

# Meal Plan - vegan meal plan with over 80g 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

987 cals ● 100g protein (41%) ● 27g fat (25%) ● 68g carbs (27%) ● 18g fiber (7%)

### Breakfast

120 cals, 3g protein, 15g net carbs, 5g fat



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

### Lunch

385 cals, 27g protein, 25g net carbs, 16g fat



[Corn](#)  
92 cals



[Basic tempeh](#)  
4 oz- 295 cals

### Dinner

260 cals, 23g protein, 26g net carbs, 5g fat



[Lentils](#)  
87 cals



[Carrot sticks](#)  
1 carrot(s)- 27 cals



[Teriyaki seitan wings](#)  
2 oz seitan- 149 cals

### Protein Supplement(s)

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



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

## Day 2

1000 cals ● 93g protein (37%) ● 38g fat (35%) ● 49g carbs (19%) ● 22g fiber (9%)

### Breakfast

120 cals, 3g protein, 15g net carbs, 5g fat



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

### Lunch

385 cals, 27g protein, 25g net carbs, 16g fat



[Corn](#)  
92 cals



[Basic tempeh](#)  
4 oz- 295 cals

### Dinner

275 cals, 16g protein, 7g net carbs, 17g fat



[Garlic collard greens](#)  
80 cals



[Buffalo tempeh with vegan ranch](#)  
196 cals

### Protein Supplement(s)

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



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

## Day 3

1069 cals ● 82g protein (31%) ● 35g fat (29%) ● 90g carbs (34%) ● 17g fiber (6%)

### Breakfast

180 cals, 5g protein, 36g net carbs, 1g fat



Small toasted bagel with 'butter'  
1/2 bagel(s)- 95 cals



Fruit juice  
3/4 cup(s)- 86 cals

### Dinner

275 cals, 16g protein, 7g net carbs, 17g fat



Garlic collard greens  
80 cals



Buffalo tempeh with vegan ranch  
196 cals

### Lunch

395 cals, 13g protein, 45g net carbs, 16g fat



Pumpkin seeds  
183 cals



Tomato soup  
1 can(s)- 211 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 4

1020 cals ● 97g protein (38%) ● 29g fat (26%) ● 80g carbs (31%) ● 12g fiber (5%)

### Breakfast

180 cals, 5g protein, 36g net carbs, 1g fat



Small toasted bagel with 'butter'  
1/2 bagel(s)- 95 cals



Fruit juice  
3/4 cup(s)- 86 cals

### Dinner

300 cals, 19g protein, 19g net carbs, 15g fat



Roasted cauliflower  
58 cals



Lentils  
87 cals



Cajun tofu  
157 cals

### Lunch

320 cals, 25g protein, 22g net carbs, 12g fat



Corn  
92 cals



Baked tofu  
8 oz- 226 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 5

950 cals ● 81g protein (34%) ● 36g fat (34%) ● 61g carbs (26%) ● 14g fiber (6%)

### Breakfast

200 cals, 10g protein, 28g net carbs, 4g fat



Medium toasted bagel with 'butter'  
1/2 bagel(s)- 145 cals



Soy milk  
2/3 cup(s)- 56 cals

### Dinner

210 cals, 10g protein, 9g net carbs, 14g fat



Basic tofu  
4 oz- 171 cals



Pita bread  
1/2 pita bread(s)- 39 cals

### Lunch

320 cals, 13g protein, 22g net carbs, 17g fat



Garlic collard greens  
80 cals



Curried lentils  
241 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 6

964 cals ● 87g protein (36%) ● 13g fat (12%) ● 107g carbs (44%) ● 19g fiber (8%)

### Breakfast

200 cals, 10g protein, 28g net carbs, 4g fat



Medium toasted bagel with 'butter'  
1/2 bagel(s)- 145 cals



Soy milk  
2/3 cup(s)- 56 cals

### Dinner

250 cals, 12g protein, 35g net carbs, 5g fat



Simple kale salad  
1/2 cup(s)- 28 cals



Tofu alfredo pasta with broccoli  
221 cals

### Lunch

295 cals, 17g protein, 42g net carbs, 2g fat



Broccoli  
1 cup(s)- 29 cals



Bbq cauliflower wings  
268 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 7

964 cals ● 87g protein (36%) ● 13g fat (12%) ● 107g carbs (44%) ● 19g fiber (8%)

### Breakfast

200 cals, 10g protein, 28g net carbs, 4g fat



Medium toasted bagel with 'butter'  
1/2 bagel(s)- 145 cals



Soy milk  
2/3 cup(s)- 56 cals

### Dinner

250 cals, 12g protein, 35g net carbs, 5g fat



Simple kale salad  
1/2 cup(s)- 28 cals



Tofu alfredo pasta with broccoli  
221 cals

### Lunch

295 cals, 17g protein, 42g net carbs, 2g fat



Broccoli  
1 cup(s)- 29 cals



Bbq cauliflower wings  
268 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Beverages

- ☐ water  
15 1/3 cup(s) (3633mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ almond milk, unsweetened  
2 tbsp (31mL)

