

Meal Plan - 1200 calorie intermittent fasting vegetarian meal plan



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

Day 1

1157 cals ● 98g protein (34%) ● 41g fat (32%) ● 87g carbs (30%) ● 12g fiber (4%)

Lunch

455 cals, 29g protein, 34g net carbs, 19g fat



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals



Walnuts
1/8 cup(s)- 87 cals

Dinner

480 cals, 20g protein, 52g net carbs, 21g fat



Brown rice
1/2 cup brown rice, cooked- 115 cals



General tso's tofu
368 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

1228 cals ● 102g protein (33%) ● 37g fat (27%) ● 106g carbs (35%) ● 16g fiber (5%)

Lunch

470 cals, 30g protein, 31g net carbs, 23g fat



Protein greek yogurt
1 container- 139 cals



Roasted cashews
1/6 cup(s)- 156 cals



Chunky canned soup (creamy)
1/2 can(s)- 177 cals

Dinner

535 cals, 24g protein, 74g net carbs, 12g fat



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



Mediterranean lentil power salad
394 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

1180 cals ● 110g protein (37%) ● 45g fat (34%) ● 54g carbs (18%) ● 31g fiber (11%)

Lunch

465 cals, 37g protein, 16g net carbs, 23g fat



Vegan sausage

1 sausage(s)- 268 cals



Garlic collard greens

199 cals

Dinner

495 cals, 25g protein, 36g net carbs, 21g fat



Tempeh taco salad bowl

370 cals



Buttery brown rice

125 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1168 cals ● 93g protein (32%) ● 42g fat (32%) ● 76g carbs (26%) ● 29g fiber (10%)

Lunch

455 cals, 20g protein, 38g net carbs, 20g fat



Spinach artichoke grilled cheese sandwich

1 sandwich(es)- 342 cals



Simple mixed greens and tomato salad

113 cals

Dinner

495 cals, 25g protein, 36g net carbs, 21g fat



Tempeh taco salad bowl

370 cals



Buttery brown rice

125 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

1159 cals ● 105g protein (36%) ● 28g fat (21%) ● 96g carbs (33%) ● 28g fiber (10%)

Lunch

455 cals, 20g protein, 38g net carbs, 20g fat



Spinach artichoke grilled cheese sandwich

1 sandwich(es)- 342 cals



Simple mixed greens and tomato salad

113 cals

Dinner

485 cals, 36g protein, 56g net carbs, 7g fat



Lentils

231 cals



Veggie burger patty

2 patty- 254 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1238 cals ● 111g protein (36%) ● 34g fat (25%) ● 96g carbs (31%) ● 25g fiber (8%)

Lunch

535 cals, 27g protein, 39g net carbs, 27g fat



Roasted cashews

1/4 cup(s)- 209 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Edamame & beet salad

171 cals

Dinner

485 cals, 36g protein, 56g net carbs, 7g fat



Lentils

231 cals



Veggie burger patty

2 patty- 254 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1189 cals ● 92g protein (31%) ● 40g fat (30%) ● 99g carbs (33%) ● 17g fiber (6%)

Lunch

535 cals, 27g protein, 39g net carbs, 27g fat



Roasted cashews

1/4 cup(s)- 209 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Edamame & beet salad

171 cals

Dinner

435 cals, 17g protein, 59g net carbs, 12g fat



Simple kale salad

1/2 cup(s)- 28 cals



Cheese ravioli

408 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Grocery List



Spices and Herbs

- salt
5 dash (4g)
- black pepper
1/3 tsp, ground (1g)
- apple cider vinegar
3/4 tbsp (11g)
- red wine vinegar
1 tsp (6mL)
- dijon mustard
3 dash (2g)
- taco seasoning mix
4 tsp (11g)

Beverages

- water
18 1/2 cup(s) (4413mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

- brown rice
6 3/4 tbsp (79g)
- cornstarch
1 1/2 tbsp (12g)

