

Meal Plan - 1000 calorie high protein 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

957 cals ● 100g protein (42%) ● 24g fat (23%) ● 69g carbs (29%) ● 16g fiber (7%)

Breakfast

165 cals, 15g protein, 12g net carbs, 4g fat



Grapes

58 cals



Protein shake (almond milk)

105 cals

Lunch

265 cals, 18g protein, 12g net carbs, 13g fat



Roasted tofu & veggies

264 cals

Dinner

255 cals, 6g protein, 43g net carbs, 5g fat



Fruit juice

2/3 cup(s)- 76 cals



Belizean rice & beans

181 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 2

1002 cals ● 101g protein (40%) ● 17g fat (15%) ● 95g carbs (38%) ● 16g fiber (7%)

Breakfast

165 cals, 15g protein, 12g net carbs, 4g fat



Grapes

58 cals



Protein shake (almond milk)

105 cals

Lunch

275 cals, 11g protein, 41g net carbs, 5g fat



Veggie burger

1 burger- 275 cals

Dinner

290 cals, 15g protein, 40g net carbs, 6g fat



Vegan meatball sub

1/2 sub(s)- 234 cals



Fruit juice

1/2 cup(s)- 57 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 3

1006 cals ● 93g protein (37%) ● 14g fat (12%) ● 108g carbs (43%) ● 19g fiber (7%)

Breakfast

165 cals, 4g protein, 29g net carbs, 2g fat



Instant oatmeal with water
1 packet(s)- 165 cals

Lunch

275 cals, 14g protein, 37g net carbs, 4g fat



Lentils
116 cals



White bean succotash
162 cals

Dinner

290 cals, 15g protein, 40g net carbs, 6g fat



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



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

998 cals ● 102g protein (41%) ● 20g fat (18%) ● 84g carbs (34%) ● 19g fiber (8%)

Breakfast

165 cals, 4g protein, 29g net carbs, 2g fat



Instant oatmeal with water
1 packet(s)- 165 cals

Lunch

275 cals, 14g protein, 37g net carbs, 4g fat



Lentils
116 cals



White bean succotash
162 cals

Dinner

285 cals, 24g protein, 16g net carbs, 12g fat



Baked tofu
8 oz- 226 cals



Homemade mashed potatoes (dairy-free)
58 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

964 cals ● 115g protein (48%) ● 27g fat (25%) ● 52g carbs (21%) ● 14g fiber (6%)

Breakfast

110 cals, 14g protein, 6g net carbs, 2g fat



Double chocolate almond milk protein shake
84 cals



Carrot sticks
1 carrot(s)- 27 cals

Dinner

285 cals, 24g protein, 16g net carbs, 12g fat



Baked tofu
8 oz- 226 cals



Homemade mashed potatoes (dairy-free)
58 cals

Lunch

295 cals, 17g protein, 28g net carbs, 11g fat



Vegan sausage & veggie sheet pan
240 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

1008 cals ● 100g protein (40%) ● 27g fat (24%) ● 72g carbs (29%) ● 19g fiber (8%)

Breakfast

110 cals, 14g protein, 6g net carbs, 2g fat



Double chocolate almond milk protein shake
84 cals



Carrot sticks
1 carrot(s)- 27 cals

Dinner

300 cals, 14g protein, 28g net carbs, 11g fat



Chipotle tempeh sweet potatoes
1/2 sweet potato(es)- 301 cals

Lunch

325 cals, 11g protein, 36g net carbs, 13g fat



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



Apple
1 apple(s)- 105 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 7

1008 cals ● 100g protein (40%) ● 27g fat (24%) ● 72g carbs (29%) ● 19g fiber (8%)

Breakfast

110 cals, 14g protein, 6g net carbs, 2g fat



Double chocolate almond milk protein shake
84 cals



Carrot sticks
1 carrot(s)- 27 cals

Lunch

325 cals, 11g protein, 36g net carbs, 13g fat



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



Apple
1 apple(s)- 105 cals



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

Dinner

300 cals, 14g protein, 28g net carbs, 11g fat



Chipotle tempeh sweet potatoes
1/2 sweet potato(es)- 301 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Grocery List



Fruits and Fruit Juices

- grapes
2 cup (184g)
- fruit juice
17 1/3 fl oz (520mL)
- lemon juice
1/2 tbsp (8mL)
- apples
2 1/3 medium (3" dia) (420g)
- lime juice
1/2 tbsp (8mL)

