

Meal Plan - vegan meal plan with over 90g 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

1047 cal ● 111g protein (42%) ● 27g fat (24%) ● 68g carbs (26%) ● 22g fiber (8%)

Breakfast

235 cal, 20g protein, 14g net carbs, 9g fat



['Cheesy' tofu scramble](#)
190 cal



[Blueberries](#)
1/2 cup(s)- 47 cal

Dinner

380 cal, 38g protein, 9g net carbs, 16g fat



[Roasted tomatoes](#)
1 1/2 tomato(es)- 89 cal



[Vegan crumbles](#)
2 cup(s)- 292 cal

Lunch

210 cal, 4g protein, 42g net carbs, 1g fat



[Tomato soup](#)
1 can(s)- 211 cal

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cal

Day 2

1136 cal ● 116g protein (41%) ● 36g fat (29%) ● 61g carbs (21%) ● 26g fiber (9%)

Breakfast

235 cal, 20g protein, 14g net carbs, 9g fat



['Cheesy' tofu scramble](#)
190 cal



[Blueberries](#)
1/2 cup(s)- 47 cal

Dinner

355 cal, 25g protein, 11g net carbs, 20g fat



[Roasted tomatoes](#)
1 tomato(es)- 60 cal



[Basic tempeh](#)
4 oz- 295 cal

Lunch

325 cal, 23g protein, 34g net carbs, 6g fat



[Beets](#)
3 beets- 72 cal



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

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cal

Day 3

1091 cals ● 97g protein (35%) ● 43g fat (36%) ● 57g carbs (21%) ● 22g fiber (8%)

Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Blueberries
1/2 cup(s)- 47 cals

Dinner

395 cals, 11g protein, 10g net carbs, 32g fat



Sunflower seeds
180 cals



Roasted cabbage steaks with dressing
214 cals

Lunch

325 cals, 23g protein, 34g net carbs, 6g fat



Beets
3 beets- 72 cals



Veggie burger patty
2 patty- 254 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1112 cals ● 95g protein (34%) ● 51g fat (42%) ● 53g carbs (19%) ● 14g fiber (5%)

Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Blueberries
1/2 cup(s)- 47 cals

Dinner

395 cals, 11g protein, 10g net carbs, 32g fat



Sunflower seeds
180 cals



Roasted cabbage steaks with dressing
214 cals

Lunch

350 cals, 21g protein, 31g net carbs, 15g fat



Chik'n satay with peanut sauce
2 skewers- 233 cals



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1099 cals ● 100g protein (36%) ● 29g fat (24%) ● 92g carbs (33%) ● 18g fiber (7%)

Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Blueberries
1/2 cup(s)- 47 cals

Dinner

380 cals, 17g protein, 48g net carbs, 9g fat



Bbq cauliflower wings
268 cals



Simple mixed greens and tomato salad
113 cals

Lunch

350 cals, 21g protein, 31g net carbs, 15g fat



Chik'n satay with peanut sauce
2 skewers- 233 cals



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1155 cals ● 91g protein (32%) ● 29g fat (23%) ● 106g carbs (37%) ● 26g fiber (9%)

Breakfast

185 cals, 8g protein, 22g net carbs, 5g fat



Hummus toast
1 slice(s)- 146 cals



Clementine
1 clementine(s)- 39 cals

Dinner

380 cals, 17g protein, 48g net carbs, 9g fat



Bbq cauliflower wings
268 cals



Simple mixed greens and tomato salad
113 cals

Lunch

370 cals, 19g protein, 34g net carbs, 15g fat



Soy milk
3/4 cup(s)- 64 cals



Beets
5 beets- 121 cals



Lemon ginger tofu chik'n
3 1/2 oz tofu- 187 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

1130 cals ● 90g protein (32%) ● 37g fat (30%) ● 85g carbs (30%) ● 24g fiber (8%)

Breakfast

185 cals, 8g protein, 22g net carbs, 5g fat



[Hummus toast](#)

1 slice(s)- 146 cals



[Clementine](#)

1 clementine(s)- 39 cals

Dinner

355 cals, 16g protein, 27g net carbs, 17g fat



[Hearty tomato soup](#)

208 cals



[Roasted almonds](#)

1/6 cup(s)- 148 cals

Lunch

370 cals, 19g protein, 34g net carbs, 15g fat



[Soy milk](#)

3/4 cup(s)- 64 cals



[Beets](#)

5 beets- 121 cals



[Lemon ginger tofu chik'n](#)

3 1/2 oz tofu- 187 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Legumes and Legume Products

- ☐ firm tofu
1 1/3 lbs (595g)
- ☐ vegetarian burger crumbles
2 cup (213g)
- ☐ tempeh
4 oz (113g)
- ☐ peanut butter
4 tsp (21g)
- ☐ hummus
5 tbsp (75g)
- ☐ soy sauce
1 tbsp (15mL)
- ☐ lentils, raw
2 tbsp (24g)