Legumes and Legume Products

- soy sauce
1/2 tbsp (8mL)
- firm tofu
1/2 lbs (213g)
- hummus
3 tbsp (45g)
- lentils, raw
1 cup (200g)
- tempeh
1/3 lbs (151g)
- refried beans
2/3 cup (161g)

Vegetables and Vegetable Products

- fresh ginger
1 1/2 tbsp (9g)
- garlic
3 1/2 clove(s) (10g)
- cucumber
10 tbsp slices (65g)

Sweets

- sugar
3/4 tbsp (10g)

Fats and Oils

- oil
1 1/4 oz (39mL)
- salad dressing
5 tbsp (75mL)
- balsamic vinaigrette
2 tbsp (30mL)

Baked Products

- bread
6 slice(s) (192g)

Other

- plant-based deli slices
6 slices (62g)
- protein greek yogurt, flavored
1 container (150g)
- mixed greens
7 cup (215g)
- vegan sausage
1 sausage (100g)
- veggie burger patty
4 patty (284g)

Nut and Seed Products

- walnuts
2 tbsp, shelled (13g)
- roasted cashews
2/3 cup (94g)

Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)
1/2 can (~19 oz) (267g)
- salsa
4 tbsp (72g)
- pasta sauce
1/4 jar (24 oz) (168g)

Fruits and Fruit Juices

- fruit juice
10 fl oz (300mL)

- tomatoes**
1 1/3 medium whole (2-3/5" dia) (163g)
- collard greens**
10 oz (284g)
- artichokes, canned**
1/2 can, drained (120g)
- fresh spinach**
4 oz (113g)
- edamame, frozen, shelled**
1 cup (118g)
- beets, precooked (canned or refrigerated)**
4 beet(s) (200g)
- kale leaves**
1/2 cup, chopped (20g)

- lemon juice**
1 tsp (6mL)
- black olives**
1 1/2 tbsp (13g)
- avocados**
2/3 avocado(s) (134g)

Dairy and Egg Products

- feta cheese**
2 tbsp, crumbled (19g)
- butter**
3/4 tbsp (11g)
- mozzarella cheese, shredded**
2 oz (57g)
- lowfat flavored greek yogurt**
2 (5.3 oz ea) container(s) (300g)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli**
6 oz (170g)
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Lunch 1 ↗

Eat on day 1

Hummus & veggie deli sandwich

1 sandwich(es) - 370 cals ● 27g protein ● 11g fat ● 33g carbs ● 8g fiber



Makes 1 sandwich(es)

bread
2 slice(s) (64g)
plant-based deli slices
6 slices (62g)
hummus
3 tbsp (45g)
cucumber
4 tbsp slices (26g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich. Serve.

Walnuts

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

Makes 1/8 cup(s)



walnuts
2 tbsp, shelled (13g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



Makes 1/6 cup(s)

roasted cashews

3 tbsp (26g)

1. The recipe has no instructions.

Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



Makes 1/2 can(s)

chunky canned soup (creamy varieties)

1/2 can (~19 oz) (267g)

1. Prepare according to instructions on package.

Lunch 3 ↗

Eat on day 3

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage

1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



collard greens
10 oz (284g)
oil
2 tsp (9mL)
salt
1 1/4 dash (1g)
garlic, minced
2 clove(s) (6g)

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.

Lunch 4 ↗

Eat on day 4 and day 5

Spinach artichoke grilled cheese sandwich

1 sandwich(es) - 342 cals ● 18g protein ● 13g fat ● 30g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
artichokes, canned
1/4 can, drained (60g)
fresh spinach
2 oz (57g)
bread
2 slice(s) (64g)
mozzarella cheese, shredded
1 oz (28g)

For all 2 meals:

oil
2 tsp (10mL)
artichokes, canned
1/2 can, drained (120g)
fresh spinach
4 oz (113g)
bread
4 slice(s) (128g)
mozzarella cheese, shredded
2 oz (57g)

