

Meal Plan - vegan meal plan with over 70g 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

952 cals ● 76g protein (32%) ● 21g fat (19%) ● 87g carbs (36%) ● 29g fiber (12%)

Breakfast

165 cals, 4g protein, 20g net carbs, 3g fat



Blackberries
1 cup(s)- 70 cals



Vegan English bubble & squeak
1 patties- 97 cals

Dinner

410 cals, 31g protein, 24g net carbs, 15g fat



Lima beans
116 cals



Basic tempeh
4 oz- 295 cals

Lunch

210 cals, 4g protein, 42g net carbs, 1g fat



Tomato soup
1 can(s)- 211 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 2

1021 cals ● 84g protein (33%) ● 24g fat (21%) ● 81g carbs (32%) ● 37g fiber (14%)

Breakfast

165 cals, 4g protein, 20g net carbs, 3g fat



Blackberries
1 cup(s)- 70 cals



Vegan English bubble & squeak
1 patties- 97 cals

Dinner

310 cals, 23g protein, 17g net carbs, 13g fat



Baked fries
97 cals



Vegan crumbles
1 cup(s)- 146 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Lunch

380 cals, 20g protein, 43g net carbs, 8g fat



Lentil pasta
252 cals



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

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 3

1069 cal ● 76g protein (29%) ● 27g fat (23%) ● 93g carbs (35%) ● 38g fiber (14%)

Breakfast

165 cal, 4g protein, 20g net carbs, 3g fat



Blackberries
1 cup(s)- 70 cal



Vegan English bubble & squeak
1 patties- 97 cal

Dinner

360 cal, 15g protein, 29g net carbs, 15g fat



Chickpea & kale soup
273 cal



Walnuts
1/8 cup(s)- 87 cal

Lunch

380 cal, 20g protein, 43g net carbs, 8g fat



Lentil pasta
252 cal



Simple vegan garlic bread
1 slice(s)- 126 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cal

Day 4

961 cal ● 70g protein (29%) ● 32g fat (30%) ● 81g carbs (34%) ● 18g fiber (7%)

Breakfast

180 cal, 8g protein, 25g net carbs, 4g fat



Soy milk yogurt
1 container- 136 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Dinner

360 cal, 15g protein, 29g net carbs, 15g fat



Chickpea & kale soup
273 cal



Walnuts
1/8 cup(s)- 87 cal

Lunch

260 cal, 11g protein, 25g net carbs, 12g fat



Sesame orange tofu
3 1/2 oz tofu- 189 cal



Tomato cucumber salad
71 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cal

Day 5

1030 cals ● 74g protein (29%) ● 30g fat (26%) ● 95g carbs (37%) ● 21g fiber (8%)

Breakfast

180 cals, 8g protein, 25g net carbs, 4g fat



Soy milk yogurt
1 container- 136 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Dinner

325 cals, 16g protein, 22g net carbs, 17g fat



Curried lentils
241 cals



Soy milk
1 cup(s)- 85 cals

Lunch

365 cals, 14g protein, 46g net carbs, 8g fat



Orange
2 orange(s)- 170 cals



Vegan deli smashed avocado sandwich
1/2 sandwich(es)- 193 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 6

972 cals ● 74g protein (31%) ● 45g fat (42%) ● 49g carbs (20%) ● 18g fiber (7%)

Breakfast

190 cals, 16g protein, 18g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Orange
1 orange(s)- 85 cals

Dinner

360 cals, 18g protein, 15g net carbs, 22g fat



Soy milk
3/4 cup(s)- 64 cals



Sesame peanut zoodles
294 cals

Lunch

260 cals, 5g protein, 15g net carbs, 18g fat



Veggie stuffed tomatoes (dairy-free)
2 stuffed tomato(es)- 261 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 7

972 cal ● 74g protein (31%) ● 45g fat (42%) ● 49g carbs (20%) ● 18g fiber (7%)

Breakfast

190 cal, 16g protein, 18g net carbs, 4g fat



[Protein shake \(almond milk\)](#)

105 cal



[Orange](#)

1 orange(s)- 85 cal

Dinner

360 cal, 18g protein, 15g net carbs, 22g fat



[Soy milk](#)

3/4 cup(s)- 64 cal



[Sesame peanut zoodles](#)

294 cal

Lunch

260 cal, 5g protein, 15g net carbs, 18g fat



[Veggie stuffed tomatoes \(dairy-free\)](#)

2 stuffed tomato(es)- 261 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cal

