

# Meal Plan - 1100 calorie intermittent fasting 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

1091 cals ● 107g protein (39%) ● 40g fat (33%) ● 49g carbs (18%) ● 27g fiber (10%)

### Lunch

520 cals, 21g protein, 39g net carbs, 26g fat



[Soy milk](#)  
1 cup(s)- 85 cals



[Vegan cheesy portabella pizzas](#)  
3 mushroom cap(s)- 437 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

350 cals, 38g protein, 8g net carbs, 14g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Vegan crumbles](#)  
2 cup(s)- 292 cals

## Day 2

1055 cals ● 103g protein (39%) ● 36g fat (30%) ● 55g carbs (21%) ● 27g fiber (10%)

### Lunch

485 cals, 16g protein, 45g net carbs, 21g fat



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Quick brownbag burritos](#)  
1 burrito(s)- 298 cals



[Mixed nuts](#)  
1/6 cup(s)- 145 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

350 cals, 38g protein, 8g net carbs, 14g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Vegan crumbles](#)  
2 cup(s)- 292 cals

## Day 3

1106 cals ● 99g protein (36%) ● 44g fat (36%) ● 47g carbs (17%) ● 31g fiber (11%)

### Lunch

465 cals, 22g protein, 30g net carbs, 22g fat



Tomato and avocado salad

176 cals



Vegan chili con 'carne'

291 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



Crack slaw with tempeh

422 cals

## Day 4

1082 cals ● 98g protein (36%) ● 29g fat (24%) ● 85g carbs (31%) ● 22g fiber (8%)

### Lunch

445 cals, 21g protein, 67g net carbs, 7g fat



Spaghetti and meatless meatballs

443 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



Crack slaw with tempeh

422 cals

## Day 5

1117 cals ● 91g protein (33%) ● 50g fat (40%) ● 60g carbs (21%) ● 17g fiber (6%)

### Lunch

435 cals, 20g protein, 41g net carbs, 19g fat



Soy milk yogurt

1 container- 136 cals



Vegan cream of mushroom soup

301 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

465 cals, 23g protein, 18g net carbs, 29g fat



Tomato and avocado salad

235 cals



Garlic pepper seitan

228 cals

Day 6

1127 calsgreen104g protein (37%)yellow45g fat (36%)blue56g carbs (20%)grey20g fiber (7%)

Lunch

435 calsgreen20g protein, 41g net carbs, 19g fat



Soy milk yogurt  
1 container- 136 calsgreen



Vegan cream of mushroom soup  
301 calsgreen

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 calsgreen

Dinner

470 calsgreen36g protein, 13g net carbs, 25g fat



Roasted tomatoes  
1/2 tomato(es)- 30 calsgreen



Basic tempeh  
6 oz- 443 calsgreen

Day 7

1075 calsgreen103g protein (38%)yellow47g fat (39%)blue40g carbs (15%)grey20g fiber (7%)

Lunch

385 calsgreen18g protein, 25g net carbs, 21g fat



Tomato and avocado salad  
156 calsgreen



Crispy chik'n tenders  
4 tender(s)- 229 calsgreen

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 calsgreen

Dinner

470 calsgreen36g protein, 13g net carbs, 25g fat



Roasted tomatoes  
1/2 tomato(es)- 30 calsgreen



Basic tempeh  
6 oz- 443 calsgreen

## Other

- ☐ soy milk, unsweetened  
1 cup (240mL)
- ☐ vegan cheese, shredded  
1 cup (103g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ vegan meatballs, frozen  
2 meatball(s) (60g)
- ☐ soy milk yogurt  
2 container(s) (301g)
- ☐ meatless chik'n tenders  
4 pieces (102g)

## Vegetables and Vegetable Products

- ☐ portabella cap  
3 piece whole (423g)
- ☐ tomatoes  
5 medium whole (2-3/5" dia) (626g)
- ☐ onion  
1 medium (2-1/2" dia) (120g)
- ☐ garlic  
5 clove(s) (15g)
- ☐ canned stewed tomatoes  
1/6 can (~14.5 oz) (68g)
- ☐ bell pepper  
1/3 medium (40g)
- ☐ green pepper  
2 tsp, chopped (6g)
- ☐ cauliflower  
3 cup chopped (321g)
- ☐ mushrooms  
2 1/4 cup, pieces or slices (158g)
- ☐ ketchup  
1 tbsp (17g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/3 jar (24 oz) (210g)
- ☐ salsa  
2 3/4 tbsp (43g)
- ☐ vegetable broth  
1/6 cup(s) (mL)
- ☐ hot sauce  
2 tsp (10mL)

