

Meal Plan - 1200 calorie low carb vegetarian meal plan

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

Day 1

1242 cals ● 94g protein (30%) ● 55g fat (40%) ● 74g carbs (24%) ● 20g fiber (7%)

Breakfast

160 cals, 11g protein, 2g net carbs, 12g fat



Boiled eggs

1 egg(s)- 69 cals



Sunflower seeds

90 cals

Dinner

455 cals, 17g protein, 36g net carbs, 22g fat



Simple mixed greens salad

170 cals



Chickpea & chickpea pasta

286 cals

Lunch

410 cals, 18g protein, 35g net carbs, 20g fat



Milk

3/4 cup(s)- 112 cals



Caprese sandwich

1/2 sandwich(es)- 230 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

Day 2

1183 cals ● 109g protein (37%) ● 48g fat (36%) ● 57g carbs (19%) ● 23g fiber (8%)

Breakfast

160 cals, 11g protein, 2g net carbs, 12g fat



Boiled eggs

1 egg(s)- 69 cals



Sunflower seeds

90 cals

Dinner

455 cals, 17g protein, 36g net carbs, 22g fat



Simple mixed greens salad

170 cals



Chickpea & chickpea pasta

286 cals

Lunch

350 cals, 33g protein, 18g net carbs, 13g fat



Vegan sausage

1 sausage(s)- 268 cals



Sugar snap peas

82 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1236 cals ● 129g protein (42%) ● 52g fat (38%) ● 47g carbs (15%) ● 16g fiber (5%)

Breakfast

220 cals, 13g protein, 7g net carbs, 14g fat



Kale & eggs
189 cals



Grapes
29 cals

Dinner

450 cals, 33g protein, 20g net carbs, 24g fat



Garlic pepper seitan
342 cals



Buttered sugar snap peas
107 cals

Lunch

350 cals, 33g protein, 18g net carbs, 13g fat



Vegan sausage
1 sausage(s)- 268 cals



Sugar snap peas
82 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1225 cals ● 109g protein (36%) ● 59g fat (43%) ● 53g carbs (17%) ● 12g fiber (4%)

Breakfast

220 cals, 13g protein, 7g net carbs, 14g fat



Kale & eggs
189 cals



Grapes
29 cals

Dinner

450 cals, 33g protein, 20g net carbs, 24g fat



Garlic pepper seitan
342 cals



Buttered sugar snap peas
107 cals

Lunch

340 cals, 14g protein, 24g net carbs, 19g fat



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1153 cals ● 109g protein (38%) ● 54g fat (42%) ● 43g carbs (15%) ● 16g fiber (5%)

Breakfast

195 cals, 14g protein, 11g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Dinner

365 cals, 34g protein, 19g net carbs, 15g fat



Simple seitan

4 oz- 244 cals



Olive oil drizzled sugar snap peas

122 cals

Lunch

375 cals, 13g protein, 11g net carbs, 28g fat



Pistachios

375 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1176 cals ● 117g protein (40%) ● 35g fat (27%) ● 72g carbs (24%) ● 27g fiber (9%)

Breakfast

195 cals, 14g protein, 11g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Dinner

380 cals, 20g protein, 36g net carbs, 13g fat



Lentils

116 cals



Veggie burger patty

1 patty- 127 cals



Simple mixed greens salad

136 cals

Lunch

385 cals, 34g protein, 23g net carbs, 12g fat



Vegan crumbles

1 3/4 cup(s)- 256 cals



Sweet potato wedges

130 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1176 cals ● 117g protein (40%) ● 35g fat (27%) ● 72g carbs (24%) ● 27g fiber (9%)

Breakfast

195 cals, 14g protein, 11g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Dinner

380 cals, 20g protein, 36g net carbs, 13g fat



Lentils

116 cals



Veggie burger patty

1 patty- 127 cals



Simple mixed greens salad

136 cals

Lunch

385 cals, 34g protein, 23g net carbs, 12g fat



Vegan crumbles

1 3/4 cup(s)- 256 cals



Sweet potato wedges

130 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dairy and Egg Products

- ☐ eggs
12 large (600g)
- ☐ whole milk
3/4 cup(s) (180mL)
- ☐ fresh mozzarella cheese
1 slices (28g)
- ☐ butter
1/4 stick (32g)
- ☐ cheese
1 slice (1 oz each) (28g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ pistachios, shelled
1/2 cup (62g)

Baked Products

- ☐ bread
2 1/4 oz (64g)

Vegetables and Vegetable Products

- ☐ tomatoes
1/3 medium whole (2-3/5" dia) (42g)
- ☐ onion
1 1/3 medium (2-1/2" dia) (148g)
- ☐ garlic
4 1/2 clove(s) (14g)
- ☐ frozen sugar snap peas
5 cup (720g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ green pepper
2 tbsp, chopped (19g)
- ☐ cucumber
1 cucumber (8-1/4") (301g)
- ☐ bell pepper
1 1/2 small (111g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 1/2 tbsp (24g)