Beverages

- almond milk, unsweetened
2 cup (439mL)
- protein powder
18 1/2 scoop (1/3 cup ea) (574g)
- water
22 cup(s) (5197mL)

Spices and Herbs

- salt
1/3 tsp (2g)
- black pepper
2 dash, ground (1g)
- chili powder
2 dash (1g)

Legumes and Legume Products

- extra firm tofu
21 3/4 oz (616g)
- kidney beans
1/8 can (56g)
- lentils, raw
1/3 cup (64g)
- white beans, canned
1/2 cup (131g)
- soy sauce
1/2 cup (120mL)
- tempeh
4 oz (113g)

Fats and Oils

- olive oil
1/2 tbsp (8mL)
- oil
1 oz (27mL)

Nut and Seed Products

- coconut milk, canned
1 1/2 tbsp (22mL)
- sesame seeds
1 tbsp (9g)
- roasted cashews
4 tbsp (34g)

Cereal Grains and Pasta

- long-grain white rice
2 tbsp (23g)

Other

- sub roll(s)
1 roll(s) (85g)
- nutritional yeast
1 tsp (1g)
- vegan meatballs, frozen
4 meatball(s) (120g)
- mixed greens
1 oz (28g)
- veggie burger patty
1 patty (71g)
- protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)
- italian seasoning
2 dash (1g)
- vegan sausage
1/2 sausage (50g)
- meatless chik'n tenders
4 pieces (102g)
- chipotle peppers in adobo sauce, canned
1 pepper(s) (28g)

Soups, Sauces, and Gravies

- pasta sauce
4 tbsp (65g)

Baked Products

- hamburger buns
1 bun(s) (51g)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Vegetables and Vegetable Products

- brussels sprouts**
2 oz (57g)
- onion**
1/6 medium (2-1/2" dia) (21g)
- bell pepper**
3/4 medium (89g)
- broccoli**
3/4 cup chopped (68g)
- carrots**
4 1/4 medium (259g)
- garlic**
3/8 clove(s) (1g)
- red bell pepper**
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)
- ketchup**
2 tbsp (34g)
- frozen corn kernels**
1/2 cup (68g)
- shallots**
1 clove(s) (57g)
- fresh ginger**
1 slices (1" dia) (2g)
- potatoes**
7 oz (197g)
- sweet potatoes**
1 sweetpotato, 5" long (210g)

Sweets

- cocoa powder**
1/2 tbsp (3g)

Breakfast 1 ↗

Eat on day 1 and day 2

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Breakfast 2 ↗

Eat on day 3 and day 4

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Double chocolate almond milk protein shake

84 cals ● 13g protein ● 2g fat ● 2g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
almond milk, unsweetened
4 tbsp (60mL)
cocoa powder
4 dash (1g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

water
1 1/2 cup(s) (356mL)
almond milk, unsweetened
3/4 cup (180mL)
cocoa powder
1/2 tbsp (3g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 3 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Lunch 1

Eat on day 1

Roasted tofu & veggies

264 cals  18g protein  13g fat  12g carbs  6g fiber



salt
2 dash (2g)
black pepper
2 dash, ground (1g)
extra firm tofu
1/2 block (162g)
olive oil
1/2 tbsp (8mL)
brussels sprouts, cut in half
2 oz (57g)
onion, thickly sliced
1/8 medium (2-1/2" dia) (14g)
bell pepper, sliced
1/4 medium (30g)
broccoli, cut as desired
4 tbsp chopped (23g)
carrots, cut as desired
3/4 medium (46g)

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.

Lunch 2 ↗

Eat on day 2

Veggie burger

1 burger - 275 cals ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



Makes 1 burger

hamburger buns
1 bun(s) (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)
veggie burger patty
1 patty (71g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lunch 3 ↗

Eat on day 3 and day 4

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (1g)
lentils, raw, rinsed
1/3 cup (64g)

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.

White bean succotash

162 cals ● 6g protein ● 4g fat ● 20g carbs ● 5g fiber



For single meal:

lemon juice
1/4 tbsp (4mL)
oil
1/4 tbsp (4mL)
white beans, canned, drained & rinsed
4 tbsp (66g)
frozen corn kernels, defrosted
4 tbsp (34g)
bell pepper, finely chopped
1/4 medium (30g)
shallots, minced
1/4 clove(s) (14g)

For all 2 meals:

lemon juice
1/2 tbsp (8mL)
oil
1/2 tbsp (8mL)
white beans, canned, drained & rinsed
1/2 cup (131g)
frozen corn kernels, defrosted
1/2 cup (68g)
bell pepper, finely chopped
1/2 medium (60g)
shallots, minced
1/2 clove(s) (28g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.

