

Meal Plan - 1400 calorie vegan meal plan



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

Day 1

1361 cals ● 96g protein (28%) ● 59g fat (39%) ● 83g carbs (24%) ● 27g fiber (8%)

Breakfast

170 cals, 5g protein, 24g net carbs, 5g fat



[Breakfast cereal with almond milk](#)
169 cals

Lunch

495 cals, 24g protein, 28g net carbs, 26g fat



[Edamame & beet salad](#)
342 cals



[Roasted peanuts](#)
1/6 cup(s)- 153 cals

Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



[Dark chocolate](#)
2 square(s)- 120 cals



[Sunflower seeds](#)
90 cals

Dinner

325 cals, 26g protein, 21g net carbs, 12g fat



[Beets](#)
4 beets- 96 cals



[Baked tofu](#)
8 oz- 226 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 2

1427 cals ● 92g protein (26%) ● 63g fat (39%) ● 99g carbs (28%) ● 25g fiber (7%)

Breakfast

170 cals, 5g protein, 24g net carbs, 5g fat



[Breakfast cereal with almond milk](#)
169 cals

Lunch

495 cals, 24g protein, 28g net carbs, 26g fat



[Edamame & beet salad](#)
342 cals



[Roasted peanuts](#)
1/6 cup(s)- 153 cals

Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



[Dark chocolate](#)
2 square(s)- 120 cals



[Sunflower seeds](#)
90 cals

Dinner

390 cals, 21g protein, 37g net carbs, 15g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Chik'n nuggets](#)
6 2/3 nuggets- 368 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 3

1372 cals ● 93g protein (27%) ● 64g fat (42%) ● 84g carbs (24%) ● 22g fiber (6%)

Breakfast

205 cals, 10g protein, 17g net carbs, 10g fat



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



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

Lunch

405 cals, 20g protein, 20g net carbs, 23g fat



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



[Peanut tempeh](#)
2 oz tempeh- 217 cals

Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



[Dark chocolate](#)
2 square(s)- 120 cals



[Sunflower seeds](#)
90 cals

Dinner

390 cals, 21g protein, 37g net carbs, 15g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Chik'n nuggets](#)
6 2/3 nuggets- 368 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 4

1369 cal ● 96g protein (28%) ● 49g fat (32%) ● 100g carbs (29%) ● 36g fiber (10%)

Breakfast

205 cal, 10g protein, 17g net carbs, 10g fat



Soy milk
1 cup(s)- 85 cal



Small granola bar
1 bar(s)- 119 cal

Snacks

235 cal, 6g protein, 36g net carbs, 3g fat



Instant oatmeal with water
1 packet(s)- 165 cal



Blackberries
1 cup(s)- 70 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

405 cal, 20g protein, 20g net carbs, 23g fat



Simple mixed greens and tomato salad
189 cal



Peanut tempeh
2 oz tempeh- 217 cal

Dinner

360 cal, 24g protein, 26g net carbs, 13g fat



Roasted broccoli with nutritional yeast
1 cup(s)- 108 cal



Veggie burger patty
2 patty- 254 cal

Day 5

1393 cal ● 94g protein (27%) ● 49g fat (31%) ● 111g carbs (32%) ● 33g fiber (10%)

Breakfast

205 cal, 10g protein, 17g net carbs, 10g fat



Soy milk
1 cup(s)- 85 cal



Small granola bar
1 bar(s)- 119 cal

Snacks

235 cal, 6g protein, 36g net carbs, 3g fat



Instant oatmeal with water
1 packet(s)- 165 cal



Blackberries
1 cup(s)- 70 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

430 cal, 19g protein, 32g net carbs, 22g fat



Fruit juice
2/3 cup(s)- 76 cal



Basic tofu
6 oz- 257 cal



Vegan buttery garlic green beans
97 cal

Dinner

360 cal, 24g protein, 26g net carbs, 13g fat



Roasted broccoli with nutritional yeast
1 cup(s)- 108 cal



Veggie burger patty
2 patty- 254 cal

Day 6

1367 cal ● 102g protein (30%) ● 47g fat (31%) ● 94g carbs (28%) ● 40g fiber (12%)

