

Meal Plan - 1200 calorie intermittent fasting 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

1202 cals ● 107g protein (36%) ● 33g fat (25%) ● 103g carbs (34%) ● 16g fiber (5%)

Lunch

485 cals, 26g protein, 61g net carbs, 11g fat



[Tomato cucumber salad](#)

141 cals



[Pita bread](#)

1 1/2 pita bread(s)- 117 cals



[Teriyaki seitan with veggies and rice](#)

226 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

500 cals, 33g protein, 40g net carbs, 21g fat



[Vegan seitan gyro](#)

1 gyro(s)- 415 cals



[Soy milk](#)

1 cup(s)- 85 cals

Day 2

1181 cals ● 97g protein (33%) ● 41g fat (31%) ● 82g carbs (28%) ● 25g fiber (8%)

Lunch

540 cals, 27g protein, 52g net carbs, 16g fat



[Edamame & beet salad](#)

171 cals



[Teriyaki chickpea stir fry](#)

369 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

425 cals, 21g protein, 29g net carbs, 24g fat



[Spicy sriracha peanut tofu](#)

341 cals



[White rice](#)

3/8 cup rice, cooked- 82 cals

Day 3

1243 cals ● 95g protein (30%) ● 29g fat (21%) ● 114g carbs (37%) ● 38g fiber (12%)

Lunch

540 cals, 27g protein, 52g net carbs, 16g fat



Edamame & beet salad
171 cals



Teriyaki chickpea stir fry
369 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

485 cals, 19g protein, 60g net carbs, 12g fat



White bean succotash
485 cals

Day 4

1204 cals ● 95g protein (32%) ● 18g fat (13%) ● 136g carbs (45%) ● 31g fiber (10%)

Lunch

500 cals, 28g protein, 74g net carbs, 4g fat



Lentil and veggie soup
370 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

485 cals, 19g protein, 60g net carbs, 12g fat



White bean succotash
485 cals

Day 5

1236 cals ● 104g protein (34%) ● 53g fat (39%) ● 68g carbs (22%) ● 17g fiber (5%)

Lunch

455 cals, 25g protein, 12g net carbs, 30g fat



Buffalo tempeh with vegan ranch
393 cals



Sautéed Kale
61 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

565 cals, 31g protein, 54g net carbs, 22g fat



Corn
185 cals



Vegan tofu piccata
380 cals

Day 6


1158 calsgreen113g protein (39%)orange30g fat (23%)blue89g carbs (31%)grey22g fiber (8%)

Lunch

510 calsgreen24g protein, 73g net carbs, 11g fat

Tofu alfredo pasta with broccoli

442 calsgreen

Tomato cucumber salad

71 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

430 calsgreen40g protein, 14g net carbs, 18g fat

Vegan crumbles

2 cup(s)- 292 calsgreen

Simple mixed greens salad


136 calsgreen

Day 7


1158 calsgreen113g protein (39%)orange30g fat (23%)blue89g carbs (31%)grey22g fiber (8%)

Lunch

510 calsgreen24g protein, 73g net carbs, 11g fat

Tofu alfredo pasta with broccoli

442 calsgreen

Tomato cucumber salad

71 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

430 calsgreen40g protein, 14g net carbs, 18g fat

Vegan crumbles

2 cup(s)- 292 calsgreen

Simple mixed greens salad

136 calsgreen

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
14 1/2 cup(s) (3418mL)
- ☐ almond milk, unsweetened
4 tbsp (60mL)

Spices and Herbs

- ☐ ground cumin
1/3 tsp (1g)
- ☐ oregano, dried
1 1/2 dash, leaves (0g)
- ☐ capers
1 1/2 tbsp, drained (13g)
- ☐ salt
1/4 dash (0g)
- ☐ basil, dried
1 tsp, ground (1g)

Fats and Oils

- ☐ oil
2 1/4 oz (67mL)
- ☐ salad dressing
5 oz (150mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)

Vegetables and Vegetable Products

- ☐ red onion
5/6 medium (2-1/2" dia) (88g)
- ☐ tomatoes
2 1/4 medium whole (2-3/5" dia) (273g)
- ☐ cucumber
1 cucumber (8-1/4") (326g)
- ☐ frozen mixed veggies
16 1/2 oz (467g)
- ☐ garlic
4 clove(s) (12g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- ☐ frozen corn kernels
3 cup (385g)
- ☐ bell pepper
1 1/2 medium (179g)