Fruits and Fruit Juices

- blackberries
3 cup (432g)
- orange
4 orange (634g)
- avocados
1/6 avocado(s) (34g)
- lime juice
1 tbsp (15mL)

Vegetables and Vegetable Products

- potatoes
13 oz (368g)
- brussels sprouts
1 1/2 cup, shredded (75g)
- lima beans, frozen
3/8 package (10 oz) (107g)
- garlic
4 1/2 clove(s) (14g)
- frozen broccoli
1 cup (91g)
- kale leaves
2 cup, chopped (80g)
- tomatoes
8 medium whole (2-3/5" dia) (962g)
- cucumber
1/4 cucumber (8-1/4") (75g)
- purple onions
1/4 small (18g)
- green onions
2 tbsp, sliced (16g)
- zucchini
2 1/4 large (715g)
- onion
1 medium (2-1/2" dia) (110g)
- fresh spinach
2 cup(s) (60g)

Soups, Sauces, and Gravies

- hot sauce
5/8 fl oz (18mL)
- condensed canned tomato soup
1 can (10.5 oz) (298g)
- pasta sauce
1/4 jar (24 oz) (168g)
- vegetable broth
4 cup(s) (mL)

Fats and Oils

Legumes and Legume Products

- tempeh
4 oz (113g)
- vegetarian burger crumbles
1 cup (100g)
- chickpeas, canned
1 can (448g)
- firm tofu
1/4 lbs (99g)
- soy sauce
2 1/2 tbsp (38mL)
- lentils, raw
2 3/4 tbsp (32g)
- peanut butter
4 tbsp (64g)

Other

- lentil pasta
4 oz (113g)
- soy milk yogurt
2 container(s) (301g)
- sesame oil
1/4 tbsp (4mL)
- sriracha chili sauce
1/4 tbsp (4g)
- mixed greens
4 tbsp (8g)
- plant-based deli slices
2 1/2 slices (26g)
- curry paste
1 tsp (5g)
- soy milk, unsweetened
2 1/2 cup (600mL)
- coleslaw mix
1 cup (90g)
- vegan cheese, shredded
1/3 cup (37g)
- italian seasoning
2 tsp (7g)

Baked Products

- bread
1/4 lbs (96g)

Nut and Seed Products

- walnuts
4 tbsp, shelled (25g)

- oil
1 oz (26mL)
- olive oil
1 1/2 oz (45mL)
- salad dressing
1 tbsp (14mL)

Beverages

- water
11 cup(s) (2567mL)
- protein powder
11 1/2 scoop (1/3 cup ea) (357g)
- almond milk, unsweetened
1 cup (240mL)

Spices and Herbs

- salt
3 g (3g)
- black pepper
1/4 g (0g)

- sesame seeds
1/2 tbsp (5g)
- coconut milk, canned
4 tbsp (60mL)
- chia seeds
1 tsp (5g)

Cereal Grains and Pasta

- cornstarch
3/4 tbsp (6g)

Sweets

- sugar
1/2 tbsp (7g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Blackberries

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



For single meal:

blackberries
1 cup (144g)

For all 3 meals:

blackberries
3 cup (432g)

1. Rinse blackberries and serve.

Vegan English bubble & squeak

1 patties - 97 cal ● 2g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

potatoes, peeled & cut into chunks
1 small (1-3/4" to 2-1/4" dia.) (92g)
hot sauce
1 tsp (5mL)
brussels sprouts, shredded
1/2 cup, shredded (25g)
oil
1/2 tsp (3mL)

For all 3 meals:

potatoes, peeled & cut into chunks
3 small (1-3/4" to 2-1/4" dia.) (276g)
hot sauce
1 tbsp (15mL)
brussels sprouts, shredded
1 1/2 cup, shredded (75g)
oil
1/2 tbsp (8mL)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Cherry tomatoes

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



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein shake (almond milk)

105 cal ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

condensed canned tomato soup
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

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.

Simple vegan garlic bread

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



For single meal:

garlic, minced

1 clove(s) (3g)

olive oil

1 tsp (5mL)

bread

1 slice (32g)

For all 2 meals:

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

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

Lunch 3 [🔗](#)

Eat on day 4

Sesame orange tofu

3 1/2 oz tofu - 189 cal ● 9g protein ● 9g fat ● 18g carbs ● 1g fiber



Makes 3 1/2 oz tofu

sesame oil

1/4 tbsp (4mL)

sesame seeds

4 dash (2g)

cornstarch

3/4 tbsp (6g)

firm tofu, patted dry & cubed

1/4 lbs (99g)

sriracha chili sauce

1/4 tbsp (4g)

sugar

1/2 tbsp (7g)

soy sauce

1/2 tbsp (8mL)

orange, juiced

1/8 fruit (2-7/8" dia) (18g)

garlic, minced

1/2 clove(s) (2g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

purple onions, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

Lunch 4 [↗](#)

