

Meal Plan - 1100 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

1112 cals ● 106g protein (38%) ● 27g fat (22%) ● 93g carbs (33%) ● 20g fiber (7%)

Lunch

425 cals, 31g protein, 51g net carbs, 7g fat



[Chik'n stir fry](#)

427 cals

Dinner

465 cals, 26g protein, 39g net carbs, 18g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Roasted tofu & veggies](#)

352 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 2

1127 cals ● 102g protein (36%) ● 41g fat (33%) ● 66g carbs (23%) ● 23g fiber (8%)

Lunch

445 cals, 27g protein, 25g net carbs, 21g fat



[Simple kale salad](#)

2 cup(s)- 110 cals



[Carrot & grounds stir fry](#)

332 cals

Dinner

465 cals, 26g protein, 39g net carbs, 18g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Roasted tofu & veggies](#)

352 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 3

1056 cals ● 106g protein (40%) ● 27g fat (23%) ● 82g carbs (31%) ● 15g fiber (6%)

Lunch

445 cals, 23g protein, 47g net carbs, 16g fat



Naan bread

1 piece(s)- 262 cals



Baked tofu

4 oz- 113 cals



Spinach cauliflower mince

1 cup(s)- 71 cals

Dinner

390 cals, 34g protein, 33g net carbs, 10g fat



Carrot sticks

3 1/2 carrot(s)- 95 cals



Teriyaki seitan wings

4 oz seitan- 297 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1067 cals ● 92g protein (34%) ● 35g fat (30%) ● 70g carbs (26%) ● 25g fiber (9%)

Lunch

445 cals, 23g protein, 47g net carbs, 16g fat



Naan bread

1 piece(s)- 262 cals



Baked tofu

4 oz- 113 cals



Spinach cauliflower mince

1 cup(s)- 71 cals

Dinner

400 cals, 21g protein, 21g net carbs, 19g fat



Simple salad with tomatoes and carrots

245 cals



Cajun tofu

157 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

1059 cals ● 101g protein (38%) ● 36g fat (31%) ● 58g carbs (22%) ● 24g fiber (9%)

Lunch

415 cals, 20g protein, 42g net carbs, 13g fat



Tempeh bacon & avocado bagel sandwich
1/2 bagel(s)- 349 cals



Carrot sticks
2 1/2 carrot(s)- 68 cals

Dinner

425 cals, 32g protein, 15g net carbs, 22g fat



Simple seitan
3 oz- 183 cals



Spinach cauliflower mince
2 cup(s)- 142 cals



Simple sauteed spinach
100 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1087 cals ● 92g protein (34%) ● 44g fat (37%) ● 52g carbs (19%) ● 28g fiber (10%)

Lunch

440 cals, 12g protein, 35g net carbs, 23g fat



Clementine
2 clementine(s)- 78 cals



Green bean, beet, & pepita salad
360 cals

Dinner

430 cals, 31g protein, 16g net carbs, 20g fat



Vegan crumbles
1 1/4 cup(s)- 183 cals



Spinach cauliflower mince
2 cup(s)- 142 cals



Roasted carrots
2 carrots(s)- 106 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

1087 cals ● 92g protein (34%) ● 44g fat (37%) ● 52g carbs (19%) ● 28g fiber (10%)

Lunch

440 cals, 12g protein, 35g net carbs, 23g fat



Clementine

2 clementine(s)- 78 cals



Green bean, beet, & pepita salad

360 cals

Dinner

430 cals, 31g protein, 16g net carbs, 20g fat



Vegan crumbles

1 1/4 cup(s)- 183 cals



Spinach cauliflower mince

2 cup(s)- 142 cals



Roasted carrots

2 carrots(s)- 106 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Spices and Herbs

- salt
1 tsp (6g)
- black pepper
1 tsp, ground (2g)
- crushed red pepper
1 1/2 dash (0g)
- cajun seasoning
4 dash (1g)
- ground cumin
1/2 dash (0g)
- onion powder
1/2 dash (0g)

Beverages

- water
15 cup (3648mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

- brown rice
9 3/4 tbsp (117g)
- seitan
1/2 lbs (198g)

