

# Meal Plan - 1300 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

1310 cals ● 97g protein (30%) ● 48g fat (33%) ● 106g carbs (32%) ● 18g fiber (5%)

### Lunch

525 cals, 36g protein, 61g net carbs, 13g fat



[Vegan sausage](#)  
1 sausage(s)- 268 cals



[Instant mashed potatoes](#)  
258 cals

### Dinner

620 cals, 25g protein, 44g net carbs, 34g fat



[Greek cucumber & feta salad](#)  
121 cals



[Patty melt](#)  
1 sandwich(es)- 500 cals

### Protein Supplement(s)

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



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

## Day 2

1337 cals ● 94g protein (28%) ● 51g fat (34%) ● 95g carbs (29%) ● 30g fiber (9%)

### Lunch

550 cals, 33g protein, 50g net carbs, 16g fat



[Tossed salad](#)  
182 cals



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

### Dinner

620 cals, 25g protein, 44g net carbs, 34g fat



[Greek cucumber & feta salad](#)  
121 cals



[Patty melt](#)  
1 sandwich(es)- 500 cals

### Protein Supplement(s)

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



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

## Day 3

1255 cals ● 93g protein (30%) ● 60g fat (43%) ● 63g carbs (20%) ● 22g fiber (7%)

### Lunch

525 cals, 38g protein, 36g net carbs, 20g fat



**Smashed chickpea toast**  
1 toast(s)- 318 cals



**Boiled eggs**  
3 egg(s)- 208 cals

### Dinner

565 cals, 19g protein, 26g net carbs, 39g fat



**Roasted carrots**  
4 carrots(s)- 211 cals



**Buffalo tofu**  
355 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 4

1255 cals ● 93g protein (30%) ● 60g fat (43%) ● 63g carbs (20%) ● 22g fiber (7%)

### Lunch

525 cals, 38g protein, 36g net carbs, 20g fat



**Smashed chickpea toast**  
1 toast(s)- 318 cals



**Boiled eggs**  
3 egg(s)- 208 cals

### Dinner

565 cals, 19g protein, 26g net carbs, 39g fat



**Roasted carrots**  
4 carrots(s)- 211 cals



**Buffalo tofu**  
355 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1315 cals ● 109g protein (33%) ● 45g fat (31%) ● 94g carbs (29%) ● 25g fiber (7%)

### Lunch

630 cals, 28g protein, 42g net carbs, 35g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Mediterranean chick'n wrap**  
1 wrap(s)- 406 cals

### Dinner

525 cals, 44g protein, 51g net carbs, 10g fat



**Naan bread**  
1/2 piece(s)- 131 cals



**Lentils**  
174 cals



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1315 cals ● 109g protein (33%) ● 45g fat (31%) ● 94g carbs (29%) ● 25g fiber (7%)

### Lunch

630 cals, 28g protein, 42g net carbs, 35g fat



#### Roasted almonds

1/4 cup(s)- 222 cals



#### Mediterranean chick'n wrap

1 wrap(s)- 406 cals

### Dinner

525 cals, 44g protein, 51g net carbs, 10g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Lentils

174 cals



#### Vegan crumbles

1 1/2 cup(s)- 219 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 7

1277 cals ● 99g protein (31%) ● 45g fat (31%) ● 99g carbs (31%) ● 21g fiber (7%)

### Lunch

495 cals, 21g protein, 64g net carbs, 14g fat



#### Crispy chick'n tenders

2 tender(s)- 114 cals



#### Naan bread

1 piece(s)- 262 cals



#### Tossed salad

121 cals

### Dinner

615 cals, 41g protein, 34g net carbs, 30g fat



#### Broccoli caesar salad with hard boiled eggs

260 cals



#### Lentils

174 cals



#### Pumpkin seeds

183 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

# Grocery List



## Dairy and Egg Products

- feta cheese  
2 2/3 oz (75g)
- nonfat greek yogurt, plain  
5 tbsp (88g)
- eggs  
8 large (400g)
- parmesan cheese  
1 tbsp (5g)

