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

1167 cals 110g protein (38%) 33g fat (25%) 78g carbs (27%) 30g fiber (10%)

Breakfast

170 cals, 11g protein, 4g net carbs, 9g fat

Chocolate avocado vegan chia pudding
172 cals

Lunch

370 cals, 20g protein, 33g net carbs, 10g fat

Blackberries
2 cup(s)- 139 cals

Crispy chik'n tenders
4 tender(s)- 229 cals

Dinner

355 cals, 19g protein, 39g net carbs, 12g fat

Vegan sausage & veggie sheet pan
240 cals

Brown rice
1/2 cup brown rice, cooked- 115 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 2

1088 cals 104g protein (38%) 34g fat (28%) 73g carbs (27%) 19g fiber (7%)

Breakfast

170 cals, 11g protein, 4g net carbs, 9g fat

Chocolate avocado vegan chia pudding
172 cals

Lunch

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

Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals

Vegan grilled cheese
1/2 sandwich(es)- 165 cals

Dinner

355 cals, 19g protein, 39g net carbs, 12g fat

Vegan sausage & veggie sheet pan
240 cals

Brown rice
1/2 cup brown rice, cooked- 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 114g protein (41%) 41g fat (33%) 48g carbs (17%) 23g fiber (8%)

Breakfast

220 cals, 4g protein, 11g net carbs, 17g fat

Blueberries
1/2 cup(s)- 47 cals

Walnuts
1/4 cup(s)- 175 cals

Lunch

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

Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals

Vegan grilled cheese
1/2 sandwich(es)- 165 cals

Dinner

325 cals, 35g protein, 7g net carbs, 12g fat

Vegan crumbles
1 3/4 cup(s)- 256 cals

Olive oil drizzled broccoli
1 cup(s)- 70 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 4

1148 cals 97g protein (34%) 42g fat (33%) 75g carbs (26%) 20g fiber (7%)

Breakfast

220 cals, 4g protein, 11g net carbs, 17g fat

Blueberries
1/2 cup(s)- 47 cals

Walnuts
1/4 cup(s)- 175 cals

Lunch

355 cals, 12g protein, 30g net carbs, 17g fat

Chunky canned soup (creamy)
1 can(s)- 354 cals

Dinner

300 cals, 20g protein, 32g net carbs, 8g fat

Lentils
174 cals

Vegan tofu piccata
127 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 5

1119 cals 105g protein (37%) 30g fat (24%) 89g carbs (32%) 18g fiber (6%)

Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat

High-protein granola bar
1 bar(s)- 204 cals

Lunch

340 cals, 14g protein, 43g net carbs, 10g fat

Blueberries
1 cup(s)- 95 cals

Chik'n nuggets
4 nuggets- 221 cals

Carrot sticks
1 carrot(s)- 27 cals

Dinner

300 cals, 20g protein, 32g net carbs, 8g fat

Lentils
174 cals

Vegan tofu piccata
127 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 6

1140 cals 97g protein (34%) 48g fat (38%) 59g carbs (21%) 20g fiber (7%)

Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat

High-protein granola bar
1 bar(s)- 204 cals

Lunch

360 cals, 15g protein, 26g net carbs, 19g fat

Blueberries
1/2 cup(s)- 47 cals

Zucchini noodle curry bowl with tofu
313 cals

Dinner

305 cals, 12g protein, 19g net carbs, 17g fat

Lemony chickpea & zucchini bowl
214 cals

Sunflower seeds
90 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 7

1140 cals 97g protein (34%) 48g fat (38%) 59g carbs (21%) 20g fiber (7%)

Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat

High-protein granola bar
1 bar(s)- 204 cals

Lunch

360 cals, 15g protein, 26g net carbs, 19g fat

Blueberries
1/2 cup(s)- 47 cals

Zucchini noodle curry bowl with tofu
313 cals

Dinner

305 cals, 12g protein, 19g net carbs, 17g fat

Lemony chickpea & zucchini bowl
214 cals

Sunflower seeds
90 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Grocery List