Other

- ☐ vegan ranch
1 1/2 oz (45mL)
- ☐ soy milk, unsweetened
1 cup(s) (mL)
- ☐ teriyaki sauce
5 tbsp (74mL)
- ☐ sriracha chili sauce
3/4 tbsp (11g)
- ☐ mixed greens
8 cup (240g)
- ☐ nutritional yeast
2 tsp (2g)
- ☐ vegan butter
1 1/2 tbsp (21g)

Cereal Grains and Pasta

- ☐ seitan
1/3 lbs (132g)
- ☐ long-grain white rice
1/4 cup (39g)
- ☐ cornstarch
1/2 tbsp (4g)
- ☐ uncooked dry pasta
6 oz (171g)

Legumes and Legume Products

- ☐ peanut butter
1 tbsp (16g)
- ☐ soy sauce
1 tsp (5mL)
- ☐ firm tofu
1 1/2 lbs (723g)
- ☐ chickpeas, canned
1 can(s) (448g)
- ☐ white beans, canned
1 1/2 cup (393g)
- ☐ lentils, raw
1/3 cup (64g)
- ☐ tempeh
4 oz (113g)
- ☐ vegetarian burger crumbles
4 cup (400g)

Fruits and Fruit Juices

- ☐ lemon juice
3 tbsp (45mL)

- ☐ shallots
2 1/4 clove(s) (128g)
- ☐ kale leaves
1 2/3 cup, chopped (67g)
- ☐ frozen broccoli
1/2 package (142g)

Baked Products

- ☐ pita bread
1/3 package (92g)
 - ☐ naan bread
1/2 piece(s) (45g)
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Soups, Sauces, and Gravies

- ☐ vegetable broth
2 cup(s) (mL)
- ☐ Frank's Red Hot sauce
2 tbsp (31mL)

Lunch 1 [↗](#)

Eat on day 1

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



salad dressing

2 tbsp (30mL)

red onion, thinly sliced

1/2 small (35g)

cucumber, thinly sliced

1/2 cucumber (8-1 1/4") (151g)

tomatoes, thinly sliced

1 medium whole (2-3 5/8" dia) (123g)

1. Mix ingredients together in a bowl and serve.

Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



Makes 1 1/2 pita bread(s)

pita bread

1 1/2 pita, small (4" dia) (42g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Teriyaki seitan with veggies and rice

226 cals ● 19g protein ● 4g fat ● 26g carbs ● 2g fiber



oil

1/2 tsp (3mL)

teriyaki sauce

2 2/3 tsp (13mL)

frozen mixed veggies

1/6 package (10 oz ea) (48g)

long-grain white rice

4 tsp (15g)

seitan, cut into strips

2 oz (57g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Edamame & beet salad

171 cal ● 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.

Teriyaki chickpea stir fry

369 cal ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

frozen mixed veggies
1/2 10oz package (142g)
oil
1/4 tbsp (4mL)
teriyaki sauce
2 tbsp (30mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)

For all 2 meals:

frozen mixed veggies
1 10oz package (284g)
oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Lunch 3 [↗](#)

Eat on day 4

Lentil and veggie soup

370 cals ● 23g protein ● 2g fat ● 52g carbs ● 13g fiber



lentils, raw
1/3 cup (64g)
vegetable broth
1 1/3 cup(s) (mL)
kale leaves
2/3 cup, chopped (27g)
nutritional yeast
2 tsp (2g)
garlic
2/3 clove(s) (2g)
frozen mixed veggies
1 cup (135g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Naan bread

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



Makes 1/2 piece(s)

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

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



oil
1/2 tbsp (8mL)
Frank's Red Hot sauce
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)
vegan ranch
2 tbsp (30mL)

1. Heat oil in a skillet over medium heat. Add tempeh 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 vegan ranch.

Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



kale leaves
1 cup, chopped (40g)
oil
1 tsp (5mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Lunch 5 [🔗](#)

Eat on day 6 and day 7

Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



For single meal:

uncooked dry pasta
3 oz (86g)
firm tofu
1/4 package (16 oz) (113g)
frozen broccoli
1/4 package (71g)
garlic
1/2 clove(s) (2g)
salt
1/8 dash (0g)
almond milk, unsweetened
2 tbsp (30mL)
basil, dried
4 dash, ground (1g)

For all 2 meals:

uncooked dry pasta
6 oz (171g)
firm tofu
1/2 package (16 oz) (227g)
frozen broccoli
1/2 package (142g)
garlic
1 clove(s) (3g)
salt
1/4 dash (0g)
almond milk, unsweetened
4 tbsp (60mL)
basil, dried
1 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia)
(62g)

