

Meal Plan - vegan meal plan with over 60g 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

1031 cals ● 76g protein (30%) ● 46g fat (40%) ● 53g carbs (20%) ● 25g fiber (10%)

Breakfast

160 cals, 3g protein, 16g net carbs, 9g fat



Watermelon
4 oz- 41 cals



Dark chocolate
2 square(s)- 120 cals

Lunch

410 cals, 26g protein, 21g net carbs, 19g fat



Simple mixed greens and tomato salad
76 cals



Carrot & grounds stir fry
332 cals

Dinner

355 cals, 23g protein, 16g net carbs, 18g fat



Tossed salad
121 cals



Chik'n satay with peanut sauce
2 skewers- 233 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 2

951 cals ● 78g protein (33%) ● 38g fat (36%) ● 60g carbs (25%) ● 14g fiber (6%)

Breakfast

160 cals, 3g protein, 16g net carbs, 9g fat



Watermelon
4 oz- 41 cals



Dark chocolate
2 square(s)- 120 cals

Lunch

320 cals, 22g protein, 28g net carbs, 10g fat



Vegan crumbles
1 cup(s)- 146 cals



Roasted tomatoes
1 tomato(es)- 60 cals



Brown rice
1/2 cup brown rice, cooked- 115 cals

Dinner

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



Vegan bangers and cauliflower mash
1 sausage link(s)- 361 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 3

951 cals ● 78g protein (33%) ● 38g fat (36%) ● 60g carbs (25%) ● 14g fiber (6%)

Breakfast

160 cals, 3g protein, 16g net carbs, 9g fat



Watermelon

4 oz- 41 cals



Dark chocolate

2 square(s)- 120 cals

Lunch

320 cals, 22g protein, 28g net carbs, 10g fat



Vegan crumbles

1 cup(s)- 146 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals

Dinner

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



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Day 4

1000 cals ● 74g protein (30%) ● 36g fat (32%) ● 71g carbs (28%) ● 24g fiber (10%)

Breakfast

215 cals, 13g protein, 22g net carbs, 7g fat



Vegan breakfast sausage patties

1 patties- 83 cals



Small toasted bagel with vegan cream cheese

1/2 bagel(s)- 130 cals

Lunch

275 cals, 11g protein, 30g net carbs, 9g fat



Tuscan white bean soup

202 cals



Simple mixed greens and tomato salad

76 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Dinner

400 cals, 25g protein, 18g net carbs, 20g fat



Basic tempeh

4 oz- 295 cals



Roasted carrots

2 carrots(s)- 106 cals

Day 5

1061 cals ● 74g protein (28%) ● 43g fat (36%) ● 68g carbs (26%) ● 26g fiber (10%)

Breakfast

215 cals, 13g protein, 22g net carbs, 7g fat



Vegan breakfast sausage patties
1 patties- 83 cals



Small toasted bagel with vegan cream cheese
1/2 bagel(s)- 130 cals

Lunch

340 cals, 11g protein, 27g net carbs, 16g fat



Simple mixed greens and tomato salad
151 cals



Spanish chickpeas
187 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Dinner

400 cals, 25g protein, 18g net carbs, 20g fat



Basic tempeh
4 oz- 295 cals



Roasted carrots
2 carrots(s)- 106 cals

Day 6

1021 cals ● 79g protein (31%) ● 32g fat (29%) ● 84g carbs (33%) ● 19g fiber (7%)

Breakfast

270 cals, 13g protein, 39g net carbs, 5g fat



Vegan breakfast sausage patties
1 patties- 83 cals



Fruit juice
2/3 cup(s)- 76 cals



Simple cinnamon oatmeal with water
108 cals

Lunch

340 cals, 11g protein, 27g net carbs, 16g fat



Simple mixed greens and tomato salad
151 cals



Spanish chickpeas
187 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Dinner

305 cals, 31g protein, 18g net carbs, 11g fat



Simple seitan
4 oz- 244 cals



Sautéed peppers and onions
63 cals

Day 7

1023 cals ● 80g protein (31%) ● 19g fat (17%) ● 120g carbs (47%) ● 13g fiber (5%)

Breakfast

270 cals, 13g protein, 39g net carbs, 5g fat



[Vegan breakfast sausage patties](#)
1 patties- 83 cals



[Fruit juice](#)
2/3 cup(s)- 76 cals



[Simple cinnamon oatmeal with water](#)
108 cals

Dinner

305 cals, 31g protein, 18g net carbs, 11g fat



[Simple seitan](#)
4 oz- 244 cals



[Sautéed peppers and onions](#)
63 cals

Lunch

340 cals, 12g protein, 63g net carbs, 2g fat



[Pasta with store-bought sauce](#)
340 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 scoop- 109 cals