Breakfast

240 cal, 10g protein, 17g net carbs, 13g fat



[Pumped up almond yogurt](#)
1 container(s)- 242 cal

Lunch

460 cal, 29g protein, 43g net carbs, 11g fat



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cal



[Raspberries](#)
1 1/4 cup(s)- 90 cal

Snacks

135 cal, 6g protein, 2g net carbs, 10g fat



[Almond protein balls](#)
1 ball(s)- 135 cal

Dinner

365 cal, 20g protein, 31g net carbs, 12g fat



[Soy milk](#)
1 2/3 cup(s)- 141 cal



[Zoodles marinara](#)
225 cal

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cal

Day 7

1367 cal ● 102g protein (30%) ● 47g fat (31%) ● 94g carbs (28%) ● 40g fiber (12%)

Breakfast

240 cal, 10g protein, 17g net carbs, 13g fat



[Pumped up almond yogurt](#)
1 container(s)- 242 cal

Lunch

460 cal, 29g protein, 43g net carbs, 11g fat



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cal



[Raspberries](#)
1 1/4 cup(s)- 90 cal

Snacks

135 cal, 6g protein, 2g net carbs, 10g fat



[Almond protein balls](#)
1 ball(s)- 135 cal

Dinner

365 cal, 20g protein, 31g net carbs, 12g fat



[Soy milk](#)
1 2/3 cup(s)- 141 cal



[Zoodles marinara](#)
225 cal

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cal

Vegetables and Vegetable Products

- beets, precooked (canned or refrigerated)
12 beets (2" dia, sphere) (600g)
- fresh ginger
1/2 slices (1" dia) (1g)
- edamame, frozen, shelled
2 cup (236g)
- tomatoes
3 medium whole (2-3/5" dia) (390g)
- ketchup
3 1/3 tbsp (57g)
- broccoli
2 cup chopped (182g)
- garlic
1 1/2 clove(s) (5g)
- fresh green beans
1/2 lbs (227g)
- zucchini
4 medium (784g)

Legumes and Legume Products

- soy sauce
2 3/4 oz (65mL)
- extra firm tofu
1/2 lbs (227g)
- roasted peanuts
1/3 cup (49g)
- peanut butter
2 tbsp (32g)
- tempeh
4 oz (113g)
- firm tofu
6 oz (170g)

Nut and Seed Products

- sesame seeds
1/2 tbsp (5g)
- sunflower kernels
1 1/2 oz (43g)
- almond butter
2 tbsp (31g)

Beverages

- almond milk, unsweetened
1 cup (240mL)
- water
12 cup(s) (2844mL)

Fats and Oils

- balsamic vinaigrette
4 tbsp (60mL)
- salad dressing
1/2 cup (113mL)
- oil
1 oz (29mL)

Other

- mixed greens
11 1/2 cup (345g)
- vegan chik'n nuggets
13 1/3 nuggets (287g)
- nutritional yeast
1 1/2 tbsp (6g)
- soy milk, unsweetened
6 1/3 cup (1519mL)
- veggie burger patty
4 patty (284g)
- vegan butter
1 tbsp (14g)
- almond yogurt, flavored
2 container (300g)
- cacao nibs
2 tsp (7g)
- almond flour
1 tbsp (7g)

Sweets

- Chocolate, dark, 70-85%
6 square(s) (60g)

Fruits and Fruit Juices

- lemon juice
1/2 tbsp (8mL)
- blackberries
2 cup (288g)
- fruit juice
5 1/3 fl oz (160mL)
- raspberries
3/4 lbs (338g)

Snacks

- small granola bar
3 bar (75g)

Spices and Herbs

protein powder
3/4 lbs (343g)

Breakfast Cereals

breakfast cereal
2 serving (60g)

flavored instant oatmeal
2 packet (86g)

lemon pepper
1 1/2 dash (0g)

salt
2 dash (2g)

Soups, Sauces, and Gravies

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

pasta sauce
2 cup (520g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Breakfast cereal with almond milk

169 cals ● 5g protein ● 5g fat ● 24g carbs ● 3g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

breakfast cereal

1 serving (30g)

For all 2 meals:

almond milk, unsweetened

1 cup (240mL)

breakfast cereal

2 serving (60g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Soy milk

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



For single meal:

soy milk, unsweetened

1 cup (240mL)

For all 3 meals:

soy milk, unsweetened

3 cup (720mL)

1. This recipe has no instructions.

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 3 meals:

small granola bar
3 bar (75g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Pumped up almond yogurt

1 container(s) - 242 cal ● 10g protein ● 13g fat ● 17g carbs ● 5g fiber



For single meal:

almond yogurt, flavored
1 container (150g)
protein powder
1 tbsp (6g)
raspberries
8 raspberries (15g)
cacao nibs
1 tsp (3g)

