Meal Plan - 1100 calorie low carb vegan meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1064 cals 101g protein (38%) 39g fat (33%) 48g carbs (18%) 29g fiber (11%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat

Cherry tomatoes
6 cherry tomatoes- 21 cals

Avocado
176 cals

Lunch

315 cals, 15g protein, 22g net carbs, 15g fat

Basic tempeh
2 oz- 148 cals

Simple mixed greens salad
102 cals

Peach
1 peach(es)- 66 cals

Dinner

335 cals, 34g protein, 19g net carbs, 9g fat

Vegan crumbles
1 1/2 cup(s)- 219 cals

Lentils
87 cals

Simple kale salad
1/2 cup(s)- 28 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 2

1064 cals 101g protein (38%) 39g fat (33%) 48g carbs (18%) 29g fiber (11%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat

Cherry tomatoes
6 cherry tomatoes- 21 cals

Avocado
176 cals

Lunch

315 cals, 15g protein, 22g net carbs, 15g fat

Basic tempeh
2 oz- 148 cals

Simple mixed greens salad
102 cals

Peach
1 peach(es)- 66 cals

Dinner

335 cals, 34g protein, 19g net carbs, 9g fat

Vegan crumbles
1 1/2 cup(s)- 219 cals

Lentils
87 cals

Simple kale salad
1/2 cup(s)- 28 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 3

1095 cals 113g protein (41%) 41g fat (34%) 50g carbs (18%) 16g fiber (6%)

Breakfast

140 cals, 7g protein, 17g net carbs, 3g fat

Blueberry vanilla oatmeal
104 cals

Vegan breakfast sausage links
1 links- 38 cals

Lunch

375 cals, 33g protein, 14g net carbs, 18g fat

Garlic collard greens
106 cals

Vegan sausage
1 sausage(s)- 268 cals

Dinner

360 cals, 25g protein, 17g net carbs, 20g fat

Roasted tomatoes
3 tomato(es)- 179 cals

Simple seitan
3 oz- 183 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 4

1114 cals ● 100g protein (36%) ● 40g fat (33%) ● 66g carbs (24%) ● 21g fiber (8%)

Breakfast

140 cals, 7g protein, 17g net carbs, 3g fat

Blueberry vanilla oatmeal
104 cals

Vegan breakfast sausage links
1 links- 38 cals

Lunch

395 cals, 19g protein, 30g net carbs, 17g fat

Sunflower seeds
120 cals

Chickpea & kale soup
273 cals

Dinner

360 cals, 25g protein, 17g net carbs, 20g fat

Roasted tomatoes
3 tomato(es)- 179 cals

Simple seitan
3 oz- 183 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 5

1106 cals ● 95g protein (34%) ● 52g fat (42%) ● 49g carbs (18%) ● 14g fiber (5%)

Breakfast

140 cals, 7g protein, 17g net carbs, 3g fat

Blueberry vanilla oatmeal
104 cals

Vegan breakfast sausage links
1 links- 38 cals

Lunch

415 cals, 19g protein, 8g net carbs, 32g fat

Garlic collard greens
80 cals

Buffalo tofu with vegan ranch
338 cals

Dinner

330 cals, 20g protein, 22g net carbs, 16g fat

Lima beans
77 cals

Lemon pepper tofu
7 oz- 252 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 6

1168 cals 97g protein (33%) 61g fat (47%) 44g carbs (15%) 13g fiber (5%)

Breakfast

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

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

Lunch

415 cals, 19g protein, 8g net carbs, 32g fat

Garlic collard greens
80 cals

Buffalo tofu with vegan ranch
338 cals

Dinner

330 cals, 20g protein, 22g net carbs, 16g fat

Lima beans
77 cals

Lemon pepper tofu
7 oz- 252 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 7

1081 cals 90g protein (33%) 42g fat (35%) 67g carbs (25%) 17g fiber (6%)

Breakfast

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

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

Lunch

315 cals, 13g protein, 38g net carbs, 9g fat

Blueberries
1 cup(s)- 95 cals

Chik'n nuggets
4 nuggets- 221 cals

Dinner

345 cals, 19g protein, 15g net carbs, 20g fat

Garlic pepper seitan
171 cals

Simple kale & avocado salad
173 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Grocery List

Beverages

- [ ] water
  1 gallon (3878mL)
- [ ] protein powder
  14 scoop (1/3 cup ea) (434g)

