

# Meal Plan - 1100 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

1167 cals ● 110g protein (38%) ● 33g fat (25%) ● 78g carbs (27%) ● 30g fiber (10%)

### Breakfast

170 cals, 11g protein, 4g net carbs, 9g fat



[Chocolate avocado vegan chia pudding](#)

172 cals

### Lunch

370 cals, 20g protein, 33g net carbs, 10g fat



[Blackberries](#)

2 cup(s)- 139 cals



[Crispy chik'n tenders](#)

4 tender(s)- 229 cals

### Dinner

355 cals, 19g protein, 39g net carbs, 12g fat



[Vegan sausage & veggie sheet pan](#)

240 cals



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

## Day 2

1088 cals ● 104g protein (38%) ● 34g fat (28%) ● 73g carbs (27%) ● 19g fiber (7%)

### Breakfast

170 cals, 11g protein, 4g net carbs, 9g fat



[Chocolate avocado vegan chia pudding](#)

172 cals

### Lunch

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



[Chunky canned soup \(non-creamy\)](#)

1/2 can(s)- 124 cals



[Vegan grilled cheese](#)

1/2 sandwich(es)- 165 cals

### Dinner

355 cals, 19g protein, 39g net carbs, 12g fat



[Vegan sausage & veggie sheet pan](#)

240 cals



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

## Day 3

1109 cals ● 114g protein (41%) ● 41g fat (33%) ● 48g carbs (17%) ● 23g fiber (8%)

### Breakfast

220 cals, 4g protein, 11g net carbs, 17g fat



**Blueberries**

1/2 cup(s)- 47 cals



**Walnuts**

1/4 cup(s)- 175 cals

### Dinner

325 cals, 35g protein, 7g net carbs, 12g fat



**Vegan crumbles**

1 3/4 cup(s)- 256 cals



**Olive oil drizzled broccoli**

1 cup(s)- 70 cals

### Lunch

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



**Chunky canned soup (non-creamy)**

1/2 can(s)- 124 cals



**Vegan grilled cheese**

1/2 sandwich(es)- 165 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

## Day 4

1148 cals ● 97g protein (34%) ● 42g fat (33%) ● 75g carbs (26%) ● 20g fiber (7%)

### Breakfast

220 cals, 4g protein, 11g net carbs, 17g fat



**Blueberries**

1/2 cup(s)- 47 cals



**Walnuts**

1/4 cup(s)- 175 cals

### Dinner

300 cals, 20g protein, 32g net carbs, 8g fat



**Lentils**

174 cals



**Vegan tofu piccata**

127 cals

### Lunch

355 cals, 12g protein, 30g net carbs, 17g fat



**Chunky canned soup (creamy)**

1 can(s)- 354 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

## Day 5

1119 cals ● 105g protein (37%) ● 30g fat (24%) ● 89g carbs (32%) ● 18g fiber (6%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals

### Dinner

300 cals, 20g protein, 32g net carbs, 8g fat



**Lentils**  
174 cals



**Vegan tofu piccata**  
127 cals

### Lunch

340 cals, 14g protein, 43g net carbs, 10g fat



**Blueberries**  
1 cup(s)- 95 cals



**Chik'n nuggets**  
4 nuggets- 221 cals



**Carrot sticks**  
1 carrot(s)- 27 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 6

1140 cals ● 97g protein (34%) ● 48g fat (38%) ● 59g carbs (21%) ● 20g fiber (7%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals

### Dinner

305 cals, 12g protein, 19g net carbs, 17g fat



**Lemony chickpea & zucchini bowl**  
214 cals



**Sunflower seeds**  
90 cals

### Lunch

360 cals, 15g protein, 26g net carbs, 19g fat



**Blueberries**  
1/2 cup(s)- 47 cals



**Zucchini noodle curry bowl with tofu**  
313 cals

### Protein Supplement(s)

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




**Protein shake**  
2 1/2 scoop- 273 cals

Day 7

1140 calsgreen97g protein (34%)orange48g fat (38%)blue59g carbs (21%)grey20g fiber (7%)

Breakfast

205 calsgreen10g protein, 12g net carbs, 12g fat




High-protein granola bar

1 bar(s)- 204 calsgreen

Lunch

360 calsgreen15g protein, 26g net carbs, 19g fat



Blueberries

1/2 cup(s)- 47 calsgreen




Zucchini noodle curry bowl with tofu

313 calsgreen


Dinner

305 calsgreen12g protein, 19g net carbs, 17g fat



Lemony chickpea & zucchini bowl

214 calsgreen




Sunflower seeds

90 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 calsgreen



# Grocery List



## Fruits and Fruit Juices

- ☐ avocados  
1 slices (25g)
- ☐ blackberries  
2 cup (288g)
- ☐ blueberries  
3 cup (444g)
- ☐ lemon juice  
3 tbsp (45mL)