For all 2 meals:

salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

Dinner 1 [↗](#)

Eat on day 1

Vegan seitan gyro

1 gyro(s) - 415 cal ● 26g protein ● 16g fat ● 38g carbs ● 4g fiber



Makes 1 gyro(s)

ground cumin
1/3 tsp (1g)
oregano, dried
1 1/3 dash, leaves (0g)
oil
1/2 tbsp (7mL)
red onion
2 slice, thin (18g)
pita bread
1 pita, medium (5" dia) (50g)
vegan ranch
3 tsp (15mL)
tomatoes, thinly sliced
1/3 roma tomato (27g)
seitan, thinly sliced
2 2/3 oz (76g)
cucumber, thinly sliced
1/8 cucumber (8-1/4") (25g)

1. Heat oil in a skillet over medium-high heat. Add seitan and cook until crispy in places, about 4-6 minutes. Season with oregano, cumin, salt and pepper and cook, stirring frequently, until fragrant, about 1 minute.
2. Top pitas with seitan, cucumber, onion, and tomato. Drizzle with vegan ranch dressing. Fold up and serve.

Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)

soy milk, unsweetened
1 cup(s) (mL)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Spicy sriracha peanut tofu

341 cals ● 20g protein ● 24g fat ● 10g carbs ● 1g fiber



sriracha chili sauce

3/4 tbsp (11g)

peanut butter

1 tbsp (16g)

soy sauce

1 tsp (5mL)

water

1/6 cup(s) (39mL)

oil

1/2 tbsp (8mL)

firm tofu, patted dry & cubed

1/2 lbs (198g)

garlic, minced

1 clove (3g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

White rice

3/8 cup rice, cooked - 82 cals ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber

Makes 3/8 cup rice, cooked

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)



1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

White bean succotash

485 cals ● 19g protein ● 12g fat ● 60g carbs ● 15g fiber



For single meal:

lemon juice

3/4 tbsp (11mL)

oil

3/4 tbsp (11mL)

white beans, canned, drained & rinsed

3/4 cup (197g)

frozen corn kernels, defrosted

3/4 cup (102g)

bell pepper, finely chopped

3/4 medium (89g)

shallots, minced

3/4 clove(s) (43g)

For all 2 meals:

lemon juice

1 1/2 tbsp (23mL)

oil

1 1/2 tbsp (23mL)

white beans, canned, drained & rinsed

1 1/2 cup (393g)

frozen corn kernels, defrosted

1 1/2 cup (204g)

bell pepper, finely chopped

1 1/2 medium (179g)

shallots, minced

1 1/2 clove(s) (85g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.

Dinner 4 [↗](#)

Eat on day 5

Corn

185 cals ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



frozen corn kernels

1 1/3 cup (181g)

1. Prepare according to instructions on package.

Vegan tofu piccata

380 cals ● 25g protein ● 21g fat ● 20g carbs ● 2g fiber



lemon juice
1 1/2 tbsp (23mL)
cornstarch
1/2 tbsp (4g)
oil
1/2 tbsp (8mL)
vegan butter
1 1/2 tbsp (21g)
capers
1 1/2 tbsp, drained (13g)
vegetable broth, warmed
3/4 cup(s) (mL)
garlic, minced
1 1/2 clove(s) (5g)
shallots, thinly sliced
3/4 clove(s) (43g)
firm tofu, cut into planks
2/3 lbs (298g)

1. In a bowl, whisk together the warmed vegetable broth, cornstarch, and lemon juice. Set aside.
2. Heat oil in a nonstick skillet over medium heat. Season the tofu planks with a pinch of salt and add them to the skillet. Cook until browned and crisp, 4-6 minutes per side. Transfer the tofu to a plate and cover to keep warm. Wipe the skillet clean.
3. In the same skillet, heat the vegan butter over medium heat. Add garlic, shallot, and a pinch of salt and pepper. Cook until fragrant, 1-2 minutes. Stir in the broth mixture and bring to a boil. Simmer until the sauce thickens slightly, 2-3 minutes. Stir in the capers.
4. Return the crispy tofu to the skillet and spoon the sauce over the top. Simmer until warmed through, 1-2 minutes, then serve.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:
vegetarian burger crumbles
2 cup (200g)

For all 2 meals:
vegetarian burger crumbles
4 cup (400g)

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

Simple mixed greens salad

136 cals ● 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 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.
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