## Spices and Herbs

- ☐ salt  
5 g (5g)
- ☐ thyme, dried  
1 dash, leaves (0g)
- ☐ cajun seasoning  
4 dash (1g)
- ☐ basil, dried  
4 dash, ground (1g)

## Legumes and Legume Products

- ☐ lentils, raw  
6 3/4 tbsp (80g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ firm tofu  
13 oz (368g)
- ☐ soy sauce  
4 tbsp (60mL)
- ☐ extra firm tofu  
1/2 lbs (227g)

## Vegetables and Vegetable Products

- ☐ carrots  
1 medium (61g)
- ☐ frozen corn kernels  
2 cup (272g)
- ☐ collard greens  
3/4 lbs (340g)
- ☐ garlic  
2 3/4 clove(s) (8g)
- ☐ cauliflower  
2 1/4 head small (4" dia.) (596g)
- ☐ fresh ginger  
1/2 slices (1" dia) (1g)
- ☐ kale leaves  
1 cup, chopped (40g)
- ☐ frozen broccoli  
1/2 lbs (253g)

## Fats and Oils

- ☐ oil  
2 oz (60mL)
- ☐ salad dressing  
1 tbsp (15mL)

## Cereal Grains and Pasta

- ☐ seitan  
2 oz (57g)
- ☐ uncooked dry pasta  
3 oz (86g)

## Snacks

- ☐ small granola bar  
2 bar (50g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
2 tbsp (31mL)
- ☐ condensed canned tomato soup  
1 can (10.5 oz) (298g)
- ☐ barbecue sauce  
1/2 cup (143g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- ☐ sesame seeds  
1/2 tbsp (5g)
- ☐ coconut milk, canned  
4 tbsp (60mL)

## Baked Products

- ☐ bagel  
2 medium bagel (3-1/2" to 4" dia) (227g)
- ☐ pita bread  
1/2 pita, small (4" dia) (14g)

## Fruits and Fruit Juices

- ☐ fruit juice  
12 fl oz (360mL)

## Other

- ☐ teriyaki sauce  
1 tbsp (15mL)
  - ☐ vegan ranch  
2 tbsp (31mL)
  - ☐ vegan butter  
1 1/4 tbsp (18g)
  - ☐ soy milk, unsweetened  
2 cup (480mL)
  - ☐ curry paste  
1 tsp (5g)
  - ☐ nutritional yeast  
1/2 cup (30g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Small granola bar

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



For single meal:

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

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Small toasted bagel with 'butter'

1/2 bagel(s) - 95 cals ● 4g protein ● 1g fat ● 18g carbs ● 1g fiber



For single meal:

**bagel**  
1/2 small bagel (3" dia) (35g)  
**vegan butter**  
1/4 tbsp (4g)

For all 2 meals:

**bagel**  
1 small bagel (3" dia) (69g)  
**vegan butter**  
1/2 tbsp (7g)

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

## Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

**fruit juice**

6 fl oz (180mL)

For all 2 meals:

**fruit juice**

12 fl oz (360mL)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Medium toasted bagel with 'butter'

1/2 bagel(s) - 145 cals ● 6g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

**bagel**

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

**vegan butter**

1/4 tbsp (4g)

For all 3 meals:

**bagel**

1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

**vegan butter**

3/4 tbsp (11g)

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

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## Soy milk

2/3 cup(s) - 56 cals ● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**soy milk, unsweetened**

2/3 cup (160mL)

For all 3 meals:

**soy milk, unsweetened**

2 cup (480mL)

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

Eat on day 1, day 2

### Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

**frozen corn kernels**

2/3 cup (91g)

For all 2 meals:

**frozen corn kernels**

1 1/3 cup (181g)

1. Prepare according to instructions on package.

### Basic tempeh

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



For single meal:

**oil**

2 tsp (10mL)

**tempeh**

4 oz (113g)

For all 2 meals:

**oil**

4 tsp (20mL)

**tempeh**

1/2 lbs (227g)

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.

## Lunch 2 [↗](#)

Eat on day 3

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**

4 tbsp (30g)

1. This recipe has no instructions.

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.

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## Lunch 3 [🔗](#)

Eat on day 4

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### Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



**frozen corn kernels**

2/3 cup (91g)

1. Prepare according to instructions on package.

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### Baked tofu

8 oz - 226 cals ● 22g protein ● 12g fat ● 5g carbs ● 3g fiber



Makes 8 oz

**soy sauce**

4 tbsp (60mL)

**extra firm tofu**

1/2 lbs (227g)

**fresh ginger, peeled and grated**

1/2 slices (1" dia) (1g)

**sesame seeds**

1/2 tbsp (5g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
  2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
  3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
  4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
  5. Spread marinated tofu onto the prepared baking sheet.
  6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.
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## Lunch 4 [🔗](#)

Eat on day 5

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### Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



#### **collard greens**

4 oz (113g)

#### **oil**

1/4 tbsp (4mL)

#### **garlic, minced**

3/4 clove(s) (2g)