Vegetables and Vegetable Products

- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (339g)
- ☐ beets, precooked (canned or refrigerated)
16 beets (2" dia, sphere) (800g)
- ☐ cabbage
1/2 head, small (about 4-1/2" dia) (357g)
- ☐ fresh ginger
2 inch (2.5cm) cube (11g)
- ☐ cauliflower
2 head small (4" dia.) (530g)
- ☐ canned stewed tomatoes
1/4 can (~14.5 oz) (101g)
- ☐ tomato paste
1/4 tbsp (4g)
- ☐ onion
1/4 large (38g)
- ☐ carrots
1/4 large (18g)

Spices and Herbs

- ☐ turmeric, ground
2 dash (1g)
- ☐ salt
1 1/4 tsp (8g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ chili powder
2 dash (1g)
- ☐ paprika
2 dash (1g)

Beverages

- ☐ water
14 cup (3379mL)
- ☐ protein powder
15 1/2 scoop (1/3 cup ea) (481g)
- ☐ almond milk, unsweetened
1 1/2 cup (360mL)

Fruits and Fruit Juices

- ☐ blueberries
2 1/2 cup (370g)
- ☐ lime juice
1 tbsp (15mL)
- ☐ fruit juice
16 fl oz (480mL)
- ☐ clementines
2 fruit (148g)
- ☐ lemon juice
1 tbsp (15mL)

Fats and Oils

- ☐ oil
2 oz (59mL)
- ☐ ranch dressing
2 tbsp (30mL)
- ☐ salad dressing
1/4 cup (68mL)

Soups, Sauces, and Gravies

- ☐ condensed canned tomato soup
1 can (10.5 oz) (298g)
- ☐ barbecue sauce
1/2 cup (143g)
- ☐ vegetable broth
1/2 cup(s) (mL)

Nut and Seed Products

- ☐ sunflower kernels
2 oz (57g)
- ☐ sesame seeds
1/2 tbsp (5g)
- ☐ almonds
2 3/4 tbsp, whole (24g)

Baked Products

☐ apple cider vinegar
1/4 tbsp (4g)

Other

- ☐ nutritional yeast
3/4 cup (45g)
 - ☐ veggie burger patty
4 patty (284g)
 - ☐ italian seasoning
4 dash (2g)
 - ☐ skewer(s)
4 skewer(s) (4g)
 - ☐ vegan chik'n strips
1/3 lbs (151g)
 - ☐ sesame oil
2 tsp (10mL)
 - ☐ mixed greens
4 1/2 cup (135g)
 - ☐ soy milk, unsweetened
1 1/2 cup (360mL)
-

☐ bread
2 slice (64g)

Sweets

☐ agave
1 tsp (7g)

Cereal Grains and Pasta

☐ cornstarch
1 1/2 tbsp (12g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

'Cheesy' tofu scramble

190 cals ● 20g protein ● 9g fat ● 6g carbs ● 2g fiber



For single meal:

firm tofu, drained

1/2 lbs (198g)

garlic, minced

1/2 clove (2g)

turmeric, ground

1 dash (0g)

salt

1 dash (1g)

nutritional yeast

2 tbsp (8g)

water

1 tbsp (15mL)

For all 2 meals:

firm tofu, drained

14 oz (397g)

garlic, minced

1 clove (3g)

turmeric, ground

2 dash (1g)

salt

2 dash (2g)

nutritional yeast

4 tbsp (15g)

water

2 tbsp (30mL)

1. Heat the water in a non-stick pan over medium heat.
2. Add the garlic and cook until fragrant.
3. Crumble the tofu into the pan and cook for a couple minutes, stirring occasionally.
4. Add in the turmeric, nutritional yeast, and salt and stir until well-combined.
5. Cook mixture for a few more minutes, adding more water if necessary.
6. Serve.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

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

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 3 meals:

blueberries

1 1/2 cup (222g)

1. Rinse off blueberries and serve.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

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 2 meals:

hummus
5 tbsp (75g)
bread
2 slice (64g)

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

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

condensed canned tomato soup
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Beets

3 beets - 72 cal ● 3g protein ● 0g fat ● 12g carbs ● 3g fiber



For single meal:

beets, precooked (canned or refrigerated)

3 beets (2" dia, sphere) (150g)

For all 2 meals:

beets, precooked (canned or refrigerated)

6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Veggie burger patty

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



For single meal:

veggie burger patty

2 patty (142g)

For all 2 meals:

veggie burger patty

4 patty (284g)

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

Lunch 3 [🔗](#)

Eat on day 4, day 5

Chik'n satay with peanut sauce

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



For single meal:

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)

For all 2 meals:

skewer(s)

4 skewer(s) (4g)

fresh ginger, grated or minced

2/3 inch (2.5cm) cube (3g)

vegan chik'n strips

1/3 lbs (151g)

sesame oil

2 tsp (10mL)

lime juice

3 tsp (15mL)

peanut butter

4 tsp (21g)

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.

