

Meal Plan - 1000 calorie low carb 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

956 cals ● 93g protein (39%) ● 34g fat (32%) ● 54g carbs (23%) ● 15g fiber (6%)

Breakfast

135 cals, 9g protein, 6g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Goat cheese & tomato mini egg muffin

1 mini muffin(s)- 61 cals

Lunch

280 cals, 14g protein, 20g net carbs, 14g fat



Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es)- 273 cals



Celery sticks

1 celery stalk- 7 cals

Dinner

325 cals, 22g protein, 26g net carbs, 11g fat



Simple vegetarian chili

323 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

992 cals ● 93g protein (38%) ● 41g fat (37%) ● 46g carbs (19%) ● 17g fiber (7%)

Breakfast

135 cals, 9g protein, 6g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Goat cheese & tomato mini egg muffin

1 mini muffin(s)- 61 cals

Lunch

280 cals, 14g protein, 20g net carbs, 14g fat



Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es)- 273 cals



Celery sticks

1 celery stalk- 7 cals

Dinner

360 cals, 22g protein, 19g net carbs, 17g fat



Lentils

87 cals



Vegan crumbles

1/2 cup(s)- 73 cals



Simple sauteed spinach

199 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1037 cals ● 102g protein (39%) ● 41g fat (36%) ● 51g carbs (20%) ● 14g fiber (5%)

Breakfast

195 cals, 13g protein, 4g net carbs, 12g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Raspberries
1/2 cup(s)- 36 cals

Lunch

355 cals, 34g protein, 23g net carbs, 12g fat



Vegan sausage
1 sausage(s)- 268 cals



Lentils
87 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

270 cals, 7g protein, 22g net carbs, 16g fat



Simple mixed greens salad
68 cals



Butternut squash quinoa salad
201 cals

Day 4

1037 cals ● 102g protein (39%) ● 38g fat (33%) ● 61g carbs (23%) ● 12g fiber (4%)

Breakfast

195 cals, 13g protein, 4g net carbs, 12g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Raspberries
1/2 cup(s)- 36 cals

Lunch

355 cals, 34g protein, 23g net carbs, 12g fat



Vegan sausage
1 sausage(s)- 268 cals



Lentils
87 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

270 cals, 7g protein, 32g net carbs, 12g fat



Asparagus and pea risotto
270 cals

Day 5

1020 cals ● 94g protein (37%) ● 45g fat (40%) ● 46g carbs (18%) ● 14g fiber (5%)

Breakfast

195 cals, 13g protein, 4g net carbs, 12g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Raspberries
1/2 cup(s)- 36 cals

Lunch

265 cals, 11g protein, 24g net carbs, 13g fat



Roasted cashews
1/8 cup(s)- 104 cals



Blueberries
1/2 cup(s)- 47 cals



Crispy chick'n tenders
2 tender(s)- 114 cals

Dinner

340 cals, 21g protein, 16g net carbs, 19g fat



Walnuts
1/8 cup(s)- 87 cals



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Broccoli caesar salad with hard boiled eggs
130 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

985 cals ● 103g protein (42%) ● 38g fat (35%) ● 42g carbs (17%) ● 16g fiber (6%)

Breakfast

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



Boiled eggs
2 egg(s)- 139 cals

Lunch

290 cals, 21g protein, 24g net carbs, 8g fat



Veggie burger patty
2 patty- 254 cals



Simple mixed greens salad
34 cals

Dinner

340 cals, 21g protein, 16g net carbs, 19g fat



Walnuts
1/8 cup(s)- 87 cals



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Broccoli caesar salad with hard boiled eggs
130 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

1000 cals ● 102g protein (41%) ● 32g fat (28%) ● 56g carbs (22%) ● 21g fiber (8%)

Breakfast

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



Boiled eggs
2 egg(s)- 139 cals

Lunch

290 cals, 21g protein, 24g net carbs, 8g fat



Veggie burger patty
2 patty- 254 cals



Simple mixed greens salad
34 cals

Dinner

355 cals, 20g protein, 30g net carbs, 13g fat



String cheese
1 stick(s)- 83 cals



Chickpea & kale soup
273 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Grocery List



Dairy and Egg Products

- whole milk
1 cup(s) (240mL)
- eggs
13 large (650g)
- goat cheese
1 tbsp (14g)
- provolone cheese
2 slice(s) (56g)
- mexican blend cheese
1 oz (28g)
- feta cheese
1/2 tbsp (5g)
- parmesan cheese
1 3/4 tbsp (9g)
- nonfat greek yogurt, plain
1 tbsp (18g)
- string cheese
1 stick (28g)

