

Meal Plan - 1100 calorie intermittent fasting vegetarian meal plan



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

Day 1

1154 cals ● 93g protein (32%) ● 27g fat (21%) ● 119g carbs (41%) ● 17g fiber (6%)

Lunch

490 cals, 24g protein, 63g net carbs, 13g fat



[Grilled peanut butter and banana sandwich](#)
1/2 sandwich(es)- 243 cals



[Banana](#)
1 banana(s)- 117 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals

Protein Supplement(s)

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



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

Dinner

445 cals, 21g protein, 54g net carbs, 13g fat



[Brown rice](#)
1 cup brown rice, cooked- 229 cals



[Peanut tempeh](#)
2 oz tempeh- 217 cals

Day 2

1088 cals ● 92g protein (34%) ● 29g fat (24%) ● 101g carbs (37%) ● 14g fiber (5%)

Lunch

425 cals, 22g protein, 46g net carbs, 15g fat



[Milk](#)
1/2 cup(s)- 75 cals



[Vegan sausage & veggie sheet pan](#)
240 cals



[White rice](#)
1/2 cup rice, cooked- 109 cals

Protein Supplement(s)

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



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

Dinner

445 cals, 21g protein, 54g net carbs, 13g fat



[Brown rice](#)
1 cup brown rice, cooked- 229 cals



[Peanut tempeh](#)
2 oz tempeh- 217 cals

Day 3

1074 cals ● 95g protein (35%) ● 44g fat (36%) ● 61g carbs (23%) ● 15g fiber (5%)

Lunch

420 cals, 22g protein, 25g net carbs, 23g fat



Walnuts

1/4 cup(s)- 175 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals

Dinner

435 cals, 25g protein, 34g net carbs, 19g fat



Milk

1 cup(s)- 149 cals



Edamame & beet salad

171 cals



Crispy chik'n tenders

2 tender(s)- 114 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1125 cals ● 106g protein (38%) ● 31g fat (25%) ● 82g carbs (29%) ● 24g fiber (8%)

Lunch

420 cals, 22g protein, 25g net carbs, 23g fat



Walnuts

1/4 cup(s)- 175 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals

Dinner

485 cals, 36g protein, 56g net carbs, 7g fat



Lentils

231 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 5

1128 cals ● 101g protein (36%) ● 31g fat (25%) ● 87g carbs (31%) ● 24g fiber (8%)

Lunch

425 cals, 17g protein, 29g net carbs, 24g fat



Simple mixed greens and tomato salad

151 cals



Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es)- 273 cals

Dinner

485 cals, 36g protein, 56g net carbs, 7g fat



Lentils

231 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 6

1085 calsgreen89g protein (33%)orange44g fat (36%)blue71g carbs (26%)grey12g fiber (5%)


Lunch

425 calsgreen17g protein, 29g net carbs, 24g fat



Simple mixed greens and tomato salad

151 calsgreen




Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es)- 273 calsgreen


Dinner

440 calsgreen24g protein, 40g net carbs, 19g fat



Milk

1/2 cup(s)- 75 calsgreen




Chik'n nuggets

6 2/3 nuggets- 368 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake


2 scoop- 218 calsgreen

Day 7

1127 calsgreen93g protein (33%)orange33g fat (27%)blue88g carbs (31%)grey26g fiber (9%)

Lunch

465 calsgreen20g protein, 46g net carbs, 13g fat




Quinoa black bean hummus salad

467 calsgreen


Dinner

440 calsgreen24g protein, 40g net carbs, 19g fat



Milk

1/2 cup(s)- 75 calsgreen




Chik'n nuggets

6 2/3 nuggets- 368 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 calsgreen

Grocery List



Spices and Herbs

- ☐ salt
1/4 tbsp (4g)
- ☐ black pepper
4 dash, ground (1g)

Beverages

- ☐ water
19 cup(s) (4463mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

- ☐ brown rice
2/3 cup (127g)
- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ quinoa, uncooked
4 tbsp (43g)

Legumes and Legume Products

- ☐ tempeh
4 oz (113g)
- ☐ peanut butter
1 2/3 oz (48g)
- ☐ soy sauce
1 tsp (5mL)
- ☐ lentils, raw
2/3 cup (128g)
- ☐ hummus
2 tbsp (30g)
- ☐ black beans
3/4 cup (180g)

Fruits and Fruit Juices

- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ banana
1 1/2 medium (7" to 7-7/8" long) (177g)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ avocados
1/4 avocado(s) (50g)

Other

Baked Products

- ☐ bread
3 slice (96g)

Fats and Oils

- ☐ cooking spray
1/2 spray(s) , about 1/3 second each (0g)
- ☐ oil
1 tsp (5mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ salad dressing
6 tbsp (90mL)
- ☐ olive oil
1 tsp (5mL)

Dairy and Egg Products

- ☐ whole milk
2 1/2 cup(s) (600mL)
- ☐ provolone cheese
2 slice(s) (56g)

Vegetables and Vegetable Products

- ☐ carrots
1/2 medium (31g)
- ☐ broccoli
1/2 cup chopped (46g)
- ☐ potatoes
1/2 small (1-3/4" to 2-1/4" dia.) (46g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)
- ☐ beets, precooked (canned or refrigerated)
2 beet(s) (100g)
- ☐ ketchup
4 tbsp (65g)
- ☐ tomatoes
1 cup cherry tomatoes (149g)
- ☐ sun-dried tomatoes
1 oz (28g)
- ☐ fresh spinach
1/4 cup(s) (8g)
- ☐ fresh cilantro
1 tbsp, chopped (3g)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)