Grocery List



Fruits and Fruit Juices

- Watermelon**
12 oz (340g)
- lime juice**
3/8 fl oz (13mL)
- fruit juice**
10 2/3 fl oz (320mL)

Sweets

- chocolate, dark, 70-85%**
6 square(s) (60g)
- sugar**
1 tbsp (13g)

Beverages

- protein powder**
7 scoop (1/3 cup ea) (217g)
- water**
1/2 gallon (2150mL)

Other

- mixed greens**
9 cup (270g)
- sesame oil**
1 tsp (5mL)
- vegan chick'n strips**
2 2/3 oz (76g)
- skewer(s)**
2 skewer(s) (2g)
- frozen cauliflower**
1 1/2 cup (170g)
- vegan sausage**
2 sausage (200g)
- vegan breakfast sausage patties**
4 patties (152g)
- dairy-free cream cheese**
1 1/2 tbsp (23g)
- italian seasoning**
1/4 tbsp (3g)

Vegetables and Vegetable Products

- tomatoes**
3 2/3 medium whole (2-3/5" dia) (451g)
- carrots**
7 medium (427g)
- garlic**
1 2/3 clove(s) (5g)

Fats and Oils

- salad dressing**
5 oz (150mL)
- oil**
3 oz (92mL)

Legumes and Legume Products

- vegetarian burger crumbles**
1 package (12 oz) (313g)
- soy sauce**
1 tbsp (15mL)
- peanut butter**
2 tsp (11g)
- white beans, canned**
1/4 can(s) (110g)
- tempeh**
1/2 lbs (227g)
- chickpeas, canned**
1/2 can(s) (224g)

Spices and Herbs

- crushed red pepper**
1/4 tsp (1g)
- salt**
2 dash (1g)
- black pepper**
2 dash, ground (1g)
- paprika**
1 tsp (2g)
- ground cumin**
1/2 tbsp (3g)
- cinnamon**
1 tsp (3g)

Cereal Grains and Pasta

- brown rice**
1/3 cup (63g)
- seitan**
1/2 lbs (227g)
- uncooked dry pasta**
2 2/3 oz (76g)

Baked Products

- bagel**
1 small bagel (3" dia) (69g)

Soups, Sauces, and Gravies

- onion**
2 1/2 medium (2-1/2" dia) (267g)
- fresh cilantro**
1 tbsp, chopped (3g)
- romaine lettuce**
1/2 hearts (250g)
- red onion**
1/8 medium (2-1/2" dia) (14g)
- cucumber**
1/8 cucumber (8-1/4") (38g)
- fresh ginger**
1/3 inch (2.5cm) cube (2g)
- raw celery**
1/4 stalk, large (11"-12" long) (16g)
- fresh spinach**
1/4 10oz package (72g)
- tomato paste**
1 tbsp (16g)
- bell pepper**
1 1/2 large (246g)

- vegetable broth**
1 cup(s) (mL)
- pasta sauce**
1/6 jar (24 oz) (112g)

Breakfast Cereals

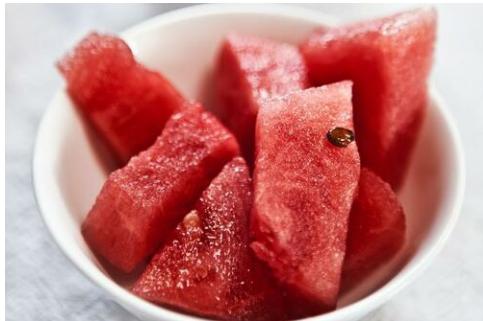
- quick oats**
1/2 cup (40g)

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.

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

chocolate, dark, 70-85%
2 square(s) (20g)

For all 3 meals:

chocolate, dark, 70-85%
6 square(s) (60g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 4 and day 5

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 2 meals:

vegan breakfast sausage patties
2 patties (76g)

1. Cook patties according to package instructions.
Serve.

Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cals ● 4g protein ● 4g fat ● 19g carbs ● 1g fiber



For single meal:

bagel
1/2 small bagel (3" dia) (35g)
dairy-free cream cheese
3/4 tbsp (11g)

For all 2 meals:

bagel
1 small bagel (3" dia) (69g)
dairy-free cream cheese
1 1/2 tbsp (23g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

Breakfast 3 ↗

Eat on day 6 and day 7

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 2 meals:

vegan breakfast sausage patties
2 patties (76g)

1. Cook patties according to package instructions.
Serve.

Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

1. The recipe has no instructions.

Simple cinnamon oatmeal with water

108 cals ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

quick oats
4 tbsp (20g)
sugar
1/2 tbsp (7g)
cinnamon
4 dash (1g)
water
3/8 cup(s) (89mL)

For all 2 meals:

quick oats
1/2 cup (40g)
sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
water
3/4 cup(s) (178mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Lunch 1

Eat on day 1

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.