Eat on day 5

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange

2 orange (308g)

1. This recipe has no instructions.

Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cals ● 11g protein ● 8g fat ● 15g carbs ● 5g fiber



Makes 1/2 sandwich(es)

mixed greens

4 tbsp (8g)

hot sauce

1/2 tsp (3mL)

avocados, peeled & deseeded

1/6 avocado(s) (34g)

bread

1 slice(s) (32g)

plant-based deli slices

2 1/2 slices (26g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Veggie stuffed tomatoes (dairy-free)

2 stuffed tomato(es) - 261 cals ● 5g protein ● 18g fat ● 15g carbs ● 5g fiber



For single meal:

vegan cheese, shredded
2 1/2 tbsp (18g)
tomatoes
2 medium whole (2-3/5" dia) (246g)
zucchini, diced
1/2 large (162g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
fresh spinach
1 cup(s) (30g)
italian seasoning
1 tsp (4g)
salt
1 dash (1g)
olive oil
1 tbsp (15mL)

For all 2 meals:

vegan cheese, shredded
1/3 cup (37g)
tomatoes
4 medium whole (2-3/5" dia) (492g)
zucchini, diced
1 large (323g)
onion, diced
1 medium (2-1/2" dia) (110g)
fresh spinach
2 cup(s) (60g)
italian seasoning
2 tsp (7g)
salt
2 dash (2g)
olive oil
2 tbsp (30mL)

1. Preheat oven to 350 F (180 C).
2. Cut the top off each tomato and discard.
3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
5. Dice zucchini and onion.
6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
10. Bake for about 20-25 minutes until tomatoes are piping hot.
11. Optionally: place under broiler for about a minute to brown cheese.

Dinner 1 [↗](#)

Eat on day 1

Lima beans

116 cal ● 7g protein ● 0g fat ● 15g carbs ● 6g fiber



lima beans, frozen
3/8 package (10 oz) (107g)
salt
1 1/2 dash (1g)
black pepper
3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Basic tempeh

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



Makes 4 oz

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

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.

Dinner 2 [↗](#)

Eat on day 2

Baked fries

97 cal ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



oil
1/4 tbsp (4mL)
potatoes
1/4 large (3" to 4-1/4" dia.) (92g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Vegan crumbles

1 cup(s) - 146 cal ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



Makes 1 cup(s)

vegetarian burger crumbles
1 cup (100g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

olive oil

1 tsp (5mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 3 [↗](#)

Eat on day 3, day 4

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.

Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5

Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



lentils, raw

2 2/3 tbsp (32g)

water

1/3 cup(s) (79mL)

salt

1/3 dash (0g)

coconut milk, canned

4 tbsp (60mL)

curry paste

1 tsp (5g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

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)

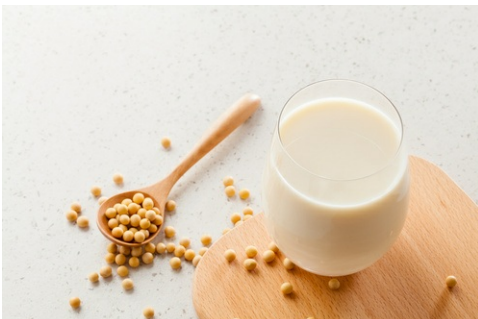
1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6, day 7

Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened

3/4 cup (180mL)

For all 2 meals:

soy milk, unsweetened

1 1/2 cup (360mL)

1. This recipe has no instructions.

Sesame peanut zoodles

294 cals ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



For single meal:

chia seeds
4 dash (2g)
lime juice
1/2 tbsp (8mL)
green onions
1 tbsp, sliced (8g)
sesame seeds
4 dash (2g)
soy sauce
1 tbsp (15mL)
peanut butter
2 tbsp (32g)
coleslaw mix
1/2 cup (45g)
zucchini, spiralized
1 medium (196g)

For all 2 meals:

chia seeds
1 tsp (5g)
lime juice
1 tbsp (15mL)
green onions
2 tbsp, sliced (16g)
sesame seeds
1 tsp (3g)
soy sauce
2 tbsp (30mL)
peanut butter
4 tbsp (64g)
coleslaw mix
1 cup (90g)
zucchini, spiralized
2 medium (392g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

water
10 1/2 cup(s) (2489mL)
protein powder
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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