

# Meal Plan - 1000 calorie intermittent fasting vegetarian 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

982 cals ● 92g protein (37%) ● 30g fat (28%) ● 72g carbs (29%) ● 14g fiber (6%)

### Lunch

385 cals, 19g protein, 38g net carbs, 12g fat



**Tempeh taco salad bowl**

277 cals



**White rice**

1/2 cup rice, cooked- 109 cals

### Dinner

380 cals, 24g protein, 32g net carbs, 17g fat



**Crispy chick'n tenders**

4 tender(s)- 229 cals



**Milk**

1 cup(s)- 149 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 2

1034 cals ● 100g protein (39%) ● 33g fat (29%) ● 73g carbs (28%) ● 11g fiber (4%)

### Lunch

440 cals, 28g protein, 39g net carbs, 15g fat



**Chunky canned soup (non-creamy)**

1 1/2 can(s)- 371 cals



**Simple mixed greens salad**

68 cals

### Dinner

380 cals, 24g protein, 32g net carbs, 17g fat



**Crispy chick'n tenders**

4 tender(s)- 229 cals



**Milk**

1 cup(s)- 149 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 3

991 cals ● 96g protein (39%) ● 35g fat (32%) ● 62g carbs (25%) ● 11g fiber (4%)

### Lunch

440 cals, 19g protein, 47g net carbs, 17g fat



#### Lowfat yogurt

1 container(s)- 181 cals



#### Chickpea, squash & feta salad

261 cals

### Dinner

330 cals, 29g protein, 13g net carbs, 17g fat



#### Vegan sausage

1 sausage(s)- 268 cals



#### Sautéed garlic & herb tomatoes

64 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 4

991 cals ● 96g protein (39%) ● 35g fat (32%) ● 62g carbs (25%) ● 11g fiber (4%)

### Lunch

440 cals, 19g protein, 47g net carbs, 17g fat



#### Lowfat yogurt

1 container(s)- 181 cals



#### Chickpea, squash & feta salad

261 cals

### Dinner

330 cals, 29g protein, 13g net carbs, 17g fat



#### Vegan sausage

1 sausage(s)- 268 cals



#### Sautéed garlic & herb tomatoes

64 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 5

970 cals ● 97g protein (40%) ● 30g fat (28%) ● 57g carbs (24%) ● 21g fiber (9%)

### Lunch

370 cals, 39g protein, 11g net carbs, 14g fat



#### Vegan crumbles

2 cup(s)- 292 cals



#### Simple mixed greens and tomato salad

76 cals

### Dinner

385 cals, 10g protein, 45g net carbs, 16g fat



#### White bean succotash

162 cals



#### Simple mixed greens salad

102 cals



#### Buttery white rice

121 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 6

970 cals ● 97g protein (40%) ● 30g fat (28%) ● 57g carbs (24%) ● 21g fiber (9%)

### Lunch

370 cals, 39g protein, 11g net carbs, 14g fat



**Vegan crumbles**  
2 cup(s)- 292 cals



**Simple mixed greens and tomato salad**  
76 cals

### Dinner

385 cals, 10g protein, 45g net carbs, 16g fat



**White bean succotash**  
162 cals



**Simple mixed greens salad**  
102 cals



**Buttery white rice**  
121 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 7

1042 cals ● 90g protein (35%) ● 41g fat (35%) ● 65g carbs (25%) ● 14g fiber (5%)

### Lunch

385 cals, 18g protein, 23g net carbs, 22g fat



**Veggie burger patty**  
1 patty- 127 cals



**Simple mixed greens salad**  
170 cals



**Sunflower seeds**  
90 cals

### Dinner

435 cals, 24g protein, 40g net carbs, 18g fat



**Vegan guinness stew**  
366 cals



**Caprese salad**  
71 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

# Grocery List



## Other

- meatless chik'n tenders  
8 pieces (204g)
- mixed greens  
3 package (5.5 oz) (461g)
- vegan sausage  
2 sausage (200g)
- italian seasoning  
1/6 container (.75 oz) (4g)
- dark beer (e.g. Guinness)  
1/3 bottle (12 oz) (mL)
- veggie burger patty  
1 patty (71g)