Fruits and Fruit Juices

- [ ] avocados
  1 slices (25g)
- [ ] blackberries
  2 cup (288g)
- [ ] blueberries
  3 cup (444g)
- [ ] lemon juice
  3 tbsp (45mL)

Other

- [ ] cacao powder
  1 tbsp (6g)
- [ ] meatless chik'n tenders
  4 pieces (102g)
- [ ] italian seasoning
  1/4 tbsp (3g)
- [ ] vegan sausage
  1 sausage (100g)
- [ ] vegan cheese, sliced
  2 slice(s) (40g)
- [ ] vegan butter
  1 tbsp (14g)
- [ ] vegan chik'n nuggets
  4 nuggets (86g)
- [ ] curry sauce
  1 cup (283g)

Nut and Seed Products

- [ ] chia seeds
  2 tbsp (28g)
- [ ] walnuts
  1/2 cup, shelled (50g)
- [ ] sunflower kernels
  1 oz (28g)

Beverages

- [ ] almond milk, unsweetened
  3/4 cup(s) (180mL)
- [ ] protein powder
  18 scoop (1/3 cup ea) (558g)
- [ ] water
  20 cup(s) (4780mL)

Vegetables and Vegetable Products

- [ ] ketchup
  2 tbsp (34g)

Fats and Oils

- [ ] oil
  1 1/2 oz (42mL)
- [ ] olive oil
  1 tsp (5mL)

Spices and Herbs

- [ ] salt
  2 1/2 g (2g)
- [ ] black pepper
  1/2 g (1g)
- [ ] capers
  1 tbsp, drained (9g)
- [ ] basil, dried
  2 dash, leaves (0g)

Cereal Grains and Pasta

- [ ] brown rice
  1/3 cup (63g)
- [ ] cornstarch
  1 tsp (3g)

Soups, Sauces, and Gravies

- [ ] chunky canned soup (non-creamy varieties)
  1 can (~19 oz) (526g)
- [ ] chunky canned soup (creamy varieties)
  1 can (~19 oz) (533g)
- [ ] vegetable broth
  1/2 cup(s) (mL)

Baked Products

- [ ] bread
  2 slice (64g)

Legumes and Legume Products

- [ ] vegetarian burger crumbles
  1 3/4 cup (175g)
- [ ] lentils, raw
  1/2 cup (96g)
- [ ] firm tofu
  15 oz (425g)
- [ ] chickpeas, canned
  1/2 can(s) (224g)

Snacks

- [ ] carrots
  2 medium (122g)
- [ ] broccoli
  1 cup chopped (91g)
- [ ] potatoes
  1 small (1-3/4" to 2-1/4" dia.) (92g)
- [ ] frozen broccoli
  1 cup (91g)
- [ ] garlic
  2 clove(s) (6g)
- [ ] shallots
  1/2 clove(s) (28g)
- [ ] zucchini
  1 1/2 large (485g)
- [ ] cauliflower
  1/2 head small (4" dia.) (133g)
- [ ] onion
  1 medium (2-1/2" dia) (110g)
- [ ] fresh parsley
  5 sprigs (5g)
- [ ] high-protein granola bar
  3 bar (120g)

Recipes

Breakfast 1

Eat on day 1 and day 2

Chocolate avocado vegan chia pudding

172 cals 11g protein 9g fat 4g carbs 7g fiber

For single meal:

avocados
1/2 slices (13g)
cacao powder
1/2 tbsp (3g)
chia seeds
1 tbsp (14g)
almond milk, unsweetened
3/8 cup(s) (90mL)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

avocados
1 slices (25g)
cacao powder
1 tbsp (6g)
chia seeds
2 tbsp (28g)
almond milk, unsweetened
3/4 cup(s) (180mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Breakfast 2

Eat on day 3 and day 4

Blueberries

1/2 cup(s) - 47 cals 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.

