

# Meal Plan - 1100 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

1064 cals ● 101g protein (38%) ● 39g fat (33%) ● 48g carbs (18%) ● 29g fiber (11%)

### Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



**Avocado**

176 cals



**Cherry tomatoes**

6 cherry tomatoes- 21 cals

### Dinner

335 cals, 34g protein, 19g net carbs, 9g fat



**Simple kale salad**

1/2 cup(s)- 28 cals



**Lentils**

87 cals



**Vegan crumbles**

1 1/2 cup(s)- 219 cals

### Lunch

315 cals, 15g protein, 22g net carbs, 15g fat



**Peach**

1 peach(es)- 66 cals



**Simple mixed greens salad**

102 cals



**Basic tempeh**

2 oz- 148 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 2

1064 cals ● 101g protein (38%) ● 39g fat (33%) ● 48g carbs (18%) ● 29g fiber (11%)

### Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



**Avocado**  
176 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Dinner

335 cals, 34g protein, 19g net carbs, 9g fat



**Simple kale salad**  
1/2 cup(s)- 28 cals



**Lentils**  
87 cals



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals

### Lunch

315 cals, 15g protein, 22g net carbs, 15g fat



**Peach**  
1 peach(es)- 66 cals



**Simple mixed greens salad**  
102 cals



**Basic tempeh**  
2 oz- 148 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 3

1095 cals ● 113g protein (41%) ● 41g fat (34%) ● 50g carbs (18%) ● 16g fiber (6%)

### Breakfast

140 cals, 7g protein, 17g net carbs, 3g fat



**Vegan breakfast sausage links**  
1 links- 38 cals



**Blueberry vanilla oatmeal**  
104 cals

### Dinner

360 cals, 25g protein, 17g net carbs, 20g fat



**Simple seitan**  
3 oz- 183 cals



**Roasted tomatoes**  
3 tomato(es)- 179 cals

### Lunch

375 cals, 33g protein, 14g net carbs, 18g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Garlic collard greens**  
106 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 4

1114 cals ● 100g protein (36%) ● 40g fat (33%) ● 66g carbs (24%) ● 21g fiber (8%)

### Breakfast

140 cals, 7g protein, 17g net carbs, 3g fat



**Vegan breakfast sausage links**  
1 links- 38 cals



**Blueberry vanilla oatmeal**  
104 cals

### Dinner

360 cals, 25g protein, 17g net carbs, 20g fat



**Simple seitan**  
3 oz- 183 cals



**Roasted tomatoes**  
3 tomato(es)- 179 cals

### Lunch

395 cals, 19g protein, 30g net carbs, 17g fat



**Chickpea & kale soup**  
273 cals



**Sunflower seeds**  
120 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

1106 cals ● 95g protein (34%) ● 52g fat (42%) ● 49g carbs (18%) ● 14g fiber (5%)

### Breakfast

140 cals, 7g protein, 17g net carbs, 3g fat



**Vegan breakfast sausage links**  
1 links- 38 cals



**Blueberry vanilla oatmeal**  
104 cals

### Dinner

330 cals, 20g protein, 22g net carbs, 16g fat



**Lemon pepper tofu**  
7 oz- 252 cals



**Lima beans**  
77 cals

### Lunch

415 cals, 19g protein, 8g net carbs, 32g fat



**Buffalo tofu with vegan ranch**  
338 cals



**Garlic collard greens**  
80 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 6

1168 cals ● 97g protein (33%) ● 61g fat (47%) ● 44g carbs (15%) ● 13g fiber (5%)

### Breakfast

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



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

### Dinner

330 cals, 20g protein, 22g net carbs, 16g fat



**Lemon pepper tofu**  
7 oz- 252 cals



**Lima beans**  
77 cals

### Lunch

415 cals, 19g protein, 8g net carbs, 32g fat



**Buffalo tofu with vegan ranch**  
338 cals



**Garlic collard greens**  
80 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 7

1081 cals ● 90g protein (33%) ● 42g fat (35%) ● 67g carbs (25%) ● 17g fiber (6%)

