Meal Plan - 1100 calorie high protein vegetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1095 cals 102g protein (37%) 41g fat (34%) 59g carbs (21%) 20g fiber (7%)

Breakfast

235 cals, 11g protein, 13g net carbs, 14g fat

Egg in an eggplant
120 cals

Toast with butter
1 slice(s)- 114 cals

Lunch

435 cals, 33g protein, 21g net carbs, 23g fat

Milk
1/2 cup(s)- 75 cals

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

Dinner

205 cals, 10g protein, 23g net carbs, 3g fat

Black bean & sweet potato stew
207 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 2

1143 cals 100g protein (35%) 36g fat (28%) 85g carbs (30%) 21g fiber (7%)

Breakfast

235 cals, 11g protein, 13g net carbs, 14g fat

Egg in an eggplant
120 cals

Toast with butter
1 slice(s)- 114 cals

Lunch

350 cals, 17g protein, 42g net carbs, 11g fat

Crispy chik'n tenders
3 tender(s)- 171 cals

Apple
1 apple(s)- 105 cals

Milk
1/2 cup(s)- 75 cals

Dinner

340 cals, 25g protein, 28g net carbs, 10g fat

Veggie burger patty
2 patty- 254 cals

Edamame & beet salad
86 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 3

1135 cals 97g protein (34%) 27g fat (22%) 100g carbs (35%) 25g fiber (9%)

Breakfast

225 cals, 7g protein, 28g net carbs, 6g fat

Peanut butter & banana breakfast sandwich
190 cals

Raspberries
1/2 cup(s)- 36 cals

Lunch

350 cals, 17g protein, 42g net carbs, 11g fat

Crispy chik'n tenders
3 tender(s)- 171 cals

Apple
1 apple(s)- 105 cals

Milk
1/2 cup(s)- 75 cals

Dinner

340 cals, 25g protein, 28g net carbs, 10g fat

Veggie burger patty
2 patty- 254 cals

Edamame & beet salad
86 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 4

1116 cals 98g protein (35%) 38g fat (31%) 75g carbs (27%) 20g fiber (7%)

Breakfast

225 cals, 7g protein, 28g net carbs, 6g fat

Peanut butter & banana breakfast sandwich
190 cals

Raspberries
1/2 cup(s)- 36 cals

Lunch

370 cals, 19g protein, 16g net carbs, 23g fat

Sunflower seeds
90 cals

Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Dinner

300 cals, 23g protein, 30g net carbs, 8g fat

Cottage cheese & fruit cup
1 container- 107 cals

Cajun tofu
79 cals

Lentils
116 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 5

1165 cals 101g protein (35%) 42g fat (33%) 70g carbs (24%) 25g fiber (9%)

Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat

Egg & avocado salad on toast
1 toast(s)- 212 cals

Lunch

370 cals, 19g protein, 16g net carbs, 23g fat

Sunflower seeds
90 cals

Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Dinner

365 cals, 22g protein, 39g net carbs, 8g fat

Milk
3/4 cup(s)- 112 cals

Lentil pasta
252 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 6

1116 cals 101g protein (36%) 30g fat (24%) 79g carbs (28%) 31g fiber (11%)

Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat

Egg & avocado salad on toast
1 toast(s)- 212 cals

Lunch

320 cals, 19g protein, 25g net carbs, 11g fat

Curried chickpea salad
322 cals

Dinner

365 cals, 22g protein, 39g net carbs, 8g fat

Milk
3/4 cup(s)- 112 cals

Lentil pasta
252 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 7

1061 cals 100g protein (38%) 41g fat (35%) 48g carbs (18%) 24g fiber (9%)

Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat

Egg & avocado salad on toast
1 toast(s)- 212 cals

Lunch

320 cals, 19g protein, 25g net carbs, 11g fat

Curried chickpea salad
322 cals

Dinner

310 cals, 21g protein, 9g net carbs, 19g fat

Basic tempeh
2 oz- 148 cals

Simple mozzarella and tomato salad
161 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Grocery List

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Dairy and Egg Products

- [ ] eggs
  8 large (400g)
- [ ] butter
  2 tsp (9g)
- [ ] whole milk
  3 cup (720mL)
- [ ] nonfat greek yogurt, plain
  4 tbsp (70g)
- [ ] fresh mozzarella cheese
  1 1/3 oz (38g)

