

Meal Plan - vegan meal plan with over 40g 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

934 cals ● 61g protein (26%) ● 40g fat (38%) ● 66g carbs (28%) ● 17g fiber (7%)

Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



High-protein granola bar

1 bar(s)- 204 cals

Lunch

355 cals, 28g protein, 19g net carbs, 16g fat



Soy milk

1 3/4 cup(s)- 148 cals



White rice

1/4 cup rice, cooked- 55 cals



Baked tofu

5 1/3 oz- 151 cals

Dinner

355 cals, 22g protein, 32g net carbs, 12g fat



Crispy chik'n tenders

5 tender(s)- 286 cals



Blackberries

1 cup(s)- 70 cals

Day 2

956 cals ● 56g protein (23%) ● 38g fat (36%) ● 85g carbs (35%) ● 13g fiber (6%)

Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



High-protein granola bar

1 bar(s)- 204 cals

Lunch

355 cals, 28g protein, 19g net carbs, 16g fat



Soy milk

1 3/4 cup(s)- 148 cals



White rice

1/4 cup rice, cooked- 55 cals



Baked tofu

5 1/3 oz- 151 cals

Dinner

375 cals, 17g protein, 51g net carbs, 10g fat



Simple kale salad

1 1/2 cup(s)- 83 cals



Tofu alfredo pasta with broccoli

295 cals

Day 3

972 cals ● 42g protein (17%) ● 36g fat (34%) ● 101g carbs (42%) ● 19g fiber (8%)

Breakfast

220 cals, 8g protein, 31g net carbs, 5g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Soy milk
2/3 cup(s)- 56 cals

Dinner

375 cals, 17g protein, 51g net carbs, 10g fat



Simple kale salad
1 1/2 cup(s)- 83 cals



Tofu alfredo pasta with broccoli
295 cals

Lunch

375 cals, 16g protein, 20g net carbs, 21g fat



Walnuts
1/6 cup(s)- 117 cals



Edamame & beet salad
257 cals

Day 4

1047 cals ● 40g protein (15%) ● 51g fat (44%) ● 84g carbs (32%) ● 23g fiber (9%)

Breakfast

220 cals, 8g protein, 31g net carbs, 5g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Soy milk
2/3 cup(s)- 56 cals

Dinner

455 cals, 16g protein, 33g net carbs, 25g fat



Tofu lo-mein
226 cals



Simple mixed greens and tomato salad
227 cals

Lunch

375 cals, 16g protein, 20g net carbs, 21g fat



Walnuts
1/6 cup(s)- 117 cals



Edamame & beet salad
257 cals

Day 5

1047 cals ● 63g protein (24%) ● 30g fat (26%) ● 118g carbs (45%) ● 14g fiber (5%)

Breakfast

220 cals, 8g protein, 31g net carbs, 5g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Soy milk
2/3 cup(s)- 56 cals

Dinner

475 cals, 15g protein, 62g net carbs, 15g fat



Spinach & hummus pasta
473 cals

Lunch

355 cals, 39g protein, 25g net carbs, 10g fat



Beets
2 beets- 48 cals



Simple seitan
5 oz- 305 cals

Day 6

969 cals ● 53g protein (22%) ● 36g fat (34%) ● 81g carbs (33%) ● 27g fiber (11%)

Breakfast

205 cals, 12g protein, 16g net carbs, 8g fat



Hummus toast
1 slice(s)- 146 cals



Soy milk
2/3 cup(s)- 56 cals

Dinner

385 cals, 16g protein, 35g net carbs, 15g fat



Lentil Soup
271 cals



Simple kale & avocado salad
115 cals

Lunch

380 cals, 26g protein, 29g net carbs, 13g fat



Lentils
116 cals



Roasted tofu & veggies
264 cals

Day 7

969 cals ● 53g protein (22%) ● 36g fat (34%) ● 81g carbs (33%) ● 27g fiber (11%)

Breakfast

205 cals, 12g protein, 16g net carbs, 8g fat



Hummus toast
1 slice(s)- 146 cals



Soy milk
2/3 cup(s)- 56 cals

Dinner

385 cals, 16g protein, 35g net carbs, 15g fat



Lentil Soup
271 cals



Simple kale & avocado salad
115 cals

Lunch

380 cals, 26g protein, 29g net carbs, 13g fat



Lentils
116 cals



Roasted tofu & veggies
264 cals



Other

- ☐ meatless chik'n tenders
5 pieces (128g)
- ☐ soy milk, unsweetened
7 cup(s) (mL)
- ☐ mixed greens
7 1/2 cup (225g)

