

Meal Plan - 1000 calorie low carb 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

929 cals ● 100g protein (43%) ● 27g fat (26%) ● 54g carbs (23%) ● 19g fiber (8%)

Breakfast

130 cals, 5g protein, 10g net carbs, 7g fat



Watermelon

4 oz- 41 cals



Sunflower seeds

90 cals

Dinner

170 cals, 8g protein, 13g net carbs, 8g fat



Tofu lo-mein

169 cals

Lunch

355 cals, 26g protein, 28g net carbs, 10g fat



Simple kale salad

1/2 cup(s)- 28 cals



Bbq tempeh lettuce wrap

4 lettuce wrap(s)- 329 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 2

1036 cals ● 107g protein (41%) ● 35g fat (31%) ● 57g carbs (22%) ● 16g fiber (6%)

Breakfast

130 cals, 5g protein, 10g net carbs, 7g fat



Watermelon

4 oz- 41 cals



Sunflower seeds

90 cals

Dinner

350 cals, 24g protein, 16g net carbs, 17g fat



Roasted tofu & veggies

352 cals

Lunch

280 cals, 17g protein, 29g net carbs, 9g fat



Strawberries

1 cup(s)- 52 cals



Crispy chik'n tenders

4 tender(s)- 229 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 3

1045 cals ● 112g protein (43%) ● 37g fat (32%) ● 56g carbs (22%) ● 10g fiber (4%)

Breakfast

130 cals, 5g protein, 10g net carbs, 7g fat



Watermelon

4 oz- 41 cals



Sunflower seeds

90 cals

Dinner

360 cals, 29g protein, 16g net carbs, 19g fat



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals

Lunch

280 cals, 17g protein, 29g net carbs, 9g fat



Strawberries

1 cup(s)- 52 cals



Crispy chik'n tenders

4 tender(s)- 229 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 4

984 cals ● 107g protein (43%) ● 31g fat (28%) ● 47g carbs (19%) ● 23g fiber (9%)

Breakfast

145 cals, 7g protein, 15g net carbs, 5g fat



Hummus toast

1 slice(s)- 146 cals

Dinner

260 cals, 25g protein, 9g net carbs, 10g fat



Simple mixed greens and tomato salad

76 cals



Vegan crumbles

1 1/4 cup(s)- 183 cals

Lunch

305 cals, 15g protein, 21g net carbs, 15g fat



Basic tempeh

2 oz- 148 cals



Sauteed peppers and onions

63 cals



Baked fries

97 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 5

1014 cals ● 92g protein (36%) ● 36g fat (32%) ● 53g carbs (21%) ● 27g fiber (11%)

Breakfast

145 cals, 7g protein, 15g net carbs, 5g fat



Hummus toast

1 slice(s)- 146 cals

Dinner

330 cals, 12g protein, 15g net carbs, 20g fat



Roasted almonds

1/6 cup(s)- 166 cals



Lemony chickpea salad

162 cals

Lunch

265 cals, 12g protein, 22g net carbs, 10g fat



Edamame and chickpea salad

267 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 6

1002 cals ● 91g protein (36%) ● 35g fat (32%) ● 53g carbs (21%) ● 27g fiber (11%)

Breakfast

135 cals, 7g protein, 15g net carbs, 4g fat



Vegan English bubble & squeak

1 patties- 97 cals



Vegan breakfast sausage links

1 links- 38 cals

Dinner

330 cals, 12g protein, 15g net carbs, 20g fat



Roasted almonds

1/6 cup(s)- 166 cals



Lemony chickpea salad

162 cals

Lunch

265 cals, 12g protein, 22g net carbs, 10g fat



Edamame and chickpea salad

267 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 7

969 cals ● 97g protein (40%) ● 33g fat (31%) ● 53g carbs (22%) ● 18g fiber (7%)

Breakfast

135 cals, 7g protein, 15g net carbs, 4g fat



Vegan English bubble & squeak
1 patties- 97 cals



Vegan breakfast sausage links
1 links- 38 cals

Dinner

315 cals, 18g protein, 21g net carbs, 16g fat



Vegan sausage & veggie sheet pan
240 cals



Simple mixed greens and tomato salad
76 cals

Lunch

245 cals, 12g protein, 16g net carbs, 12g fat



Veggie burger patty
1 patty- 127 cals



Roasted tomatoes
2 tomato(es)- 119 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals



Fruits and Fruit Juices

- ☐ Watermelon
12 oz (340g)
- ☐ strawberries
2 cup, whole (288g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ avocados
1/4 avocado(s) (50g)
- ☐ dried cranberries
2 1/2 tsp (8g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ almonds
6 tbsp, whole (54g)

