

Meal Plan - 1100 calorie high protein vegetarian meal plan



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

Day 1

1069 cals ● 105g protein (39%) ● 48g fat (41%) ● 39g carbs (15%) ● 15g fiber (6%)

Breakfast

215 cals, 13g protein, 13g net carbs, 12g fat



Fruit juice

1/2 cup(s)- 57 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Dinner

250 cals, 21g protein, 9g net carbs, 11g fat



Vegan crumbles

1 cup(s)- 146 cals



Simple mixed greens salad

102 cals

Lunch

385 cals, 23g protein, 15g net carbs, 24g fat



Brussels sprout, chik'n & apple salad

387 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

1143 cals ● 116g protein (41%) ● 33g fat (26%) ● 83g carbs (29%) ● 12g fiber (4%)

Breakfast

215 cals, 13g protein, 13g net carbs, 12g fat



Fruit juice

1/2 cup(s)- 57 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Dinner

405 cals, 25g protein, 55g net carbs, 6g fat



Spiced chickpea tabbouleh bowl

273 cals



Cottage cheese & fruit cup

1 container- 131 cals

Lunch

305 cals, 29g protein, 13g net carbs, 14g fat



Vegan sausage

1 sausage(s)- 268 cals



Simple mixed greens and tomato salad

38 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1142 cals ● 102g protein (36%) ● 29g fat (23%) ● 100g carbs (35%) ● 18g fiber (6%)

Breakfast

220 cals, 8g protein, 11g net carbs, 14g fat



Pistachios
188 cals



Cucumber slices
1/2 cucumber- 30 cals

Dinner

405 cals, 25g protein, 55g net carbs, 6g fat



Spiced chickpea tabbouleh bowl
273 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

305 cals, 20g protein, 32g net carbs, 9g fat



Garlic pepper seitan
171 cals



Couscous
100 cals



Green beans
32 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1119 cals ● 97g protein (35%) ● 47g fat (38%) ● 63g carbs (22%) ● 13g fiber (5%)

Breakfast

220 cals, 8g protein, 11g net carbs, 14g fat



Pistachios
188 cals



Cucumber slices
1/2 cucumber- 30 cals

Dinner

380 cals, 21g protein, 18g net carbs, 24g fat



Cajun tofu
275 cals



Roasted rosemary sweet potatoes
105 cals

Lunch

305 cals, 20g protein, 32g net carbs, 9g fat



Garlic pepper seitan
171 cals



Couscous
100 cals



Green beans
32 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1078 cals ● 105g protein (39%) ● 44g fat (36%) ● 50g carbs (18%) ● 17g fiber (6%)

Breakfast

210 cals, 14g protein, 16g net carbs, 10g fat



Fruit juice

1/2 cup(s)- 57 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Dinner

290 cals, 16g protein, 16g net carbs, 15g fat



Goat cheese and marinara stuffed zucchini

3 zucchini halve(s)- 288 cals

Lunch

360 cals, 27g protein, 16g net carbs, 18g fat



Seitan salad

359 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1145 cals ● 101g protein (35%) ● 28g fat (22%) ● 99g carbs (35%) ● 24g fiber (8%)

Breakfast

210 cals, 14g protein, 16g net carbs, 10g fat



Fruit juice

1/2 cup(s)- 57 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Dinner

350 cals, 20g protein, 40g net carbs, 8g fat



Vegan meatball sub

1/2 sub(s)- 234 cals



Easy chickpea salad

117 cals

Lunch

365 cals, 18g protein, 42g net carbs, 9g fat



Beans & greens

364 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1145 cals ● 101g protein (35%) ● 28g fat (22%) ● 99g carbs (35%) ● 24g fiber (8%)

Breakfast

210 cals, 14g protein, 16g net carbs, 10g fat



Fruit juice
1/2 cup(s)- 57 cals



Veggie mason jar omelet
1 jar(s)- 155 cals

Dinner

350 cals, 20g protein, 40g net carbs, 8g fat



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



Easy chickpea salad
117 cals

Lunch

365 cals, 18g protein, 42g net carbs, 9g fat



Beans & greens
364 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals



Fruits and Fruit Juices

- ☐ fruit juice
20 fl oz (600mL)
- ☐ apples
1/6 small (2-3/4" dia) (25g)
- ☐ lemon juice
1/4 tbsp (4mL)
- ☐ avocados
1/4 avocado(s) (50g)

Fats and Oils

- ☐ oil
1 oz (34mL)
- ☐ olive oil
1 oz (31mL)
- ☐ salad dressing
4 tbsp (60mL)

Dairy and Egg Products

- ☐ eggs
10 large (500g)
- ☐ goat cheese
1 1/2 oz (43g)
- ☐ parmesan cheese
1 tbsp (5g)

