

# Meal Plan - vegan meal plan with over 10g 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

1018 cals ● 26g protein (10%) ● 37g fat (33%) ● 132g carbs (52%) ● 13g fiber (5%)

### Breakfast

155 cals, 4g protein, 13g net carbs, 8g fat



[Apple & peanut butter](#)  
1/2 apple(s)- 155 cals

### Lunch

365 cals, 8g protein, 33g net carbs, 21g fat



[Simple mixed greens salad](#)  
68 cals



[Flatbread broccoli pizza \(dairy-free\)](#)  
299 cals

### Dinner

495 cals, 15g protein, 85g net carbs, 8g fat



[Simple vegan garlic bread](#)  
1 slice(s)- 126 cals



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



[Fruit juice](#)  
1 cup(s)- 115 cals

## Day 2

951 cals ● 23g protein (10%) ● 47g fat (44%) ● 84g carbs (35%) ● 25g fiber (11%)

### Breakfast

155 cals, 4g protein, 13g net carbs, 8g fat



[Apple & peanut butter](#)  
1/2 apple(s)- 155 cals

### Lunch

390 cals, 8g protein, 38g net carbs, 17g fat



[Strawberry apple spinach salad](#)  
391 cals

### Dinner

405 cals, 12g protein, 33g net carbs, 21g fat



[Vegan cheesy portabella pizzas](#)  
2 mushroom cap(s)- 291 cals



[Simple mixed greens and tomato salad](#)  
113 cals

## Day 3

975 cals ● 38g protein (15%) ● 39g fat (36%) ● 86g carbs (35%) ● 33g fiber (14%)

### Breakfast

245 cals, 9g protein, 26g net carbs, 7g fat



[Strawberries](#)  
1 cup(s)- 52 cals



[Southwest avocado toast](#)  
1 toast(s)- 193 cals

### Dinner

335 cals, 12g protein, 33g net carbs, 14g fat



[Simple mixed greens salad](#)  
136 cals



[Tuscan white bean soup](#)  
202 cals

### Lunch

395 cals, 16g protein, 26g net carbs, 18g fat



[Edamame slaw salad bowl](#)  
393 cals

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## Day 4

1036 cals ● 42g protein (16%) ● 38g fat (33%) ● 96g carbs (37%) ● 35g fiber (14%)

### Breakfast

245 cals, 9g protein, 26g net carbs, 7g fat



[Strawberries](#)  
1 cup(s)- 52 cals



[Southwest avocado toast](#)  
1 toast(s)- 193 cals

### Dinner

400 cals, 16g protein, 44g net carbs, 13g fat



[Edamame and chickpea salad](#)  
267 cals



[Naan bread](#)  
1/2 piece(s)- 131 cals

### Lunch

395 cals, 16g protein, 26g net carbs, 18g fat



[Edamame slaw salad bowl](#)  
393 cals

## Day 5

972 cals ● 52g protein (22%) ● 37g fat (35%) ● 90g carbs (37%) ● 16g fiber (7%)

### Breakfast

175 cals, 3g protein, 27g net carbs, 5g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Fruit juice**  
1/2 cup(s)- 57 cals

### Dinner

385 cals, 30g protein, 15g net carbs, 21g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cals



**Vegan sausage**  
1 sausage(s)- 268 cals

### Lunch

410 cals, 19g protein, 48g net carbs, 11g fat



**Chickpea & kale soup**  
273 cals



**Soy milk yogurt**  
1 container- 136 cals

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## Day 6

972 cals ● 52g protein (22%) ● 37g fat (35%) ● 90g carbs (37%) ● 16g fiber (7%)

### Breakfast

175 cals, 3g protein, 27g net carbs, 5g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Fruit juice**  
1/2 cup(s)- 57 cals

### Dinner

385 cals, 30g protein, 15g net carbs, 21g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cals



**Vegan sausage**  
1 sausage(s)- 268 cals

### Lunch

410 cals, 19g protein, 48g net carbs, 11g fat



**Chickpea & kale soup**  
273 cals



**Soy milk yogurt**  
1 container- 136 cals

## Day 7

1019 cal ● 58g protein (23%) ● 46g fat (41%) ● 83g carbs (33%) ● 10g fiber (4%)

### Breakfast

175 cal, 3g protein, 27g net carbs, 5g fat



[Small granola bar](#)  
1 bar(s)- 119 cal



[Fruit juice](#)  
1/2 cup(s)- 57 cal

### Dinner

445 cal, 36g protein, 18g net carbs, 24g fat



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



[Vegan bangers and cauliflower mash](#)  
1 sausage link(s)- 361 cal

### Lunch

395 cal, 19g protein, 38g net carbs, 17g fat



[Simple mixed greens salad](#)  
136 cal



[Seitan Philly vegan cheesesteak](#)  
1/2 sub(s)- 261 cal

## Fruits and Fruit Juices

- apples  
2 medium (3" dia) (356g)
- fruit juice  
20 fl oz (600mL)
- strawberries  
1 1/2 pint (496g)
- dried cranberries  
1/2 tbsp (4g)