1. Heat just half of the oil in a non-stick skillet over medium heat. Add the artichokes and cook until they start to brown in places, about 5-6 minutes.
2. Add spinach and some salt and pepper to the skillet and stir until spinach wilts, about 2 minutes.
3. Transfer spinach artichoke mixture to a bowl and wipe the skillet clean.
4. Add the spinach artichoke mixture and the cheese to a slice of bread and top with other slice of bread.
5. Heat remaining oil in the skillet over medium heat. Add sandwich and cook until golden brown, 2-3 minutes per side.
6. Cut sandwich in half and serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

Lunch 5

Eat on day 6 and day 7

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
4 tbsp (34g)

For all 2 meals:

roasted cashews
1/2 cup (69g)

1. The recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

For all 2 meals:

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

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

Dinner 1 ↗

Eat on day 1

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

General tso's tofu

368 cals ● 18g protein ● 20g fat ● 29g carbs ● 1g fiber



soy sauce
1/2 tbsp (8mL)
fresh ginger, minced
1 1/2 tbsp (9g)
sugar
3/4 tbsp (10g)
apple cider vinegar
3/4 tbsp (11g)
cornstarch
1 1/2 tbsp (12g)
oil
3/4 tbsp (11mL)
garlic, minced
1 1/2 clove(s) (5g)
firm tofu, patted dry & cubed
1/2 lbs (213g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

Dinner 2 ↗

Eat on day 2

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. The recipe has no instructions.



Mediterranean lentil power salad

394 cals ● 21g protein ● 12g fat ● 42g carbs ● 9g fiber



feta cheese
2 tbsp, crumbled (19g)
oil
1 tsp (6mL)
water
1 cup(s) (267mL)
lentils, raw
6 tbsp (72g)
red wine vinegar
1 tsp (6mL)
lemon juice
1 tsp (6mL)
dijon mustard
3 dash (2g)
cucumber, chopped
6 tbsp slices (39g)
black olives, chopped
1 1/2 tbsp (13g)
tomatoes, chopped
3 cherry tomatoes (51g)

1. In a pot, cover lentils with water. Bring to a boil. Reduce heat and simmer covered for 20-30 minutes or according to package instructions. Drain and set aside to cool.
2. Combine lentils with all remaining ingredients in a large bowl. Toss until well-mixed. Season with salt/pepper to taste.
3. Serve.

Dinner 3

Eat on day 3 and day 4

Tempeh taco salad bowl

370 cals 23g protein 16g fat 18g carbs 15g fiber



For single meal:

tempeh
2 2/3 oz (76g)
taco seasoning mix
2 tsp (6g)
mixed greens
1/3 cup (10g)
salsa
2 tbsp (36g)
refried beans
1/3 cup (81g)
oil
1/3 tsp (2mL)
avocados, cubed
1/3 avocado(s) (67g)

For all 2 meals:

tempeh
1/3 lbs (151g)
taco seasoning mix
4 tsp (11g)
mixed greens
2/3 cup (20g)
salsa
4 tbsp (72g)
refried beans
2/3 cup (161g)
oil
1/4 tbsp (3mL)
avocados, cubed
2/3 avocado(s) (134g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Buttery brown rice

125 cals 2g protein 5g fat 17g carbs 1g fiber



For single meal:

butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

butter
3/4 tbsp (11g)
brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Dinner 4 ↗

Eat on day 5 and day 6

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Veggie burger patty

2 patty - 254 cals ● 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 5 ↗

Eat on day 7

Simple kale salad

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



Makes 1/2 cup(s)

kale leaves
1/2 cup, chopped (20g)
salad dressing
1/2 tbsp (8mL)

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

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



pasta sauce
1/4 jar (24 oz) (168g)
frozen cheese ravioli
6 oz (170g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:

protein powder
14 scoop (1/3 cup ea) (434g)
water
14 cup(s) (3318mL)

1. The recipe has no instructions.