

Meal Plan - 1100 calorie 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

1057 cals ● 90g protein (34%) ● 54g fat (46%) ● 41g carbs (15%) ● 13g fiber (5%)

Breakfast

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



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

Lunch

355 cals, 15g protein, 16g net carbs, 25g fat



Basic tofu
6 oz- 257 cals



Baked fries
97 cals

Dinner

280 cals, 17g protein, 11g net carbs, 16g fat



Edamame & beet salad
86 cals



Buffalo tempeh with vegan ranch
196 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

1106 cals ● 94g protein (34%) ● 50g fat (41%) ● 55g carbs (20%) ● 15g fiber (5%)

Breakfast

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



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

Lunch

355 cals, 15g protein, 16g net carbs, 25g fat



Basic tofu
6 oz- 257 cals



Baked fries
97 cals

Dinner

330 cals, 21g protein, 25g net carbs, 13g fat



Basic tempeh
2 oz- 148 cals



Lentils
116 cals



Simple mixed greens salad
68 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

1136 cals ● 99g protein (35%) ● 39g fat (31%) ● 70g carbs (25%) ● 29g fiber (10%)

Breakfast

160 cals, 6g protein, 14g net carbs, 8g fat



Nectarine

1 nectarine(s)- 70 cals



Sunflower seeds

90 cals

Dinner

330 cals, 21g protein, 25g net carbs, 13g fat



Basic tempeh

2 oz- 148 cals



Lentils

116 cals



Simple mixed greens salad

68 cals

Lunch

425 cals, 24g protein, 29g net carbs, 17g fat



Simple kale & avocado salad

173 cals



Veggie burger patty

2 patty- 254 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1061 cals ● 91g protein (34%) ● 35g fat (29%) ● 69g carbs (26%) ● 28g fiber (10%)

Breakfast

160 cals, 6g protein, 14g net carbs, 8g fat



Nectarine

1 nectarine(s)- 70 cals



Sunflower seeds

90 cals

Dinner

255 cals, 13g protein, 24g net carbs, 9g fat



Simple mixed greens and tomato salad

38 cals



Bean & tofu goulash

219 cals

Lunch

425 cals, 24g protein, 29g net carbs, 17g fat



Simple kale & avocado salad

173 cals



Veggie burger patty

2 patty- 254 cals

Protein Supplement(s)

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



Protein shake


2 scoop- 218 cals

Day 5

1062 calsgreen100g protein (38%)orange20g fat (17%)blue94g carbs (35%)grey27g fiber (10%)


Breakfast

180 calsgreen11g protein, 17g net carbs, 5g fat



Vegan English bubble & squeak

1 patties- 97 calsgreen




Vegan breakfast sausage patties

1 patties- 83 calsgreen

Lunch

405 calsgreen19g protein, 49g net carbs, 8g fat




Tuscan white bean soup

403 calsgreen


Dinner

260 calsgreen21g protein, 26g net carbs, 5g fat



Brown rice

1/2 cup brown rice, cooked- 115 calsgreen




Vegan crumbles

1 cup(s)- 146 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake


2 scoop- 218 calsgreen

Day 6

1062 calsgreen100g protein (38%)orange20g fat (17%)blue94g carbs (35%)grey27g fiber (10%)


Breakfast

180 calsgreen11g protein, 17g net carbs, 5g fat



Vegan English bubble & squeak

1 patties- 97 calsgreen




Vegan breakfast sausage patties

1 patties- 83 calsgreen

Lunch

405 calsgreen19g protein, 49g net carbs, 8g fat



Tuscan white bean soup

403 calsgreen

Dinner

260 calsgreen21g protein, 26g net carbs, 5g fat



Brown rice

1/2 cup brown rice, cooked- 115 calsgreen



Vegan crumbles

1 cup(s)- 146 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 calsgreen

Day 7

1144 cals ● 108g protein (38%) ● 35g fat (28%) ● 75g carbs (26%) ● 23g fiber (8%)

