, 44g net carbs, 3g fat



[Lentil pasta](#)

252 cals



[Dinner roll](#)

1 roll(s)- 77 cals

Lunch

340 cals, 13g protein, 21g net carbs, 21g fat



[Vegan cream of mushroom soup](#)

201 cals



[Roasted cashews](#)

1/6 cup(s)- 139 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 4

1073 cals ● 112g protein (42%) ● 21g fat (18%) ● 83g carbs (31%) ● 25g fiber (9%)

Breakfast

170 cals, 8g protein, 18g net carbs, 5g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Hummus toast](#)

1 slice(s)- 146 cals

Dinner

330 cals, 19g protein, 44g net carbs, 3g fat



[Lentil pasta](#)

252 cals



[Dinner roll](#)

1 roll(s)- 77 cals

Lunch

305 cals, 25g protein, 19g net carbs, 12g fat



[Baked tofu](#)

8 oz- 226 cals



[Pita bread](#)

1 pita bread(s)- 78 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 5

1085 cals ● 105g protein (39%) ● 21g fat (17%) ● 102g carbs (38%) ● 17g fiber (6%)

Breakfast

170 cals, 8g protein, 18g net carbs, 5g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Hummus toast](#)

1 slice(s)- 146 cals

Dinner

340 cals, 12g protein, 63g net carbs, 2g fat



[Pasta with store-bought sauce](#)

340 cals

Lunch

305 cals, 25g protein, 19g net carbs, 12g fat



[Baked tofu](#)

8 oz- 226 cals



[Pita bread](#)

1 pita bread(s)- 78 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 6

1095 cals ● 112g protein (41%) ● 32g fat (27%) ● 67g carbs (25%) ● 22g fiber (8%)

Breakfast

125 cals, 15g protein, 5g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

375 cals, 20g protein, 39g net carbs, 11g fat



Lentil chili
290 cals



Soy milk
1 cup(s)- 85 cals

Lunch

320 cals, 17g protein, 21g net carbs, 16g fat



Bbq tempeh lettuce wrap
2 lettuce wrap(s)- 165 cals



Roasted cashews
1/6 cup(s)- 156 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 7

1095 cals ● 112g protein (41%) ● 32g fat (27%) ● 67g carbs (25%) ● 22g fiber (8%)

Breakfast

125 cals, 15g protein, 5g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

375 cals, 20g protein, 39g net carbs, 11g fat



Lentil chili
290 cals



Soy milk
1 cup(s)- 85 cals

Lunch

320 cals, 17g protein, 21g net carbs, 16g fat



Bbq tempeh lettuce wrap
2 lettuce wrap(s)- 165 cals



Roasted cashews
1/6 cup(s)- 156 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(s) (4148mL)
- ☐ protein powder
18 1/2 scoop (1/3 cup ea) (574g)
- ☐ almond milk, unsweetened
2 cup (480mL)

Vegetables and Vegetable Products

- ☐ fresh spinach
1 cup(s) (30g)
- ☐ raw celery
1/2 stalk, large (11"-12" long) (32g)
- ☐ carrots
2 1/2 medium (158g)
- ☐ garlic
4 clove(s) (12g)
- ☐ onion
1 medium (2-1/2" dia) (113g)
- ☐ cauliflower
1 cup chopped (107g)
- ☐ mushrooms
3/4 cup, pieces or slices (53g)
- ☐ tomatoes
30 cherry tomatoes (510g)
- ☐ fresh ginger
1 slices (1" dia) (2g)
- ☐ canned whole tomatoes
2/3 cup (160g)
- ☐ romaine lettuce
4 leaf inner (24g)
- ☐ bell pepper
1/2 small (37g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
3 cup(s) (mL)
- ☐ pasta sauce
3/8 jar (24 oz) (280g)
- ☐ barbecue sauce
2 tbsp (34g)

Spices and Herbs

- ☐ crushed red pepper
2 dash (0g)
- ☐ taco seasoning mix
1/3 packet (12g)

