

Meal Plan - 1100 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

1060 cals ● 95g protein (36%) ● 36g fat (31%) ● 61g carbs (23%) ● 27g fiber (10%)

Breakfast

135 cals, 6g protein, 2g net carbs, 10g fat



Almond protein balls
1 ball(s)- 135 cals

Lunch

370 cals, 18g protein, 17g net carbs, 22g fat



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



Avocado strawberry spinach salad
156 cals



Sunflower seeds
90 cals

Dinner

335 cals, 22g protein, 41g net carbs, 3g fat



Lentil pasta
337 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

1078 cals ● 93g protein (35%) ● 31g fat (26%) ● 69g carbs (25%) ● 38g fiber (14%)

Breakfast

135 cals, 6g protein, 2g net carbs, 10g fat



Almond protein balls
1 ball(s)- 135 cals

Lunch

390 cals, 17g protein, 25g net carbs, 17g fat



Raspberries
1 1/2 cup(s)- 108 cals



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

335 cals, 22g protein, 41g net carbs, 3g fat



Lentil pasta
337 cals

Day 3

1080 cals ● 100g protein (37%) ● 43g fat (36%) ● 39g carbs (14%) ● 34g fiber (12%)

Breakfast

135 cals, 6g protein, 2g net carbs, 10g fat



Almond protein balls
1 ball(s)- 135 cals

Lunch

390 cals, 17g protein, 25g net carbs, 17g fat



Raspberries
1 1/2 cup(s)- 108 cals



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Dinner

340 cals, 28g protein, 11g net carbs, 15g fat



Broccoli
1 1/2 cup(s)- 44 cals



Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1137 cals ● 107g protein (37%) ● 40g fat (32%) ● 55g carbs (19%) ● 33g fiber (12%)

Breakfast

190 cals, 17g protein, 8g net carbs, 8g fat



Raspberries
1/2 cup(s)- 36 cals



Cottage cheese with almonds and cinnamon
155 cals

Dinner

340 cals, 28g protein, 11g net carbs, 15g fat



Broccoli
1 1/2 cup(s)- 44 cals



Basic tempeh
4 oz- 295 cals

Lunch

390 cals, 13g protein, 35g net carbs, 16g fat



Lentil chili
218 cals



Simple kale & avocado salad
173 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1113 cals ● 101g protein (36%) ● 51g fat (41%) ● 37g carbs (13%) ● 25g fiber (9%)

Breakfast

190 cals, 17g protein, 8g net carbs, 8g fat



Raspberries

1/2 cup(s)- 36 cals



Cottage cheese with almonds and cinnamon

155 cals

Dinner

355 cals, 20g protein, 24g net carbs, 14g fat



Simple mozzarella and tomato salad

161 cals



Black bean and salsa soup

193 cals

Lunch

350 cals, 15g protein, 4g net carbs, 29g fat



Cheese and guac tacos

2 taco(s)- 350 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1125 cals ● 98g protein (35%) ● 56g fat (45%) ● 36g carbs (13%) ● 21g fiber (8%)

Breakfast

205 cals, 15g protein, 7g net carbs, 12g fat



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Dinner

355 cals, 20g protein, 24g net carbs, 14g fat



Simple mozzarella and tomato salad

161 cals



Black bean and salsa soup

193 cals

Lunch

350 cals, 15g protein, 4g net carbs, 29g fat



Cheese and guac tacos

2 taco(s)- 350 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1060 cals ● 105g protein (40%) ● 43g fat (37%) ● 49g carbs (18%) ● 13g fiber (5%)

Breakfast

205 cals, 15g protein, 7g net carbs, 12g fat



Scrambled eggs with kale, tomatoes, rosemary
203 cals

Dinner

300 cals, 21g protein, 17g net carbs, 14g fat



Roasted almonds
1/8 cup(s)- 111 cals



Teriyaki seitan wings
2 oz seitan- 149 cals



Carrot sticks
1 1/2 carrot(s)- 41 cals

Lunch

340 cals, 21g protein, 23g net carbs, 16g fat



Milk
2/3 cup(s)- 99 cals



Vegan sausage & veggie sheet pan
240 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Grocery List