Breakfast

180 cals, 11g protein, 17g net carbs, 5g fat



Vegan English bubble & squeak
1 patties- 97 cals



Vegan breakfast sausage patties
1 patties- 83 cals

Dinner

385 cals, 17g protein, 30g net carbs, 16g fat



Roasted almonds
1/8 cup(s)- 111 cals



Chickpea & kale soup
273 cals

Lunch

360 cals, 31g protein, 27g net carbs, 13g fat



Vegan sausage
1 sausage(s)- 268 cals



Vegan buttered corn
94 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals



Snacks

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

Fats and Oils

- ☐ oil
2 1/2 oz (78mL)
- ☐ balsamic vinaigrette
1/2 tbsp (8mL)
- ☐ salad dressing
1/4 cup (56mL)

Legumes and Legume Products

- ☐ firm tofu
13 3/4 oz (390g)
- ☐ tempeh
6 oz (170g)
- ☐ lentils, raw
1/3 cup (64g)
- ☐ white beans, canned
1 1/4 can(s) (549g)
- ☐ vegetarian burger crumbles
2 cup (200g)
- ☐ chickpeas, canned
1/2 can(s) (224g)

Vegetables and Vegetable Products

- ☐ potatoes
16 oz (461g)
- ☐ edamame, frozen, shelled
4 tbsp (30g)
- ☐ beets, precooked (canned or refrigerated)
1 beet(s) (50g)
- ☐ kale leaves
6 oz (168g)
- ☐ tomatoes
2 tbsp cherry tomatoes (19g)
- ☐ onion
1 medium (2-1/2" dia) (98g)
- ☐ garlic
5 1/4 clove(s) (16g)
- ☐ brussels sprouts
1 1/2 cup, shredded (75g)
- ☐ carrots
1 large (72g)
- ☐ raw celery
1 stalk, large (11"-12" long) (64g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1 tbsp (14mL)
- ☐ hot sauce
1 tbsp (15mL)
- ☐ vegetable broth
6 cup(s) (mL)

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
16 cup(s) (3792mL)

Spices and Herbs

- ☐ salt
2 1/4 g (2g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ fresh thyme
1 dash (0g)
- ☐ crushed red pepper
4 dash (1g)
- ☐ black pepper
1/2 g (1g)

Fruits and Fruit Juices

- ☐ avocados
3/4 avocado(s) (151g)
- ☐ lemon
3/4 small (44g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ almonds
2 tbsp, whole (18g)

Cereal Grains and Pasta

- ☐ brown rice
1/3 cup (63g)

- ☐ **fresh spinach**
2 cup(s) (60g)
- ☐ **frozen corn kernels**
2/3 cup (91g)

Other

- ☐ **mixed greens**
4 1/4 cup (128g)
 - ☐ **vegan ranch**
1 tbsp (14mL)
 - ☐ **veggie burger patty**
4 patty (284g)
 - ☐ **vegan breakfast sausage patties**
3 patties (114g)
 - ☐ **italian seasoning**
1 tbsp (11g)
 - ☐ **vegan sausage**
1 sausage (100g)
 - ☐ **vegan butter**
1/4 tbsp (4g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

High-protein granola bar

1 bar(s) - 204 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Sunflower seeds

90 cal ● 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.

Breakfast 3 [↗](#)

Eat on day 5, 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 3 meals:
oil
1/2 tbsp (8mL)
hot sauce
1 tbsp (15mL)
potatoes, peeled & cut into chunks
3 small (1-3/4" to 2-1/4" dia.) (276g)
brussels sprouts, shredded
1 1/2 cup, shredded (75g)

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 patties

1 patties - 83 cals ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage patties
1 patties (38g)

For all 3 meals:

vegan breakfast sausage patties
3 patties (114g)

1. Cook patties according to package instructions. Serve.

Lunch 1 [🔗](#)

