

Meal Plan - 1000 calorie intermittent fasting vegan 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

1063 cals ● 97g protein (37%) ● 25g fat (21%) ● 89g carbs (33%) ● 25g fiber (9%)

Lunch

385 cals, 21g protein, 32g net carbs, 16g fat



[Simple mixed greens salad](#)
136 cals



[Chunky canned soup \(non-creamy\)](#)
1 can(s)- 247 cals

Dinner

410 cals, 16g protein, 55g net carbs, 7g fat



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



[Grapes](#)
174 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 2

974 cals ● 113g protein (46%) ● 30g fat (27%) ● 52g carbs (22%) ● 12g fiber (5%)

Lunch

385 cals, 21g protein, 32g net carbs, 16g fat



[Simple mixed greens salad](#)
136 cals



[Chunky canned soup \(non-creamy\)](#)
1 can(s)- 247 cals

Dinner

320 cals, 32g protein, 19g net carbs, 12g fat



[Simple mixed greens and tomato salad](#)
76 cals



[Simple seitan](#)
4 oz- 244 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 3

930 cals ● 117g protein (50%) ● 32g fat (31%) ● 31g carbs (13%) ● 13g fiber (6%)

Lunch

340 cals, 25g protein, 10g net carbs, 19g fat



Simple mixed greens salad
102 cals



Vegan crumbles
1 cup(s)- 146 cals



Sunflower seeds
90 cals

Dinner

320 cals, 32g protein, 19g net carbs, 12g fat



Simple mixed greens and tomato salad
76 cals



Simple seitan
4 oz- 244 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 4

942 cals ● 101g protein (43%) ● 25g fat (24%) ● 63g carbs (27%) ● 16g fiber (7%)

Lunch

340 cals, 25g protein, 10g net carbs, 19g fat



Simple mixed greens salad
102 cals



Vegan crumbles
1 cup(s)- 146 cals



Sunflower seeds
90 cals

Dinner

330 cals, 16g protein, 50g net carbs, 5g fat



Spaghetti and meatless meatballs
332 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 5

1046 cals ● 99g protein (38%) ● 14g fat (12%) ● 118g carbs (45%) ● 13g fiber (5%)

Lunch

440 cals, 23g protein, 66g net carbs, 7g fat



Tofu alfredo pasta with broccoli
442 cals

Dinner

330 cals, 16g protein, 50g net carbs, 5g fat



Spaghetti and meatless meatballs
332 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 6

956 cals ● 104g protein (43%) ● 28g fat (27%) ● 57g carbs (24%) ● 14g fiber (6%)

Lunch

330 cals, 10g protein, 28g net carbs, 17g fat



Chunky canned soup (creamy)
1/2 can(s)- 177 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

350 cals, 33g protein, 27g net carbs, 10g fat



Teriyaki seitan wings
4 oz seitan- 297 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 7

956 cals ● 104g protein (43%) ● 28g fat (27%) ● 57g carbs (24%) ● 14g fiber (6%)

Lunch

330 cals, 10g protein, 28g net carbs, 17g fat



Chunky canned soup (creamy)
1/2 can(s)- 177 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

350 cals, 33g protein, 27g net carbs, 10g fat



Teriyaki seitan wings
4 oz seitan- 297 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Grocery List



Other

- sub roll(s)
1/2 roll(s) (43g)
- nutritional yeast
4 dash (1g)
- vegan meatballs, frozen
5 meatball(s) (150g)
- mixed greens
13 1/2 cup (405g)
- teriyaki sauce
4 tbsp (60mL)

Soups, Sauces, and Gravies

- pasta sauce
1/3 jar (24 oz) (201g)
- chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

Fruits and Fruit Juices

- grapes
3 cup (276g)
- apples
1 medium (3" dia) (182g)

Beverages

- protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- water
17 1/2 cup(s) (4148mL)
- almond milk, unsweetened
2 tbsp (31mL)

Fats and Oils

- salad dressing
13 1/2 tbsp (203mL)
- oil
2/3 oz (25mL)

Vegetables and Vegetable Products

- tomatoes
1/2 cup cherry tomatoes (75g)
- frozen broccoli
1/4 package (71g)
- garlic
1/2 clove(s) (2g)
- carrots
4 medium (244g)

Cereal Grains and Pasta

- seitan
1 lbs (454g)
- uncooked dry pasta
1/2 lbs (200g)

Legumes and Legume Products

- vegetarian burger crumbles
2 cup (200g)
- firm tofu
1/4 package (16 oz) (113g)
- peanut butter
2 tbsp (32g)

Nut and Seed Products

- sunflower kernels
1 oz (28g)

Spices and Herbs

- salt
1/8 dash (0g)
- basil, dried
4 dash, ground (1g)

Lunch 1 ↗

Eat on day 1 and day 2

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

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

Chunky canned soup (non-creamy)

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



For single meal:

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

For all 2 meals:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 2 ↗

Eat on day 3 and day 4

Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Vegan crumbles

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



For single meal:

vegetarian burger crumbles
1 cup (100g)

For all 2 meals:

vegetarian burger crumbles
2 cup (200g)

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

Sunflower seeds

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



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 5

Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



uncooked dry pasta
3 oz (86g)
firm tofu
1/4 package (16 oz) (113g)
frozen broccoli
1/4 package (71g)
garlic
1/2 clove(s) (2g)
salt
1/8 dash (0g)
almond milk, unsweetened
2 tbsp (30mL)
basil, dried
4 dash, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Lunch 4 ↗

Eat on day 6 and day 7

Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

chunky canned soup (creamy varieties)
1/2 can (~19 oz) (267g)

For all 2 meals:

chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Dinner 1 ↗

Eat on day 1

Vegan meatball sub

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



Makes 1/2 sub(s)

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)

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.

Grapes

174 cals ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



grapes
3 cup (276g)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 2 and day 3

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

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

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1 tsp (5mL)

For all 2 meals:

seitan
1/2 lbs (227g)
oil
2 tsp (10mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Dinner 3 ↗

Eat on day 4 and day 5

Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



For single meal:

pasta sauce
1/8 jar (24 oz) (84g)
uncooked dry pasta
2 oz (57g)
vegan meatballs, frozen
1 1/2 meatball(s) (45g)

For all 2 meals:

pasta sauce
1/4 jar (24 oz) (168g)
uncooked dry pasta
4 oz (114g)
vegan meatballs, frozen
3 meatball(s) (90g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Dinner 4 ↗

Eat on day 6 and day 7

Teriyaki seitan wings

4 oz seitan - 297 cals ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1/2 tbsp (8mL)
teriyaki sauce
2 tbsp (30mL)

For all 2 meals:

seitan
1/2 lbs (227g)
oil
1 tbsp (15mL)
teriyaki sauce
4 tbsp (60mL)

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

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots

2 medium (122g)

For all 2 meals:

carrots

4 medium (244g)

1. Cut carrots into strips and serve.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals  61g protein  1g fat  2g carbs  3g fiber



For single meal:

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

water

2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

water

17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