Legumes and Legume Products

- extra firm tofu
1 1/2 lbs (659g)
- soy sauce
4 oz (94mL)
- vegetarian burger crumbles
1 package (12 oz) (363g)
- firm tofu
5 oz (142g)
- tempeh
2 oz (57g)

Fats and Oils

- olive oil
2 tbsp (27mL)
- salad dressing
4 tbsp (58mL)
- oil
2 1/2 oz (77mL)
- balsamic vinaigrette
6 tbsp (90mL)

Other

- vegan chik'n strips
1/4 lbs (106g)
- teriyaki sauce
2 tbsp (30mL)
- frozen riced cauliflower
8 cup, frozen (848g)
- mixed greens
3 cup (90g)

Fruits and Fruit Juices

- lime juice
1 tsp (5mL)
- avocados
1/4 avocado(s) (50g)
- clementines
4 fruit (296g)

Baked Products

- naan bread
2 piece(s) (180g)
- bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)

Nut and Seed Products

- sesame seeds
1/2 tbsp (5g)
- roasted pumpkin seeds, unsalted
6 tbsp (44g)

Vegetables and Vegetable Products

- brussels sprouts**
1/3 lbs (151g)
 - onion**
3/4 medium (2-1/2" dia) (87g)
 - bell pepper**
1 1/2 medium (169g)
 - broccoli**
2/3 cup chopped (61g)
 - carrots**
16 medium (985g)
 - kale leaves**
2 cup, chopped (80g)
 - garlic**
9 clove(s) (28g)
 - fresh cilantro**
1 tbsp, chopped (3g)
 - fresh ginger**
1/2 slices (1" dia) (1g)
 - fresh spinach**
8 cup(s) (240g)
 - romaine lettuce**
1 1/4 hearts (625g)
 - tomatoes**
1 1/4 medium whole (2-3/5" dia) (154g)
 - fresh green beans**
2 1/4 cup 1/2" pieces (225g)
 - beets, precooked (canned or refrigerated)**
3 beet(s) (150g)
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Lunch 1 ↗

Eat on day 1

Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



brown rice
1/4 cup (53g)
water
1/2 cup(s) (133mL)
soy sauce
1 1/4 tbsp (19mL)
vegan chik'n strips
1/4 lbs (106g)
bell pepper, deseeded & cut into thin strips
3/4 medium (89g)
carrots, cut into thin strips
1 1/2 small (5-1/2" long) (75g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Lunch 2 ↗

Eat on day 2

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



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

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

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



carrots
1 1/3 large (96g)
vegetarian burger crumbles
4 oz (113g)
soy sauce
3 tsp (15mL)
water
2 tsp (10mL)
crushed red pepper
1 1/3 dash (0g)
lime juice
1 tsp (5mL)
oil
2 tsp (10mL)
garlic, minced
2/3 clove(s) (2g)
onion, chopped
1/3 large (50g)
fresh cilantro, chopped
3 tsp, chopped (3g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Lunch 3 ↗

Eat on day 3 and day 4

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

Baked tofu

4 oz - 113 cals ● 11g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

soy sauce
2 tbsp (30mL)
sesame seeds
1/4 tbsp (2g)
extra firm tofu
4 oz (113g)
fresh ginger, peeled and grated
1/4 slices (1" dia) (1g)

For all 2 meals:

soy sauce
4 tbsp (60mL)
sesame seeds
1/2 tbsp (5g)
extra firm tofu
1/2 lbs (227g)
fresh ginger, peeled and grated
1/2 slices (1" dia) (1g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



For single meal:

frozen riced cauliflower
16 tbsp, frozen (106g)
oil
1 tsp (5mL)
garlic, diced
1 clove(s) (3g)
fresh spinach, chopped
1/2 cup(s) (15g)

For all 2 meals:

frozen riced cauliflower
2 cup, frozen (212g)
oil
2 tsp (10mL)
garlic, diced
2 clove(s) (6g)
fresh spinach, chopped
1 cup(s) (30g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Lunch 4 ↗

Eat on day 5

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

ground cumin

1/2 dash (0g)

oil

1/4 tsp (1mL)

onion powder

1/2 dash (0g)

avocados, sliced

1/4 avocado(s) (50g)

tempeh, cut into strips

2 oz (57g)

1. Toast bagel (optional).

2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.