### Breakfast

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



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

### Dinner

345 cals, 19g protein, 15g net carbs, 20g fat



**Simple kale & avocado salad**  
173 cals



**Garlic pepper seitan**  
171 cals

### Lunch

315 cals, 13g protein, 38g net carbs, 9g fat



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



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

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Fruits and Fruit Juices

- ☐ avocados  
1 1/2 avocado(s) (276g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ peach  
2 medium (2-2/3" dia) (300g)
- ☐ blueberries  
1 1/2 cup (204g)
- ☐ lemon  
1 1/2 small (80g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
6 medium whole (2-3/5" dia) (750g)
- ☐ kale leaves  
5 oz (144g)
- ☐ collard greens  
13 1/4 oz (378g)
- ☐ garlic  
4 clove(s) (12g)
- ☐ lima beans, frozen  
1/2 package (10 oz) (142g)
- ☐ ketchup  
1 tbsp (17g)
- ☐ onion  
1 tbsp, chopped (10g)
- ☐ green pepper  
1/2 tbsp, chopped (5g)

## Beverages

- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ water  
16 cup (3878mL)

## Other

- ☐ mixed greens  
4 1/2 cup (135g)
- ☐ vegan sausage  
1 sausage (100g)
- ☐ vegan breakfast sausage links  
3 links (68g)
- ☐ vegan ranch  
4 tbsp (60mL)
- ☐ vegan chik'n nuggets  
4 nuggets (86g)

## Legumes and Legume Products

- ☐ tempeh  
4 oz (113g)
- ☐ lentils, raw  
4 tbsp (48g)
- ☐ vegetarian burger crumbles  
3 cup (300g)
- ☐ chickpeas, canned  
1/2 can(s) (224g)
- ☐ firm tofu  
1 3/4 lbs (794g)

## Spices and Herbs

- ☐ salt  
1/2 tsp (3g)
- ☐ vanilla extract  
1/2 tbsp (8mL)
- ☐ lemon pepper  
4 dash (1g)
- ☐ black pepper  
1 1/2 dash, ground (0g)

## Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats  
3/4 cup(s) (61g)

## Sweets

- ☐ maple syrup  
1/2 tbsp (8mL)

## Cereal Grains and Pasta

- ☐ seitan  
1/2 lbs (227g)
- ☐ cornstarch  
2 tbsp (16g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
2 cup(s) (mL)
- ☐ Frank's Red Hot sauce  
1/3 cup (79mL)

## Nut and Seed Products

- ☐ sunflower kernels  
2/3 oz (19g)

Fats and Oils

- ☐ salad dressing  
1/3 cup (83mL)
  - ☐ oil  
3 oz (91mL)
  - ☐ olive oil  
1/2 tbsp (7mL)
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Snacks

- ☐ high-protein granola bar  
2 bar (80g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Vegan breakfast sausage links

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



For single meal:

**vegan breakfast sausage links**  
1 links (23g)

For all 3 meals:

**vegan breakfast sausage links**  
3 links (68g)

1. Cook links according to package instructions. Serve.

### Blueberry vanilla oatmeal

104 cal● 3g protein ● 1g fat ● 16g carbs ● 3g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
1/4 cup(s) (20g)  
**blueberries**  
2 tbsp (19g)  
**vanilla extract**  
1/2 tsp (3mL)  
**maple syrup**  
1/2 tsp (3mL)  
**water**  
3/8 cup(s) (89mL)

For all 3 meals:

**oatmeal, old-fashioned oats, rolled oats**  
3/4 cup(s) (61g)  
**blueberries**  
6 tbsp (56g)  
**vanilla extract**  
1/2 tbsp (8mL)  
**maple syrup**  
1/2 tbsp (8mL)  
**water**  
1 cup(s) (267mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### 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 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. The recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

### 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)

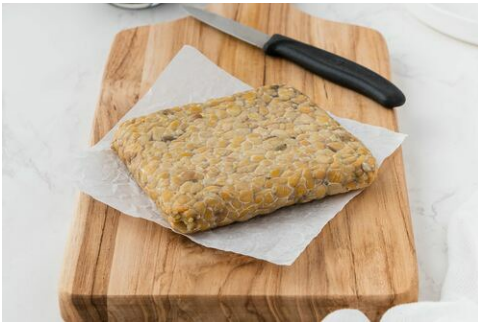
For all 2 meals:

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

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

## Basic tempeh

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



For single meal:

**tempeh**  
2 oz (57g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

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.