Other

- ☐ italian seasoning
1/2 tbsp (5g)
- ☐ diced tomatoes
1/3 28oz can (265g)
- ☐ lentil pasta
4 oz (113g)
- ☐ soy milk, unsweetened
2 cup (480mL)
- ☐ coleslaw mix
1 cup (90g)

Legumes and Legume Products

- ☐ white beans, canned
5/6 can(s) (366g)
- ☐ vegetarian burger crumbles
1/3 package (12 oz) (113g)
- ☐ chili beans
1/3 can (~16 oz) (149g)
- ☐ hummus
1/2 cup (113g)
- ☐ soy sauce
1/2 cup (120mL)
- ☐ extra firm tofu
1 lbs (454g)
- ☐ lentils, raw
1/3 cup (64g)
- ☐ tempeh
4 oz (113g)

Fats and Oils

- ☐ oil
3/4 oz (22mL)

Fruits and Fruit Juices

- ☐ fruit juice
16 fl oz (480mL)

Snacks

- ☐ pretzels, hard, salted
4 oz (113g)

Nut and Seed Products

- ☐ roasted cashews
1/2 cup, halves and whole (74g)

- ☐ onion powder
1 tsp (2g)
- ☐ salt
1/2 tsp (3g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ chili powder
2 tsp (5g)
- ☐ ground cumin
1 tsp (2g)

- ☐ sesame seeds
1 tbsp (9g)

Baked Products

- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ bread
3 slice (96g)
- ☐ pita bread
2 pita, small (4" dia) (56g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
2 2/3 oz (76g)
 - ☐ dry bulgur wheat
1/3 cup (47g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Pretzels

220 cals ● 6g protein ● 2g fat ● 44g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
2 oz (57g)

For all 2 meals:

pretzels, hard, salted
4 oz (113g)

1. This recipe has no instructions.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 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.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

hummus

2 1/2 tbsp (38g)

bread

1 slice (32g)

For all 3 meals:

hummus

1/2 cup (113g)

bread

3 slice (96g)

1. (Optional) Toast bread.
 2. Spread hummus over bread and serve.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 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.
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Simple vegan chili

286 cals ● 21g protein ● 3g fat ● 32g carbs ● 11g fiber



For single meal:

vegetarian burger crumbles
1/6 package (12 oz) (57g)
white beans, canned, drained
1/6 can(s) (73g)
taco seasoning mix
1/6 packet (6g)
chili beans, with liquid
1/6 can (~16 oz) (75g)
onion, diced
1/6 small (12g)
diced tomatoes
1/6 28oz can (132g)

For all 2 meals:

vegetarian burger crumbles
1/3 package (12 oz) (113g)
white beans, canned, drained
1/3 can(s) (146g)
taco seasoning mix
1/3 packet (12g)
chili beans, with liquid
1/3 can (~16 oz) (149g)
onion, diced
1/3 small (23g)
diced tomatoes
1/3 28oz can (265g)

1. Mix the tomatoes, onion, white beans, chili beans, and taco seasoning mix in a large pot over medium heat. Bring to a boil.
2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Serve.

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 3

Vegan cream of mushroom soup

201 cals ● 9g protein ● 11g fat ● 14g carbs ● 4g fiber

**cauliflower**

1 cup chopped (107g)

almond milk, unsweetened

1 cup(s) (240mL)

onion powder

1 tsp (2g)

salt

2 dash (2g)

oil

1/2 tsp (3mL)

mushrooms, diced

3/4 cup, pieces or slices (53g)

garlic, diced

1/2 clove (2g)

black pepper

4 dash, ground (1g)

onion, diced

1/4 small (18g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



Makes 1/6 cup(s)

roasted cashews

2 2/3 tbsp, halves and whole (23g)

1. This recipe has no instructions.
-

Lunch 3 [🔗](#)