Walnuts

1/4 cup(s) - 175 cals 4g protein 16g fat 2g carbs 2g fiber

For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. The recipe has no instructions.

Breakfast 3

Eat on day 5, day 6, and day 7

High-protein granola bar

1 bar(s) - 204 cals 10g protein 12g fat 12g carbs 2g fiber

For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

Lunch 1

Eat on day 1

Blackberries

2 cup(s) - 139 cals 4g protein 1g fat 12g carbs 15g fiber

Makes 2 cup(s)

blackberries
2 cup (288g)

1. Rinse blackberries and serve.

Crispy chik'n tenders

4 tender(s) - 229 cals 16g protein 9g fat 21g carbs 0g fiber

Makes 4 tender(s)

meatless chik'n tenders
4 pieces (102g)
ketchup
1 tbsp (17g)

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

Lunch 2

Eat on day 2 and day 3

Chunky canned soup (non-creamy)

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

For single meal:

chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Vegan grilled cheese

1/2 sandwich(es) - 165 cals 5g protein 8g fat 17g carbs 2g fiber

For single meal:

bread
1 slice (32g)
oil
1/2 tsp (3mL)
vegan cheese, sliced
1 slice(s) (20g)

For all 2 meals:

bread
2 slice (64g)
oil
1 tsp (5mL)
vegan cheese, sliced
2 slice(s) (40g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Lunch 3

Eat on day 4

Chunky canned soup (creamy)

1 can(s) - 354 cals 12g protein 17g fat 30g carbs 8g fiber

Makes 1 can(s)

chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Lunch 4

Eat on day 5

Blueberries

1 cup(s) - 95 cals 1g protein 0g fat 18g carbs 4g fiber

Makes 1 cup(s)

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Chik'n nuggets

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

Makes 4 nuggets

ketchup
1 tbsp (17g)
vegan chik'n nuggets
4 nuggets (86g)

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

Carrot sticks

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

Makes 1 carrot(s)

carrots
1 medium (61g)

1. Cut carrots into strips and serve.

Lunch 5

Eat on day 6 and day 7

Blueberries

1/2 cup(s) - 47 cals 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.

Zucchini noodle curry bowl with tofu

313 cals 14g protein 18g fat 17g carbs 6g fiber

For single meal:

oil
1/4 tbsp (4mL)
zucchini
1/2 large (162g)
curry sauce
1/2 cup (142g)
cauliflower, cut into chunks
1/4 head small (4" dia.) (66g)
firm tofu, drained, rinsed, and patted dry
1/4 package (16 oz) (113g)

For all 2 meals:

oil
1/2 tbsp (8mL)
zucchini
1 large (323g)
curry sauce
1 cup (283g)
cauliflower, cut into chunks
1/2 head small (4" dia.) (133g)
firm tofu, drained, rinsed, and patted dry
1/2 package (16 oz) (227g)

1. Take the tofu and wrap in a clean towel. Place a thick book on top for 5 minutes to help drain excess liquid. Then, cut into cubes.
2. Heat the oil in a skillet over medium heat and cook the tofu until browned and crispy. Set aside.
3. Heat up the curry sauce in the microwave or in a saucepan. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
4. Add the noodles into a bowl with the cauliflower and tofu. Pour the curry sauce on top and serve.

Dinner 1

Eat on day 1 and day 2

Vegan sausage & veggie sheet pan

240 cals 16g protein 11g fat 15g carbs 4g fiber

For single meal:

oil
1 tsp (5mL)
italian seasoning
2 dash (1g)
carrots, sliced
1/2 medium (31g)
broccoli, chopped
1/2 cup chopped (46g)
potatoes, cut into wedges
1/2 small (1-3/4" to 2-1/4" dia.) (46g)
vegan sausage, cut into bite sized pieces
1/2 sausage (50g)

For all 2 meals:

oil
2 tsp (10mL)
italian seasoning
4 dash (2g)
carrots, sliced
1 medium (61g)
broccoli, chopped
1 cup chopped (91g)
potatoes, cut into wedges
1 small (1-3/4" to 2-1/4" dia.) (92g)
vegan sausage, cut into bite sized pieces
1 sausage (100g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Brown rice

1/2 cup brown rice, cooked - 115 cals 2g protein 1g fat 23g carbs 1g fiber

For single meal:

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

For all 2 meals:

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

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.

