

Meal Plan - vegan meal plan with over 20g protein



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

968 cals ● 73g protein (30%) ● 37g fat (34%) ● 69g carbs (28%) ● 17g fiber (7%)

Breakfast

210 cals, 28g protein, 12g net carbs, 5g fat



Watermelon
4 oz- 41 cals



Double chocolate almond milk protein shake
167 cals

Lunch

410 cals, 21g protein, 40g net carbs, 15g fat



Carrot sticks
1 1/2 carrot(s)- 41 cals



Chik'n nuggets
6 2/3 nuggets- 368 cals

Dinner

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



Roasted tofu & veggies
352 cals

Day 2

968 cals ● 73g protein (30%) ● 37g fat (34%) ● 69g carbs (28%) ● 17g fiber (7%)

Breakfast

210 cals, 28g protein, 12g net carbs, 5g fat



Watermelon
4 oz- 41 cals



Double chocolate almond milk protein shake
167 cals

Lunch

410 cals, 21g protein, 40g net carbs, 15g fat



Carrot sticks
1 1/2 carrot(s)- 41 cals



Chik'n nuggets
6 2/3 nuggets- 368 cals

Dinner

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



Roasted tofu & veggies
352 cals

Day 3

996 cals ● 48g protein (19%) ● 35g fat (31%) ● 100g carbs (40%) ● 23g fiber (9%)

Breakfast

155 cals, 2g protein, 29g net carbs, 1g fat



Carrot sticks

1 carrot(s)- 27 cals



Applesauce

57 cals



Nectarine

1 nectarine(s)- 70 cals

Lunch

395 cals, 25g protein, 39g net carbs, 11g fat



Veggie burger patty

1 patty- 127 cals



Lentils

174 cals



Sauteed mushrooms

4 oz mushrooms- 95 cals

Dinner

445 cals, 21g protein, 32g net carbs, 23g fat



Soy milk

1 cup(s)- 85 cals



Curried lentils

362 cals

Day 4

996 cals ● 48g protein (19%) ● 35g fat (31%) ● 100g carbs (40%) ● 23g fiber (9%)

Breakfast

155 cals, 2g protein, 29g net carbs, 1g fat



Carrot sticks

1 carrot(s)- 27 cals



Applesauce

57 cals



Nectarine

1 nectarine(s)- 70 cals

Lunch

395 cals, 25g protein, 39g net carbs, 11g fat



Veggie burger patty

1 patty- 127 cals



Lentils

174 cals



Sauteed mushrooms

4 oz mushrooms- 95 cals

Dinner

445 cals, 21g protein, 32g net carbs, 23g fat



Soy milk

1 cup(s)- 85 cals



Curried lentils

362 cals

Day 5

940 cals ● 28g protein (12%) ● 43g fat (41%) ● 91g carbs (39%) ● 19g fiber (8%)

Breakfast

155 cals, 2g protein, 29g net carbs, 1g fat



Carrot sticks

1 carrot(s)- 27 cals



Applesauce

57 cals



Nectarine

1 nectarine(s)- 70 cals

Lunch

400 cals, 14g protein, 35g net carbs, 20g fat



Roasted pepper shakshuka

251 cals



Simple mixed greens salad

68 cals



Chips and salsa

82 cals

Dinner

385 cals, 12g protein, 27g net carbs, 23g fat



Spiced coconut lentil soup

272 cals



Simple mixed greens and tomato salad

113 cals

Day 6

991 cals ● 31g protein (12%) ● 45g fat (41%) ● 97g carbs (39%) ● 19g fiber (8%)

Breakfast

205 cals, 5g protein, 36g net carbs, 2g fat



Carrot sticks

1 1/2 carrot(s)- 41 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Lunch

400 cals, 14g protein, 35g net carbs, 20g fat



Roasted pepper shakshuka

251 cals



Simple mixed greens salad

68 cals



Chips and salsa

82 cals

Dinner

385 cals, 12g protein, 27g net carbs, 23g fat



Spiced coconut lentil soup

272 cals



Simple mixed greens and tomato salad

113 cals

Day 7

1011 cals ● 31g protein (12%) ● 58g fat (52%) ● 71g carbs (28%) ● 19g fiber (8%)

Breakfast

205 cals, 5g protein, 36g net carbs, 2g fat



Carrot sticks

1 1/2 carrot(s)- 41 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Lunch

385 cals, 15g protein, 12g net carbs, 30g fat



Simple mixed greens salad

102 cals



Walnut crusted tofu (vegan)

