

Meal Plan - vegan meal plan with over 60g protein

[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

1031 cals ● 76g protein (30%) ● 46g fat (40%) ● 53g carbs (20%) ● 25g fiber (10%)

Breakfast

160 cals, 3g protein, 16g net carbs, 9g fat



Dark chocolate

2 square(s)- 120 cals



Watermelon

4 oz- 41 cals

Dinner

355 cals, 23g protein, 16g net carbs, 18g fat



Chik'n satay with peanut sauce

2 skewers- 233 cals



Tossed salad

121 cals

Lunch

410 cals, 26g protein, 21g net carbs, 19g fat



Carrot & grounds stir fry

332 cals



Simple mixed greens and tomato salad

76 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Day 2

951 cals ● 78g protein (33%) ● 38g fat (36%) ● 60g carbs (25%) ● 14g fiber (6%)

Breakfast

160 cals, 3g protein, 16g net carbs, 9g fat



Dark chocolate

2 square(s)- 120 cals



Watermelon

4 oz- 41 cals

Dinner

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



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals

Lunch

320 cals, 22g protein, 28g net carbs, 10g fat



Brown rice

1/2 cup brown rice, cooked- 115 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Vegan crumbles

1 cup(s)- 146 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Day 3

951 cals ● 78g protein (33%) ● 38g fat (36%) ● 60g carbs (25%) ● 14g fiber (6%)

Breakfast

160 cals, 3g protein, 16g net carbs, 9g fat



Dark chocolate

2 square(s)- 120 cals



Watermelon

4 oz- 41 cals

Dinner

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



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals

Lunch

320 cals, 22g protein, 28g net carbs, 10g fat



Brown rice

1/2 cup brown rice, cooked- 115 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Vegan crumbles

1 cup(s)- 146 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Day 4

1000 cals ● 74g protein (30%) ● 36g fat (32%) ● 71g carbs (28%) ● 24g fiber (10%)

Breakfast

215 cals, 13g protein, 22g net carbs, 7g fat



Small toasted bagel with vegan cream cheese

1/2 bagel(s)- 130 cals



Vegan breakfast sausage patties

1 patties- 83 cals

Dinner

400 cals, 25g protein, 18g net carbs, 20g fat



Roasted carrots

2 carrots(s)- 106 cals



Basic tempeh

4 oz- 295 cals

Lunch

275 cals, 11g protein, 30g net carbs, 9g fat



Simple mixed greens and tomato salad

76 cals



Tuscan white bean soup

202 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Day 5

1061 cal ● 74g protein (28%) ● 43g fat (36%) ● 68g carbs (26%) ● 26g fiber (10%)

Breakfast

215 cal, 13g protein, 22g net carbs, 7g fat



Small toasted bagel with vegan cream cheese
1/2 bagel(s)- 130 cal



Vegan breakfast sausage patties
1 patties- 83 cal

Dinner

400 cal, 25g protein, 18g net carbs, 20g fat



Roasted carrots
2 carrots(s)- 106 cal



Basic tempeh
4 oz- 295 cal

Lunch

340 cal, 11g protein, 27g net carbs, 16g fat



Spanish chickpeas
187 cal



Simple mixed greens and tomato salad
151 cal

Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cal

Day 6

1021 cal ● 79g protein (31%) ● 32g fat (29%) ● 84g carbs (33%) ● 19g fiber (7%)

Breakfast

270 cal, 13g protein, 39g net carbs, 5g fat



Simple cinnamon oatmeal with water
108 cal



Fruit juice
2/3 cup(s)- 76 cal



Vegan breakfast sausage patties
1 patties- 83 cal

Dinner

305 cal, 31g protein, 18g net carbs, 11g fat



Sautéed peppers and onions
63 cal



Simple seitan
4 oz- 244 cal

Lunch

340 cal, 11g protein, 27g net carbs, 16g fat



Spanish chickpeas
187 cal



Simple mixed greens and tomato salad
151 cal

Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cal

Day 7

1023 cal ● 80g protein (31%) ● 19g fat (17%) ● 120g carbs (47%) ● 13g fiber (5%)

Breakfast

270 cal, 13g protein, 39g net carbs, 5g fat



Simple cinnamon oatmeal with water
108 cal



Fruit juice
2/3 cup(s)- 76 cal



Vegan breakfast sausage patties
1 patties- 83 cal

Dinner

305 cal, 31g protein, 18g net carbs, 11g fat



Sautéed peppers and onions
63 cal



Simple seitan
4 oz- 244 cal

Lunch

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



Pasta with store-bought sauce
340 cal

Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cal

Beverages

- water
1/2 gallon (2150mL)
- protein powder
7 scoop (1/3 cup ea) (217g)