## Legumes and Legume Products

- peanut butter  
2 tbsp (32g)
- refried beans  
1/2 cup (121g)
- white beans, canned  
1/4 can(s) (110g)
- chickpeas, canned  
1 1/2 can (627g)

## Other

- mixed greens  
9 3/4 cup (293g)
- vegan cheese, shredded  
10 tbsp (70g)
- guacamole, store-bought  
4 tbsp (62g)
- italian seasoning  
1/6 container (.75 oz) (3g)
- coleslaw mix  
6 cup (540g)
- soy milk yogurt  
2 container(s) (301g)
- vegan sausage  
3 sausage (300g)
- sub roll(s)  
1/2 roll(s) (43g)
- vegan cheese, sliced  
1/2 slice(s) (10g)
- soy milk, unsweetened  
1 cup (240mL)
- frozen cauliflower  
3/4 cup (85g)

## Fats and Oils

- salad dressing  
1 cup (266mL)

## Vegetables and Vegetable Products

- garlic  
5 1/2 clove(s) (17g)
- broccoli  
4 tbsp chopped (23g)
- fresh spinach  
4 1/4 cup(s) (127g)
- portabella cap  
2 piece whole (282g)
- tomatoes  
3 1/2 medium whole (2-3/5" dia) (420g)
- raw celery  
1/4 stalk, large (11"-12" long) (16g)
- carrots  
3 3/4 medium (230g)
- onion  
5/8 medium (2-1/2" dia) (66g)
- edamame, frozen, shelled  
2 cup (236g)
- bell pepper  
1/4 large (42g)
- edamame beans, frozen  
2 1/2 tbsp (23g)
- kale leaves  
2 cup, chopped (80g)

## Soups, Sauces, and Gravies

- pizza sauce  
2 tbsp (32g)
- pasta sauce  
1/4 jar (24 oz) (149g)
- vegetable broth  
5 cup(s) (mL)

## Cereal Grains and Pasta

- uncooked dry pasta  
2 oz (57g)
- seitan  
1 1/2 oz (43g)

## Nut and Seed Products

- almonds  
2 1/2 tbsp, sliced (13g)

## Snacks

- small granola bar  
3 bar (75g)

- olive oil  
3/4 oz (24mL)
- balsamic vinaigrette  
2 1/2 tbsp (36mL)
- oil  
1 1/4 oz (39mL)

### **Baked Products**

- naan bread  
1 piece (90g)
- bread  
1/4 lbs (96g)

### **Spices and Herbs**

- salt  
1/2 dash (0g)
  - black pepper  
1/2 dash (0g)
  - oregano, dried  
2 dash, ground (0g)
  - garlic powder  
2 dash (1g)
  - crushed red pepper  
1 dash (0g)
  - vinegar  
1/6 tsp (1mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Apple & peanut butter

1/2 apple(s) - 155 cal ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Strawberries

1 cup(s) - 52 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 2 meals:

**strawberries**  
2 cup, whole (288g)

1. This recipe has no instructions.

### Southwest avocado toast

1 toast(s) - 193 cal ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

**fresh spinach**  
1/8 cup(s) (4g)  
**refried beans**  
4 tbsp (61g)  
**guacamole, store-bought**  
2 tbsp (31g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**fresh spinach**  
1/4 cup(s) (8g)  
**refried beans**  
1/2 cup (121g)  
**guacamole, store-bought**  
4 tbsp (62g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Small granola bar

1 bar(s) - 119 cal ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 3 meals:

**small granola bar**  
3 bar (75g)

1. This recipe has no instructions.

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### Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 3 meals:

**fruit juice**  
12 fl oz (360mL)

1. This recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1

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### Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



#### mixed greens

1 1/2 cup (45g)

#### salad dressing

1 1/2 tbsp (23mL)

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

### Flatbread broccoli pizza (dairy-free)

299 cal ● 6g protein ● 16g fat ● 29g carbs ● 3g fiber



#### naan bread

1/2 piece (45g)

#### olive oil

3/4 tbsp (11mL)

#### salt

1/2 dash (0g)

#### black pepper

1/2 dash (0g)

#### garlic, finely diced

1 1/2 clove(s) (5g)

#### pizza sauce

2 tbsp (32g)

#### broccoli

4 tbsp chopped (23g)

#### vegan cheese, shredded

2 tbsp (14g)

1. Preheat the oven to 350°F (180°C).
  2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
  3. Cook in oven for about 5 minutes.
  4. Remove from oven and spread pizza sauce over top, top with broccoli and vegan cheese, and season with salt and pepper,.
  5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
  6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.
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## Lunch 2 [↗](#)

Eat on day 2

### Strawberry apple spinach salad

391 cals ● 8g protein ● 17g fat ● 38g carbs ● 12g fiber



**strawberries, chopped**

5/8 pint (208g)

**fresh spinach**

3 1/2 cup(s) (105g)

**almonds**

2 1/3 tbsp, sliced (13g)