Nut and Seed Products

- ☐ walnuts
2 tbsp, chopped (14g)
- ☐ pistachios, shelled
1/2 cup (62g)

Spices and Herbs

- ☐ apple cider vinegar
1/4 tbsp (4g)
- ☐ ground cumin
4 dash (1g)
- ☐ black pepper
1/4 tsp, ground (1g)
- ☐ salt
2 dash (1g)
- ☐ cajun seasoning
1 tsp (2g)
- ☐ rosemary, dried
4 dash (1g)
- ☐ crushed red pepper
2 dash (0g)

Vegetables and Vegetable Products

- ☐ brussels sprouts
3/4 cup (66g)
- ☐ cucumber
1 1/4 cucumber (8-1/4") (376g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (235g)
- ☐ fresh parsley
3 1/2 sprigs (4g)
- ☐ onion
5/6 medium (2-1/2" dia) (90g)
- ☐ green pepper
1 tbsp, chopped (9g)
- ☐ garlic
3 1/4 clove(s) (10g)
- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ sweet potatoes
1/3 sweetpotato, 5" long (70g)
- ☐ bell pepper
1 1/2 small (111g)
- ☐ zucchini
1 1/2 large (485g)
- ☐ fresh spinach
2 cup(s) (60g)
- ☐ kale leaves
2 cup, chopped (80g)

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
14 cup (3379mL)

Legumes and Legume Products

- ☐ vegetarian burger crumbles
1 cup (100g)
- ☐ chickpeas, canned
1 can(s) (448g)
- ☐ firm tofu
1/2 lbs (248g)
- ☐ white beans, canned
1 can(s) (439g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
5/6 box (5.8 oz) (137g)

☐ **balsamic vinegar**
1/2 tbsp (8mL)

☐ **seitan**
1/2 lbs (198g)

Sweets

☐ **maple syrup**
1 tsp (5mL)

Other

☐ **vegan chik'n strips**
3 oz (85g)

☐ **mixed greens**
3 cup (90g)

☐ **cottage cheese & fruit cup**
2 container (340g)

☐ **vegan sausage**
1 sausage (100g)

☐ **nutritional yeast**
2 tsp (3g)

☐ **sub roll(s)**
1 roll(s) (85g)

☐ **vegan meatballs, frozen**
4 meatball(s) (120g)

Soups, Sauces, and Gravies

☐ **pasta sauce**
10 tbsp (163g)

☐ **vegetable broth**
1 1/2 cup(s) (mL)

☐ **apple cider vinegar**
1/2 tbsp (0mL)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2

Eat on day 3 and day 4

Pistachios

188 cals  7g protein  14g fat  6g carbs  3g fiber



For single meal:
pistachios, shelled
4 tbsp (31g)

For all 2 meals:
pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Cucumber slices

1/2 cucumber - 30 cals  2g protein  0g fat  5g carbs  1g fiber



For single meal:
cucumber
1/2 cucumber (8-1/4") (151g)

For all 2 meals:
cucumber
1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 3 meals:

fruit juice
12 fl oz (360mL)

1. The recipe has no instructions.
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Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 3 meals:

eggs
6 large (300g)
bell pepper, chopped
1 1/2 small (111g)
onion, diced
3/4 small (53g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
 2. Secure lid and shake until well scrambled.
 3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
 4. Remove, season with salt/pepper to taste and serve.
 5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.
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Lunch 1 [↗](#)

Eat on day 1

Brussels sprout, chik'n & apple salad

387 cals ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



walnuts

2 tbsp, chopped (14g)

apple cider vinegar

1/4 tbsp (4g)

maple syrup

1 tsp (5mL)

olive oil

3/4 tbsp (11mL)

vegan chik'n strips

3 oz (85g)

apples, chopped

1/6 small (2-3/4" dia) (25g)

brussels sprouts, ends trimmed and discarded

3/4 cup (66g)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Lunch 2 [↗](#)

Eat on day 2

Vegan sausage

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



Makes 1 sausage(s)

vegan sausage

1 sausage (100g)

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

Simple mixed greens and tomato salad

38 cals ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



mixed greens
3/4 cup (23g)
tomatoes
2 tbsp cherry tomatoes (19g)
salad dressing
3/4 tbsp (11mL)

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

Lunch 3 [↗](#)

Eat on day 3 and day 4

Garlic pepper seitan

171 cal ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber



For single meal:

olive oil
1/2 tbsp (8mL)
onion
1 tbsp, chopped (10g)
green pepper
1/2 tbsp, chopped (5g)
black pepper
1/2 dash, ground (0g)
water
1/4 tbsp (4mL)
salt
1/4 dash (0g)
seitan, chicken style
2 oz (57g)
garlic, minced
5/8 clove(s) (2g)