3. Layer avocado and tempeh onto the bagel and serve.

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



Makes 2 1/2 carrot(s)

carrots

2 1/2 medium (153g)

1. Cut carrots into strips and serve.

Lunch 5 ↗

Eat on day 6 and day 7

Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines

2 fruit (148g)

For all 2 meals:

clementines

4 fruit (296g)

1. The recipe has no instructions.

Green bean, beet, & pepita salad

360 cals ● 11g protein ● 23g fat ● 20g carbs ● 7g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
balsamic vinaigrette
3 tbsp (45mL)
fresh green beans, ends trimmed and discarded
1 cup 1/2" pieces (113g)
beets, precooked (canned or refrigerated), chopped
1 1/2 beet(s) (75g)

For all 2 meals:

mixed greens
3 cup (90g)
roasted pumpkin seeds, unsalted
6 tbsp (44g)
balsamic vinaigrette
6 tbsp (90mL)
fresh green beans, ends trimmed and discarded
2 1/4 cup 1/2" pieces (225g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Dinner 1 ↗

Eat on day 1 and day 2

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

For all 2 meals:

salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)
brown rice
1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Roasted tofu & veggies

352 cals ● 24g protein ● 17g fat ● 16g carbs ● 9g fiber



For single meal:

salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
extra firm tofu
2/3 block (216g)
olive oil
2 tsp (10mL)
brussels sprouts, cut in half
2 2/3 oz (76g)
onion, thickly sliced
1/6 medium (2-1/2" dia) (18g)
bell pepper, sliced
1/3 medium (40g)
broccoli, cut as desired
1/3 cup chopped (30g)
carrots, cut as desired
1 medium (61g)

For all 2 meals:

salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
extra firm tofu
1 1/3 block (432g)
olive oil
4 tsp (20mL)
brussels sprouts, cut in half
1/3 lbs (151g)
onion, thickly sliced
1/3 medium (2-1/2" dia) (37g)
bell pepper, sliced
2/3 medium (79g)
broccoli, cut as desired
2/3 cup chopped (61g)
carrots, cut as desired
2 medium (122g)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

Dinner 2 ↗

Eat on day 3

Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

carrots
3 1/2 medium (214g)

1. Cut carrots into strips and serve.

Teriyaki seitan wings

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



Makes 4 oz seitan

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

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.

Dinner 3 ↗

Eat on day 4

Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



salad dressing
2 tbsp (28mL)
carrots, sliced
5/8 medium (38g)
romaine lettuce, roughly chopped
1 1/4 hearts (625g)
tomatoes, diced
1 1/4 medium whole (2-3/5" dia) (154g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



cajun seasoning
4 dash (1g)
oil
1 tsp (5mL)
firm tofu, patted dry & cubed
5 oz (142g)

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.

Dinner 4 ↗

Eat on day 5

Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



Makes 3 oz

seitan
3 oz (85g)
oil
1/4 tbsp (4mL)

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.

Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



Makes 2 cup(s)

frozen riced cauliflower
2 cup, frozen (212g)
oil
2 tsp (10mL)
garlic, diced
2 clove(s) (6g)
fresh spinach, chopped
1 cup(s) (30g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

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 5 ↗

Eat on day 6 and day 7

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

vegetarian burger crumbles
1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles
2 1/2 cup (250g)

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

Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



For single meal:

frozen riced cauliflower
2 cup, frozen (212g)
oil
2 tsp (10mL)
garlic, diced
2 clove(s) (6g)
fresh spinach, chopped
1 cup(s) (30g)

For all 2 meals:

frozen riced cauliflower
4 cup, frozen (424g)
oil
4 tsp (20mL)
garlic, diced
4 clove(s) (12g)
fresh spinach, chopped
2 cup(s) (60g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. 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.
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