Legumes and Legume Products

- [ ] vegetarian burger crumbles
  3 cup (300g)
- [ ] lentils, raw
  4 tbsp (48g)
- [ ] tempeh
  4 oz (113g)
- [ ] chickpeas, canned
  1/2 can (224g)
- [ ] firm tofu
  1 3/4 lbs (794g)

Spices and Herbs

- [ ] salt
  1/2 tsp (3g)
- [ ] vanilla extract
  1/2 tbsp (8mL)
- [ ] black pepper
  1 1/2 dash, ground (0g)
- [ ] lemon pepper
  4 dash (1g)

Fats and Oils

- [ ] salad dressing
  1/3 cup (83mL)
- [ ] oil
  3 oz (91mL)
- [ ] olive oil
  1/2 tbsp (7mL)

Vegetables and Vegetable Products

- [ ] kale leaves
  5 oz (144g)
- [ ] tomatoes
  6 medium whole (2-3/5" dia) (750g)
- [ ] collard greens
  13 1/4 oz (378g)
- [ ] garlic
  4 clove(s) (12g)
- [ ] lima beans, frozen
  1/2 package (10 oz) (142g)

Other

- [ ] mixed greens
  4 1/2 cup (135g)
- [ ] vegan sausage
  1 sausage (100g)
- [ ] vegan breakfast sausage links
  3 links (68g)
- [ ] vegan ranch
  4 tbsp (60mL)
- [ ] vegan chik'n nuggets
  4 nuggets (86g)

Fruits and Fruit Juices

- [ ] peach
  2 medium (2-2/3" dia) (300g)
- [ ] avocados
  1 1/2 avocado(s) (276g)
- [ ] lemon juice
  1 tsp (5mL)
- [ ] blueberries
  1 1/2 cup (204g)
- [ ] lemon
  1 1/2 small (80g)

Cereal Grains and Pasta

- [ ] seitan
  1/2 lbs (227g)
- [ ] cornstarch
  2 tbsp (16g)

Breakfast Cereals

- [ ] oatmeal, old-fashioned oats, rolled oats
  3/4 cup(s) (61g)

Sweets

- [ ] maple syrup
  1/2 tbsp (8mL)

Nut and Seed Products

- [ ] sunflower kernels
  2/3 oz (19g)

Soups, Sauces, and Gravies

- [ ] vegetable broth
  2 cup(s) (mL)

- [ ] ketchup
  1 tbsp (17g)
- [ ] onion
  1 tbsp, chopped (10g)
- [ ] green pepper
  1/2 tbsp, chopped (5g)
- [ ] Frank's Red Hot sauce
  1/3 cup (79mL)

Snacks

- [ ] high-protein granola bar
  2 bar (80g)

Breakfast 1

Eat on day 1, day 2

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.

Avocado

176 cals 2g protein 15g fat 2g carbs 7g fiber

For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2

Eat on day 3, day 4, day 5

Blueberry vanilla oatmeal

104 cals 3g protein 1g fat 16g carbs 3g fiber

For single meal:

oatmeal, old-fashioned oats, rolled oats
1/4 cup(s) (20g)
blueberries
2 tbsp (19g)
vanilla extract
1/2 tsp (3mL)
maple syrup
1/2 tsp (3mL)
water
3/8 cup(s) (89mL)

For all 3 meals:

oatmeal, old-fashioned oats, rolled oats
3/4 cup(s) (61g)
blueberries
6 tbsp (56g)
vanilla extract
1/2 tbsp (8mL)
maple syrup
1/2 tbsp (8mL)
water
1 cup(s) (267mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

Vegan breakfast sausage links

1 links - 38 cals 5g protein 2g fat 1g carbs 1g fiber

For single meal:

vegan breakfast sausage links
1 links (23g)

For all 3 meals:

vegan breakfast sausage links
3 links (68g)

1. Cook links according to package instructions. Serve.

Breakfast 3

Eat on day 6, 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 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

Lunch 1

Eat on day 1, day 2

Basic tempeh

2 oz - 148 cals 12g protein 8g fat 4g carbs 4g fiber

For single meal:

oil
1 tsp (5mL)
tempeh
2 oz (57g)

For all 2 meals:

oil
2 tsp (10mL)
tempeh
4 oz (113g)

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.

