

Meal Plan - 1200 calorie intermittent fasting vegetarian 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

1237 cals ● 100g protein (32%) ● 29g fat (21%) ● 126g carbs (41%) ● 17g fiber (6%)

Lunch

665 cals, 38g protein, 70g net carbs, 23g fat



[Milk](#)

1 1/3 cup(s)- 199 cals



[Vegan meatball sub](#)

1 sub(s)- 468 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

355 cals, 14g protein, 55g net carbs, 5g fat



[Pita bread](#)

1 pita bread(s)- 78 cals



[Veggie burger](#)

1 burger- 275 cals

Day 2

1172 cals ● 100g protein (34%) ● 45g fat (34%) ● 79g carbs (27%) ● 14g fiber (5%)

Lunch

515 cals, 27g protein, 38g net carbs, 26g fat



[Caesar salad wrap](#)

1 wrap(s)- 393 cals



[Chunky canned soup \(non-creamy\)](#)

1/2 can(s)- 124 cals

Protein Supplement(s)

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

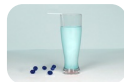


[Protein shake](#)

2 scoop- 218 cals

Dinner

440 cals, 24g protein, 40g net carbs, 17g fat



[Kefir](#)

150 cals



[Goat cheese and marinara stuffed zucchini](#)

3 zucchini halve(s)- 288 cals

Day 3

1179 cals ● 103g protein (35%) ● 56g fat (43%) ● 42g carbs (14%) ● 23g fiber (8%)

Lunch

470 cals, 17g protein, 27g net carbs, 29g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Cheese and guac tacos](#)

2 taco(s)- 350 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

490 cals, 38g protein, 13g net carbs, 26g fat



[Simple sauteed spinach](#)

50 cals



[Basic tempeh](#)

6 oz- 443 cals

Day 4

1179 cals ● 103g protein (35%) ● 56g fat (43%) ● 42g carbs (14%) ● 23g fiber (8%)

Lunch

470 cals, 17g protein, 27g net carbs, 29g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Cheese and guac tacos](#)

2 taco(s)- 350 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

490 cals, 38g protein, 13g net carbs, 26g fat



[Simple sauteed spinach](#)

50 cals



[Basic tempeh](#)

6 oz- 443 cals

Day 5

1218 cals ● 99g protein (33%) ● 56g fat (42%) ● 65g carbs (21%) ● 12g fiber (4%)

Lunch

500 cals, 27g protein, 10g net carbs, 38g fat



[Basic tofu](#)

6 oz- 257 cals



[Simple mozzarella and tomato salad](#)

242 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

500 cals, 24g protein, 53g net carbs, 18g fat



[Sugar snap peas](#)

41 cals



[Milk](#)

2/3 cup(s)- 99 cals



[Veggie burger with cheese](#)

1 burger- 361 cals

Day 6

1218 cals ● 99g protein (33%) ● 56g fat (42%) ● 65g carbs (21%) ● 12g fiber (4%)

Lunch

500 cals, 27g protein, 10g net carbs, 38g fat



Basic tofu

6 oz- 257 cals



Simple mozzarella and tomato salad

242 cals

Dinner

500 cals, 24g protein, 53g net carbs, 18g fat



Sugar snap peas

41 cals



Milk

2/3 cup(s)- 99 cals



Veggie burger with cheese

1 burger- 361 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1249 cals ● 112g protein (36%) ● 39g fat (28%) ● 89g carbs (29%) ● 22g fiber (7%)

Lunch

540 cals, 39g protein, 18g net carbs, 29g fat



Caprese salad

107 cals



Peanut tempeh

4 oz tempeh- 434 cals

Dinner

490 cals, 25g protein, 69g net carbs, 9g fat



Tofu alfredo pasta with broccoli

442 cals



Simple salad with tomatoes and carrots

49 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dairy and Egg Products

- ☐ whole milk
2 2/3 cup (641mL)
- ☐ kefir, flavored
1 cup (240mL)
- ☐ goat cheese
1 1/2 oz (43g)
- ☐ eggs
2 large (100g)
- ☐ parmesan cheese
1/2 tbsp (3g)
- ☐ cheddar cheese
1 cup, shredded (113g)
- ☐ sliced cheese
2 slice (3/4 oz ea) (42g)
- ☐ fresh mozzarella cheese
1/3 lbs (135g)

Other

- ☐ vegan meatballs, frozen
4 meatball(s) (120g)
- ☐ nutritional yeast
3 g (3g)
- ☐ sub roll(s)
1 roll(s) (85g)
- ☐ veggie burger patty
3 patty (213g)
- ☐ mixed greens
5/6 package (5.5 oz) (124g)
- ☐ guacamole, store-bought
1/2 cup (124g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
10 tbsp (163g)
- ☐ chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

Baked Products

- ☐ pita bread
1 pita, small (4" dia) (28g)
- ☐ hamburger buns
3 bun(s) (153g)
- ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)

Vegetables and Vegetable Products

Beverages

- ☐ water
14 cup(s) (3318mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ almond milk, unsweetened
2 tbsp (31mL)

Fats and Oils

- ☐ caesar salad dressing
1 tbsp (15g)
- ☐ olive oil
1/2 tbsp (8mL)
- ☐ oil
4 tbsp (60mL)
- ☐ balsamic vinaigrette
1 1/3 oz (38mL)
- ☐ salad dressing
1 tsp (6mL)

Fruits and Fruit Juices

- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)
- ☐ lemon juice
1/2 tbsp (8mL)

Spices and Herbs

- ☐ black pepper
1 dash, ground (0g)
- ☐ salt
1/8 oz (1g)
- ☐ fresh basil
1/4 oz (8g)
- ☐ basil, dried
4 dash, ground (1g)