Vegetables and Vegetable Products

- ☐ ketchup
1 1/4 tbsp (21g)
- ☐ fresh ginger
2/3 slices (1" dia) (1g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (357g)
- ☐ kale leaves
1/2 lbs (205g)
- ☐ frozen broccoli
1/3 package (95g)
- ☐ garlic
2 clove(s) (6g)
- ☐ edamame, frozen, shelled
1 1/2 cup (177g)
- ☐ beets, precooked (canned or refrigerated)
8 beet(s) (400g)
- ☐ frozen mixed veggies
2 2/3 oz (76g)
- ☐ fresh spinach
3/4 cup(s) (24g)
- ☐ onion
3/4 medium (2-1/2" dia) (78g)
- ☐ canned crushed tomatoes
1/4 can (101g)
- ☐ raw celery
1/2 stalk, medium (7-1/2" - 8" long) (20g)
- ☐ carrots
2 medium (122g)
- ☐ brussels sprouts
4 oz (113g)
- ☐ bell pepper
1/2 medium (60g)
- ☐ broccoli
1/2 cup chopped (46g)

Fruits and Fruit Juices

- ☐ blackberries
1 cup (144g)
- ☐ lemon juice
1 tsp (5mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ uncooked dry pasta
6 2/3 oz (190g)
- ☐ seitan
5 oz (142g)

Legumes and Legume Products

- ☐ soy sauce
1/4 lbs (82mL)
- ☐ extra firm tofu
1 1/2 lbs (702g)
- ☐ firm tofu
1/3 package (16 oz) (151g)
- ☐ hummus
1/4 lbs (122g)
- ☐ lentils, raw
13 1/4 tbsp (160g)

Nut and Seed Products

- ☐ sesame seeds
2 tsp (6g)
- ☐ walnuts
1/3 cup, shelled (33g)

Snacks

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

Fats and Oils

- ☐ salad dressing
1/2 cup (113mL)
- ☐ balsamic vinaigrette
3 tbsp (45mL)
- ☐ olive oil
1 oz (35mL)
- ☐ oil
1/2 oz (16mL)

Spices and Herbs

- ☐ salt
5 g (5g)
- ☐ basil, dried
1 g (1g)

☐ avocados
1/2 avocado(s) (101g)

☐ lemon
1/2 small (29g)

Beverages

☐ water
6 cup(s) (1462mL)

☐ almond milk, unsweetened
2 3/4 tbsp (41mL)

☐ oregano, dried
2 dash, leaves (0g)

☐ black pepper
5 dash, ground (1g)

Breakfast Cereals

☐ flavored instant oatmeal
3 packet (129g)

Soups, Sauces, and Gravies

☐ oriental flavored ramen
1/6 package with flavor packet (14g)

Baked Products

☐ bread
2 slice (64g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

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.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Instant oatmeal with water

1 packet(s) - 165 cal● 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 3 meals:

flavored instant oatmeal

3 packet (129g)

water

2 1/4 cup(s) (533mL)

1. Put the oatmeal in a bowl and pour the water over it.
 2. Microwave for 90 seconds - 2 minutes.
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Soy milk

2/3 cup(s) - 56 cal● 5g protein● 3g fat● 1g carbs● 1g fiber



For single meal:

soy milk, unsweetened

2/3 cup(s) (mL)

For all 3 meals:

soy milk, unsweetened

2 cup(s) (mL)

1. The recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

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.

Soy milk

2/3 cup(s) - 56 cals ● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened

2/3 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened

1 1/3 cup(s) (mL)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
1 3/4 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
3 1/2 cup(s) (mL)

1. The recipe has no instructions.

White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

water
1/6 cup(s) (39mL)
long-grain white rice
4 tsp (15g)

For all 2 meals:

water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Baked tofu

5 1/3 oz - 151 cal ● 15g protein ● 8g fat ● 4g carbs ● 2g fiber



For single meal:

soy sauce
2 2/3 tbsp (40mL)
sesame seeds
1 tsp (3g)
extra firm tofu
1/3 lbs (151g)
fresh ginger, peeled and grated
1/3 slices (1" dia) (1g)

For all 2 meals:

soy sauce
1/3 cup (80mL)
sesame seeds
2 tsp (6g)
extra firm tofu
2/3 lbs (303g)
fresh ginger, peeled and grated
2/3 slices (1" dia) (1g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 2/3 tbsp, shelled (17g)

For all 2 meals:

walnuts
1/3 cup, shelled (33g)

1. The recipe has no instructions.

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

For all 2 meals:

mixed greens
3 cup (90g)
balsamic vinaigrette
3 tbsp (45mL)
edamame, frozen, shelled
1 1/2 cup (177g)
beets, precooked (canned or refrigerated), chopped
6 beet(s) (300g)

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

Lunch 3 [↗](#)

Eat on day 5

Beets

2 beets - 48 cal ● 2g protein ● 0g fat ● 8g carbs ● 2g fiber



Makes 2 beets

beets, precooked (canned or refrigerated)
2 beet(s) (100g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Simple seitan

5 oz - 305 cal ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



Makes 5 oz

seitan
5 oz (142g)
oil
1 1/4 tsp (6mL)

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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Lunch 4 [↗](#)

Eat on day 6 and day 7

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.