Eat on day 4, day 5

Baked tofu

8 oz - 226 cals ● 22g protein ● 12g fat ● 5g carbs ● 3g fiber



For single meal:

soy sauce

4 tbsp (60mL)

extra firm tofu

1/2 lbs (227g)

fresh ginger, peeled and grated

1/2 slices (1" dia) (1g)

sesame seeds

1/2 tbsp (5g)

For all 2 meals:

soy sauce

1/2 cup (120mL)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

sesame seeds

1 tbsp (9g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
5. Spread marinated tofu onto the prepared baking sheet.
6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 2 meals:

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Bbq tempeh lettuce wrap

2 lettuce wrap(s) - 165 cal● 13g protein ● 4g fat ● 13g carbs ● 6g fiber



For single meal:

romaine lettuce

2 leaf inner (12g)

tempeh, cubed

2 oz (57g)

barbecue sauce

1 tbsp (17g)

coleslaw mix

1/2 cup (45g)

oil

1/4 tsp (1mL)

bell pepper, deseeded and sliced

1/4 small (19g)

For all 2 meals:

romaine lettuce

4 leaf inner (24g)

tempeh, cubed

4 oz (113g)

barbecue sauce

2 tbsp (34g)

coleslaw mix

1 cup (90g)

oil

1/2 tsp (3mL)

bell pepper, deseeded and sliced

1/2 small (37g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Roasted cashews

1/6 cup(s) - 156 cal● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews

3 tbsp, halves and whole (26g)

For all 2 meals:

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Tuscan white bean soup

202 cals ● 10g protein ● 4g fat ● 25g carbs ● 7g fiber



For single meal:

fresh spinach

1/2 cup(s) (15g)

vegetable broth

1 cup(s) (mL)

crushed red pepper

1 dash (0g)

italian seasoning

1/4 tbsp (3g)

white beans, canned, rinsed & drained

1/4 can(s) (110g)

raw celery, chopped

1/4 stalk, large (11"-12" long) (16g)

carrots, chopped

1/4 large (18g)

garlic, minced

1 clove(s) (3g)

oil

1/4 tbsp (4mL)

onion, diced

1/4 small (18g)

For all 2 meals:

fresh spinach

1 cup(s) (30g)

vegetable broth

2 cup(s) (mL)

crushed red pepper

2 dash (0g)

italian seasoning

1/2 tbsp (5g)

white beans, canned, rinsed & drained

1/2 can(s) (220g)

raw celery, chopped

1/2 stalk, large (11"-12" long) (32g)

carrots, chopped

1/2 large (36g)

garlic, minced

2 clove(s) (6g)

oil

1/2 tbsp (8mL)

onion, diced

1/2 small (35g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

Dinner 2 [🔗](#)

Eat on day 3, day 4

Lentil pasta

252 cals ● 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 roll

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



For single meal:

Roll

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

For all 2 meals:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Dinner 3 [🔗](#)

Eat on day 5

Pasta with store-bought sauce

340 cals ● 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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Lentil chili

290 cals ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, minced
2/3 clove(s) (2g)
lentils, raw
2 2/3 tbsp (32g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
canned whole tomatoes, chopped
1/3 cup (80g)
dry bulgur wheat
2 2/3 tbsp (23g)
vegetable broth
1/2 cup(s) (mL)

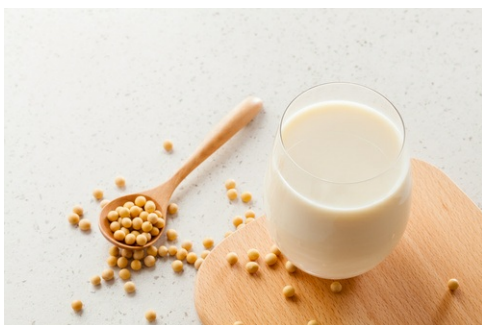
For all 2 meals:

oil
2 tsp (10mL)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
canned whole tomatoes, chopped
2/3 cup (160g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Soy milk

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



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

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.