

Meal Plan - 1000 calorie high protein 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

972 cals ● 92g protein (38%) ● 35g fat (32%) ● 54g carbs (22%) ● 18g fiber (8%)

Breakfast

155 cals, 7g protein, 4g net carbs, 10g fat



[Egg in an eggplant](#)

120 cals



[Raspberries](#)

1/2 cup(s)- 36 cals

Dinner

305 cals, 20g protein, 21g net carbs, 12g fat



[Buffalo tempeh with tzatziki](#)

157 cals



[Lentils](#)

87 cals



[Roasted tomatoes](#)

1 tomato(es)- 60 cals

Lunch

295 cals, 16g protein, 27g net carbs, 12g fat



[Chik'n nuggets](#)

5 1/3 nuggets- 294 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 2

1013 cals ● 95g protein (37%) ● 34g fat (31%) ● 60g carbs (24%) ● 21g fiber (8%)

Breakfast

155 cals, 7g protein, 4g net carbs, 10g fat



[Egg in an eggplant](#)

120 cals



[Raspberries](#)

1/2 cup(s)- 36 cals

Dinner

345 cals, 23g protein, 27g net carbs, 12g fat



[Basic tempeh](#)

2 oz- 148 cals



[Buttered lima beans](#)

110 cals



[Lentils](#)

87 cals

Lunch

295 cals, 16g protein, 27g net carbs, 12g fat



[Chik'n nuggets](#)

5 1/3 nuggets- 294 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 3

993 calsgreen94g protein (38%)orange31g fat (28%)blue70g carbs (28%)grey16g fiber (6%)

Breakfast

130 calsgreen8g protein, 5g net carbs, 8g fat



Egg and pesto stuffed tomato
1 tomato(es)- 129 calsgreen

Dinner

345 calsgreen20g protein, 36g net carbs, 12g fat



Vegan meatball sub
1/2 sub(s)- 234 calsgreen



Milk
3/4 cup(s)- 112 calsgreen

Lunch

300 calsgreen18g protein, 27g net carbs, 10g fat



Raspberries
1 cup(s)- 72 calsgreen



Crispy chik'n tenders
4 tender(s)- 229 calsgreen

Protein Supplement(s)

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



Protein shake
2 scoop- 218 calsgreen

Day 4

993 calsgreen94g protein (38%)orange31g fat (28%)blue70g carbs (28%)grey16g fiber (6%)

Breakfast

130 calsgreen8g protein, 5g net carbs, 8g fat



Egg and pesto stuffed tomato
1 tomato(es)- 129 calsgreen

Dinner

345 calsgreen20g protein, 36g net carbs, 12g fat



Vegan meatball sub
1/2 sub(s)- 234 calsgreen



Milk
3/4 cup(s)- 112 calsgreen

Lunch

300 calsgreen18g protein, 27g net carbs, 10g fat



Raspberries
1 cup(s)- 72 calsgreen



Crispy chik'n tenders
4 tender(s)- 229 calsgreen

Protein Supplement(s)

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



Protein shake
2 scoop- 218 calsgreen

Day 5

985 cals ● 90g protein (37%) ● 43g fat (39%) ● 49g carbs (20%) ● 11g fiber (4%)

Breakfast

130 cals, 8g protein, 5g net carbs, 8g fat



Egg and pesto stuffed tomato
1 tomato(es)- 129 cals

Lunch

300 cals, 18g protein, 26g net carbs, 11g fat



Peanut tempeh
2 oz tempeh- 217 cals



White rice
3/8 cup rice, cooked- 82 cals

Dinner

340 cals, 16g protein, 17g net carbs, 23g fat



Milk
1 cup(s)- 149 cals



Buffalo tofu slaw salad
190 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1028 cals ● 97g protein (38%) ● 30g fat (26%) ● 79g carbs (31%) ● 15g fiber (6%)

Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cals

Lunch

355 cals, 16g protein, 41g net carbs, 10g fat



Bbq cauliflower wings
268 cals



Buttered broccoli
2/3 cup(s)- 89 cals

Dinner

315 cals, 20g protein, 36g net carbs, 10g fat



Simple kale salad
1 cup(s)- 55 cals



Slow cooker vegan jambalaya
259 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

1028 cals ● 97g protein (38%) ● 30g fat (26%) ● 79g carbs (31%) ● 15g fiber (6%)

Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat



Boiled eggs

2 egg(s)- 139 cals

Lunch

355 cals, 16g protein, 41g net carbs, 10g fat



Bbq cauliflower wings

268 cals



Buttered broccoli

2/3 cup(s)- 89 cals

Dinner

315 cals, 20g protein, 36g net carbs, 10g fat



Simple kale salad

1 cup(s)- 55 cals



Slow cooker vegan jambalaya

259 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Vegetables and Vegetable Products

- ☐ eggplant
2 1 inch (2.5 cm) slice(s) (120g)
- ☐ ketchup
1/3 cup (79g)
- ☐ tomatoes
5 1/4 medium whole (2-3/5" dia) (646g)
- ☐ lima beans, frozen
1/4 package (10 oz) (71g)
- ☐ cauliflower
2 head small (4" dia.) (530g)
- ☐ frozen broccoli
1 1/3 cup (121g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ onion
1/8 large (19g)
- ☐ raw celery
3/4 stalk, medium (7-1/2" - 8" long) (30g)
- ☐ garlic
1/2 clove(s) (2g)
- ☐ green pepper
1/8 large (21g)

Fats and Oils

- ☐ oil
1 oz (27mL)
- ☐ ranch dressing
1 tbsp (15mL)
- ☐ salad dressing
2 tbsp (30mL)
- ☐ olive oil
1/4 tbsp (4mL)

Dairy and Egg Products

- ☐ eggs
9 large (450g)
- ☐ butter
1/4 stick (23g)
- ☐ whole milk
2 1/2 cup(s) (600mL)

Fruits and Fruit Juices

- ☐ raspberries
3 cup (369g)
- ☐ lemon juice
1/4 tbsp (4mL)

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
15 1/4 cup(s) (3614mL)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
2 tbsp (31mL)
- ☐ pesto sauce
1 1/2 tbsp (24g)
- ☐ pasta sauce
4 tbsp (65g)
- ☐ barbecue sauce
1/2 cup (143g)
- ☐ vegetable broth
1/4 cup(s) (mL)
- ☐ hot sauce
1/2 tsp (3mL)

Legumes and Legume Products

- ☐ tempeh
6 oz (170g)
- ☐ lentils, raw
4 tbsp (48g)
- ☐ firm tofu
1/4 lbs (99g)
- ☐ peanut butter
1 tbsp (16g)
- ☐ soy sauce
1/2 tsp (3mL)

Spices and Herbs

- ☐ salt
4 1/4 g (4g)
- ☐ black pepper
1/4 g (0g)
- ☐ cajun seasoning
1 tsp (3g)

Cereal Grains and Pasta

- ☐ long-grain white rice
6 tbsp (69g)
- ☐ seitan
2 oz (57g)

Other

- ☐ **vegan chik'n nuggets**
10 2/3 nuggets (229g)
 - ☐ **tzatziki**
1/8 cup(s) (14g)
 - ☐ **meatless chik'n tenders**
8 pieces (204g)
 - ☐ **sub roll(s)**
1 roll(s) (85g)
 - ☐ **nutritional yeast**
1 oz (32g)
 - ☐ **vegan meatballs, frozen**
4 meatball(s) (120g)
 - ☐ **coleslaw mix**
1/2 cup (45g)
 - ☐ **diced tomatoes**
1/4 28oz can (199g)
 - ☐ **vegan sausage**
2 oz (57g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

eggplant

1 1 inch (2.5 cm) slice(s) (60g)

oil

1 tsp (5mL)

eggs

1 large (50g)

For all 2 meals:

eggplant

2 1 inch (2.5 cm) slice(s) (120g)

oil

2 tsp (10mL)

eggs

2 large (100g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Raspberries

1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries

1/2 cup (62g)

For all 2 meals:

raspberries

1 cup (123g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

pesto sauce

1/2 tbsp (8g)

eggs

1 large (50g)

tomatoes

1 large whole (3" dia) (182g)

For all 3 meals:

pesto sauce

1 1/2 tbsp (24g)

eggs

3 large (150g)

tomatoes

3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Chik'n nuggets

5 1/3 nuggets - 294 cals ● 16g protein ● 12g fat ● 27g carbs ● 3g fiber



For single meal:

ketchup

4 tsp (23g)

vegan chik'n nuggets

5 1/3 nuggets (115g)

For all 2 meals:

ketchup

2 2/3 tbsp (45g)

vegan chik'n nuggets

10 2/3 nuggets (229g)

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

Lunch 2 [↗](#)

Eat on day 3 and day 4

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

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.

Lunch 3 [🔗](#)

Eat on day 5

Peanut tempeh

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



Makes 2 oz tempeh

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)

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.