Roasted tofu & veggies

264 cals ● 18g protein ● 13g fat ● 12g carbs ● 6g fiber



For single meal:

salt
2 dash (2g)
black pepper
2 dash, ground (1g)
extra firm tofu
1/2 block (162g)
olive oil
1/2 tbsp (8mL)
brussels sprouts, cut in half
2 oz (57g)
onion, thickly sliced
1/8 medium (2-1/2" dia) (14g)
bell pepper, sliced
1/4 medium (30g)
broccoli, cut as desired
4 tbsp chopped (23g)
carrots, cut as desired
3/4 medium (46g)

For all 2 meals:

salt
4 dash (3g)
black pepper
4 dash, ground (1g)
extra firm tofu
1 block (324g)
olive oil
1 tbsp (15mL)
brussels sprouts, cut in half
4 oz (113g)
onion, thickly sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced
1/2 medium (60g)
broccoli, cut as desired
1/2 cup chopped (46g)
carrots, cut as desired
1 1/2 medium (92g)

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 1 [↗](#)

Eat on day 1

Crispy chik'n tenders

5 tender(s) - 286 cal ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

meatless chik'n tenders
5 pieces (128g)
ketchup
1 1/4 tbsp (21g)

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

Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



Makes 1 cup(s)

blackberries
1 cup (144g)

1. Rinse blackberries and serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

kale leaves
1 1/2 cup, chopped (60g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

kale leaves
3 cup, chopped (120g)
salad dressing
3 tbsp (45mL)

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

Tofu alfredo pasta with broccoli

295 cals ● 15g protein ● 5g fat ● 44g carbs ● 4g fiber



For single meal:

uncooked dry pasta
2 oz (57g)
firm tofu
1/6 package (16 oz) (76g)
frozen broccoli
1/6 package (47g)
garlic
1/3 clove(s) (1g)
salt
1/8 dash (0g)
almond milk, unsweetened
4 tsp (20mL)
basil, dried
1/3 tsp, ground (0g)

For all 2 meals:

uncooked dry pasta
4 oz (114g)
firm tofu
1/3 package (16 oz) (151g)
frozen broccoli
1/3 package (95g)
garlic
2/3 clove(s) (2g)
salt
1/6 dash (0g)
almond milk, unsweetened
2 2/3 tbsp (40mL)
basil, dried
1/4 tbsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Dinner 3 [🔗](#)

Eat on day 4

Tofu lo-mein

226 cals ● 11g protein ● 11g fat ● 17g carbs ● 4g fiber



extra firm tofu
2 2/3 oz (76g)
soy sauce
1/2 tsp (3mL)
water
1/4 cup(s) (59mL)
olive oil
1 tsp (5mL)
frozen mixed veggies
2 2/3 oz (76g)
oriental flavored ramen
1/6 package with flavor packet (14g)

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.

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



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.
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Dinner 4 [↗](#)

Eat on day 5

Spinach & hummus pasta

473 cals ● 15g protein ● 15g fat ● 62g carbs ● 7g fiber



hummus

1 2/3 oz (47g)

oil

2 tsp (10mL)

fresh spinach

2/3 cup(s) (20g)

lemon juice

1 tsp (5mL)

uncooked dry pasta

2 2/3 oz (76g)

tomatoes, chopped

1/3 medium whole (2-3/5" dia) (41g)

garlic, diced

2/3 clove(s) (2g)

onion, diced

1/3 small (23g)

1. Cook pasta according to directions on package.
2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
4. Add in hummus and mix well. Add a splash of water if needed.
5. Mix in pasta and season with salt/pepper to taste. Serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Lentil Soup

271 cals ● 13g protein ● 8g fat ● 31g carbs ● 7g fiber



For single meal:	For all 2 meals:
oregano, dried 1 dash, leaves (0g)	oregano, dried 2 dash, leaves (0g)
lentils, raw 4 tbsp (48g)	lentils, raw 1/2 cup (96g)
water 1 cup(s) (237mL)	water 2 cup(s) (474mL)
black pepper 1/2 dash, ground (0g)	black pepper 1 dash, ground (0g)
basil, dried 1 dash, leaves (0g)	basil, dried 2 dash, leaves (0g)
canned crushed tomatoes 1/8 can (51g)	canned crushed tomatoes 1/4 can (101g)
salt 1 dash (1g)	salt 2 dash (2g)
olive oil 1/2 tbsp (8mL)	olive oil 1 tbsp (15mL)
onion, chopped 1/8 medium (2-1/2" dia) (14g)	onion, chopped 1/4 medium (2-1/2" dia) (28g)
raw celery, chopped 1/4 stalk, medium (7-1/2" - 8" long) (10g)	raw celery, chopped 1/2 stalk, medium (7-1/2" - 8" long) (20g)
garlic, minced 1/4 clove(s) (1g)	garlic, minced 1/2 clove(s) (2g)
carrots, diced 1/4 medium (15g)	carrots, diced 1/2 medium (31g)
fresh spinach, thinly sliced 1/8 cup(s) (2g)	fresh spinach, thinly sliced 1/8 cup(s) (4g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:	For all 2 meals:
kale leaves, chopped 1/4 bunch (43g)	kale leaves, chopped 1/2 bunch (85g)
avocados, chopped 1/4 avocado(s) (50g)	avocados, chopped 1/2 avocado(s) (101g)
lemon, juiced 1/4 small (15g)	lemon, juiced 1/2 small (29g)

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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