Eat on day 1 and day 2

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
firm tofu
3/4 lbs (340g)

1. Slice tofu 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.

Baked fries

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



For single meal:

potatoes
1/4 large (3" to 4-1/4" dia.) (92g)
oil
1/4 tbsp (4mL)

For all 2 meals:

potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
oil
1/2 tbsp (8mL)

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 2 [↗](#)

Eat on day 3 and day 4

Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
avocados, chopped
3/4 avocado(s) (151g)
lemon, juiced
3/4 small (44g)

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.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

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

Lunch 3 [🔗](#)

Eat on day 5 and day 6

Tuscan white bean soup

403 cals ● 19g protein ● 8g fat ● 49g carbs ● 14g fiber



For single meal:

oil
1/2 tbsp (8mL)
carrots, chopped
1/2 large (36g)
raw celery, chopped
1/2 stalk, large (11"-12" long) (32g)
italian seasoning
1/2 tbsp (5g)
crushed red pepper
2 dash (0g)
vegetable broth
2 cup(s) (mL)
fresh spinach
1 cup(s) (30g)
white beans, canned, rinsed & drained
1/2 can(s) (220g)
onion, diced
1/2 small (35g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

oil
1 tbsp (15mL)
carrots, chopped
1 large (72g)
raw celery, chopped
1 stalk, large (11"-12" long) (64g)
italian seasoning
1 tbsp (11g)
crushed red pepper
4 dash (1g)
vegetable broth
4 cup(s) (mL)
fresh spinach
2 cup(s) (60g)
white beans, canned, rinsed & drained
1 can(s) (439g)
onion, diced
1 small (70g)
garlic, minced
4 clove(s) (12g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

Lunch 4 [🔗](#)

Eat on day 7

Vegan sausage

1 sausage(s) - 268 cals ● 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.

Vegan buttered corn

94 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
vegan butter
1/4 tbsp (4g)
frozen corn kernels
2/3 cup (91g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

Dinner 1 [↗](#)

Eat on day 1

Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



mixed greens
1/2 cup (15g)
balsamic vinaigrette
1/2 tbsp (8mL)
edamame, frozen, shelled
4 tbsp (30g)
beets, precooked (canned or refrigerated), chopped
1 beet(s) (50g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Buffalo tempeh with vegan ranch

196 cals ● 12g protein ● 13g fat ● 5g carbs ● 4g fiber



oil
1/4 tbsp (4mL)
Frank's Red Hot sauce
1 tbsp (15mL)
tempeh, roughly chopped
2 oz (57g)
vegan ranch
1 tbsp (15mL)

1. Heat oil in a skillet over medium heat. Add tempeh 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.
-

Dinner 2 [↗](#)

Eat on day 2 and day 3

Basic tempeh

2 oz - 148 cals ● 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.

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.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Dinner 3 [↗](#)

Eat on day 4

Simple mixed greens and tomato salad

38 cal ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



mixed greens

3/4 cup (23g)

tomatoes

2 tbsp cherry tomatoes (19g)

salad dressing

3/4 tbsp (11mL)

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

Bean & tofu goulash

219 cal ● 12g protein ● 6g fat ● 22g carbs ● 6g fiber



oil

1/4 tbsp (4mL)

paprika

1/4 tbsp (2g)

fresh thyme

1 dash (0g)

white beans, canned, drained & rinsed

1/4 can(s) (110g)

onion, diced

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

garlic, minced

1/4 clove (1g)

firm tofu, drained and diced

1 3/4 oz (50g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
 2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
 3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.
-

Dinner 4 [🔗](#)

Eat on day 5 and day 6

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.

Vegan crumbles

1 cup(s) - 146 cal ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



For single meal:

vegetarian burger crumbles

1 cup (100g)

For all 2 meals:

vegetarian burger crumbles

2 cup (200g)

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

Dinner 5 [↗](#)

Eat on day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. The recipe has no instructions.

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.

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.