Fruits and Fruit Juices

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
15 1/2 cup (3686mL)

Other

- ☐ mixed greens
13 1/2 cup (405g)
- ☐ chickpea pasta
2 oz (57g)
- ☐ nutritional yeast
1 tsp (1g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ veggie burger patty
2 patty (142g)

Fats and Oils

- ☐ salad dressing
13 1/2 tbsp (203mL)
- ☐ oil
1 oz (33mL)
- ☐ olive oil
1 oz (37mL)

Legumes and Legume Products

- ☐ chickpeas, canned
1/2 can(s) (224g)
- ☐ vegetarian burger crumbles
3 1/2 cup (350g)
- ☐ lentils, raw
1/3 cup (64g)

Spices and Herbs

- ☐ salt
1/6 oz (6g)
- ☐ black pepper
1 1/2 g (1g)

Cereal Grains and Pasta

- ☐ seitan
3/4 lbs (340g)

- ☐ **peach**
1 medium (2-2/3" dia) (150g)
 - ☐ **grapes**
1 cup (92g)
 - ☐ **clementines**
3 fruit (222g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Sunflower seeds

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



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 2 meals:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Grapes

29 cals ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

grapes
1/2 cup (46g)

For all 2 meals:

grapes
1 cup (92g)

1. The recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

1. The recipe has no instructions.

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 3 meals:

eggs
6 large (300g)
bell pepper, chopped
1 1/2 small (111g)
onion, diced
3/4 small (53g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Lunch 1 [↗](#)

Eat on day 1

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

whole milk

3/4 cup(s) (180mL)

1. The recipe has no instructions.

Caprese sandwich

1/2 sandwich(es) - 230 cals ● 11g protein ● 13g fat ● 14g carbs ● 3g fiber



Makes 1/2 sandwich(es)

bread

1 slice(s) (32g)

tomatoes

1 slice(s), thick/large (1/2" thick) (27g)

fresh mozzarella cheese

1 slices (28g)

pesto sauce

1 tbsp (16g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

Peach

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



Makes 1 peach(es)

peach

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

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Vegan sausage

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



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
 2. Serve.
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Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

frozen sugar snap peas
2 2/3 cup (384g)

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

Eat on day 4

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cals ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

pesto sauce

1/2 tbsp (8g)

cheese

1 slice (1 oz each) (28g)

tomatoes

1 slice(s), thin/small (15g)

butter, softened

1/2 tbsp (7g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



Makes 1 cucumber

cucumber

1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

Lunch 4 [↗](#)

Eat on day 5

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 6 and day 7

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.

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)
sweet potatoes, cut into wedges
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

oil
3/4 tbsp (11mL)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

mixed greens
3 3/4 cup (113g)
salad dressing
1/4 cup (56mL)

For all 2 meals:

mixed greens
7 1/2 cup (225g)
salad dressing
1/2 cup (113mL)

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

Chickpea & chickpea pasta

286 cals ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



For single meal:

- chickpea pasta**
1 oz (28g)
- oil**
1/4 tbsp (4mL)
- butter**
1/4 tbsp (4g)
- nutritional yeast**
4 dash (1g)
- onion, thinly sliced**
1/4 medium (2-1/2" dia) (28g)
- garlic, minced**
1 clove(s) (3g)
- chickpeas, canned, drained & rinsed**
1/4 can(s) (112g)

For all 2 meals:

- chickpea pasta**
2 oz (57g)
- oil**
1/2 tbsp (8mL)
- butter**
1/2 tbsp (7g)
- nutritional yeast**
1 tsp (1g)
- onion, thinly sliced**
1/2 medium (2-1/2" dia) (55g)
- garlic, minced**
2 clove(s) (6g)
- chickpeas, canned, drained & rinsed**
1/2 can(s) (224g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

For all 2 meals:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
green pepper
2 tbsp, chopped (19g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)
seitan, chicken style
1/2 lbs (227g)
garlic, minced
2 1/2 clove(s) (8g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
butter
2 tsp (9g)
frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
4 tsp (18g)
frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Dinner 3 [↗](#)

Eat on day 5

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



Makes 4 oz

seitan
4 oz (113g)
oil
1 tsp (5mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Olive oil drizzled sugar snap peas

122 cals ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen sugar snap peas
1 cup (144g)
olive oil
1/2 tbsp (8mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

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

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

1 patty - 127 cals ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



For single meal:

veggie burger patty
1 patty (71g)

For all 2 meals:

veggie burger patty
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 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.