Simple mixed greens salad

102 cals 2g protein 7g fat 6g carbs 2g fiber

For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Peach

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

For single meal:

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

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 2

Eat on day 3

Garlic collard greens

106 cals 5g protein 6g fat 3g carbs 6g fiber

collard greens
1/3 lbs (151g)
oil
1 tsp (5mL)
garlic, minced
1 clove(s) (3g)
salt
2/3 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Vegan sausage

1 sausage(s) - 268 cals 28g protein 12g fat 11g carbs 2g fiber

Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

Lunch 3

Eat on day 4

Sunflower seeds

120 cals 6g protein 9g fat 2g carbs 2g fiber

sunflower kernels
2/3 oz (19g)

1. This recipe has no instructions.

Chickpea & kale soup

273 cals 13g protein 7g fat 28g carbs 11g fiber

oil
1/2 tsp (3mL)
garlic, minced
1 clove(s) (3g)
vegetable broth
2 cup(s) (mL)
kale leaves, chopped
1 cup, chopped (40g)
chickpeas, canned, drained
1/2 can (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Lunch 4

Eat on day 5, day 6

Garlic collard greens

80 cals 4g protein 4g fat 2g carbs 5g fiber

For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, minced
3/4 clove(s) (2g)
salt
1/2 dash (0g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Buffalo tofu with vegan ranch

338 cals 16g protein 28g fat 6g carbs 0g fiber

For single meal:

vegan ranch
2 tbsp (30mL)
firm tofu, patted dry & cubed
1/2 lbs (198g)
Frank's Red Hot sauce
2 1/2 tbsp (40mL)
oil
1/2 tbsp (8mL)

For all 2 meals:

vegan ranch
4 tbsp (60mL)
firm tofu, patted dry & cubed
14 oz (397g)
Frank's Red Hot sauce
1/3 cup (79mL)
oil
1 tbsp (15mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Lunch 5

Eat on day 7

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

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

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

Dinner 1

Eat on day 1, day 2

Vegan crumbles

1 1/2 cup(s) - 219 cals 28g protein 7g fat 4g carbs 8g fiber

For single meal:

vegetarian burger crumbles
1 1/2 cup (150g)

For all 2 meals:

vegetarian burger crumbles
3 cup (300g)

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

Lentils

87 cals 6g protein 0g fat 13g carbs 3g fiber

For single meal:

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

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

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.

Simple kale salad

1/2 cup(s) - 28 cals 1g protein 2g fat 2g carbs 0g fiber

For single meal:

salad dressing
1/2 tbsp (8mL)
kale leaves
1/2 cup, chopped (20g)

For all 2 meals:

salad dressing
1 tbsp (15mL)
kale leaves
1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

Dinner 2

Eat on day 3, day 4

Roasted tomatoes

3 tomato(es) - 179 cals 2g protein 14g fat 7g carbs 3g fiber

For single meal:

tomatoes
3 small whole (2-2/5" dia) (273g)
oil
1 tbsp (15mL)

For all 2 meals:

tomatoes
6 small whole (2-2/5" dia) (546g)
oil
2 tbsp (30mL)

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.

Simple seitan

3 oz - 183 cals 23g protein 6g fat 10g carbs 0g fiber

For single meal:

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Dinner 3

Eat on day 5, day 6

Lima beans

77 cals 5g protein 0g fat 10g carbs 4g fiber

For single meal:

lima beans, frozen
1/4 package (10 oz) (71g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Lemon pepper tofu

7 oz - 252 cals 15g protein 16g fat 12g carbs 0g fiber

For single meal:

lemon pepper
2 dash (1g)
oil
1/2 tbsp (8mL)
cornstarch
1 tbsp (8g)
lemon, zested
1/2 small (29g)
firm tofu, patted dry & cubed
1/2 lbs (198g)

For all 2 meals:

lemon pepper
4 dash (1g)
oil
1 tbsp (15mL)
cornstarch
2 tbsp (16g)
lemon, zested
1 small (58g)
firm tofu, patted dry & cubed
14 oz (397g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Dinner 4

Eat on day 7

Garlic pepper seitan

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

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)

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 kale & avocado salad

173 cals 4g protein 11g fat 7g carbs 7g fiber

kale leaves, chopped
3/8 bunch (64g)
lemon, juiced
3/8 small (22g)
avocados, chopped
3/8 avocado(s) (75g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Protein Supplement(s)

Eat every day

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.