Beverages

- water
15 1/2 cup (3725mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Vegetables and Vegetable Products

- tomatoes
1 slice(s), thin/small (15g)
- sun-dried tomatoes
1 oz (28g)
- fresh spinach
8 1/4 cup(s) (248g)
- raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- onion
1/2 small (35g)
- garlic
2 clove(s) (6g)
- butternut squash, raw
6 tbsp, cubes (53g)
- asparagus
1 1/2 spear, medium (5-1/4" to 7" long) (24g)
- frozen peas
1 1/2 tbsp (13g)
- romaine lettuce
2 cup shredded (94g)
- broccoli
1/2 cup chopped (46g)

Fats and Oils

- olive oil
1 1/4 oz (39mL)
- oil
2 tsp (10mL)
- salad dressing
3 tbsp (45mL)

Other

- diced tomatoes
1/8 28oz can (99g)
- ranch dressing mix
1/8 packet (1 oz) (4g)
- vegan sausage
2 sausage (200g)
- mixed greens
3 cup (90g)
- risotto rice, dry
3 tbsp (34g)
- meatless chik'n tenders
2 pieces (51g)
- veggie burger patty
4 patty (284g)

Spices and Herbs

- taco seasoning mix
1/8 packet (4g)
- salt
1/3 tsp (2g)
- black pepper
2 dash, ground (1g)
- dijon mustard
1 tsp (5g)

Legumes and Legume Products

- vegetarian burger crumbles
1/4 package (12 oz) (93g)
- white beans, canned
1/8 can(s) (55g)
- chili beans
1/8 can (~16 oz) (56g)
- lentils, raw
6 tbsp (72g)
- chickpeas, canned
1/2 can(s) (224g)

Fruits and Fruit Juices

- ketchup**
1/2 tbsp (9g)
- kale leaves**
1 cup, chopped (40g)

Baked Products

- bread**
2 slice (64g)

Soups, Sauces, and Gravies

- pesto sauce**
1 tbsp (16g)
- vegetable broth**
2 3/4 cup(s) (mL)
- chunky canned soup (non-creamy varieties)**
1 can (~19 oz) (526g)

- raspberries**
1 1/2 cup (185g)
- lemon juice**
1/2 tbsp (8mL)
- blueberries**
1/2 cup (74g)

Cereal Grains and Pasta

- quinoa, uncooked**
2 tbsp (21g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted**
1 1/2 tbsp (11g)
- walnuts**
4 tbsp, shelled (25g)
- roasted cashews**
2 tbsp (17g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Goat cheese & tomato mini egg muffin

1 mini muffin(s) - 61 cals ● 5g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

water

1/2 tsp (3mL)

eggs

1/2 large (25g)

goat cheese

1/2 tbsp (7g)

tomatoes, chopped

1/2 slice(s), thin/small (8g)

For all 2 meals:

water

1 tsp (5mL)

eggs

1 large (50g)

goat cheese

3 tsp (14g)

tomatoes, chopped

1 slice(s), thin/small (15g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Basic scrambled eggs

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



For single meal:

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

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Raspberries

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



For single meal:

raspberries
1/2 cup (62g)

For all 3 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and 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.

Lunch 1 ↗

Eat on day 1 and day 2

Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es) - 273 cals ● 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.

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

1. Slice celery into sticks and serve.

Lunch 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.

Lentils

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



For single meal:

water

1/2 cup(s) (119mL)

salt

1/4 dash (0g)

lentils, raw, rinsed

2 tbsp (24g)

For all 2 meals:

water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

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.

Lunch 3 ↗

Eat on day 5

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber

Makes 1/8 cup(s)



roasted cashews

2 tbsp (17g)

1. The recipe has no instructions.

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber

Makes 1/2 cup(s)



blueberries

1/2 cup (74g)

1. Rinse off blueberries 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.

Lunch 4 ↗

Eat on day 6 and day 7

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.