White rice

3/8 cup rice, cooked - 82 cal ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



Makes 3/8 cup rice, cooked

water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

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 4 [↗](#)

Eat on day 6 and day 7

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.

Buttered broccoli

2/3 cup(s) - 89 cals ● 2g protein ● 8g fat ● 1g carbs ● 2g fiber



For single meal:

salt
1/3 dash (0g)
frozen broccoli
2/3 cup (61g)
black pepper
1/3 dash (0g)
butter
2 tsp (9g)

For all 2 meals:

salt
2/3 dash (0g)
frozen broccoli
1 1/3 cup (121g)
black pepper
2/3 dash (0g)
butter
4 tsp (19g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 1 [↗](#)

Eat on day 1

Buffalo tempeh with tzatziki

157 cals ● 13g protein ● 7g fat ● 6g carbs ● 4g fiber



Frank's Red Hot sauce
1 tbsp (15mL)
tzatziki
1/8 cup(s) (14g)
oil
1/4 tbsp (4mL)
tempeh, roughly chopped
2 oz (57g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

Lentils

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



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

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.

Roasted tomatoes

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



Makes 1 tomato(es)

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

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.

Dinner 2 [↗](#)

Eat on day 2

Basic tempeh

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



Makes 2 oz

tempeh

2 oz (57g)

oil

1 tsp (5mL)

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.

Buttered lima beans

110 cal ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



salt

1 dash (1g)

lima beans, frozen

1/4 package (10 oz) (71g)

butter

1 tsp (5g)

black pepper

1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



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

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.

Dinner 3 [🔗](#)

Eat on day 3 and day 4

Vegan meatball sub

1/2 sub(s) - 234 cals ● 14g protein ● 6g fat ● 27g carbs ● 4g fiber



For single meal:
sub roll(s)
1/2 roll(s) (43g)
nutritional yeast
4 dash (1g)
pasta sauce
2 tbsp (33g)
vegan meatballs, frozen
2 meatball(s) (60g)

For all 2 meals:
sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:
whole milk
3/4 cup(s) (180mL)

For all 2 meals:
whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5

Milk

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



Makes 1 cup(s)

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Buffalo tofu slaw salad

190 cal ● 8g protein ● 15g fat ● 5g carbs ● 1g fiber



coleslaw mix

1/2 cup (45g)

Frank's Red Hot sauce

1 tbsp (15mL)

ranch dressing

1 tbsp (15mL)

oil

1/4 tbsp (4mL)

tomatoes, halved

1 tbsp cherry tomatoes (9g)

firm tofu, patted dry & cubed

1/4 lbs (99g)

1. Season the tofu cubes with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add the tofu and cook for 4-6 minutes, turning occasionally, until golden brown on all sides. Remove from heat and let cool slightly, then toss with hot sauce.
3. Serve the tofu over a bed of coleslaw and cherry tomatoes. Drizzle with ranch and serve.
4. Meal Prep Tip: Store the tofu and ranch separately from the coleslaw. Combine everything just before serving to keep the slaw fresh and crisp.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

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

Slow cooker vegan jambalaya

259 cal ● 18g protein ● 6g fat ● 31g carbs ● 2g fiber



For single meal:

vegetable broth
1/8 cup(s) (mL)
long-grain white rice
2 tbsp (23g)
cajun seasoning
1/2 tsp (1g)
olive oil
3/8 tsp (2mL)
onion, chopped
1/8 large (9g)
hot sauce
1/4 tsp (1mL)
diced tomatoes, with juice
1/8 28oz can (99g)
vegan sausage, sliced
1 oz (28g)
raw celery, chopped
3/8 stalk, medium (7-1/2" - 8" long) (15g)
garlic, minced
1/4 clove(s) (1g)
seitan, cut into cubes
1 oz (28g)
green pepper, seeded and chopped
1/8 large (10g)

For all 2 meals:

vegetable broth
1/4 cup(s) (mL)
long-grain white rice
4 tbsp (46g)
cajun seasoning
1 tsp (3g)
olive oil
1/4 tbsp (4mL)
onion, chopped
1/8 large (19g)
hot sauce
1/2 tsp (3mL)
diced tomatoes, with juice
1/4 28oz can (199g)
vegan sausage, sliced
2 oz (57g)
raw celery, chopped
3/4 stalk, medium (7-1/2" - 8" long) (30g)
garlic, minced
1/2 clove(s) (2g)
seitan, cut into cubes
2 oz (57g)
green pepper, seeded and chopped
1/8 large (21g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

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.