Vegetables and Vegetable Products

- [ ] eggplant
  2 1 inch (2.5 cm) slice(s) (120g)
- [ ] tomato paste
  1 tsp (5g)
- [ ] kale leaves
  4 tbsp, chopped (10g)
- [ ] garlic
  1/3 clove(s) (1g)
- [ ] onion
  2/3 small (47g)
- [ ] sweet potatoes
  1/6 sweetpotato, 5" long (35g)
- [ ] ketchup
  1 1/2 tbsp (26g)
- [ ] beets, precooked (canned or refrigerated)
  2 beets (2" dia, sphere) (100g)
- [ ] edamame, frozen, shelled
  1/2 cup (59g)
- [ ] tomatoes
  1 1/3 medium whole (2-3/5" dia) (147g)
- [ ] raw celery
  2 stalk, small (5" long) (34g)

Fats and Oils

- [ ] oil
  1 oz (27mL)
- [ ] balsamic vinaigrette
  1 oz (25mL)

Baked Products

- [ ] bread
  10 oz (288g)

Beverages

Spices and Herbs

- [ ] ground cumin
  2 dash (1g)
- [ ] cajun seasoning
  2 dash (1g)
- [ ] salt
  1/3 dash (0g)
- [ ] garlic powder
  1 tsp (3g)
- [ ] curry powder
  1 tsp (2g)
- [ ] fresh basil
  2 tsp, chopped (2g)

Legumes and Legume Products

- [ ] black beans
  1/3 can(s) (146g)
- [ ] peanut butter
  1 tbsp (16g)
- [ ] firm tofu
  2 1/2 oz (71g)
- [ ] lentils, raw
  2 3/4 tbsp (32g)
- [ ] chickpeas, canned
  1 can (448g)
- [ ] tempeh
  2 oz (57g)

Other

- [ ] vegan sausage
  1 sausage (100g)
- [ ] frozen cauliflower
  3/4 cup (85g)
- [ ] meatless chik'n tenders
  6 pieces (153g)
- [ ] veggie burger patty
  4 patty (284g)
- [ ] mixed greens
  2/3 package (5.5 oz) (102g)
- [ ] cottage cheese & fruit cup
  1 container (133g)
- [ ] lentil pasta
  4 oz (113g)

Nut and Seed Products

- [ ] sunflower kernels
  2 oz (52g)

- [ ] water
  15 cup(s) (3595mL)
- [ ] protein powder
  14 scoop (1/3 cup ea) (434g)

Fruits and Fruit Juices

- [ ] lemon juice
  2 tbsp (33mL)
- [ ] apples
  2 medium (3" dia) (364g)
- [ ] banana
  1 medium (7" to 7-7/8" long) (118g)
- [ ] raspberries
  1 cup (123g)
- [ ] avocados
  1 avocado(s) (201g)

Soups, Sauces, and Gravies

- [ ] pasta sauce
  1/4 jar (24 oz) (168g)

Recipes

Breakfast 1

Eat on day 1, day 2

Egg in an eggplant

120 cals 7g protein 9g fat 1g carbs 2g fiber

For single meal:

eggs
1 large (50g)
eggplant
1 1 inch (2.5 cm) slice(s) (60g)
oil
1 tsp (5mL)

For all 2 meals:

eggs
2 large (100g)
eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Toast with butter

1 slice(s) - 114 cals 4g protein 5g fat 12g carbs 2g fiber

For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Breakfast 2

Eat on day 3, day 4

Peanut butter & banana breakfast sandwich

190 cals 6g protein 5g fat 25g carbs 4g fiber

For single meal:

bread, toasted
1 slice (32g)
peanut butter
1/2 tbsp (8g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

bread, toasted
2 slice (64g)
peanut butter
1 tbsp (16g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)

1. Toast bread if desired and spread with peanut butter.
2. Add as many slices of banana as you can and top with other half of bread. Any left over banana can be eaten on the side.

Raspberries

1/2 cup(s) - 36 cals 1g protein 0g fat 3g carbs 4g fiber

For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Breakfast 3

Eat on day 5, day 6, day 7

Egg & avocado salad on toast

1 toast(s) - 212 cals 11g protein 11g fat 13g carbs 4g fiber

For single meal:

bread
1 slice(s) (32g)
garlic powder
1 1/3 dash (1g)
eggs, hard-boiled and chilled
1 large (50g)
avocados
1/6 avocado(s) (34g)
mixed greens
2 2/3 tbsp (5g)

For all 3 meals:

bread
3 slice(s) (96g)
garlic powder
4 dash (2g)
eggs, hard-boiled and chilled
3 large (150g)
avocados
1/2 avocado(s) (101g)
mixed greens
1/2 cup (15g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Toast bread and top with greens and egg salad mixture. Serve.