Simple mixed greens salad

34 cals ● 1g protein ● 2g fat ● 2g carbs ● 1g fiber



For single meal:

mixed greens
3/4 cup (23g)
salad dressing
3/4 tbsp (11mL)

For all 2 meals:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Dinner 1 ↗

Eat on day 1

Simple vegetarian chili

323 cals ● 22g protein ● 11g fat ● 26g carbs ● 8g fiber



diced tomatoes
1/8 28oz can (99g)
taco seasoning mix
1/8 packet (4g)
vegetarian burger crumbles
1/8 package (12 oz) (43g)
ranch dressing mix
1/8 packet (1 oz) (4g)
mexican blend cheese
1 oz (28g)
onion, diced
1/8 small (9g)
white beans, canned, drained
1/8 can(s) (55g)
chili beans, with liquid
1/8 can (~16 oz) (56g)

1. Mix the tomatoes, onion, white beans, chili beans, taco seasoning mix, and ranch dressing mix in a large pot over medium heat. Bring to a boil.
2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through.
3. Top with cheese to serve.

Dinner 2 ↗

Eat on day 2

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.

Vegan crumbles

1/2 cup(s) - 73 cals ● 9g protein ● 2g fat ● 1g carbs ● 3g fiber



Makes 1/2 cup(s)
vegetarian burger crumbles
1/2 cup (50g)

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

Simple sauteed spinach

199 cals ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 3 ↗

Eat on day 3

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.

Butternut squash quinoa salad

201 cals ● 5g protein ● 11g fat ● 18g carbs ● 3g fiber



quinoa, uncooked
2 tbsp (21g)
roasted pumpkin seeds, unsalted
1/2 tbsp (4g)
feta cheese
1/2 tbsp (5g)
olive oil, divided
1/2 tbsp (8mL)
butternut squash, raw, peeled, deseeded, cubed
6 tbsp, cubes (53g)

1. Preheat oven to 400°F (200°C).
2. Toss butternut squash cubes with just half the oil and salt/pepper to taste. Arrange on a baking sheet and cook for 25-30 minutes until tender.
3. Meanwhile, cook quinoa according to package.
4. Transfer quinoa to bowl and top with butternut squash, pumpkin seeds, and feta. Drizzle with remaining olive oil and serve.

Dinner 4 ↗

Eat on day 4

Asparagus and pea risotto

270 cals ● 7g protein ● 12g fat ● 32g carbs ● 2g fiber



asparagus

1 1/2 spear, medium (5-1/4" to 7" long)
(24g)

frozen peas

1 1/2 tbsp (13g)

olive oil

3/4 tbsp (11mL)

risotto rice, dry

3 tbsp (34g)

vegetable broth

3/4 cup(s) (mL)

parmesan cheese

3/4 tbsp (4g)

onion, diced

3/8 small (26g)

1. Chop asparagus to desired length and add with peas to vegetable stock. Simmer for 10 minutes. Once finished, strain and separate the stock from the vegetables.
2. While stock is simmering, heat half of the oil in a pan and fry the onion for 5-6 minutes until soft. Pour in rice and continue to cook for 1-2 minutes, stirring consistently.
3. Over the next 7 minutes or so, slowly spoon in about half of the stock and continue to stir while it simmers and absorbs the liquid.
4. Add the asparagus and peas. Continue to add the remaining stock slowly, in small batches until it has been absorbed. Around 10 minutes.
5. Taste rice to ensure it is at your desired texture. Add in more liquid bit by bit if it is still too firm. Once finished, stir in parmesan and remaining olive oil. Serve. Add some ground pepper if desired.

Dinner 5 ↗

Eat on day 5 and day 6

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Broccoli caesar salad with hard boiled eggs

130 cals ● 10g protein ● 8g fat ● 3g carbs ● 2g fiber



For single meal:

romaine lettuce
1 cup shredded (47g)
eggs
1 large (50g)
broccoli
4 tbsp chopped (23g)
nonfat greek yogurt, plain
1/2 tbsp (9g)
dijon mustard
4 dash (3g)
parmesan cheese
1/2 tbsp (3g)
roasted pumpkin seeds, unsalted
1/2 tbsp (4g)
lemon juice
1/4 tbsp (4mL)

For all 2 meals:

romaine lettuce
2 cup shredded (94g)
eggs
2 large (100g)
broccoli
1/2 cup chopped (46g)
nonfat greek yogurt, plain
1 tbsp (18g)
dijon mustard
1 tsp (5g)
parmesan cheese
1 tbsp (5g)
roasted pumpkin seeds, unsalted
1 tbsp (7g)
lemon juice
1/2 tbsp (8mL)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Dinner 6 ↗

Eat on day 7

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber

Makes 1 stick(s)

string cheese
1 stick (28g)



1. The recipe has no instructions.

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



vegetable broth
2 cup(s) (mL)
oil
1/2 tsp (3mL)
kale leaves, chopped
1 cup, chopped (40g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained
1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

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.