

Meal Plan - 1200 calorie vegan 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

1211 cals ● 94g protein (31%) ● 19g fat (14%) ● 136g carbs (45%) ● 30g fiber (10%)

Breakfast

195 cals, 7g protein, 35g net carbs, 2g fat



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



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

Dinner

360 cals, 18g protein, 50g net carbs, 7g fat



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



[Soy milk](#)
1 1/4 cup(s)- 106 cals

Lunch

435 cals, 22g protein, 50g net carbs, 9g fat



[Tuscan white bean soup](#)
202 cals



[Easy chickpea salad](#)
234 cals

Protein Supplement(s)

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



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

Day 2

1211 cals ● 94g protein (31%) ● 19g fat (14%) ● 136g carbs (45%) ● 30g fiber (10%)

Breakfast

195 cals, 7g protein, 35g net carbs, 2g fat



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



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

Dinner

360 cals, 18g protein, 50g net carbs, 7g fat



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



[Soy milk](#)
1 1/4 cup(s)- 106 cals

Lunch

435 cals, 22g protein, 50g net carbs, 9g fat



[Tuscan white bean soup](#)
202 cals



[Easy chickpea salad](#)
234 cals

Protein Supplement(s)

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



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

Day 3

1169 cals ● 113g protein (39%) ● 14g fat (11%) ● 118g carbs (40%) ● 31g fiber (11%)

Breakfast

195 cals, 7g protein, 35g net carbs, 2g fat



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



Strawberries
1 cup(s)- 52 cals

Dinner

410 cals, 19g protein, 63g net carbs, 3g fat



Fruit juice
1 1/4 cup(s)- 143 cals



Vegan chunky chili
268 cals

Lunch

340 cals, 38g protein, 18g net carbs, 8g fat



Lentils
87 cals



Vegan crumbles
1 3/4 cup(s)- 256 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1142 cals ● 114g protein (40%) ● 50g fat (39%) ● 35g carbs (12%) ● 25g fiber (9%)

Breakfast

195 cals, 9g protein, 4g net carbs, 15g fat



Pumpkin seeds
183 cals



Celery sticks
2 celery stalk- 13 cals

Dinner

385 cals, 18g protein, 12g net carbs, 26g fat



Cajun tofu
157 cals



Walnuts
1/6 cup(s)- 131 cals



Simple salad with tomatoes and carrots
98 cals

Lunch

340 cals, 38g protein, 18g net carbs, 8g fat



Lentils
87 cals



Vegan crumbles
1 3/4 cup(s)- 256 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1170 cals ● 96g protein (33%) ● 58g fat (45%) ● 45g carbs (15%) ● 21g fiber (7%)

Breakfast

195 cals, 9g protein, 4g net carbs, 15g fat



[Pumpkin seeds](#)

183 cals



[Celery sticks](#)

2 celery stalk- 13 cals

Dinner

365 cals, 11g protein, 29g net carbs, 20g fat



[Sautéed peppers and onions](#)

125 cals



[Curried lentils](#)

241 cals

Lunch

390 cals, 28g protein, 11g net carbs, 22g fat



[Sautéed mushrooms](#)

4 oz mushrooms- 95 cals



[Basic tempeh](#)

4 oz- 295 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 6

1178 cals ● 97g protein (33%) ● 55g fat (42%) ● 53g carbs (18%) ● 20g fiber (7%)

Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)

1 bar(s)- 204 cals

Dinner

365 cals, 11g protein, 29g net carbs, 20g fat



[Sautéed peppers and onions](#)

125 cals



[Curried lentils](#)

241 cals

Lunch

390 cals, 28g protein, 11g net carbs, 22g fat



[Sautéed mushrooms](#)

4 oz mushrooms- 95 cals



[Basic tempeh](#)

4 oz- 295 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 7

1152 cals ● 93g protein (32%) ● 33g fat (26%) ● 99g carbs (34%) ● 22g fiber (8%)

Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)
1 bar(s)- 204 cals

Lunch

305 cals, 7g protein, 56g net carbs, 2g fat



[Carrot sticks](#)
3 1/2 carrot(s)- 95 cals



[Tomato soup](#)
1 can(s)- 211 cals

Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



[Seitan salad](#)
359 cals



[Peach](#)
1 peach(es)- 66 cals

Protein Supplement(s)

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



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

Beverages

- ☐ water
16 2/3 cup(s) (3951mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)
- ☐ seitan
3 oz (85g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ vegetable broth
2 cup(s) (mL)
- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ condensed canned tomato soup
1 can (10.5 oz) (298g)

Other

- ☐ soy milk, unsweetened
2 1/2 cup (600mL)
- ☐ italian seasoning
1/2 tbsp (5g)
- ☐ vegan butter
3/4 tbsp (11g)
- ☐ curry paste
2 tsp (10g)
- ☐ nutritional yeast
1 tsp (1g)

Vegetables and Vegetable Products

- ☐ fresh spinach
3 cup(s) (90g)
- ☐ raw celery
3/8 bunch (200g)
- ☐ carrots
4 1/3 medium (265g)
- ☐ garlic
2 clove(s) (6g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (189g)
- ☐ fresh parsley
3 sprigs (3g)

Legumes and Legume Products

- ☐ white beans, canned
1/2 can(s) (220g)
- ☐ chickpeas, canned
1 can (448g)
- ☐ lentils, raw
2/3 cup (128g)
- ☐ vegetarian burger crumbles
3 1/2 cup (350g)
- ☐ extra firm tofu
2 tbsp (31g)
- ☐ dry kidney beans
4 tsp (15g)
- ☐ dry white beans
4 tsp (17g)
- ☐ firm tofu
5 oz (142g)
- ☐ tempeh
1/2 lbs (227g)