Lunch 1

Eat on day 1

Milk

1/2 cup(s) - 75 cals 4g protein 4g fat 6g carbs 0g fiber

Makes 1/2 cup(s)

whole milk
1/2 cup (120mL)

1. This recipe has no instructions.

Vegan bangers and cauliflower mash

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

Makes 1 sausage link(s)

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

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.

Lunch 2

Eat on day 2, day 3

Crispy chik'n tenders

3 tender(s) - 171 cals 12g protein 7g fat 15g carbs 0g fiber

For single meal:

ketchup
3/4 tbsp (13g)
meatless chik'n tenders
3 pieces (77g)

For all 2 meals:

ketchup
1 1/2 tbsp (26g)
meatless chik'n tenders
6 pieces (153g)

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

Apple

1 apple(s) - 105 cals 1g protein 0g fat 21g carbs 4g fiber

For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Milk

1/2 cup(s) - 75 cals 4g protein 4g fat 6g carbs 0g fiber

For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Lunch 3

Eat on day 4, day 5

Sunflower seeds

90 cals 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. This recipe has no instructions.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals 15g protein 16g fat 14g carbs 6g fiber

For single meal:

tomatoes, halved
3 tbsp cherry tomatoes (28g)
garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

tomatoes, halved
6 tbsp cherry tomatoes (56g)
garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 4

Eat on day 6, day 7

Curried chickpea salad

322 cals 19g protein 11g fat 25g carbs 12g fiber

For single meal:

mixed greens
1 oz (28g)
sunflower kernels
1 tbsp (12g)
raw celery, sliced
1 stalk, small (5" long) (17g)
curry powder
4 dash (1g)
nonfat greek yogurt, plain
2 tbsp (35g)
lemon juice, divided
1 tbsp (15mL)
chickpeas, canned, drained & rinsed
1/2 can (224g)

For all 2 meals:

mixed greens
2 oz (57g)
sunflower kernels
2 tbsp (24g)
raw celery, sliced
2 stalk, small (5" long) (34g)
curry powder
1 tsp (2g)
nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice, divided
2 tbsp (30mL)
chickpeas, canned, drained & rinsed
1 can (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Dinner 1

Eat on day 1

Black bean & sweet potato stew

207 cals 10g protein 3g fat 23g carbs 12g fiber

tomato paste
1 tsp (5g)
oil
1/2 tsp (3mL)
kale leaves
4 tbsp, chopped (10g)
lemon juice
1/2 tsp (3mL)
ground cumin
2 dash (1g)
garlic, diced
1/3 clove(s) (1g)
onion, chopped
1/6 small (12g)
sweet potatoes, cubed
1/6 sweetpotato, 5" long (35g)
water
1/2 cup(s) (119mL)
black beans, drained
1/3 can(s) (146g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Dinner 2

Eat on day 2, day 3

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.

Edamame & beet salad

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

For single meal:

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

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

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

Dinner 3

Eat on day 4

Cottage cheese & fruit cup

1 container - 107 cals 10g protein 3g fat 11g carbs 0g fiber

Makes 1 container

cottage cheese & fruit cup
1 container (133g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Cajun tofu

79 cals 6g protein 5g fat 2g carbs 0g fiber

oil
1/2 tsp (3mL)
cajun seasoning
2 dash (1g)
firm tofu, patted dry & cubed
2 1/2 oz (71g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Lentils

116 cals 8g protein 0g fat 17g carbs 3g fiber

salt
1/3 dash (0g)
water
2/3 cup(s) (158mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

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.

Dinner 4

Eat on day 5, day 6

Milk

3/4 cup(s) - 112 cals 6g protein 6g fat 9g carbs 0g fiber

For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Lentil pasta

252 cals 16g protein 2g fat 30g carbs 12g fiber

For single meal:

pasta sauce
1/8 jar (24 oz) (84g)
lentil pasta
2 oz (57g)

For all 2 meals:

pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 5

Eat on day 7

Basic tempeh

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

Makes 2 oz

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

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.

Simple mozzarella and tomato salad

161 cals 9g protein 11g fat 4g carbs 1g fiber

tomatoes, sliced
1/2 large whole (3" dia) (91g)
fresh mozzarella cheese, sliced
1 1/3 oz (38g)
balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 tsp, chopped (2g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cals 48g protein 1g fat 2g carbs 2g fiber

For single meal:

water
2 cup(s) (474mL)
protein powder
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water
14 cup(s) (3318mL)
protein powder
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.