For all 2 meals:

almond yogurt, flavored
2 container (300g)
protein powder
2 tbsp (12g)
raspberries
16 raspberries (30g)
cacao nibs
2 tsp (7g)

1. Mix almond yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Edamame & beet salad

342 cal ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

For all 2 meals:

balsamic vinaigrette
4 tbsp (60mL)
beets, precooked (canned or refrigerated), chopped
8 beets (2" dia, sphere) (400g)
edamame, frozen, shelled
2 cup (236g)
mixed greens
4 cup (120g)

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

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1/4 cup (56mL)
mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing
1/2 cup (113mL)
mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)

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

Peanut tempeh

2 oz tempeh - 217 cal ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



For single meal:

nutritional yeast

1/4 tbsp (1g)

soy sauce

1/2 tsp (3mL)

lemon juice

1/4 tbsp (4mL)

peanut butter

1 tbsp (16g)

tempeh

2 oz (57g)

For all 2 meals:

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Lunch 3 [↗](#)

Eat on day 5

Fruit juice

2/3 cup(s) - 76 cal ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



Makes 2/3 cup(s)

fruit juice

5 1/3 fl oz (160mL)

1. This recipe has no instructions.

Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

firm tofu

6 oz (170g)

oil

1 tbsp (15mL)

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.

Vegan buttery garlic green beans

97 cal ● 4g protein ● 1g fat ● 11g carbs ● 6g fiber



vegan butter

1 tbsp (14g)

garlic, minced

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

fresh green beans, trimmed, snapped in half

1/2 lbs (227g)

lemon pepper

1 1/2 dash (0g)

salt

2 dash (2g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
 2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
 3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
 4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
 5. Serve.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cal(s) ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Raspberries

1 1/4 cup(s) - 90 cal(s) ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries

1 1/4 cup (154g)

For all 2 meals:

raspberries

2 1/2 cup (308g)

1. Rinse raspberries and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Dark chocolate

2 square(s) - 120 cal(s) ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

Chocolate, dark, 70-85%

2 square(s) (20g)

For all 3 meals:

Chocolate, dark, 70-85%

6 square(s) (60g)

1. This recipe has no instructions.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:
sunflower kernels
1/2 oz (14g)

For all 3 meals:
sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:
flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:
flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Blackberries

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



For single meal:
blackberries
1 cup (144g)

For all 2 meals:
blackberries
2 cup (288g)

1. Rinse blackberries and serve.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Almond protein balls

1 ball(s) - 135 cal ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
1/2 tbsp (3g)
almond flour
1/2 tbsp (4g)
almond butter
1 tbsp (16g)

For all 2 meals:

protein powder
1 tbsp (6g)
almond flour
1 tbsp (7g)
almond butter
2 tbsp (31g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Dinner 1 [↗](#)

Eat on day 1

Beets

4 beets - 96 cal ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



Makes 4 beets

beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Baked tofu

8 oz - 226 cal ● 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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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Chik'n nuggets

6 2/3 nuggets - 368 cal ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

vegan chik'n nuggets
6 2/3 nuggets (143g)
ketchup
5 tsp (28g)

For all 2 meals:

vegan chik'n nuggets
13 1/3 nuggets (287g)
ketchup
1/4 cup (57g)

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

Dinner 3 [↗](#)

Eat on day 4, day 5

Roasted broccoli with nutritional yeast

1 cup(s) - 108 cal ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



For single meal:

nutritional yeast
1/2 tbsp (2g)
oil
1/2 tbsp (8mL)
broccoli
1 cup chopped (91g)

For all 2 meals:

nutritional yeast
1 tbsp (4g)
oil
1 tbsp (15mL)
broccoli
2 cup chopped (182g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

Veggie burger patty

2 patty - 254 cal ● 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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Soy milk

1 2/3 cup(s) - 141 cal ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened

1 2/3 cup (400mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (800mL)

1. This recipe has no instructions.
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Zoodles marinara

225 cal ● 9g protein ● 4g fat ● 28g carbs ● 10g fiber



For single meal:

pasta sauce

1 cup (260g)

zucchini

2 medium (392g)

For all 2 meals:

pasta sauce

2 cup (520g)

zucchini

4 medium (784g)

1. Spiralize zucchini.
 2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
 3. (optional) Transfer zoodles to towel and pat any excess water off.
 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
 5. Serve.
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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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