## Vegetables and Vegetable Products

- ketchup  
2 tbsp (34g)
- tomatoes  
2 medium whole (2-3/5" dia) (248g)
- garlic  
1 clove(s) (3g)
- zucchini  
1/2 medium (98g)
- frozen corn kernels  
1/2 cup (68g)
- bell pepper  
1/2 medium (60g)
- shallots  
1/2 clove(s) (28g)
- potatoes  
1/3 medium (2+-1/4" to 3-1/4" dia.) (71g)
- onion  
1/6 medium (2-1/2" dia) (18g)
- raw celery  
1/2 stalk, medium (7-1/2" - 8" long) (20g)
- carrots  
1/3 medium (20g)

## Dairy and Egg Products

- whole milk  
2 cup(s) (480mL)
- lowfat flavored yogurt  
2 container (6 oz) (340g)
- feta cheese  
2 oz (57g)
- butter  
3/4 tbsp (11g)
- fresh mozzarella cheese  
1/2 oz (14g)

## Spices and Herbs

- taco seasoning mix  
1/2 tbsp (4g)
- black pepper  
3 dash, ground (1g)
- salt  
1/4 tbsp (4g)
- ground cumin  
4 dash (1g)
- fresh thyme  
4 dash (0g)
- fresh basil  
4 tsp leaves, whole (2g)

## Soups, Sauces, and Gravies

- salsa  
1 1/2 tbsp (27g)
- chunky canned soup (non-creamy varieties)  
1 1/2 can (~19 oz) (789g)

## Fats and Oils

- oil  
1/2 oz (14mL)
- salad dressing  
12 3/4 tbsp (191mL)
- olive oil  
1 1/2 tbsp (24mL)
- balsamic vinaigrette  
2 1/3 tbsp (35mL)

## Fruits and Fruit Juices

- avocados  
1/4 avocado(s) (50g)
- lemon juice  
1/2 tbsp (8mL)

## Beverages

- water  
15 cup(s) (3515mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Cereal Grains and Pasta

- long-grain white rice  
6 3/4 tbsp (77g)

## Legumes and Legume Products

- tempeh**  
2 oz (57g)
- refried beans**  
4 tbsp (61g)
- chickpeas, canned**  
1/2 can(s) (224g)
- vegetarian burger crumbles**  
4 cup (400g)
- white beans, canned**  
1/2 cup (131g)
- soy sauce**  
1 tsp (5mL)

## all-purpose flour

1 tsp (3g)

## seitan

2 1/3 oz (66g)

## Sweets

### brown sugar

1 tsp (4g)

## Nut and Seed Products

### sunflower kernels

1/2 oz (14g)

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## Lunch 1 ↗

Eat on day 1

### Tempeh taco salad bowl

277 cals ● 17g protein ● 12g fat ● 14g carbs ● 11g fiber



**tempeh**  
2 oz (57g)  
**taco seasoning mix**  
1/2 tbsp (4g)  
**mixed greens**  
4 tbsp (8g)  
**salsa**  
1 1/2 tbsp (27g)  
**refried beans**  
4 tbsp (61g)  
**oil**  
1/4 tsp (1mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



Makes 1/2 cup rice, cooked

**water**

1/3 cup(s) (79mL)

**long-grain white rice**

2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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## Lunch 2 ↗

Eat on day 2

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### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

**chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**

1 1/2 cup (45g)

**salad dressing**

1 1/2 tbsp (23mL)

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

## Lunch 3 ↗

Eat on day 3 and day 4

### Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

For all 2 meals:

**lowfat flavored yogurt**  
2 container (6 oz) (340g)

1. The recipe has no instructions.

### Chickpea, squash & feta salad

261 cals ● 11g protein ● 15g fat ● 15g carbs ● 6g fiber



For single meal:

**mixed greens**  
3/4 cup (23g)  
**ground cumin**  
2 dash (1g)  
**oil**  
1/2 tsp (3mL)  
**italian seasoning**  
1 dash (0g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**chickpeas, canned, drained and rinsed**  
1/4 can(s) (112g)  
**feta cheese, cubed**  
1 oz (28g)  
**zucchini, cut into half moons**  
1/4 medium (49g)

For all 2 meals:

**mixed greens**  
1 1/2 cup (45g)  
**ground cumin**  
4 dash (1g)  
**oil**  
1 tsp (5mL)  
**italian seasoning**  
2 dash (1g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**feta cheese, cubed**  
2 oz (57g)  
**zucchini, cut into half moons**  
1/2 medium (98g)

1. Preheat oven to 400°F (200°C).
2. Place chickpeas and sliced zucchini on a baking tray in separate sections. Drizzle everything with oil. Sprinkle the cumin onto the chickpeas and the Italian seasoning onto the zucchini along with some salt/pepper to taste on both. Massage with hands until everything is evenly coated. Bake for about 30 minutes, stirring once. Set aside to cool when done.
3. Prepare salad by topping the bed of mixed greens with feta and the roasted chickpeas/zucchini. Drizzle on the balsamic vinaigrette and serve.
4. Meal prep note: Store leftover roasted chickpeas and zucchini in an airtight container in the fridge. For peak freshness, prepare the rest of the salad day-of and reserve the vinaigrette until serving time.