#### **salt**

1/2 dash (0g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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### 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.
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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

**frozen broccoli**

1 cup (91g)

For all 2 meals:

**frozen broccoli**

2 cup (182g)

1. Prepare according to instructions on package.

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### Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

**barbecue sauce**

4 tbsp (72g)

**salt**

2 dash (2g)

**nutritional yeast**

4 tbsp (15g)

**cauliflower**

1 head small (4" dia.) (265g)

For all 2 meals:

**barbecue sauce**

1/2 cup (143g)

**salt**

4 dash (3g)

**nutritional yeast**

1/2 cup (30g)

**cauliflower**

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
  2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
  3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
  4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
  5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
  6. Toss florets with the barbeque sauce. Serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



#### salt

1/4 dash (0g)

#### water

1/2 cup(s) (119mL)

#### lentils, raw, rinsed

2 tbsp (24g)

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.

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### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 1 carrot(s)

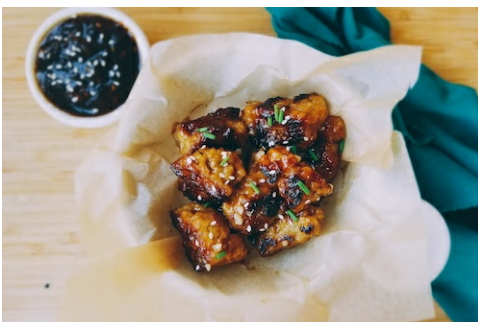
#### carrots

1 medium (61g)

1. Cut carrots into strips and serve.

### Teriyaki seitan wings

2 oz seitan - 149 cals ● 16g protein ● 5g fat ● 9g carbs ● 0g fiber



Makes 2 oz seitan

#### teriyaki sauce

1 tbsp (15mL)

#### oil

1/4 tbsp (4mL)

#### seitan

2 oz (57g)

1. Cut seitan into bite-sized shapes
  2. Heat oil in a pan over medium heat.
  3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
  4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
  5. Remove and serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

**collard greens**

4 oz (113g)

**oil**

1/4 tbsp (4mL)

**garlic, minced**

3/4 clove(s) (2g)

**salt**

1/2 dash (0g)

For all 2 meals:

**collard greens**

1/2 lbs (227g)

**oil**

1/2 tbsp (8mL)

**garlic, minced**

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

**salt**

1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Buffalo tempeh with vegan ranch

196 cals ● 12g protein ● 13g fat ● 5g carbs ● 4g fiber



For single meal:

**vegan ranch**

1 tbsp (15mL)

**tempeh, roughly chopped**

2 oz (57g)

**Frank's Red Hot sauce**

1 tbsp (15mL)

**oil**

1/4 tbsp (4mL)

For all 2 meals:

**vegan ranch**

2 tbsp (30mL)

**tempeh, roughly chopped**

4 oz (113g)

**Frank's Red Hot sauce**

2 tbsp (30mL)

**oil**

1/2 tbsp (8mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

## Dinner 3 [↗](#)

Eat on day 4

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### Roasted cauliflower

58 cals ● 2g protein ● 4g fat ● 3g carbs ● 1g fiber



#### **thyme, dried**

1 dash, leaves (0g)

#### **cauliflower, cut into florets**

1/4 head small (4" dia.) (66g)

#### **oil**

1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

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### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



#### **salt**

1/4 dash (0g)

#### **water**

1/2 cup(s) (119mL)

#### **lentils, raw, rinsed**

2 tbsp (24g)

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.

### Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



#### **oil**

1 tsp (5mL)

#### **cajun seasoning**

4 dash (1g)

#### **firm tofu, patted dry & cubed**

5 oz (142g)

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.
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## Dinner 4 [↗](#)

Eat on day 5

### Basic tofu

4 oz - 171 cals ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber



Makes 4 oz

#### **firm tofu**

4 oz (113g)

#### **oil**

2 tsp (10mL)

1. Slice tofu 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.

### Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



Makes 1/2 pita bread(s)

#### **pita bread**

1/2 pita, small (4" dia) (14g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

#### **salad dressing**

1/2 tbsp (8mL)

#### **kale leaves**

1/2 cup, chopped (20g)

For all 2 meals:

#### **salad dressing**

1 tbsp (15mL)

#### **kale leaves**

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

### Tofu alfredo pasta with broccoli

221 cals ● 11g protein ● 4g fat ● 33g carbs ● 3g fiber



For single meal:

**uncooked dry pasta**

1 1/2 oz (43g)

**firm tofu**

1/8 package (16 oz) (57g)

**frozen broccoli**

1/8 package (36g)

**garlic**

1/4 clove(s) (1g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

1 tbsp (15mL)

**basil, dried**

2 dash, ground (0g)

For all 2 meals:

**uncooked dry pasta**

3 oz (86g)

**firm tofu**

1/4 package (16 oz) (113g)

**frozen broccoli**

1/4 package (71g)

**garlic**

1/2 clove(s) (2g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

2 tbsp (30mL)

**basil, dried**

4 dash, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal ● 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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