284 cals

Dinner

420 cals, 12g protein, 24g net carbs, 26g fat



Simple mixed greens and tomato salad

76 cals



Walnuts

1/6 cup(s)- 131 cals



Lemony chickpea & zucchini bowl

214 cals

Grocery List



Spices and Herbs

- salt
1 tsp (5g)
- black pepper
1/4 tbsp, ground (2g)
- ground cumin
4 dash (1g)
- thyme, dried
4 dash, leaves (1g)
- oregano, dried
4 dash, leaves (1g)
- paprika
1 dash (0g)
- curry powder
1/2 tbsp (3g)
- basil, dried
1 dash, leaves (0g)
- dijon mustard
1/2 tbsp (8g)

Other

- vegan chik'n nuggets
13 1/3 nuggets (287g)
- protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- soy milk, unsweetened
2 cup(s) (mL)
- curry paste
1 tbsp (15g)
- veggie burger patty
2 patty (142g)
- roasted red peppers
2 oz (57g)
- mixed greens
11 1/4 cup (338g)
- diced tomatoes
1/4 can(s) (105g)
- italian seasoning
1 dash (0g)

Legumes and Legume Products

- extra firm tofu
1 1/3 block (432g)
- lentils, raw
1 1/4 cup (240g)
- firm tofu
2/3 lbs (312g)
- chickpeas, canned
1/4 can(s) (112g)

Fruits and Fruit Juices

- Watermelon
8 oz (227g)
- applesauce
3 to-go container (~4 oz) (366g)
- nectarine
3 medium (2-1/2" dia) (426g)
- lemon juice
1/2 fl oz (17mL)

Fats and Oils

- olive oil
4 tsp (20mL)
- oil
3 tbsp (45mL)
- salad dressing
2/3 cup (169mL)
- vegan mayonnaise
1 tbsp (15g)

Beverages

- water
7 3/4 cup(s) (1837mL)
- almond milk, unsweetened
1 cup (240mL)

Sweets

- cocoa powder
2 tsp (4g)

Nut and Seed Products

- coconut milk, canned
2/3 can (293mL)
- walnuts
1 1/3 oz (38g)

Baked Products

Vegetables and Vegetable Products

- brussels sprouts
1/3 lbs (151g)
- onion
1 1/6 medium (2-1/2" dia) (129g)
- bell pepper
2/3 medium (79g)

- broccoli**
2/3 cup chopped (61g)
- carrots**
11 medium (671g)
- ketchup**
3 1/3 tbsp (57g)
- mushrooms**
1/2 lbs (227g)
- canned crushed tomatoes**
1/2 can (203g)
- shallots**
1/4 shallot (28g)
- garlic**
3 3/4 clove(s) (11g)
- frozen chopped spinach**
1/4 10 oz package (71g)
- fresh ginger**
1/2 slices (1" dia) (1g)
- tomatoes**
1 cup cherry tomatoes (149g)
- fresh parsley**
2 1/2 sprigs (3g)
- zucchini**
1/4 large (81g)

- pita bread**
1/2 pita, large (6-1/2" dia) (32g)

Snacks

- tortilla chips**
1 oz (28g)

Soups, Sauces, and Gravies

- salsa**
4 tbsp (65g)

Breakfast Cereals

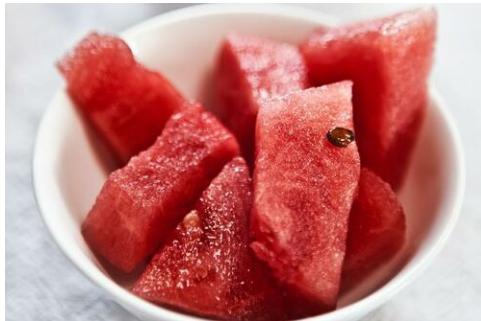
- flavored instant oatmeal**
2 packet (86g)

Breakfast 1 ↗

Eat on day 1 and day 2

Watermelon

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



For single meal:

Watermelon
4 oz (113g)

For all 2 meals:

Watermelon
8 oz (227g)

1. Slice watermelon and serve.

Double chocolate almond milk protein shake

167 cals ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
almond milk, unsweetened
1/2 cup (120mL)
cocoa powder
1 tsp (2g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (474mL)
almond milk, unsweetened
1 cup (240mL)
cocoa powder
2 tsp (4g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

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

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

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.

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce

1 to-go container (~4 oz) (122g)

For all 3 meals:

applesauce

3 to-go container (~4 oz) (366g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Nectarine

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



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted

3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots
1 1/2 medium (92g)

For all 2 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

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.

Lunch 1 ↗

Eat on day 1 and day 2

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 2 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

ketchup

5 tsp (28g)

vegan chik'n nuggets

6 2/3 nuggets (143g)

For all 2 meals:

ketchup

1/4 cup (57g)

vegan chik'n nuggets

13 1/3 nuggets (287g)

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

Lunch 2 ↗

Eat on day 3 and day 4

Veggie burger patty

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



For single meal:

veggie burger patty
1 patty (71g)

For all 2 meals:

veggie burger patty
2 patty (142g)

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

Lentils

174 cals ● 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.

Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
mushrooms, sliced
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Lunch 3

Eat on day 5 and day 6

Roasted pepper shakshuka

251 cals ● 12g protein ● 12g fat ● 20g carbs ● 4g fiber



For single meal:

ground cumin
2 dash (1g)
canned crushed tomatoes
1/4 can (101g)
oil
1/2 tbsp (8mL)
thyme, dried
2 dash, leaves (0g)
oregano, dried
2 dash, leaves (0g)
shallots, sliced
1/8 shallot (14g)
garlic, minced
1/2 clove(s) (2g)
firm tofu, patted dry
1/4 lbs (99g)
roasted red peppers, drained & cut into strips
1 oz (28g)
pita bread, cut into wedges
1/4 pita, large (6-1/2" dia) (16g)

For all 2 meals:

ground cumin
4 dash (1g)
canned crushed tomatoes
1/2 can (203g)
oil
1 tbsp (15mL)
thyme, dried
4 dash, leaves (1g)
oregano, dried
4 dash, leaves (1g)
shallots, sliced
1/4 shallot (28g)
garlic, minced
1 clove(s) (3g)
firm tofu, patted dry
1/2 lbs (198g)
roasted red peppers, drained & cut into strips
2 oz (57g)
pita bread, cut into wedges
1/2 pita, large (6-1/2" dia) (32g)

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper. Crumble the tofu on the baking sheet and toss with thyme, oregano, only half of the oil, and some salt and pepper. Bake 10-12 minutes until browned.
3. Meanwhile, make the sauce. Heat remaining oil in a skillet over medium heat. Add the shallot, garlic, and cumin. Cook for 1-2 minutes until fragrant.
4. Stir in the peppers, crushed tomato, and some salt and pepper. Simmer for 5-8 minutes.
5. Add tofu to the sauce and simmer 2-3 minutes. Serve with pita on the side.

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.

Chips and salsa

82 cals ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



For single meal:

tortilla chips
1/2 oz (14g)
salsa
2 tbsp (32g)

For all 2 meals:

tortilla chips
1 oz (28g)
salsa
4 tbsp (65g)

1. Serve salsa with the tortilla chips.

Lunch 4 ↗

Eat on day 7

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

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

Walnut crusted tofu (vegan)

284 cals ● 13g protein ● 23g fat ● 5g carbs ● 2g fiber



lemon juice
1/2 tsp (3mL)
dijon mustard
1/2 tbsp (8g)
vegan mayonnaise
1 tbsp (15g)
walnuts
2 1/2 tbsp, chopped (19g)
firm tofu, drained
4 oz (113g)
garlic, diced
1 clove(s) (3g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Dinner 1

Eat on day 1 and day 2

Roasted tofu & veggies

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



For single meal:

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)

For all 2 meals:

salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
extra firm tofu
1 1/3 block (432g)
olive oil
4 tsp (20mL)
brussels sprouts, cut in half
1/3 lbs (151g)
onion, thickly sliced
1/3 medium (2-1/2" dia) (37g)
bell pepper, sliced
2/3 medium (79g)
broccoli, cut as desired
2/3 cup chopped (61g)
carrots, cut as desired
2 medium (122g)

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 2 ↗

Eat on day 3 and day 4

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
2 cup(s) (mL)

1. The recipe has no instructions.

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



For single meal:

lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Dinner 3 ↗

Eat on day 5 and day 6

Spiced coconut lentil soup

272 cals ● 9g protein ● 16g fat ● 19g carbs ● 5g fiber



For single meal:

paprika
1/2 dash (0g)
diced tomatoes
1/8 can(s) (53g)
water
5/8 cup(s) (148mL)
coconut milk, canned
1/8 can (56mL)
curry powder
1/4 tbsp (2g)
oil
1/4 tbsp (4mL)
frozen chopped spinach
1/8 10 oz package (36g)
onion, diced
1/8 large (19g)
garlic, diced
5/8 clove(s) (2g)
fresh ginger, diced
1/4 slices (1" dia) (1g)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

paprika
1 dash (0g)
diced tomatoes
1/4 can(s) (105g)
water
1 1/4 cup(s) (296mL)
coconut milk, canned
1/4 can (113mL)
curry powder
1/2 tbsp (3g)
oil
1/2 tbsp (8mL)
frozen chopped spinach
1/4 10 oz package (71g)
onion, diced
1/4 large (38g)
garlic, diced
1 1/4 clove(s) (4g)
fresh ginger, diced
1/2 slices (1" dia) (1g)
lentils, raw, rinsed
4 tbsp (48g)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

Dinner 4 ↗

Eat on day 7

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.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)



walnuts

3 tbsp, shelled (19g)

1. The recipe has no instructions.

Lemony chickpea & zucchini bowl

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



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)

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.