Legumes and Legume Products

- ☐ extra firm tofu
9 1/2 oz (273g)
- ☐ soy sauce
3/8 tsp (2mL)
- ☐ tempeh
6 oz (170g)
- ☐ hummus
6 1/2 tbsp (98g)
- ☐ vegetarian burger crumbles
1 1/4 cup (125g)
- ☐ chickpeas, canned
1 can(s) (470g)

Beverages

- ☐ water
17 2/3 cup(s) (4193mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Fats and Oils

- ☐ olive oil
5 tsp (26mL)
- ☐ salad dressing
1/4 cup (53mL)
- ☐ oil
1 1/2 oz (42mL)

Vegetables and Vegetable Products

Soups, Sauces, and Gravies

- ☐ oriental flavored ramen
1/8 package with flavor packet (11g)
- ☐ barbecue sauce
2 tbsp (34g)
- ☐ hot sauce
2 tsp (10mL)

Other

- ☐ coleslaw mix
1 cup (90g)
- ☐ meatless chik'n tenders
8 pieces (204g)
- ☐ frozen cauliflower
3/4 cup (85g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ mixed greens
5 cup (150g)
- ☐ italian seasoning
1/2 tsp (2g)
- ☐ vegan breakfast sausage links
2 links (45g)
- ☐ veggie burger patty
1 patty (71g)

Spices and Herbs

- ☐ salt
1/3 tsp (2g)
- ☐ black pepper
1/3 tsp, ground (1g)
- ☐ ground cumin
2 dash (1g)
- ☐ dijon mustard
1 tsp (5g)
- ☐ vinegar
3/8 tsp (2mL)

Baked Products

- ☐ bread
2 slice (64g)

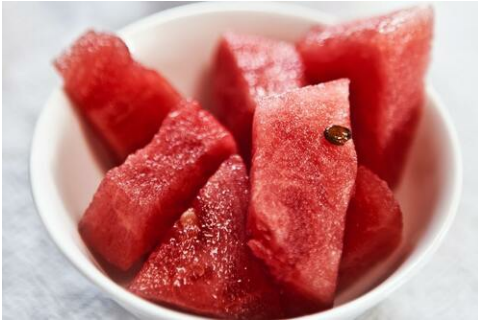
- ☐ **frozen mixed veggies**
2 oz (57g)
 - ☐ **kale leaves**
1/2 cup, chopped (20g)
 - ☐ **romaine lettuce**
4 leaf inner (24g)
 - ☐ **bell pepper**
1 1/4 large (206g)
 - ☐ **ketchup**
2 tbsp (34g)
 - ☐ **brussels sprouts**
1/4 lbs (126g)
 - ☐ **onion**
3/4 medium (2-1/2" dia) (81g)
 - ☐ **broccoli**
13 1/4 tbsp chopped (76g)
 - ☐ **carrots**
2 medium (116g)
 - ☐ **tomatoes**
2 medium whole (2-3/5" dia) (257g)
 - ☐ **potatoes**
3/4 lbs (322g)
 - ☐ **sun-dried tomatoes**
2 piece(s) (20g)
 - ☐ **edamame beans, frozen**
5 tbsp (47g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Watermelon

4 oz - 41 cals ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon
4 oz (113g)

For all 3 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.

Sunflower seeds

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



For single meal:

sunflower kernels
1/2 oz (14g)

For all 3 meals:

sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread

1 slice (32g)

hummus

2 1/2 tbsp (38g)

For all 2 meals:

bread

2 slice (64g)

hummus

5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Vegan English bubble & squeak

1 patties - 97 cals ● 2g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

oil

1/2 tsp (3mL)

hot sauce

1 tsp (5mL)

potatoes, peeled & cut into chunks

1 small (1-3/4" to 2-1/4" dia.) (92g)

brussels sprouts, shredded

1/2 cup, shredded (25g)

For all 2 meals:

oil

1 tsp (5mL)

hot sauce

2 tsp (10mL)

potatoes, peeled & cut into chunks

2 small (1-3/4" to 2-1/4" dia.) (184g)

brussels sprouts, shredded

1 cup, shredded (50g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

Vegan breakfast sausage links

1 links - 38 cals ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links

1 links (23g)

For all 2 meals:

vegan breakfast sausage links

2 links (45g)

1. Cook links according to package instructions. Serve.

Lunch 1 [🔗](#)

Eat on day 1

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

kale leaves

1/2 cup, chopped (20g)

salad dressing

1/2 tbsp (8mL)

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

Bbq tempeh lettuce wrap

4 lettuce wrap(s) - 329 cals ● 26g protein ● 9g fat ● 26g carbs ● 11g fiber



Makes 4 lettuce wrap(s)

oil

1/2 tsp (3mL)

coleslaw mix

1 cup (90g)

barbecue sauce

2 tbsp (34g)

romaine lettuce

4 leaf inner (24g)

tempeh, cubed

4 oz (113g)

bell pepper, deseeded and sliced

1/2 small (37g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
 2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
 3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. The recipe has no instructions.
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Crispy chik'n tenders

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



For single meal:

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

For all 2 meals:

meatless chik'n tenders
8 pieces (204g)
ketchup
2 tbsp (34g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 3 [↗](#)

Eat on day 4

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

tempeh

2 oz (57g)

oil

1 tsp (5mL)

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.

Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



oil

1/4 tbsp (4mL)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

bell pepper, sliced into strips

1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



potatoes

1/4 large (3" to 4-1/4" dia.) (92g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Edamame and chickpea salad

267 cals ● 12g protein ● 10g fat ● 22g carbs ● 10g fiber



For single meal:

dried cranberries
1 tsp (4g)
olive oil
1 tsp (6mL)
vinegar
1/6 tsp (1mL)
italian seasoning
1 dash (1g)
edamame beans, frozen
2 1/2 tbsp (23g)
chickpeas, canned, drained and rinsed
3/8 can(s) (179g)
bell pepper, diced
1/6 medium (24g)
carrots, diced
1/6 medium (12g)

For all 2 meals:

dried cranberries
2 1/2 tsp (8g)
olive oil
2 1/2 tsp (12mL)
vinegar
3/8 tsp (2mL)
italian seasoning
1/3 tsp (1g)
edamame beans, frozen
5 tbsp (47g)
chickpeas, canned, drained and rinsed
5/6 can(s) (358g)
bell pepper, diced
3/8 medium (48g)
carrots, diced
3/8 medium (24g)

1. Cook the edamame according to its package. Discard any pods.
2. In a large bowl, add the rinsed chickpeas, edamame beans, pepper, carrots, and cranberries. Set aside.
3. In a small bowl, mix together the olive oil, vinegar, and seasoning until blended.
4. Pour dressing over chickpea mixture and toss.
5. Best served chilled.

Lunch 5 [↗](#)

Eat on day 7

Veggie burger patty

1 patty - 127 cals ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



Makes 1 patty

veggie burger patty
1 patty (71g)

1. Cook burger according to package instructions.
2. Serve.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 1 [↗](#)

Eat on day 1

Tofu lo-mein

169 cal ● 8g protein ● 8g fat ● 13g carbs ● 3g fiber



extra firm tofu

2 oz (57g)

soy sauce

3/8 tsp (2mL)

water

1/6 cup(s) (44mL)

olive oil

1/4 tbsp (4mL)

frozen mixed veggies

2 oz (57g)

oriental flavored ramen

1/8 package with flavor packet (11g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
 2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
 3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.
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Dinner 2 [↗](#)

Eat on day 2

Roasted tofu & veggies

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



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)

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 3 [↗](#)

Eat on day 3

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

frozen cauliflower

3/4 cup (85g)

oil

1/2 tbsp (8mL)

vegan sausage

1 sausage (100g)

onion, thinly sliced

1/2 small (35g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Dinner 4 [↗](#)

Eat on day 4

Simple mixed greens and tomato salad

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



mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

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

Vegan crumbles

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



Makes 1 1/4 cup(s)

vegetarian burger crumbles

1 1/4 cup (125g)

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

Dinner 5 [↗](#)

Eat on day 5 and day 6

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.
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Lemony chickpea salad

162 cals ● 7g protein ● 7g fat ● 12g carbs ● 7g fiber



For single meal:

oil
1/8 tsp (0mL)
ground cumin
1 dash (0g)
lemon juice
1/4 tbsp (4mL)
dijon mustard
4 dash (3g)
hummus
3/4 tbsp (11g)
mixed greens
1 cup (30g)
sun-dried tomatoes, thinly sliced
1 piece(s) (10g)
avocados, chopped
1/8 avocado(s) (25g)
chickpeas, canned, rinsed and drained
1/8 can(s) (56g)

For all 2 meals:

oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
lemon juice
1/2 tbsp (8mL)
dijon mustard
1 tsp (5g)
hummus
1 1/2 tbsp (23g)
mixed greens
2 cup (60g)
sun-dried tomatoes, thinly sliced
2 piece(s) (20g)
avocados, chopped
1/4 avocado(s) (50g)
chickpeas, canned, rinsed and drained
1/4 can(s) (112g)

1. Preheat oven to 350°F (180°C).
 2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated. Bake 10-15 minutes until chickpeas are golden.
 3. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
 4. Serve greens with sun dried tomatoes, avocado, chickpeas, and dressing.
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Dinner 6 [↗](#)

Eat on day 7

Vegan sausage & veggie sheet pan

240 cal ● 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.

Simple mixed greens and tomato salad

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



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

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

Protein Supplement(s) [↗](#)

Eat every day

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.