- ☐ **nutritional yeast**
1/2 tbsp (2g)
 - ☐ **cottage cheese & fruit cup**
1 container (170g)
 - ☐ **italian seasoning**
2 dash (1g)
 - ☐ **vegan sausage**
1/2 sausage (50g)
 - ☐ **mixed greens**
7 cup (210g)
 - ☐ **meatless chik'n tenders**
2 pieces (51g)
 - ☐ **veggie burger patty**
4 patty (284g)
 - ☐ **vegan chik'n nuggets**
13 1/3 nuggets (287g)
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Soups, Sauces, and Gravies

- ☐ **chunky canned soup (non-creamy varieties)**
2 can (~19 oz) (1052g)
- ☐ **pesto sauce**
1 tbsp (16g)

Lunch 1 [↗](#)

Eat on day 1

Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cal ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

peanut butter

1 tbsp (16g)

cooking spray

1/2 spray(s) , about 1/3 second each (0g)

banana, sliced

1/2 medium (7" to 7-7/8" long) (59g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



Makes 1 banana(s)

banana

1 medium (7" to 7-7/8" long) (118g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup

1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 2 [↗](#)

Eat on day 2

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

whole milk

1/2 cup(s) (120mL)

1. The recipe has no instructions.

Vegan sausage & veggie sheet pan

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



oil

1 tsp (5mL)

italian seasoning

2 dash (1g)

carrots, sliced

1/2 medium (31g)

broccoli, chopped

1/2 cup chopped (46g)

vegan sausage, cut into bite sized pieces

1/2 sausage (50g)

potatoes, cut into wedges

1/2 small (1-3/4" to 2-1/4" dia.) (46g)

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.

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.

Lunch 3 [↗](#)

Eat on day 3 and day 4

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.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:	For all 2 meals:
chunky canned soup (non-creamy varieties)	chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)	2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Simple mixed greens and tomato salad

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



For single meal:	For all 2 meals:
mixed greens	mixed greens
3 cup (90g)	6 cup (180g)
tomatoes	tomatoes
1/2 cup cherry tomatoes (75g)	1 cup cherry tomatoes (149g)
salad dressing	salad dressing
3 tbsp (45mL)	6 tbsp (90mL)

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

Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es) - 273 cal● 14g protein● 14g fat● 19g carbs● 4g fiber



For single meal:

bread
1 slice (32g)
pesto sauce
1/2 tbsp (8g)
sun-dried tomatoes
1/2 oz (14g)
fresh spinach
1/8 cup(s) (4g)
olive oil
1/2 tsp (3mL)
provolone cheese
1 slice(s) (28g)

For all 2 meals:

bread
2 slice (64g)
pesto sauce
1 tbsp (16g)
sun-dried tomatoes
1 oz (28g)
fresh spinach
1/4 cup(s) (8g)
olive oil
1 tsp (5mL)
provolone cheese
2 slice(s) (56g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

Lunch 5 [🔗](#)

Eat on day 7

Quinoa black bean hummus salad

467 cals ● 20g protein ● 13g fat ● 46g carbs ● 21g fiber



hummus
2 tbsp (30g)
lime juice
1/2 tbsp (8mL)
fresh cilantro
1 tbsp, chopped (3g)
quinoa, uncooked
4 tbsp (43g)
water
1/2 cup(s) (119mL)
black beans, drained & rinsed
3/4 cup (180g)
avocados, chopped
1/4 avocado(s) (50g)

1. Cook the quinoa in the water according to package instructions. Fluff with a fork and set aside.
 2. In a small bowl, stir together the hummus and lime juice. Gradually add some water to thin the mixture until it reaches a dressing-like consistency.
 3. In a separate bowl, combine the quinoa, black beans, and some salt and pepper.
 4. Top with chopped avocado and cilantro, then drizzle with the hummus-lime dressing. Serve.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Brown rice

1 cup brown rice, cooked - 229 cal ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

salt
4 dash (3g)
water
1 1/3 cup(s) (316mL)
black pepper
4 dash, ground (1g)
brown rice
2/3 cup (127g)

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.

Peanut tempeh

2 oz tempeh - 217 cal ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



For single meal:

tempeh
2 oz (57g)
peanut butter
1 tbsp (16g)
lemon juice
1/4 tbsp (4mL)
soy sauce
1/2 tsp (3mL)
nutritional yeast
1/4 tbsp (1g)

For all 2 meals:

tempeh
4 oz (113g)
peanut butter
2 tbsp (32g)
lemon juice
1/2 tbsp (8mL)
soy sauce
1 tsp (5mL)
nutritional yeast
1/2 tbsp (2g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 2 [↗](#)

Eat on day 3

Milk

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



Makes 1 cup(s)

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



mixed greens

1 cup (30g)

balsamic vinaigrette

1 tbsp (15mL)

edamame, frozen, shelled

1/2 cup (59g)

beets, precooked (canned or refrigerated), chopped

2 beet(s) (100g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Crispy chik'n tenders

2 tender(s) - 114 cals ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



Makes 2 tender(s)

meatless chik'n tenders

2 pieces (51g)

ketchup

1/2 tbsp (9g)

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

Dinner 3 [🔗](#)

Eat on day 4 and day 5

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Veggie burger patty

2 patty - 254 cals ● 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.
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Dinner 4 [🔗](#)

Eat on day 6 and day 7

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.
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Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

ketchup
5 tsp (28g)
vegan chik'n nuggets
6 2/3 nuggets (143g)

For all 2 meals:

ketchup
1/4 cup (57g)
vegan chik'n nuggets
13 1/3 nuggets (287g)

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