Other

- skewer(s)
2 skewer(s) (2g)
- vegan chik'n strips
2 2/3 oz (76g)
- sesame oil
1 tsp (5mL)
- mixed greens
9 cup (270g)
- vegan sausage
2 sausage (200g)
- frozen cauliflower
1 1/2 cup (170g)
- italian seasoning
1/4 tbsp (3g)
- dairy-free cream cheese
1 1/2 tbsp (23g)
- vegan breakfast sausage patties
4 patties (152g)

Vegetables and Vegetable Products

- fresh ginger
1/3 inch (2.5cm) cube (2g)
- red onion
1/8 medium (2-1/2" dia) (14g)
- cucumber
1/8 cucumber (8-1/4") (38g)
- romaine lettuce
1/2 hearts (250g)
- carrots
7 medium (427g)
- tomatoes
3 2/3 medium whole (2-3/5" dia) (451g)
- fresh cilantro
1 tbsp, chopped (3g)
- onion
2 1/2 medium (2-1/2" dia) (267g)
- garlic
1 2/3 clove(s) (5g)
- fresh spinach
1/4 10oz package (72g)
- raw celery
1/4 stalk, large (11"-12" long) (16g)

Legumes and Legume Products

- peanut butter
2 tsp (11g)
- soy sauce
1 tbsp (15mL)
- vegetarian burger crumbles
1 package (12 oz) (313g)
- tempeh
1/2 lbs (227g)
- white beans, canned
1/4 can(s) (110g)
- chickpeas, canned
1/2 can (224g)

Fats and Oils

- salad dressing
5 oz (150mL)
- oil
3 oz (92mL)

Spices and Herbs

- crushed red pepper
1/4 tsp (1g)
- salt
2 dash (1g)
- black pepper
2 dash, ground (1g)
- ground cumin
1/2 tbsp (3g)
- paprika
1 tsp (2g)
- cinnamon
1 tsp (3g)

Sweets

- Chocolate, dark, 70-85%
6 square(s) (60g)
- sugar
1 tbsp (13g)

Cereal Grains and Pasta

- brown rice
1/3 cup (63g)
- seitan
1/2 lbs (227g)
- uncooked dry pasta
2 2/3 oz (76g)

- tomato paste
1 tbsp (16g)
- bell pepper
1 1/2 large (246g)

Fruits and Fruit Juices

- lime juice
3/8 fl oz (13mL)
- Watermelon
12 oz (340g)
- fruit juice
10 2/3 fl oz (320mL)

Soups, Sauces, and Gravies

- vegetable broth
1 cup(s) (mL)
- pasta sauce
1/6 jar (24 oz) (112g)

Baked Products

- bagel
1 small bagel (3" dia) (69g)

Breakfast Cereals

- quick oats
1/2 cup (40g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

Chocolate, dark, 70-85%
2 square(s) (20g)

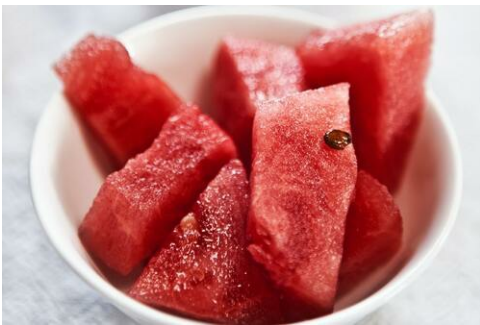
For all 3 meals:

Chocolate, dark, 70-85%
6 square(s) (60g)

1. This recipe has no instructions.

Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon
4 oz (113g)

For all 3 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.
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Breakfast 2 [↗](#)

Eat on day 4, day 5

Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cals ● 4g protein ● 4g fat ● 19g carbs ● 1g fiber



For single meal:

bagel

1/2 small bagel (3" dia) (35g)

dairy-free cream cheese

3/4 tbsp (11g)

For all 2 meals:

bagel

1 small bagel (3" dia) (69g)

dairy-free cream cheese

1 1/2 tbsp (23g)

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

Vegan breakfast sausage patties

1 patties - 83 cals ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage patties

1 patties (38g)

For all 2 meals:

vegan breakfast sausage patties

2 patties (76g)