**balsamic vinaigrette**

2 1/3 tbsp (35mL)

**apples, chopped**

1 1/6 small (2-3/4" dia) (174g)

1. Toss all ingredients together, except the vinaigrette.
2. Drizzle Vinaigrette over salad when serving.

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Edamame slaw salad bowl

393 cals ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:

**salad dressing**

4 tbsp (60mL)

**coleslaw mix**

3 cup (270g)

**carrots, sliced into matchsticks**

2 small (5-1/2" long) (100g)

**edamame, frozen, shelled**

1 cup (118g)

For all 2 meals:

**salad dressing**

1/2 cup (120mL)

**coleslaw mix**

6 cup (540g)

**carrots, sliced into matchsticks**

4 small (5-1/2" long) (200g)

**edamame, frozen, shelled**

2 cup (236g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Chickpea & kale soup

273 cal ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
2 cup(s) (mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**chickpeas, canned, drained**  
1/2 can (224g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**garlic, minced**  
2 clove(s) (6g)  
**vegetable broth**  
4 cup(s) (mL)  
**kale leaves, chopped**  
2 cup, chopped (80g)  
**chickpeas, canned, drained**  
1 can (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

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### Soy milk yogurt

1 container - 136 cal ● 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.
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## Lunch 5 [↗](#)

Eat on day 7

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### Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

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

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### Seitan Philly vegan cheesesteak

1/2 sub(s) - 261 cal ● 16g protein ● 8g fat ● 30g carbs ● 2g fiber



Makes 1/2 sub(s)

**seitan, cut into strips**

1 1/2 oz (43g)

**bell pepper, sliced**

1/4 small (19g)

**onion, chopped**

1/8 medium (2-1/2" dia) (14g)

**oil**

1/4 tbsp (4mL)

**sub roll(s)**

1/2 roll(s) (43g)

**vegan cheese, sliced**

1/2 slice(s) (10g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
  2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
  3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
  4. When the seitan is done, add the veggies back in and mix until well-combined.
  5. Add the filling to the bun and serve!
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## Dinner 1 [↗](#)

Eat on day 1

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### Simple vegan garlic bread

1 slice(s) - 126 cal ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



Makes 1 slice(s)

**garlic, minced**

1 clove(s) (3g)

**olive oil**

1 tsp (5mL)

**bread**

1 slice (32g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

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### Pasta with store-bought sauce

255 cal ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

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

### Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

**fruit juice**

8 fl oz (240mL)

1. This recipe has no instructions.
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## Dinner 2 [↗](#)

Eat on day 2

### Vegan cheesy portabella pizzas

2 mushroom cap(s) - 291 cal ● 9g protein ● 14g fat ● 25g carbs ● 7g fiber



Makes 2 mushroom cap(s)

**portabella cap, stems pulled out**

2 piece whole (282g)

**pasta sauce**

4 tbsp (65g)

**oregano, dried**

2 dash, ground (0g)

**olive oil**

1/4 tsp (1mL)

**vegan cheese, shredded**

1/2 cup (56g)

**garlic powder**

2 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.

### Simple mixed greens and tomato salad

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



**salad dressing**

2 1/4 tbsp (34mL)

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

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

## Dinner 3 [↗](#)

Eat on day 3

### Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

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

### Tuscan white bean soup

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



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

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.

## Dinner 4 [↗](#)

Eat on day 4

### Edamame and chickpea salad

267 cal ● 12g protein ● 10g fat ● 22g carbs ● 10g fiber



**chickpeas, canned, drained and rinsed**  
3/8 can (179g)  
**bell pepper, diced**  
1/6 medium (24g)  
**carrots, diced**  
1/6 medium (12g)  
**dried cranberries**  
1 tsp (4g)  
**olive oil**  
1 tsp (6mL)  
**vinegar**  
1/6 tsp (1mL)  
**italian seasoning**  
1 dash (1g)  
**edamame beans, frozen**  
2 1/2 tbsp (23g)

1. Cook the edamame according to its package. Discard any pods.
2. In a large bowl, add the rinsed chickpeas, edamame beans, pepper, carrots, and cranberries. Set aside.
3. In a small bowl, mix together the olive oil, vinegar, and seasoning until blended.
4. Pour dressing over chickpea mixture and toss.
5. Best served chilled.

### Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

**naan bread**

1/2 piece (45g)



1. This recipe has no instructions.

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**Dinner 5** [↗](#)

Eat on day 5, day 6

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**Roasted tomatoes**

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

**tomatoes**

2 small whole (2-2/5" dia) (182g)

**oil**

2 tsp (10mL)

For all 2 meals:

**tomatoes**

4 small whole (2-2/5" dia) (364g)

**oil**

4 tsp (20mL)

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 sausage**

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**

1 sausage (100g)

For all 2 meals:

**vegan sausage**

2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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## Dinner 6 [↗](#)

Eat on day 7

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### Soy milk

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



Makes 1 cup(s)

#### **soy milk, unsweetened**

1 cup (240mL)

1. This recipe has no instructions.

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### Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cal ● 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.
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