## Spices and Herbs

## Fats and Oils

- ☐ olive oil  
2/3 oz (21mL)
- ☐ oil  
2 1/2 oz (75mL)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
1 1/3 package (12 oz) (457g)
- ☐ black beans  
1/6 can(s) (73g)
- ☐ kidney beans  
1/6 can (75g)
- ☐ lentils, raw  
4 tsp (16g)
- ☐ tempeh  
1 1/4 lbs (567g)

## Beverages

- ☐ water  
14 cup (3341mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ almond milk, unsweetened  
3 cup(s) (720mL)

## Baked Products

- ☐ flour tortillas  
1 tortilla (approx 7-8" dia) (49g)

## Nut and Seed Products

- ☐ mixed nuts  
2 3/4 tbsp (22g)
- ☐ sunflower kernels  
2 tbsp (24g)

## Fruits and Fruit Juices

- ☐ lime juice  
2 1/2 tbsp (36mL)
- ☐ avocados  
1 1/4 avocado(s) (243g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
2 2/3 oz (76g)

☐ oregano, dried  
3 dash, ground (1g)

☐ garlic powder  
1 tsp (3g)

☐ chili powder  
1/8 oz (2g)

☐ ground cumin  
1 1/2 g (1g)

☐ salt  
1/2 tbsp (8g)

☐ black pepper  
2 tsp, ground (5g)

☐ onion powder  
1 tbsp (7g)

☐ seitan  
2 2/3 oz (76g)



## Lunch 1 [↗](#)

Eat on day 1

### Soy milk

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



Makes 1 cup(s)

**soy milk, unsweetened**  
1 cup (240mL)

1. This recipe has no instructions.

## Vegan cheesy portabella pizzas

3 mushroom cap(s) - 437 cals ● 14g protein ● 21g fat ● 37g carbs ● 11g fiber



Makes 3 mushroom cap(s)

**portabella cap, stems pulled out**  
3 piece whole (423g)  
**pasta sauce**  
6 tbsp (98g)  
**oregano, dried**  
3 dash, ground (1g)  
**olive oil**  
3/8 tsp (2mL)  
**vegan cheese, shredded**  
3/4 cup (84g)  
**garlic powder**  
3 dash (1g)

1. Preheat oven to 400 F (200 C) and line a baking sheet with foil and grease the foil with the olive oil.
2. Place the mushroom caps on the sheet top-side down, and spoon the tomato sauce into each mushroom cap evenly.
3. Top each with the cheese and spices.
4. Bake 25 minutes until cheese melts.

## Lunch 2 [↗](#)

Eat on day 2

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

**tomatoes**  
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

## Quick brownbag burritos

1 burrito(s) - 298 cals ● 10g protein ● 9g fat ● 36g carbs ● 9g fiber



Makes 1 burrito(s)

### **vegan cheese, shredded**

2 2/3 tbsp (19g)

### **chili powder**

4 dash (1g)

### **ground cumin**

4 dash (1g)

### **flour tortillas**

1 tortilla (approx 7-8" dia) (49g)

### **black beans**

1/6 can(s) (73g)

### **salsa**

2 2/3 tbsp (43g)

1. Rinse beans in cold water, drain well.
2. Combine beans, salsa, cumin and chili powder in large pan. Cook over medium-high heat for about ten minutes, mashing beans slightly with back of wooden spoon. Stir occasionally, adding a little water if mixture looks too dry.
3. Spoon bean mixture into tortillas. Top with cheese.
4. Fold each tortilla into an envelope shape, ensuring both ends are tucked in.
5. Eat warm or wrap in plastic to take for lunch.
6. Meal Prep Note: For bulk cooking, individually wrap and freeze. Reheat in microwave when ready.

## Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



Makes 1/6 cup(s)

### **mixed nuts**

2 2/3 tbsp (22g)

1. This recipe has no instructions.



## Lunch 3 [↗](#)

Eat on day 3

### Tomato and avocado salad

176 cal ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



#### onion

3/4 tbsp minced (11g)

#### lime juice

3/4 tbsp (11mL)

#### avocados, cubed

3/8 avocado(s) (75g)

#### tomatoes, diced

3/8 medium whole (2-3/5" dia) (46g)

#### olive oil

1/2 tsp (3mL)

#### garlic powder

1 1/2 dash (1g)

#### salt

1 1/2 dash (1g)

#### black pepper

1 1/2 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Vegan chili con 'carne'

291 cal ● 20g protein ● 8g fat ● 25g carbs ● 10g fiber



#### oil

1 tsp (5mL)

#### garlic, minced

1/2 clove(s) (2g)

#### kidney beans, drained and rinsed

1/6 can (75g)

#### lentils, raw

4 tsp (16g)

#### vegetarian burger crumbles

1/6 package (12 oz) (57g)

#### canned stewed tomatoes

1/6 can (~14.5 oz) (68g)

#### ground cumin

1 1/3 dash (0g)

#### chili powder

1 1/3 dash (0g)

#### vegetable broth

1/6 cup(s) (mL)

#### onion, chopped

1/6 medium (2-1/2" dia) (18g)

#### bell pepper, chopped

1/3 medium (40g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.



## Lunch 4 [↗](#)

Eat on day 4

### Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



#### **vegan meatballs, frozen**

2 meatball(s) (60g)

#### **uncooked dry pasta**

2 2/3 oz (76g)

#### **pasta sauce**

1/6 jar (24 oz) (112g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Lunch 5 [↗](#)

Eat on day 5, day 6

### Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

#### **soy milk yogurt**

1 container(s) (150g)

For all 2 meals:

#### **soy milk yogurt**

2 container(s) (301g)

1. This recipe has no instructions.

### Vegan cream of mushroom soup

301 cals ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



For single meal:

**cauliflower**  
1 1/2 cup chopped (161g)  
**almond milk, unsweetened**  
1 1/2 cup(s) (360mL)  
**onion powder**  
1/2 tbsp (4g)  
**salt**  
3 dash (2g)  
**oil**  
1/4 tbsp (4mL)  
**mushrooms, diced**  
1 cup, pieces or slices (79g)  
**garlic, diced**  
3/4 clove (2g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**onion, diced**  
3/8 small (26g)

For all 2 meals:

**cauliflower**  
3 cup chopped (321g)  
**almond milk, unsweetened**  
3 cup(s) (720mL)  
**onion powder**  
1 tbsp (7g)  
**salt**  
1/4 tbsp (5g)  
**oil**  
1/2 tbsp (8mL)  
**mushrooms, diced**  
2 1/4 cup, pieces or slices (158g)  
**garlic, diced**  
1 1/2 clove (5g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**onion, diced**  
3/4 small (53g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

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## Lunch 6 [🔗](#)

Eat on day 7

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### Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



**onion**  
2 tsp minced (10g)  
**lime juice**  
2 tsp (10mL)  
**avocados, cubed**  
1/3 avocado(s) (67g)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia) (41g)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/3 dash (1g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



Makes 4 tender(s)

**ketchup**  
1 tbsp (17g)  
**meatless chik'n tenders**  
4 pieces (102g)

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

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Roasted tomatoes

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



For single meal:

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

For all 2 meals:

**tomatoes**  
2 small whole (2-2/5" dia) (182g)  
**oil**  
2 tsp (10mL)

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.

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### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**tempeh, cubed**  
4 oz (113g)  
**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)

For all 2 meals:

**tempeh, cubed**  
1/2 lbs (227g)  
**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Dinner 3 [↗](#)

Eat on day 5

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Garlic pepper seitan

228 cals ● 20g protein ● 11g fat ● 11g carbs ● 1g fiber





**olive oil**  
2 tsp (10mL)  
**onion**  
4 tsp, chopped (13g)  
**garlic, minced**  
5/6 clove(s) (3g)  
**green pepper**  
2 tsp, chopped (6g)  
**seitan, chicken style**  
2 2/3 oz (76g)  
**black pepper**  
2/3 dash, ground (0g)  
**water**  
1 tsp (5mL)  
**salt**  
1/3 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

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

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.

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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