## Spices and Herbs

- red wine vinegar  
2 tbsp (30mL)
- salt  
1 1/2 g (2g)
- black pepper  
1 dash (0g)
- dill weed, fresh  
1 tbsp, chopped (2g)
- dijon mustard  
3/4 oz (20g)
- onion powder  
1 tsp (2g)
- mustard  
1 tbsp (15g)

## Fats and Oils

- olive oil  
2 tsp (10mL)
- vegan mayonnaise  
4 tbsp (60g)
- oil  
4 tbsp (57mL)
- salad dressing  
2 1/2 tbsp (38mL)
- ranch dressing  
4 tbsp (60mL)

## Vegetables and Vegetable Products

- cucumber  
1 1/2 cucumber (8-1/4") (447g)
- onion  
1 small (70g)
- mashed potato mix  
2 1/2 oz (71g)
- romaine lettuce  
1 1/6 head (719g)

## Baked Products

- bread  
6 slice(s) (192g)
- flour tortillas  
2 tortilla (approx 7-8" dia) (98g)
- naan bread  
2 piece(s) (180g)

## Other

- veggie burger patty  
2 patty (142g)
- vegan sausage  
1 sausage (100g)
- mixed greens  
1/2 cup (15g)
- meatless chik'n tenders  
7 oz (193g)

## Beverages

- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- water  
13 1/2 cup(s) (3200mL)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
1 1/2 can (~19 oz) (789g)
- Frank's Red Hot sauce  
1/3 cup (79mL)

## Legumes and Legume Products

- firm tofu  
14 oz (397g)
- chickpeas, canned  
1 can(s) (448g)
- hummus  
4 tbsp (60g)
- lentils, raw  
3/4 cup (144g)
- vegetarian burger crumbles  
3 cup (300g)

## Nut and Seed Products

- almonds  
1/2 cup, whole (72g)

- tomatoes**  
1 1/6 medium whole (2-3/5" dia) (144g)
- red onion**  
1/3 medium (2-1/2" dia) (34g)
- carrots**  
10 1/2 medium (638g)
- raw celery**  
2 stalk, small (5" long) (34g)
- broccoli**  
1/2 cup chopped (46g)
- ketchup**  
1/2 tbsp (9g)

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- roasted pumpkin seeds, unsalted**  
1 1/3 oz (37g)

### **Fruits and Fruit Juices**

- lemon juice**  
1/2 tbsp (8mL)

## Lunch 1 ↗

Eat on day 1

### 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.

### Instant mashed potatoes

258 cals ● 8g protein ● 1g fat ● 50g carbs ● 5g fiber



**mashed potato mix**  
2 1/2 oz (71g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

## Lunch 2 ↗

Eat on day 2

### Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



**romaine lettuce, shredded**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 small whole (2-2/5" dia) (68g)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**red onion, sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced or diced**  
1/6 cucumber (8-1/4") (56g)  
**carrots, peeled and shredded or sliced**  
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Chunky canned soup (non-creamy)

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



Makes 1 1/2 can(s)

**chunky canned soup (non-creamy varieties)**

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

1. Prepare according to instructions on package.

## Lunch 3 ↗

Eat on day 3 and day 4

### Smashed chickpea toast

1 toast(s) - 318 cals ● 19g protein ● 6g fat ● 35g carbs ● 13g fiber



For single meal:

**bread**

1 slice(s) (32g)

**onion powder**

4 dash (1g)

**mustard**

1/2 tbsp (8g)

**nonfat greek yogurt, plain**

2 tbsp (35g)

**chickpeas, canned, drained & rinsed**

1/2 can(s) (224g)

**raw celery, diced**

1 stalk, small (5" long) (17g)

For all 2 meals:

**bread**

2 slice(s) (64g)

**onion powder**

1 tsp (2g)

**mustard**

1 tbsp (15g)

**nonfat greek yogurt, plain**

4 tbsp (70g)

**chickpeas, canned, drained & rinsed**

1 can(s) (448g)

**raw celery, diced**

2 stalk, small (5" long) (34g)

1. Toast bread (optional).

2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.