Lunch 4 ↗

Eat on day 5

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.

Fruit juice

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

Makes 1/2 cup(s)

fruit juice
4 fl oz (120mL)



1. The recipe has no instructions.

Lunch 5 ↗

Eat on day 6 and day 7

Roasted cashews

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



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Crispy chik'n tenders

2 tender(s) - 114 cals ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
2 pieces (51g)
ketchup
1/2 tbsp (9g)

For all 2 meals:

meatless chik'n tenders
4 pieces (102g)
ketchup
1 tbsp (17g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Dinner 1

Eat on day 1

Fruit juice

2/3 cup(s) - 76 cals  1g protein  0g fat  17g carbs  0g fiber

Makes 2/3 cup(s)



fruit juice
5 1/3 fl oz (160mL)

1. The recipe has no instructions.

Belizean rice & beans

181 cals  5g protein  5g fat  26g carbs  3g fiber



coconut milk, canned
1 1/2 tbsp (23mL)
kidney beans, drained
1/8 can (56g)
water
1/8 cup(s) (22mL)
long-grain white rice
2 tbsp (23g)
garlic, minced
3/8 clove(s) (1g)
onion, chopped
1/8 medium (2-1/2" dia) (7g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

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.

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 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 4 and day 5

Baked tofu

8 oz - 226 cals ● 22g protein ● 12g fat ● 5g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

soy sauce
1/2 cup (120mL)
sesame seeds
1 tbsp (9g)
extra firm tofu
1 lbs (454g)
fresh ginger, peeled and grated
1 slices (1" dia) (2g)

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.

Homemade mashed potatoes (dairy-free)

58 cals ● 1g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

almond milk, unsweetened
2 tsp (10mL)
potatoes, peeled & cut into chunks
2 2/3 oz (76g)

For all 2 meals:

almond milk, unsweetened
4 tsp (20mL)
potatoes, peeled & cut into chunks
1/3 lbs (151g)

1. Place the potatoes chunks in a large pot and cover with cold water.
2. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are tender, about 15-20 minutes.
3. Drain the potatoes and return them to the pot.
4. Add the almond milk to the pot. Mash the potatoes with a potato masher, fork, or electric mixer until smooth and creamy.
5. Season with salt and pepper to taste. Serve.

Dinner 4 ↗

Eat on day 6 and day 7

Chipotle tempeh sweet potatoes

1/2 sweet potato(es) - 301 cals ● 14g protein ● 11g fat ● 28g carbs ● 9g fiber



For single meal:

oil
1/2 tbsp (8mL)
lime juice
1/4 tbsp (4mL)
chili powder
1 dash (0g)
tempeh, crumbled
2 oz (57g)
shallots, thinly sliced
1/4 clove(s) (14g)
chipotle peppers in adobo sauce, canned, chopped
1/2 pepper(s) (14g)
sweet potatoes, cut in half lengthwise
1/2 sweetpotato, 5" long (105g)
apples, chopped
1/8 large (3-1/4" dia) (28g)

For all 2 meals:

oil
1 tbsp (15mL)
lime juice
1/2 tbsp (8mL)
chili powder
2 dash (1g)
tempeh, crumbled
4 oz (113g)
shallots, thinly sliced
1/2 clove(s) (28g)
chipotle peppers in adobo sauce, canned, chopped
1 pepper(s) (28g)
sweet potatoes, cut in half lengthwise
1 sweetpotato, 5" long (210g)
apples, chopped
1/4 large (3-1/4" dia) (56g)

1. Preheat the oven to 425°F (220°C).
2. Place the sweet potatoes on a baking sheet and rub with just half of the oil, chili powder, and some salt and pepper. Place them cut-side down on the baking sheet and roast for 30-40 minutes, until soft and golden.
3. Meanwhile, heat the remaining oil in a skillet over medium-high heat. Add the shallots, crumbled tempeh, chipotle peppers, as much of the adobo sauce as you like, and some salt and pepper. Cook, stirring occasionally, until the shallots and tempeh are golden, about 8-10 minutes. Cover and set aside to keep warm.
4. When the sweet potatoes are nearly done, chop the apple and toss it with lime juice in a small bowl.
5. Transfer the sweet potatoes, cut side up, to a serving dish. Top with the chipotle tempeh and a sprinkle of the apple salad. 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.