

Meal Plan - 1200 calorie 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

1231 cals ● 92g protein (30%) ● 50g fat (37%) ● 80g carbs (26%) ● 23g fiber (8%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Boiled eggs

1 egg(s)- 69 cals



Avocado

176 cals

Dinner

405 cals, 18g protein, 22g net carbs, 25g fat



Milk

3/4 cup(s)- 112 cals



Sesame peanut zoodles

294 cals

Lunch

360 cals, 17g protein, 54g net carbs, 5g fat



Veggie burger

1 burger- 275 cals



Lentils

87 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

1221 cals ● 99g protein (32%) ● 48g fat (35%) ● 71g carbs (23%) ● 28g fiber (9%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Boiled eggs

1 egg(s)- 69 cals



Avocado

176 cals

Dinner

390 cals, 15g protein, 34g net carbs, 17g fat



Lentil Soup

271 cals



Tomato and avocado salad

117 cals

Lunch

370 cals, 27g protein, 33g net carbs, 11g fat



Hummus & veggie deli sandwich

1 sandwich(es)- 370 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1221 cals ● 99g protein (33%) ● 50g fat (37%) ● 79g carbs (26%) ● 15g fiber (5%)

Breakfast

195 cals, 6g protein, 27g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Lunch

370 cals, 27g protein, 33g net carbs, 11g fat



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

Dinner

440 cals, 18g protein, 17g net carbs, 31g fat



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals



Tomato and avocado salad
117 cals



Basic tofu
4 oz- 171 cals

Day 4

1182 cals ● 98g protein (33%) ● 42g fat (32%) ● 82g carbs (28%) ● 20g fiber (7%)

Breakfast

195 cals, 6g protein, 27g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Lunch

340 cals, 18g protein, 9g net carbs, 23g fat



Milk
1/2 cup(s)- 75 cals



Egg & avocado salad
266 cals

Dinner

430 cals, 26g protein, 44g net carbs, 11g fat



Chickpea & kale soup
273 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Day 5

1196 cals ● 90g protein (30%) ● 20g fat (15%) ● 142g carbs (47%) ● 23g fiber (8%)

Breakfast

195 cals, 6g protein, 27g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Lunch

415 cals, 19g protein, 54g net carbs, 10g fat



Carrot sticks
3 carrot(s)- 81 cals



Crispy chick'n tenders
4 tender(s)- 229 cals



Apple
1 apple(s)- 105 cals

Dinner

370 cals, 18g protein, 60g net carbs, 2g fat



Bbq cauliflower wings
268 cals



Couscous
100 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1176 cals ● 99g protein (34%) ● 35g fat (27%) ● 94g carbs (32%) ● 20g fiber (7%)

Breakfast

175 cals, 7g protein, 9g net carbs, 11g fat



Clementine
1 clementine(s)- 39 cals



Almond protein balls
1 ball(s)- 135 cals

Lunch

415 cals, 19g protein, 54g net carbs, 10g fat



Carrot sticks
3 carrot(s)- 81 cals



Crispy chick'n tenders
4 tender(s)- 229 cals



Apple
1 apple(s)- 105 cals

Dinner

370 cals, 26g protein, 30g net carbs, 14g fat



Lentils
174 cals



Cajun tofu
196 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%) ● 58g fat (44%) ● 56g carbs (19%) ● 19g fiber (6%)

Breakfast

175 cals, 7g protein, 9g net carbs, 11g fat



Clementine

1 clementine(s)- 39 cals



Almond protein balls

1 ball(s)- 135 cals

Dinner

370 cals, 26g protein, 30g net carbs, 14g fat



Lentils

174 cals



Cajun tofu

196 cals

Lunch

425 cals, 11g protein, 15g net carbs, 32g fat



Strawberry avocado goat cheese panini

244 cals



Pecans

1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Grocery List



Dairy and Egg Products

- eggs**
4 large (200g)
- whole milk**
2 1/4 cup(s) (540mL)
- butter**
1/4 stick (24g)
- lowfat flavored greek yogurt**
1 (5.3 oz ea) container(s) (150g)
- goat cheese**
1/2 oz (14g)