1. Cook patties according to package instructions. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

water
3/8 cup(s) (89mL)
cinnamon
4 dash (1g)
sugar
1/2 tbsp (7g)
quick oats
4 tbsp (20g)

For all 2 meals:

water
3/4 cup(s) (178mL)
cinnamon
1 tsp (3g)
sugar
1 tbsp (13g)
quick oats
1/2 cup (40g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Fruit juice

2/3 cup(s) - 76 cal ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Vegan breakfast sausage patties

1 patties - 83 cal ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage patties
1 patties (38g)

For all 2 meals:

vegan breakfast sausage patties
2 patties (76g)

1. Cook patties according to package instructions. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Carrot & grounds stir fry

332 cal ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



fresh cilantro, chopped

3 tsp, chopped (3g)

oil

2 tsp (10mL)

lime juice

1 tsp (5mL)

crushed red pepper

1 1/3 dash (0g)

water

2 tsp (10mL)

soy sauce

3 tsp (15mL)

onion, chopped

1/3 large (50g)

garlic, minced

2/3 clove(s) (2g)

vegetarian burger crumbles

4 oz (113g)

carrots

1 1/3 large (96g)

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,

Simple mixed greens and tomato salad

76 cal ● 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.
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Lunch 2 [↗](#)

Eat on day 2, day 3

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.
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Roasted tomatoes

1 tomato(es) - 60 cal ● 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.

Vegan crumbles

1 cup(s) - 146 cal ● 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.

Lunch 3 [↗](#)

Eat on day 4

Simple mixed greens and tomato salad

76 cal ● 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.

Tuscan white bean soup

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



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)

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.

Lunch 4 [↗](#)

Eat on day 5, day 6

Spanish chickpeas

187 cals ● 8g protein ● 6g fat ● 17g carbs ● 8g fiber



For single meal:

ground cumin
1/4 tbsp (2g)
paprika
4 dash (1g)
oil
1/4 tbsp (4mL)
water
1/4 cup(s) (59mL)
fresh spinach
1 oz (28g)
chickpeas, canned, drained & rinsed
1/4 can (112g)
tomato paste
1/2 tbsp (8g)
bell pepper, deseeded & sliced
1/4 large (41g)
onion, sliced
1/4 large (38g)

For all 2 meals:

ground cumin
1/2 tbsp (3g)
paprika
1 tsp (2g)
oil
1/2 tbsp (8mL)
water
1/2 cup(s) (119mL)
fresh spinach
2 oz (57g)
chickpeas, canned, drained & rinsed
1/2 can (224g)
tomato paste
1 tbsp (16g)
bell pepper, deseeded & sliced
1/2 large (82g)
onion, sliced
1/2 large (75g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Lunch 5 [↗](#)

Eat on day 7

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 1 [↗](#)

Eat on day 1

Chik'n satay with peanut sauce

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



Makes 2 skewers

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)

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.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 2 [↗](#)

Eat on day 2, day 3

Vegan bangers and cauliflower mash

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



For single meal:

onion, thinly sliced
1/2 small (35g)
vegan sausage
1 sausage (100g)
oil
1/2 tbsp (8mL)
frozen cauliflower
3/4 cup (85g)

For all 2 meals:

onion, thinly sliced
1 small (70g)
vegan sausage
2 sausage (200g)
oil
1 tbsp (15mL)
frozen cauliflower
1 1/2 cup (170g)

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

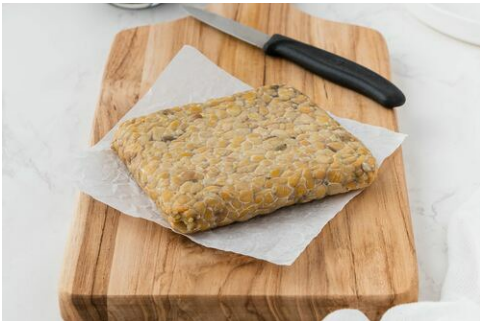
For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
 2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.
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Basic tempeh

4 oz - 295 cal ● 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.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Sauteed peppers and onions

63 cal ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

For all 2 meals:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
 2. Season with some salt and pepper and serve.
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Simple seitan

4 oz - 244 cal ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
seitan
4 oz (113g)

For all 2 meals:

oil
2 tsp (10mL)
seitan
1/2 lbs (227g)

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.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 scoop - 109 cal ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

water

1 cup(s) (237mL)

protein powder

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

For all 7 meals:

water

7 cup(s) (1659mL)

protein powder

7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.
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