Fats and Oils

- ☐ oil
2 oz (67mL)
- ☐ salad dressing
1 3/4 tbsp (26mL)

Baked Products

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

Fruits and Fruit Juices

- ☐ strawberries
3 cup, whole (432g)
- ☐ fruit juice
10 fl oz (300mL)
- ☐ avocados
1/4 avocado(s) (50g)
- ☐ peach
1 medium (2-2/3" dia) (150g)

Nut and Seed Products

- ☐ walnuts
3 tbsp, shelled (19g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ coconut milk, canned
1/2 cup (120mL)

- ☐ tomatoes
4 medium whole (2-3/5" dia) (492g)
- ☐ green pepper
4 tsp, chopped (12g)
- ☐ red bell pepper
4 tsp, chopped (12g)
- ☐ mushrooms
1/2 lbs (238g)
- ☐ fresh green beans
4 tsp 1/2" pieces (8g)
- ☐ romaine lettuce
1/2 hearts (250g)
- ☐ bell pepper
2 large (328g)

Spices and Herbs

- ☐ crushed red pepper
2 dash (0g)
 - ☐ balsamic vinegar
1 tbsp (15mL)
 - ☐ salt
2 dash (2g)
 - ☐ chili powder
1/2 tbsp (4g)
 - ☐ garlic powder
1/3 dash (0g)
 - ☐ black pepper
1 dash, ground (0g)
 - ☐ onion powder
3/4 dash (0g)
 - ☐ cajun seasoning
4 dash (1g)
-

Snacks

- ☐ high-protein granola bar
2 bar (80g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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.

Strawberries

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



For single meal:

strawberries

1 cup, whole (144g)

For all 3 meals:

strawberries

3 cup, whole (432g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Tuscan white bean soup

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



For single meal:

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)

For all 2 meals:

fresh spinach
1 cup(s) (30g)
vegetable broth
2 cup(s) (mL)
crushed red pepper
2 dash (0g)
italian seasoning
1/2 tbsp (5g)
white beans, canned, rinsed & drained
1/2 can(s) (220g)
raw celery, chopped
1/2 stalk, large (11"-12" long) (32g)
carrots, chopped
1/2 large (36g)
garlic, minced
2 clove(s) (6g)
oil
1/2 tbsp (8mL)
onion, diced
1/2 small (35g)

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.

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

For all 2 meals:

fresh parsley, chopped
3 sprigs (3g)
apple cider vinegar
1 tbsp (1mL)
balsamic vinegar
1 tbsp (15mL)
tomatoes, halved
1 cup cherry tomatoes (149g)
onion, thinly sliced
1/2 small (35g)
chickpeas, canned, drained and rinsed
1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!

Lunch 2 [↗](#)

Eat on day 3, day 4

Lentils

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



For single meal:

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles
1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles
3 1/2 cup (350g)

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

Lunch 3 [↗](#)

Eat on day 5, day 6

Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

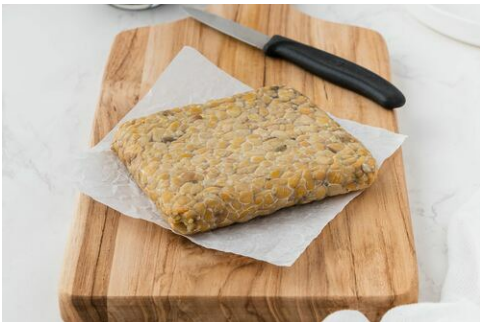
For all 2 meals:

oil
1 tbsp (15mL)
mushrooms, sliced
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

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 4 [↗](#)

Eat on day 7

Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

carrots

3 1/2 medium (214g)

1. Cut carrots into strips and serve.

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Pasta with store-bought sauce

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



For single meal:

uncooked dry pasta

2 oz (57g)

pasta sauce

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

For all 2 meals:

uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

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

Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/4 cup (300mL)

For all 2 meals:

soy milk, unsweetened
2 1/2 cup (600mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

fruit juice
10 fl oz (300mL)

1. This recipe has no instructions.

Vegan chunky chili

268 cals ● 17g protein ● 3g fat ● 32g carbs ● 12g fiber



extra firm tofu
2 tbsp (31g)
chili powder
1/2 tbsp (4g)
garlic powder
1/3 dash (0g)
tomatoes
16 tbsp, chopped (180g)
water
1 cup(s) (237mL)
green pepper
4 tsp, chopped (12g)
red bell pepper
4 tsp, chopped (12g)
onion, chopped
1/8 medium (2-1/2" dia) (9g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
dry kidney beans, soaked overnight
4 tsp (15g)
dry white beans, soaked overnight
4 tsp (17g)
lentils, raw, soaked overnight
4 tsp (16g)
mushrooms
2 2/3 tbsp, chopped (12g)
fresh green beans
4 tsp 1/2" pieces (8g)
raw celery
4 tsp chopped (8g)
onion powder
2/3 dash (0g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

Dinner 3 [↗](#)

Eat on day 4

Cajun tofu

157 cal ● 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.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



Makes 1/6 cup(s)

walnuts

3 tbsp, shelled (19g)

1. This recipe has no instructions.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

tomatoes, diced

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

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 4 [↗](#)

Eat on day 5, day 6

Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

oil

1/2 tbsp (8mL)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, sliced into strips

1 large (164g)

For all 2 meals:

oil

1 tbsp (15mL)

onion, sliced

1 medium (2-1/2" dia) (110g)

bell pepper, sliced into strips

2 large (328g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Curried lentils

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



For single meal:

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)

For all 2 meals:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

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.

Dinner 5 [🔗](#)

Eat on day 7

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber

Makes 1 peach(es)



peach
1 medium (2-2/3" dia) (150g)

1. This recipe has no instructions.

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.