## Other

- ☐ cacao powder  
1 tbsp (6g)
- ☐ meatless chik'n tenders  
4 pieces (102g)
- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ vegan sausage  
1 sausage (100g)
- ☐ vegan cheese, sliced  
2 slice(s) (40g)
- ☐ vegan butter  
1 tbsp (14g)
- ☐ vegan chik'n nuggets  
4 nuggets (86g)
- ☐ curry sauce  
1 cup (283g)

## Nut and Seed Products

- ☐ chia seeds  
2 tbsp (28g)
- ☐ walnuts  
1/2 cup, shelled (50g)
- ☐ sunflower kernels  
1 oz (28g)

## Beverages

- ☐ almond milk, unsweetened  
3/4 cup(s) (180mL)
- ☐ protein powder  
18 scoop (1/3 cup ea) (558g)
- ☐ water  
20 cup(s) (4780mL)

## Vegetables and Vegetable Products

- ☐ ketchup  
2 tbsp (34g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (42mL)
- ☐ olive oil  
1 tsp (5mL)

## Spices and Herbs

- ☐ salt  
2 1/2 g (2g)
- ☐ black pepper  
1/2 g (1g)
- ☐ capers  
1 tbsp, drained (9g)
- ☐ basil, dried  
2 dash, leaves (0g)

## Cereal Grains and Pasta

- ☐ brown rice  
1/3 cup (63g)
- ☐ cornstarch  
1 tsp (3g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- ☐ chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)
- ☐ vegetable broth  
1/2 cup(s) (mL)

## Baked Products

- ☐ bread  
2 slice (64g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
1 3/4 cup (175g)
- ☐ lentils, raw  
1/2 cup (96g)
- ☐ firm tofu  
15 oz (425g)
- ☐ chickpeas, canned  
1/2 can(s) (224g)

## Snacks

- ☐ **carrots**  
2 medium (122g)
  - ☐ **broccoli**  
1 cup chopped (91g)
  - ☐ **potatoes**  
1 small (1-3/4" to 2-1/4" dia.) (92g)
  - ☐ **frozen broccoli**  
1 cup (91g)
  - ☐ **garlic**  
2 clove(s) (6g)
  - ☐ **shallots**  
1/2 clove(s) (28g)
  - ☐ **zucchini**  
1 1/2 large (485g)
  - ☐ **cauliflower**  
1/2 head small (4" dia.) (133g)
  - ☐ **onion**  
1 medium (2-1/2" dia) (110g)
  - ☐ **fresh parsley**  
5 sprigs (5g)
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- ☐ **high-protein granola bar**  
3 bar (120g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 slices (13g)  
**cacao powder**  
1/2 tbsp (3g)  
**chia seeds**  
1 tbsp (14g)  
**almond milk, unsweetened**  
3/8 cup(s) (90mL)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**avocados**  
1 slices (25g)  
**cacao powder**  
1 tbsp (6g)  
**chia seeds**  
2 tbsp (28g)  
**almond milk, unsweetened**  
3/4 cup(s) (180mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Blueberries

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



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

### Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
4 tbsp, shelled (25g)

For all 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. The recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Blackberries

2 cup(s) - 139 cals ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



Makes 2 cup(s)

**blackberries**  
2 cup (288g)

1. Rinse blackberries and serve.

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### Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber





Makes 4 tender(s)

**meatless chik'n tenders**

4 pieces (102g)

**ketchup**

1 tbsp (17g)

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

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## Lunch 2 [🔗](#)

Eat on day 2 and day 3

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### 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.

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### Vegan grilled cheese

1/2 sandwich(es) - 165 cals ● 5g protein ● 8g fat ● 17g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**oil**

1/2 tsp (3mL)

**vegan cheese, sliced**

1 slice(s) (20g)

For all 2 meals:

**bread**

2 slice (64g)

**oil**

1 tsp (5mL)

**vegan cheese, sliced**

2 slice(s) (40g)

1. Preheat skillet to medium-low with half of the oil.
  2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
  3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.
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## Lunch 3 [↗](#)

Eat on day 4

### Chunky canned soup (creamy)

1 can(s) - 354 cals ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



Makes 1 can(s)

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

1. Prepare according to instructions on package.

## Lunch 4 [↗](#)

Eat on day 5

### Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

### Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



Makes 4 nuggets

**ketchup**  
1 tbsp (17g)  
**vegan chik'n nuggets**  
4 nuggets (86g)

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

### Carrot sticks

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



Makes 1 carrot(s)

**carrots**  
1 medium (61g)

1. Cut carrots into strips and serve.

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## Lunch 5 [🔗](#)

Eat on day 6 and day 7

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### Blueberries

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



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

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### Zucchini noodle curry bowl with tofu