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## Lunch 2 [↗](#)

Eat on day 3

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### Vegan sausage

1 sausage(s) - 268 cal ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

**vegan sausage**  
1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

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### Garlic collard greens

106 cal ● 5g protein ● 6g fat ● 3g carbs ● 6g fiber



**collard greens**  
1/3 lbs (151g)  
**oil**  
1 tsp (5mL)  
**salt**  
2/3 dash (1g)  
**garlic, minced**  
1 clove(s) (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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## Lunch 3 [↗](#)

Eat on day 4

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### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**vegetable broth**  
2 cup(s) (mL)  
**oil**  
1/2 tsp (3mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained**  
1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

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### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



**sunflower kernels**  
2/3 oz (19g)

1. The recipe has no instructions.
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## Lunch 4 [🔗](#)

Eat on day 5 and day 6

### Buffalo tofu with vegan ranch

338 cals ● 16g protein ● 28g fat ● 6g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**Frank's Red Hot sauce**  
2 1/2 tbsp (40mL)  
**vegan ranch**  
2 tbsp (30mL)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**vegan ranch**  
4 tbsp (60mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

### Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

**collard greens**  
4 oz (113g)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
1/2 dash (0g)  
**garlic, minced**  
3/4 clove(s) (2g)

For all 2 meals:

**collard greens**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (8mL)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1 1/2 clove(s) (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.



## Lunch 5 [↗](#)

Eat on day 7

### 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.

### 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.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Simple kale salad

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



For single meal:

#### kale leaves

1/2 cup, chopped (20g)

#### salad dressing

1/2 tbsp (8mL)

For all 2 meals:

#### kale leaves

1 cup, chopped (40g)

#### salad dressing

1 tbsp (15mL)

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

### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**water**  
1/2 cup(s) (119mL)  
**salt**  
1/4 dash (0g)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

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

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 crumbles

1 1/2 cup(s) - 219 cal● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



For single meal:

**vegetarian burger crumbles**  
1 1/2 cup (150g)

For all 2 meals:

**vegetarian burger crumbles**  
3 cup (300g)

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

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Simple seitan

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



For single meal:

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

For all 2 meals:

**seitan**  
6 oz (170g)  
**oil**  
1/2 tbsp (8mL)

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.

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### Roasted tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

**oil**

1 tbsp (15mL)

**tomatoes**

3 small whole (2-2/5" dia) (273g)

For all 2 meals:

**oil**

2 tbsp (30mL)

**tomatoes**

6 small whole (2-2/5" dia) (546g)

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.

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## Dinner 3 [↗](#)

Eat on day 5 and day 6

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### Lemon pepper tofu

7 oz - 252 cals ● 15g protein ● 16g fat ● 12g carbs ● 0g fiber



For single meal:

**cornstarch**

1 tbsp (8g)

**oil**

1/2 tbsp (8mL)

**lemon pepper**

2 dash (1g)

**lemon, zested**

1/2 small (29g)

**firm tofu, patted dry & cubed**

1/2 lbs (198g)

For all 2 meals:

**cornstarch**

2 tbsp (16g)

**oil**

1 tbsp (15mL)

**lemon pepper**

4 dash (1g)

**lemon, zested**

1 small (58g)

**firm tofu, patted dry & cubed**

14 oz (397g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

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### Lima beans

77 cals ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

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## Dinner 4 [↗](#)

Eat on day 7

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### Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



**kale leaves, chopped**  
3/8 bunch (64g)  
**avocados, chopped**  
3/8 avocado(s) (75g)  
**lemon, juiced**  
3/8 small (22g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Garlic pepper seitan

171 cals ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber





- olive oil**  
1/2 tbsp (8mL)
- onion**  
1 tbsp, chopped (10g)
- green pepper**  
1/2 tbsp, chopped (5g)
- black pepper**  
1/2 dash, ground (0g)
- water**  
1/4 tbsp (4mL)
- salt**  
1/4 dash (0g)
- seitan, chicken style**  
2 oz (57g)
- garlic, minced**  
5/8 clove(s) (2g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 scoop - 218 cal● 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.