Fruits and Fruit Juices

- avocados**
2 avocado(s) (419g)
- lemon juice**
1 tsp (5mL)
- lime juice**
1 1/2 tbsp (23mL)
- apples**
2 medium (3" dia) (364g)
- clementines**
2 fruit (148g)
- strawberries**
2 medium (1-1/4" dia) (24g)

Baked Products

- hamburger buns**
1 bun(s) (51g)
- bread**
1/3 lbs (160g)
- bagel**
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

Vegetables and Vegetable Products

- ketchup**
3 tbsp (51g)
- green onions**
1 tbsp, sliced (8g)
- zucchini**
1 medium (196g)
- canned crushed tomatoes**
1/8 can (51g)
- onion**
1/4 medium (2-1/2" dia) (29g)
- raw celery**
1/4 stalk, medium (7-1/2" - 8" long) (10g)

Beverages

- water**
17 1/2 cup(s) (4148mL)
- protein powder**
15 1/2 oz (440g)

Spices and Herbs

- salt**
1/4 tbsp (5g)
- oregano, dried**
1 dash, leaves (0g)
- black pepper**
1/3 tsp, ground (1g)
- basil, dried**
1 dash, leaves (0g)
- garlic powder**
1/2 tsp (2g)
- cajun seasoning**
1 1/4 tsp (3g)

Legumes and Legume Products

- lentils, raw**
14 tbsp (168g)
- peanut butter**
2 tbsp (32g)
- soy sauce**
1 tbsp (15mL)
- hummus**
6 tbsp (90g)
- firm tofu**
16 1/2 oz (468g)
- chickpeas, canned**
1/2 can(s) (224g)

Nut and Seed Products

- sesame seeds**
4 dash (2g)
- chia seeds**
4 dash (2g)
- almond butter**
2 tbsp (31g)
- pecans**
4 tbsp, halves (25g)

Fats and Oils

- olive oil**
10 1/4 g (11mL)

- garlic**
1 1/4 clove(s) (4g)
- carrots**
6 1/4 medium (381g)
- fresh spinach**
1/8 cup(s) (2g)
- tomatoes**
1/2 medium whole (2-3/5" dia) (62g)
- cucumber**
1/2 cup slices (52g)
- kale leaves**
1 cup, chopped (40g)
- cauliflower**
1 head small (4" dia.) (265g)

- oil**
5 tsp (25mL)

Soups, Sauces, and Gravies

- vegetable broth**
2 cup(s) (mL)
- barbecue sauce**
4 tbsp (72g)

Cereal Grains and Pasta

- instant couscous, flavored**
1/6 box (5.8 oz) (27g)

Other

- mixed greens**
1/3 package (5.5 oz) (48g)
- veggie burger patty**
1 patty (71g)
- coleslaw mix**
1/2 cup (45g)
- plant-based deli slices**
12 slices (125g)
- nutritional yeast**
4 tbsp (15g)
- meatless chik'n tenders**
8 pieces (204g)
- almond flour**
1 tbsp (7g)

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.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 3 meals:

bagel

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

butter

1 1/2 tbsp (21g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Breakfast 3 ↗

Eat on 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 2 meals:

clementines

2 fruit (148g)

1. The recipe has no instructions.

Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

almond butter
1 tbsp (16g)
almond flour
1/2 tbsp (4g)
protein powder
1/2 tbsp (3g)

For all 2 meals:

almond butter
2 tbsp (31g)
almond flour
1 tbsp (7g)
protein powder
1 tbsp (6g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Lunch 1 ↗

Eat on day 1

Veggie burger

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



Makes 1 burger

hamburger buns
1 bun(s) (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)
veggie burger patty
1 patty (71g)

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.

Lentils

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



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

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.

Lunch 2 ↗

Eat on day 2 and day 3

Hummus & veggie deli sandwich

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



For single meal:

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

For all 2 meals:

bread
4 slice(s) (128g)
plant-based deli slices
12 slices (125g)
hummus
6 tbsp (90g)
cucumber
1/2 cup slices (52g)

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

Serve.