313 cals ● 14g protein ● 18g fat ● 17g carbs ● 6g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**zucchini**  
1/2 large (162g)  
**curry sauce**  
1/2 cup (142g)  
**cauliflower, cut into chunks**  
1/4 head small (4" dia.) (66g)  
**firm tofu, drained, rinsed, and patted dry**  
1/4 package (16 oz) (113g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**zucchini**  
1 large (323g)  
**curry sauce**  
1 cup (283g)  
**cauliflower, cut into chunks**  
1/2 head small (4" dia.) (133g)  
**firm tofu, drained, rinsed, and patted dry**  
1/2 package (16 oz) (227g)

1. Take the tofu and wrap in a clean towel. Place a thick book on top for 5 minutes to help drain excess liquid. Then, cut into cubes.
  2. Heat the oil in a skillet over medium heat and cook the tofu until browned and crispy. Set aside.
  3. Heat up the curry sauce in the microwave or in a saucepan. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
  4. Add the noodles into a bowl with the cauliflower and tofu. Pour the curry sauce on top and serve.
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## Dinner 1 [🔗](#)

Eat on day 1 and day 2

### Vegan sausage & veggie sheet pan

240 cal ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



For single meal:

**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)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**carrots, sliced**  
1 medium (61g)  
**broccoli, chopped**  
1 cup chopped (91g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)

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.

### Brown rice

1/2 cup brown rice, cooked - 115 cal ● 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.



## Dinner 2 [↗](#)

Eat on day 3

### Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



Makes 1 3/4 cup(s)

**vegetarian burger crumbles**  
1 3/4 cup (175g)

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

### Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**olive oil**  
1 tsp (5mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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 tofu piccata

127 cal ● 8g protein ● 7g fat ● 7g carbs ● 1g fiber



For single meal:

**lemon juice**  
1/2 tbsp (8mL)  
**cornstarch**  
4 dash (1g)  
**oil**  
1/2 tsp (3mL)  
**vegan butter**  
1/2 tbsp (7g)  
**capers**  
1/2 tbsp, drained (4g)  
**vegetable broth, warmed**  
1/4 cup(s) (mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**shallots, thinly sliced**  
1/4 clove(s) (14g)  
**firm tofu, cut into planks**  
1/4 lbs (99g)

For all 2 meals:

**lemon juice**  
1 tbsp (15mL)  
**cornstarch**  
1 tsp (3g)  
**oil**  
1 tsp (5mL)  
**vegan butter**  
1 tbsp (14g)  
**capers**  
1 tbsp, drained (9g)  
**vegetable broth, warmed**  
1/2 cup(s) (mL)  
**garlic, minced**  
1 clove(s) (3g)  
**shallots, thinly sliced**  
1/2 clove(s) (28g)  
**firm tofu, cut into planks**  
1/2 lbs (198g)

1. In a bowl, whisk together the warmed vegetable broth, cornstarch, and lemon juice. Set aside.
  2. Heat oil in a nonstick skillet over medium heat. Season the tofu planks with a pinch of salt and add them to the skillet. Cook until browned and crisp, 4-6 minutes per side. Transfer the tofu to a plate and cover to keep warm. Wipe the skillet clean.
  3. In the same skillet, heat the vegan butter over medium heat. Add garlic, shallot, and a pinch of salt and pepper. Cook until fragrant, 1-2 minutes. Stir in the broth mixture and bring to a boil. Simmer until the sauce thickens slightly, 2-3 minutes. Stir in the capers.
  4. Return the crispy tofu to the skillet and spoon the sauce over the top. Simmer until warmed through, 1-2 minutes, then serve.
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## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Lemony chickpea & zucchini bowl

214 cals ● 7g protein ● 10g fat ● 18g carbs ● 7g fiber



For single meal:

**lemon juice**  
1 tbsp (15mL)  
**basil, dried**  
1 dash, leaves (0g)  
**oil**  
1/2 tbsp (8mL)  
**italian seasoning**  
1 dash (0g)  
**onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**fresh parsley, chopped**  
2 1/2 sprigs (3g)  
**zucchini, sliced into rounds**  
1/4 large (81g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**chickpeas, canned, rinsed and drained**  
1/4 can(s) (112g)

For all 2 meals:

**lemon juice**  
2 tbsp (30mL)  
**basil, dried**  
2 dash, leaves (0g)  
**oil**  
1 tbsp (15mL)  
**italian seasoning**  
2 dash (1g)  
**onion, thinly sliced**  
1 medium (2-1/2" dia) (110g)  
**fresh parsley, chopped**  
5 sprigs (5g)  
**zucchini, sliced into rounds**  
1/2 large (162g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, rinsed and drained**  
1/2 can(s) (224g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

### 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.

# Protein Supplement(s)

Eat every day

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## Protein shake

2 1/2 scoop - 273 cal● 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.
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