3. Mix in the remaining whole chickpeas.

4. Top the toast with the chickpea mixture and serve.

## Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

3 large (150g)

For all 2 meals:

**eggs**

6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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## Lunch 4 ↗

Eat on day 5 and day 6

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### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**

4 tbsp, whole (36g)

For all 2 meals:

**almonds**

1/2 cup, whole (72g)

1. The recipe has no instructions.

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### Mediterranean chik'n wrap

1 wrap(s) - 406 cals ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



For single meal:

**feta cheese**  
2 tbsp (19g)  
**hummus**  
2 tbsp (30g)  
**mixed greens**  
4 tbsp (8g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**meatless chik'n tenders**  
2 1/2 oz (71g)  
**tomatoes, chopped**  
1 slice(s), thin/small (15g)  
**cucumber, chopped**  
4 tbsp slices (26g)

For all 2 meals:

**feta cheese**  
4 tbsp (38g)  
**hummus**  
4 tbsp (60g)  
**mixed greens**  
1/2 cup (15g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**meatless chik'n tenders**  
5 oz (142g)  
**tomatoes, chopped**  
2 slice(s), thin/small (30g)  
**cucumber, chopped**  
1/2 cup slices (52g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

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## Lunch 5 ↗

Eat on day 7

### Crispy chik'n tenders

2 tender(s) - 114 cals ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



Makes 2 tender(s)

**meatless chik'n tenders**  
2 pieces (51g)  
**ketchup**  
1/2 tbsp (9g)

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

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

**naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.



### Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



**romaine lettuce, shredded**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)  
**red onion, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Dinner 1 ↗

Eat on day 1 and day 2

### Greek cucumber & feta salad

121 cals ● 4g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

**feta cheese**  
2 tbsp, crumbled (19g)  
**red wine vinegar**  
1 tbsp (15mL)  
**olive oil**  
1 tsp (5mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**dill weed, fresh**  
1/2 tbsp, chopped (1g)  
**cucumber**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**feta cheese**  
4 tbsp, crumbled (38g)  
**red wine vinegar**  
2 tbsp (30mL)  
**olive oil**  
2 tsp (10mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**dill weed, fresh**  
1 tbsp, chopped (2g)  
**cucumber**  
1 cucumber (8-1/4") (301g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

### Patty melt

1 sandwich(es) - 500 cals ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**veggie burger patty**  
1 patty (71g)  
**dijon mustard**  
1/2 tbsp (8g)  
**vegan mayonnaise**  
2 tbsp (30g)  
**oil**  
3/4 tbsp (11mL)  
**onion, thinly sliced**  
1/2 small (35g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**veggie burger patty**  
2 patty (142g)  
**dijon mustard**  
1 tbsp (15g)  
**vegan mayonnaise**  
4 tbsp (60g)  
**oil**  
1 1/2 tbsp (23mL)  
**onion, thinly sliced**  
1 small (70g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

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## Dinner 2 ↗

Eat on day 3 and day 4

### Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**carrots, sliced**  
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

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### Buffalo tofu

355 cals ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
2 1/2 tbsp (40mL)  
**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1/2 tbsp (8mL)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**ranch dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (15mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

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## Dinner 3 ↗

Eat on day 5 and day 6

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### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

**naan bread**  
1/2 piece(s) (45g)

For all 2 meals:

**naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



For single meal:

**vegetarian burger crumbles**  
1 1/2 cup (150g)

For all 2 meals:

**vegetarian burger crumbles**  
3 cup (300g)

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

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## Dinner 4 ↗

Eat on day 7

### Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



**romaine lettuce**  
2 cup shredded (94g)  
**eggs**  
2 large (100g)  
**broccoli**  
1/2 cup chopped (46g)  
**nonfat greek yogurt, plain**  
1 tbsp (18g)  
**dijon mustard**  
1 tsp (5g)  
**parmesan cheese**  
1 tbsp (5g)  
**roasted pumpkin seeds, unsalted**  
1 tbsp (7g)  
**lemon juice**  
1/2 tbsp (8mL)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

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## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**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.

## Pumpkin seeds

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



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. The recipe has no instructions.

## Protein Supplement(s)

Eat every day

### Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)  
**water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

**protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)  
**water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.