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



carrots

1 1/3 large (96g)

vegetarian burger crumbles

4 oz (113g)

soy sauce

3 tsp (15mL)

water

2 tsp (10mL)

crushed red pepper

1 1/3 dash (0g)

lime juice

1 tsp (5mL)

oil

2 tsp (10mL)

garlic, minced

2/3 clove(s) (2g)

onion, chopped

1/3 large (50g)

fresh cilantro, chopped

3 tsp, chopped (3g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro.

Lunch 2 ↗

Eat on day 2 and day 3

Vegan crumbles

1 cup(s) - 146 cals ● 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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

For all 2 meals:

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.

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 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.

Lunch 3 ↗

Eat on day 4

Tuscan white bean soup

202 cals ● 10g protein ● 4g fat ● 25g carbs ● 7g fiber



oil
1/4 tbsp (4mL)
carrots, chopped
1/4 large (18g)
raw celery, chopped
1/4 stalk, large (11"-12" long) (16g)
italian seasoning
1/4 tbsp (3g)
crushed red pepper
1 dash (0g)
vegetable broth
1 cup(s) (mL)
fresh spinach
1/2 cup(s) (15g)
white beans, canned, rinsed & drained
1/4 can(s) (110g)
onion, diced
1/4 small (18g)
garlic, minced
1 clove(s) (3g)

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.

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.

Lunch 4 ↗

Eat on day 5 and day 6

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

Spanish chickpeas

187 cals ● 8g protein ● 6g fat ● 17g carbs ● 8g fiber



For single meal:

tomato paste
1/2 tbsp (8g)
fresh spinach
1 oz (28g)
water
1/4 cup(s) (59mL)
oil
1/4 tbsp (4mL)
paprika
4 dash (1g)
ground cumin
1/4 tbsp (2g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)
onion, sliced
1/4 large (38g)
bell pepper, deseeded & sliced
1/4 large (41g)

For all 2 meals:

tomato paste
1 tbsp (16g)
fresh spinach
2 oz (57g)
water
1/2 cup(s) (119mL)
oil
1/2 tbsp (8mL)
paprika
1 tsp (2g)
ground cumin
1/2 tbsp (3g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)
onion, sliced
1/2 large (75g)
bell pepper, deseeded & sliced
1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Sauté 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Lunch 5 ↗

Eat on day 7

Pasta with store-bought sauce

340 cals ● 12g protein ● 2g fat ● 63g carbs ● 5g fiber



uncooked dry pasta
2 2/3 oz (76g)
pasta sauce
1/6 jar (24 oz) (112g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Dinner 1 ↗

Eat on day 1

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded
1/2 hearts (250g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)
red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Chik'n satay with peanut sauce

2 skewers - 233 cals ● 19g protein ● 14g fat ● 5g carbs ● 2g fiber



Makes 2 skewers

peanut butter
2 tsp (11g)
lime juice
1/2 tbsp (7mL)
sesame oil
1 tsp (5mL)
vegan chik'n strips
2 2/3 oz (76g)
skewer(s)
2 skewer(s) (2g)
fresh ginger, grated or minced
1/3 inch (2.5cm) cube (2g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Dinner 2 ↗

Eat on day 2 and day 3

Vegan bangers and cauliflower mash

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



For single meal:

frozen cauliflower
3/4 cup (85g)
oil
1/2 tbsp (8mL)
vegan sausage
1 sausage (100g)
onion, thinly sliced
1/2 small (35g)

For all 2 meals:

frozen cauliflower
1 1/2 cup (170g)
oil
1 tbsp (15mL)
vegan sausage
2 sausage (200g)
onion, thinly sliced
1 small (70g)

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 3 ↗

Eat on day 4 and day 5

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

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.

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

Dinner 4 ↗

Eat on day 6 and day 7

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1 tsp (5mL)

For all 2 meals:

seitan
1/2 lbs (227g)
oil
2 tsp (10mL)

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.

Sautéed peppers and onions

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



For single meal:

oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

For all 2 meals:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

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

Protein Supplement(s) ↗

Eat every day

Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

protein powder

1 scoop (1/3 cup ea) (31g)

water

1 cup(s) (237mL)

For all 7 meals:

protein powder

7 scoop (1/3 cup ea) (217g)

water

7 cup(s) (1659mL)

1. The recipe has no instructions.