Nut and Seed Products

- almond butter
2 1/4 oz (63g)
- almonds
1 oz (28g)
- sunflower kernels
1/2 oz (14g)

Other

- almond flour
1 1/2 tbsp (11g)
- lentil pasta
1/3 lbs (151g)
- guacamole, store-bought
1/2 cup (124g)
- italian seasoning
2 dash (1g)
- vegan sausage
1/2 sausage (50g)
- teriyaki sauce
1 tbsp (15mL)

Beverages

- protein powder
15 2/3 oz (443g)
- water
14 1/2 cup (3456mL)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)
- pasta sauce
1/3 jar (24 oz) (224g)
- vegetable broth
1 cup(s) (mL)
- salsa
6 tbsp (98g)

Vegetables and Vegetable Products

- fresh spinach
3/4 cup(s) (23g)
- tomatoes
3 1/2 medium whole (2-3/5" dia) (418g)
- frozen broccoli
3 cup (273g)
- canned whole tomatoes
4 tbsp (60g)

Dairy and Egg Products

- goat cheese
1/2 oz (14g)
- eggs
7 large (350g)
- low fat cottage cheese (1% milkfat)
1 cup (226g)
- fresh mozzarella cheese
2 2/3 oz (76g)
- sour cream
1 1/2 tbsp (18g)
- cheddar cheese
1 cup, shredded (113g)
- whole milk
2/3 cup(s) (161mL)

Fruits and Fruit Juices

- avocados
1 avocado(s) (201g)
- strawberries
1/8 pint (45g)
- raspberries
4 cup (492g)
- lemon
3/8 small (22g)

Spices and Herbs

- garlic powder
4 dash (2g)
- cinnamon
2 dash (1g)
- chili powder
1/4 tbsp (2g)
- ground cumin
1 1/2 g (2g)
- salt
1/2 dash (0g)
- black pepper
1/4 dash, ground (0g)
- fresh basil
4 tsp, chopped (4g)
- balsamic vinegar
2 tsp (10mL)
- rosemary, dried
4 dash (1g)

Baked Products

- onion**
1/8 medium (2-1/2" dia) (14g)
- garlic**
1/2 clove(s) (2g)
- kale leaves**
5 oz (144g)
- carrots**
2 medium (122g)
- broccoli**
1/2 cup chopped (46g)
- potatoes**
1/2 small (1-3/4" to 2-1/4" dia.) (46g)

- bread**
2 slice (64g)

Legumes and Legume Products

- tempeh**
1/2 lbs (227g)
- lentils, raw**
2 tbsp (24g)
- black beans**
3/4 can(s) (329g)

Cereal Grains and Pasta

- dry bulgur wheat**
2 tbsp (18g)
- seitan**
2 oz (57g)

Fats and Oils

- balsamic vinaigrette**
1 3/4 tbsp (26mL)
- oil**
1 oz (36mL)

Breakfast 1

Eat on day 1, day 2, and day 3

Almond protein balls

1 ball(s) - 135 cals  6g protein  10g fat  2g carbs  2g fiber



For single meal:

almond butter
1 tbsp (16g)
almond flour
1/2 tbsp (4g)
protein powder
1/2 tbsp (3g)

For all 3 meals:

almond butter
3 tbsp (47g)
almond flour
1 1/2 tbsp (11g)
protein powder
1 1/2 tbsp (9g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Breakfast 2

Eat on day 4 and day 5

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 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Cottage cheese with almonds and cinnamon

155 cals  16g protein  7g fat  4g carbs  1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
almond butter
1/2 tbsp (8g)
almonds
3 almond (4g)
cinnamon
1 dash (0g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
almond butter
1 tbsp (16g)
almonds
6 almond (7g)
cinnamon
2 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