Lunch 3 ↗

Eat on day 4

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber

Makes 1/2 cup(s)



whole milk
1/2 cup(s) (120mL)

1. The recipe has no instructions.

Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



garlic powder
1/3 tsp (1g)
avocados
1/3 avocado(s) (67g)
mixed greens
2/3 cup (20g)
eggs, hard-boiled and chilled
2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Lunch 4 ↗

Eat on day 5 and day 6

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots

3 medium (183g)

For all 2 meals:

carrots

6 medium (366g)

1. Cut carrots into strips and serve.

Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

4 pieces (102g)

ketchup

1 tbsp (17g)

For all 2 meals:

meatless chik'n tenders

8 pieces (204g)

ketchup

2 tbsp (34g)

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

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.

Lunch 5 ↗

Eat on day 7

Strawberry avocado goat cheese panini

244 cals ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



bread

1 slice (32g)

goat cheese

1/2 oz (14g)

butter

4 dash (2g)

strawberries, hulled and thinly sliced

2 medium (1-1/4" dia) (24g)

avocados, sliced

1/4 avocado(s) (50g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. The recipe has no instructions.

Dinner 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.

Sesame peanut zoodles

294 cals ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



coleslaw mix
1/2 cup (45g)
peanut butter
2 tbsp (32g)
soy sauce
1 tbsp (15mL)
sesame seeds
4 dash (2g)
green onions
1 tbsp, sliced (8g)
lime juice
1/2 tbsp (8mL)
chia seeds
4 dash (2g)
zucchini, spiralized
1 medium (196g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Dinner 2 ↗

Eat on day 2

Lentil Soup

271 cals ● 13g protein ● 8g fat ● 31g carbs ● 7g fiber



oregano, dried
1 dash, leaves (0g)
lentils, raw
4 tbsp (48g)
water
1 cup(s) (237mL)
black pepper
1/2 dash, ground (0g)
basil, dried
1 dash, leaves (0g)
canned crushed tomatoes
1/8 can (51g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
raw celery, chopped
1/4 stalk, medium (7-1/2" - 8" long)
(10g)
garlic, minced
1/4 clove(s) (1g)
carrots, diced
1/4 medium (15g)
fresh spinach, thinly sliced
1/8 cup(s) (2g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.

2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.

2. Meanwhile, prepare the avocado and tomato.

3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.

4. Serve chilled.

Dinner 3 ↗

Eat on day 3

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)



whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Basic tofu

4 oz - 171 cals ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber

Makes 4 oz



oil
2 tsp (10mL)
firm tofu
4 oz (113g)

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.

Dinner 4 ↗

Eat on day 4

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



vegetable broth

2 cup(s) (mL)

oil

1/2 tsp (3mL)

kale leaves, chopped

1 cup, chopped (40g)

garlic, minced

1 clove(s) (3g)

chickpeas, canned, drained

1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Lowfat Greek yogurt

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

Makes 1 container(s)



lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.

Dinner 5 ↗

Eat on day 5

Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



barbecue sauce

4 tbsp (72g)

salt

2 dash (2g)

nutritional yeast

4 tbsp (15g)

cauliflower

1 head small (4" dia.) (265g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



instant couscous, flavored

1/6 box (5.8 oz) (27g)

1. Follow instructions on package.

Dinner 6 ↗

Eat on day 6 and day 7

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)

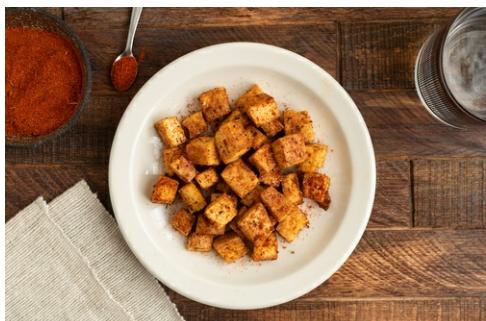
For all 2 meals:

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.

Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



For single meal:

cajun seasoning
5 dash (1g)
oil
1 1/4 tsp (6mL)
firm tofu, patted dry & cubed
6 1/4 oz (177g)

For all 2 meals:

cajun seasoning
1 1/4 tsp (3g)
oil
2 1/2 tsp (13mL)
firm tofu, patted dry & cubed
3/4 lbs (354g)

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.

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.