Fruit juice

1 cup(s) - 115 cal ● 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 4 [↗](#)

Eat on day 6, day 7

Soy milk

3/4 cup(s) - 64 cal ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
3/4 cup (180mL)

For all 2 meals:

soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Beets

5 beets - 121 cal ● 4g protein ● 1g fat ● 20g carbs ● 5g fiber



For single meal:

beets, precooked (canned or refrigerated)
5 beets (2" dia, sphere) (250g)

For all 2 meals:

beets, precooked (canned or refrigerated)
10 beets (2" dia, sphere) (500g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Lemon ginger tofu chik'n

3 1/2 oz tofu - 187 cal ● 9g protein ● 11g fat ● 12g carbs ● 1g fiber



For single meal:

agave
4 dash (3g)
sesame seeds
1/4 tbsp (2g)
garlic, minced
1/2 clove(s) (2g)
fresh ginger, peeled & minced
3/4 inch (2.5cm) cube (4g)
oil
1 tsp (6mL)
lemon juice
1/2 tbsp (8mL)
cornstarch
3/4 tbsp (6g)
soy sauce, divided
1/2 tbsp (8mL)
firm tofu, patted dry
1/4 lbs (99g)

For all 2 meals:

agave
1 tsp (7g)
sesame seeds
1/2 tbsp (5g)
garlic, minced
1 clove(s) (3g)
fresh ginger, peeled & minced
1 1/2 inch (2.5cm) cube (8g)
oil
3/4 tbsp (11mL)
lemon juice
1 tbsp (15mL)
cornstarch
1 1/2 tbsp (12g)
soy sauce, divided
1 tbsp (15mL)
firm tofu, patted dry
1/2 lbs (198g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

Dinner 1 [↗](#)

Eat on day 1

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

tomatoes
1 1/2 small whole (2-2 1/2" dia) (137g)
oil
1/2 tbsp (8mL)

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

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

vegetarian burger crumbles

2 cup (200g)

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

Dinner 2 [↗](#)

Eat on day 2

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2.5" dia) (91g)

oil

1 tsp (5mL)

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.

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

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.
-

Dinner 3 [↗](#)

Eat on day 3, day 4

Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 2 meals:

sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

Roasted cabbage steaks with dressing

214 cal ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



For single meal:

ranch dressing

1 tbsp (15mL)

italian seasoning

2 dash (1g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

oil

3/4 tbsp (11mL)

cabbage

1/4 head, small (about 4-1/2" dia)
(179g)

For all 2 meals:

ranch dressing

2 tbsp (30mL)

italian seasoning

4 dash (2g)

black pepper

4 dash, ground (1g)

salt

4 dash (3g)

oil

1 1/2 tbsp (23mL)

cabbage

1/2 head, small (about 4-1/2" dia)
(357g)

1. Preheat oven to 400 F (200 C).
 2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
 3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
 4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
 5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
 6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
 7. Serve with dressing.
-

Dinner 4 [🔗](#)

Eat on day 5, day 6

Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

barbecue sauce

4 tbsp (72g)

salt

2 dash (2g)

nutritional yeast

4 tbsp (15g)

cauliflower

1 head small (4" dia.) (265g)

For all 2 meals:

barbecue sauce

1/2 cup (143g)

salt

4 dash (3g)

nutritional yeast

1/2 cup (30g)

cauliflower

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

salad dressing

2 1/4 tbsp (34mL)

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing

1/4 cup (68mL)

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

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

Dinner 5 [↗](#)

Eat on day 7

Hearty tomato soup

208 cals ● 10g protein ● 5g fat ● 25g carbs ● 6g fiber



chili powder

2 dash (1g)

paprika

2 dash (1g)

apple cider vinegar

1/4 tbsp (4g)

garlic, minced

1/2 clove(s) (2g)

vegetable broth

1/2 cup(s) (mL)

canned stewed tomatoes

1/4 can (~14.5 oz) (101g)

tomato paste

1/4 tbsp (4g)

lentils, raw

2 tbsp (24g)

vegetarian burger crumbles

2 tbsp (13g)

onion, diced

1/4 large (38g)

carrots, chopped

1/4 large (18g)

oil

1/4 tbsp (4mL)

1. Heat oil in a thick-walled pot over medium heat. Add in carrots and onion and saute for about 8 minutes until softened.
2. Stir in tomato paste. Then stir in garlic, crumbles, and lentils and cook mixture for about 3 minutes.
3. Stir in broth, tomatoes, spices, and a hefty pinch of salt. Bring to a simmer and cover, cooking for about 15 minutes or until lentils are soft. Turn off heat and stir in apple cider vinegar. Serve.

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds

2 2/3 tbsp, whole (24g)

1. This recipe has no instructions.
-

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) (479mL)
protein powder
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water
14 cup(s) (3353mL)
protein powder
14 scoop (1/3 cup ea) (434g)

- 1. This recipe has no instructions.