Breakfast 3

Eat on day 6 and day 7

Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
1 tsp (5mL)
water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Lunch 1 ↗

Eat on day 1

Chunky canned soup (non-creamy)

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



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Avocado strawberry spinach salad

156 cals ● 5g protein ● 12g fat ● 4g carbs ● 3g fiber



fresh spinach

3/4 cup(s) (23g)

almonds

1/2 tbsp, sliced (3g)

balsamic vinaigrette

1/2 tbsp (8mL)

goat cheese

1/2 oz (14g)

avocados, diced

1/8 avocado(s) (25g)

strawberries

1/8 pint (45g)

1. Toss all ingredients together, except the vinaigrette.
2. Drizzle Vinaigrette over salad when serving.

Sunflower seeds

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



sunflower kernels

1/2 oz (14g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
tomatoes, halved
3 tbsp cherry tomatoes (28g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 3 ↗

Eat on day 4

Lentil chili

218 cals ● 9g protein ● 5g fat ● 28g carbs ● 7g fiber



oil
1/4 tbsp (4mL)
lentils, raw
2 tbsp (24g)
chili powder
1/4 tbsp (2g)
ground cumin
3 dash (1g)
salt
1/2 dash (0g)
black pepper
1/4 dash, ground (0g)
dry bulgur wheat
2 tbsp (18g)
vegetable broth
3/8 cup(s) (mL)
canned whole tomatoes, chopped
4 tbsp (60g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
garlic, minced
1/2 clove(s) (2g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and sauté for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped
3/8 bunch (64g)
avocados, chopped
3/8 avocado(s) (75g)
lemon, juiced
3/8 small (22g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lunch 4 ↗

Eat on day 5 and day 6

Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

For all 2 meals:

cheddar cheese
1 cup, shredded (113g)
guacamole, store-bought
1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 5 ↗

Eat on day 7

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber

Makes 2/3 cup(s)

whole milk
2/3 cup(s) (160mL)

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.

Dinner 1

Eat on day 1 and day 2

Lentil pasta

337 cals ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



For single meal:

pasta sauce
1/6 jar (24 oz) (112g)
lentil pasta
2 2/3 oz (76g)

For all 2 meals:

pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 2 ↗

Eat on day 3 and day 4

Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

frozen broccoli
1 1/2 cup (137g)

For all 2 meals:

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

tempeh
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

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.

Dinner 3 ↗

Eat on day 5 and day 6

Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 tsp, chopped (2g)
fresh mozzarella cheese, sliced
1 1/3 oz (38g)
tomatoes, sliced
1/2 large whole (3" dia) (91g)

For all 2 meals:

balsamic vinaigrette
4 tsp (20mL)
fresh basil
4 tsp, chopped (4g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
tomatoes, sliced
1 large whole (3" dia) (182g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Black bean and salsa soup

193 cals ● 11g protein ● 2g fat ● 19g carbs ● 12g fiber



For single meal:

vegetable broth
1/4 cup(s) (mL)
black beans
3/8 can(s) (165g)
ground cumin
1 1/2 dash (0g)
sour cream
3/4 tbsp (9g)
salsa, chunky
3 tbsp (49g)

For all 2 meals:

vegetable broth
1/2 cup(s) (mL)
black beans
3/4 can(s) (329g)
ground cumin
3 dash (1g)
sour cream
1 1/2 tbsp (18g)
salsa, chunky
6 tbsp (98g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

Dinner 4 ↗

Eat on day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds
2 tbsp, whole (18g)

1. The recipe has no instructions.

Teriyaki seitan wings

2 oz seitan - 149 cals ● 16g protein ● 5g fat ● 9g carbs ● 0g fiber



Makes 2 oz seitan

seitan
2 oz (57g)
oil
1/4 tbsp (4mL)
teriyaki sauce
1 tbsp (15mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1 1/2 carrot(s)

carrots
1 1/2 medium (92g)

1. Cut carrots into strips 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.