Legumes and Legume Products

- ☐ tempeh
1 lbs (454g)
- ☐ firm tofu
16 oz (453g)
- ☐ soy sauce
1 tsp (5mL)
- ☐ peanut butter
2 tbsp (32g)

Cereal Grains and Pasta

- | | |
|---|---|
| <input type="checkbox"/> ketchup
3 tbsp (51g) | <input type="checkbox"/> uncooked dry pasta
3 oz (86g) |
| <input type="checkbox"/> zucchini
1 1/2 large (485g) | |
| <input type="checkbox"/> romaine lettuce
1/4 head (149g) | |
| <input type="checkbox"/> onion
1 tbsp, chopped (10g) | |
| <input type="checkbox"/> tomatoes
3 medium whole (2-3/5" dia) (372g) | |
| <input type="checkbox"/> garlic
1 clove(s) (3g) | |
| <input type="checkbox"/> fresh spinach
4 cup(s) (120g) | |
| <input type="checkbox"/> frozen sugar snap peas
1 1/3 cup (192g) | |
| <input type="checkbox"/> frozen broccoli
1/4 package (71g) | |
| <input type="checkbox"/> carrots
1/8 medium (8g) | |
-

Lunch 1 [↗](#)

Eat on day 1

Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber

Makes 1 1/3 cup(s)

whole milk

1 1/3 cup (320mL)



1. This recipe has no instructions.

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

vegan meatballs, frozen

4 meatball(s) (120g)

pasta sauce

4 tbsp (65g)

nutritional yeast

1 tsp (1g)

sub roll(s)

1 roll(s) (85g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Lunch 2 [↗](#)

Eat on day 2

Caesar salad wrap

1 wrap(s) - 393 cals ● 18g protein ● 23g fat ● 26g carbs ● 3g fiber



Makes 1 wrap(s)

eggs, hard-boiled and sliced

2 large (100g)

caesar salad dressing

1 tbsp (15g)

flour tortillas

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

romaine lettuce, torn into bite-sized pieces

4 leaf inner (24g)

parmesan cheese

1/2 tbsp (3g)

onion

1 tbsp, chopped (10g)

tomatoes, sliced

1/2 plum tomato (31g)

1. Toss romaine, onion, cheese and dressing to coat.
2. Spread romaine mixture evenly down center of each tortilla. Top with the sliced hard-boiled eggs and tomatoes.
3. Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.
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Lunch 3 [🔗](#)

Eat on day 3, day 4

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

cheddar cheese

1/2 cup, shredded (57g)

guacamole, store-bought

4 tbsp (62g)

For all 2 meals:

cheddar cheese

1 cup, shredded (113g)

guacamole, store-bought

1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
 2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
 3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
 4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
 5. Serve.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Basic tofu

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



For single meal:

firm tofu

6 oz (170g)

oil

1 tbsp (15mL)

For all 2 meals:

firm tofu

3/4 lbs (340g)

oil

2 tbsp (30mL)

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.

Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

tomatoes, sliced

3/4 large whole (3" dia) (137g)

fresh mozzarella cheese, sliced

2 oz (57g)

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

For all 2 meals:

tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 5 [↗](#)

Eat on day 7

Caprese salad

107 cal ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

2 tbsp leaves, whole (3g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

mixed greens

1/4 package (5.5 oz) (39g)

fresh mozzarella cheese

3/4 oz (21g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

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.

Dinner 1 [↗](#)

Eat on day 1

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



Makes 1 pita bread(s)

pita bread

1 pita, small (4" dia) (28g)

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.

Veggie burger

1 burger - 275 cals ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



Makes 1 burger

veggie burger patty

1 patty (71g)

hamburger buns

1 bun(s) (51g)

ketchup

1 tbsp (17g)

mixed greens

1 oz (28g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Dinner 2 [↗](#)

Eat on day 2

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



kefir, flavored

1 cup (240mL)

1. Pour into a glass and drink.

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



Makes 3 zucchini halve(s)

zucchini

1 1/2 large (485g)

pasta sauce

6 tbsp (98g)

goat cheese

1 1/2 oz (43g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Dinner 3 [🔗](#)

Eat on day 3, day 4

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

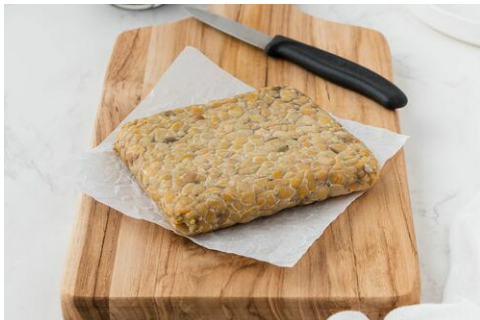
For all 2 meals:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. 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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Sugar snap peas

41 cal ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup (160mL)

For all 2 meals:

whole milk
1 1/3 cup (320mL)

1. This recipe has no instructions.

Veggie burger with cheese

1 burger - 361 cal ● 16g protein ● 12g fat ● 42g carbs ● 6g fiber



For single meal:

hamburger buns
1 bun(s) (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)
veggie burger patty
1 patty (71g)
sliced cheese
1 slice (3/4 oz ea) (21g)

For all 2 meals:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)
sliced cheese
2 slice (3/4 oz ea) (42g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Dinner 5 [🔗](#)

Eat on day 7

Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



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.

Simple salad with tomatoes and carrots

49 cals ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



salad dressing

1 tsp (6mL)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

carrots, sliced

1/8 medium (8g)

romaine lettuce, roughly chopped

1/4 hearts (125g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
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Protein Supplement(s) [↗](#)

Eat every day

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.