## Lunch 4 ↗

Eat on day 5 and day 6

### Vegan crumbles

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



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

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

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

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

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

## Lunch 5 ↗

Eat on day 7

### Veggie burger patty

1 patty - 127 cals ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



Makes 1 patty

**veggie burger patty**  
1 patty (71g)

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

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

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

## Sunflower seeds

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



**sunflower kernels**  
1/2 oz (14g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Crispy chik'n tenders

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



For single meal:

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

For all 2 meals:

**meatless chik'n tenders**  
8 pieces (204g)  
**ketchup**  
2 tbsp (34g)

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

## Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

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1. The recipe has no instructions.

## Dinner 2

Eat on day 3 and day 4

### Vegan sausage

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



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

**vegan sausage**  
2 sausage (200g)

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

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### Sauteed garlic & herb tomatoes

64 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/4 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**tomatoes**  
1/4 pint, cherry tomatoes (75g)  
**italian seasoning**  
3 dash (1g)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1/4 clove(s) (1g)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)  
**garlic, minced**  
1/2 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Dinner 3 ↗

Eat on day 5 and day 6

### White bean succotash

162 cals ● 6g protein ● 4g fat ● 20g carbs ● 5g fiber



For single meal:

**lemon juice**  
1/4 tbsp (4mL)  
**oil**  
1/4 tbsp (4mL)  
**white beans, canned, drained & rinsed**  
4 tbsp (66g)  
**frozen corn kernels, defrosted**  
4 tbsp (34g)  
**bell pepper, finely chopped**  
1/4 medium (30g)  
**shallots, minced**  
1/4 clove(s) (14g)

For all 2 meals:

**lemon juice**  
1/2 tbsp (8mL)  
**oil**  
1/2 tbsp (8mL)  
**white beans, canned, drained & rinsed**  
1/2 cup (131g)  
**frozen corn kernels, defrosted**  
1/2 cup (68g)  
**bell pepper, finely chopped**  
1/2 medium (60g)  
**shallots, minced**  
1/2 clove(s) (28g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.

### 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.

## Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**butter**  
3/4 tbsp (11g)  
**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. **DO NOT LIFT LID!**
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

## Dinner 4 ↗

Eat on day 7

### Vegan guinness stew

366 cals ● 20g protein ● 13g fat ● 38g carbs ● 4g fiber



**fresh thyme, chopped**  
4 dash (0g)  
**all-purpose flour**  
1 tsp (3g)  
**dark beer (e.g. Guinness)**  
1/3 bottle (12 oz) (mL)  
**brown sugar**  
1 tsp (4g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**salt**  
1 1/3 dash (1g)  
**soy sauce**  
1 tsp (5mL)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**seitan, cut into bite-size pieces**  
2 1/3 oz (66g)  
**potatoes, diced**  
1/3 medium (2+-1/4" to 3-1/4" dia.)  
(71g)  
**onion, diced**  
1/6 medium (2-1/2" dia) (18g)  
**raw celery, thinly sliced**  
1/2 stalk, medium (7-1/2" - 8" long)  
(20g)  
**carrots, halved lengthwise and thinly sliced**  
1/3 medium (20g)

1. Heat 2 tablespoons olive oil and soy sauce in a skillet over medium-high heat. Saute seitan in hot oil until browned on all sides, about 5 minutes.
2. Heat remaining olive oil in a large pot over medium-high heat. Saute onion, celery, carrots, potatoes, and garlic in hot oil until onions are soft, 3 to 5 minutes. Reduce heat to medium and slowly stir beer into vegetable mixture.
3. Stir brown sugar, flour, thyme, salt, and black pepper into beer mixture; add seitan. Bring mixture to a simmer, reduce heat to low, and cook until stew reduces and thickens, about 45 minutes.

### Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



**fresh mozzarella cheese**  
1/2 oz (14g)  
**mixed greens**  
1/6 package (5.5 oz) (26g)  
**fresh basil**  
4 tsp leaves, whole (2g)  
**balsamic vinaigrette**  
1 tsp (5mL)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.