Dinner 2

Eat on day 3

Vegan crumbles

1 3/4 cup(s) - 256 cals 33g protein 8g fat 5g carbs 10g fiber

Makes 1 3/4 cup(s)

vegetarian burger crumbles
1 3/4 cup (175g)

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

Olive oil drizzled broccoli

1 cup(s) - 70 cals 3g protein 5g fat 2g carbs 3g fiber

Makes 1 cup(s)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

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

Dinner 3

Eat on day 4 and day 5

Lentils

174 cals 12g protein 1g fat 25g carbs 5g fiber

For single meal:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Vegan tofu piccata

127 cals 8g protein 7g fat 7g carbs 1g fiber

For single meal:

lemon juice
1/2 tbsp (8mL)
cornstarch
4 dash (1g)
oil
1/2 tsp (3mL)
vegan butter
1/2 tbsp (7g)
capers
1/2 tbsp, drained (4g)
vegetable broth, warmed
1/4 cup(s) (mL)
garlic, minced
1/2 clove(s) (2g)
firm tofu, cut into planks
1/4 lbs (99g)
shallots, thinly sliced
1/4 clove(s) (14g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
cornstarch
1 tsp (3g)
oil
1 tsp (5mL)
vegan butter
1 tbsp (14g)
capers
1 tbsp, drained (9g)
vegetable broth, warmed
1/2 cup(s) (mL)
garlic, minced
1 clove(s) (3g)
firm tofu, cut into planks
1/2 lbs (198g)
shallots, thinly sliced
1/2 clove(s) (28g)

1. In a bowl, whisk together the warmed vegetable broth, cornstarch, and lemon juice. Set aside.
2. Heat oil in a nonstick skillet over medium heat. Season the tofu planks with a pinch of salt and add them to the skillet. Cook until browned and crisp, 4-6 minutes per side. Transfer the tofu to a plate and cover to keep warm. Wipe the skillet clean.
3. In the same skillet, heat the vegan butter over medium heat. Add garlic, shallot, and a pinch of salt and pepper. Cook until fragrant, 1-2 minutes. Stir in the broth mixture and bring to a boil. Simmer until the sauce thickens slightly, 2-3 minutes. Stir in the capers.
4. Return the crispy tofu to the skillet and spoon the sauce over the top. Simmer until warmed through, 1-2 minutes, then serve.

Dinner 4

Eat on day 6 and day 7

Lemony chickpea & zucchini bowl

214 cals 7g protein 10g fat 18g carbs 7g fiber

For single meal:

lemon juice
1 tbsp (15mL)
basil, dried
1 dash, leaves (0g)
oil
1/2 tbsp (8mL)
italian seasoning
1 dash (0g)
onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)
fresh parsley, chopped
2 1/2 sprigs (3g)
garlic, minced
1/2 clove(s) (2g)
chickpeas, canned, rinsed and drained
1/4 can(s) (112g)
zucchini, sliced into rounds
1/4 large (81g)

For all 2 meals:

lemon juice
2 tbsp (30mL)
basil, dried
2 dash, leaves (0g)
oil
1 tbsp (15mL)
italian seasoning
2 dash (1g)
onion, thinly sliced
1 medium (2-1/2" dia) (110g)
fresh parsley, chopped
5 sprigs (5g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, rinsed and drained
1/2 can(s) (224g)
zucchini, sliced into rounds
1/2 large (162g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

Sunflower seeds

90 cals 4g protein 7g fat 1g carbs 1g fiber

For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. The recipe has no instructions.

Protein Supplement(s)

Eat every day

Protein shake

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

For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.