For all 2 meals:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Couscous

100 cal ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



For single meal:
instant couscous, flavored
1/6 box (5.8 oz) (27g)

For all 2 meals:
instant couscous, flavored
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

Green beans

32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:
frozen green beans
2/3 cup (81g)

For all 2 meals:
frozen green beans
1 1/3 cup (161g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 5

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
fresh spinach
2 cup(s) (60g)
seitan, crumbled or sliced
3 oz (85g)
tomatoes, halved
6 cherry tomatoes (102g)
avocados, chopped
1/4 avocado(s) (50g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Beans & greens

364 cal ● 18g protein ● 9g fat ● 42g carbs ● 11g fiber



For single meal:

kale leaves

1 cup, chopped (40g)

vegetable broth

3/4 cup(s) (mL)

parmesan cheese

1/2 tbsp (3g)

crushed red pepper

1 dash (0g)

oil

1/2 tbsp (8mL)

garlic, minced

1 clove(s) (3g)

white beans, canned, drained & rinsed

1/2 can(s) (220g)

For all 2 meals:

kale leaves

2 cup, chopped (80g)

vegetable broth

1 1/2 cup(s) (mL)

parmesan cheese

1 tbsp (5g)

crushed red pepper

2 dash (0g)

oil

1 tbsp (15mL)

garlic, minced

2 clove(s) (6g)

white beans, canned, drained & rinsed

1 can(s) (439g)

1. Heat oil in a pot over medium heat.
2. Add the garlic and cook until fragrant, about 1 minute.
3. Stir in the crushed red pepper and a pinch of salt and pepper. Cook for 30 seconds.
4. Add the kale and saute until slightly wilted.
5. Stir in the white beans and vegetable broth.
6. Cover and simmer for 10 minutes. (For a thicker stew, leave the pot uncovered.)
7. Top with parmesan and serve.

Dinner 1 [↗](#)

Eat on day 1

Vegan crumbles

1 cup(s) - 146 cal ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



Makes 1 cup(s)

vegetarian burger crumbles

1 cup (100g)

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

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

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

Dinner 2 [🔗](#)

Eat on day 2 and day 3

Spiced chickpea tabbouleh bowl

273 cal ● 11g protein ● 3g fat ● 42g carbs ● 8g fiber



For single meal:

instant couscous, flavored
1/4 box (5.8 oz) (41g)
oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
lemon juice
3/8 tsp (2mL)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)
tomatoes, chopped
1/4 roma tomato (20g)
fresh parsley, chopped
1 sprigs (1g)

For all 2 meals:

instant couscous, flavored
1/2 box (5.8 oz) (82g)
oil
1/4 tsp (1mL)
ground cumin
4 dash (1g)
lemon juice
1/4 tbsp (4mL)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)
tomatoes, chopped
1/2 roma tomato (40g)
fresh parsley, chopped
2 sprigs (2g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Dinner 3 [↗](#)

Eat on day 4

Cajun tofu

275 cals ● 19g protein ● 19g fat ● 6g carbs ● 1g fiber



cajun seasoning
1 tsp (2g)
oil
1 3/4 tsp (9mL)
firm tofu, patted dry & cubed
1/2 lbs (248g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



olive oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
rosemary, dried
4 dash (1g)
sweet potatoes, cut into 1" cubes
1/3 sweetpotato, 5" long (70g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
 2. Combine all ingredients in a medium mixing bowl and toss to coat.
 3. Spread sweet potatoes evenly over the baking sheet.
 4. Cook in the oven for about 30 minutes until golden.
 5. Remove from oven and serve.
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Dinner 4 [🔗](#)

Eat on day 5

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



Makes 3 zucchini halve(s)

pasta sauce

6 tbsp (98g)

goat cheese

1 1/2 oz (43g)

zucchini

1 1/2 large (485g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

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.

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



- For single meal:

 - balsamic vinegar**
1/4 tbsp (4mL)
 - apple cider vinegar**
1/4 tbsp (0mL)
 - chickpeas, canned, drained and rinsed**
1/4 can(s) (112g)
 - onion, thinly sliced**
1/8 small (9g)
 - tomatoes, halved**
4 tbsp cherry tomatoes (37g)
 - fresh parsley, chopped**
3/4 sprigs (1g)
- For all 2 meals:

 - balsamic vinegar**
1/2 tbsp (8mL)
 - apple cider vinegar**
1/2 tbsp (0mL)
 - chickpeas, canned, drained and rinsed**
1/2 can(s) (224g)
 - onion, thinly sliced**
1/4 small (18g)
 - tomatoes, halved**
1/2 cup cherry tomatoes (75g)
 - fresh parsley, chopped**
1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss.
Serve!

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 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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