

Meal Plan - 1300 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

1344 cals ● 97g protein (29%) ● 65g fat (44%) ● 67g carbs (20%) ● 26g fiber (8%)

Lunch

540 cals, 14g protein, 19g net carbs, 37g fat



[Pistachios](#)

188 cals



[Zoodles with avocado sauce](#)

353 cals

Dinner

585 cals, 34g protein, 46g net carbs, 27g fat



[Simple mixed greens salad](#)

203 cals



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Vegan sausage](#)

1 sausage(s)- 268 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 2

1350 cals ● 91g protein (27%) ● 64g fat (42%) ● 71g carbs (21%) ● 33g fiber (10%)

Lunch

540 cals, 14g protein, 19g net carbs, 37g fat



[Pistachios](#)

188 cals



[Zoodles with avocado sauce](#)

353 cals

Dinner

590 cals, 28g protein, 50g net carbs, 25g fat



[Chickpea & kale soup](#)

273 cals



[Pumpkin seeds](#)

183 cals



[Soy milk yogurt](#)

1 container- 136 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 3

1255 cals ● 105g protein (33%) ● 34g fat (24%) ● 115g carbs (37%) ● 19g fiber (6%)

Lunch

525 cals, 11g protein, 91g net carbs, 10g fat



Tomato soup
2 can(s)- 421 cals



Simple mixed greens salad
102 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

515 cals, 46g protein, 22g net carbs, 23g fat



Simple seitan
5 oz- 305 cals



Olive oil drizzled broccoli
3 cup(s)- 209 cals

Day 4

1255 cals ● 105g protein (33%) ● 34g fat (24%) ● 115g carbs (37%) ● 19g fiber (6%)

Lunch

525 cals, 11g protein, 91g net carbs, 10g fat



Tomato soup
2 can(s)- 421 cals



Simple mixed greens salad
102 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

515 cals, 46g protein, 22g net carbs, 23g fat



Simple seitan
5 oz- 305 cals



Olive oil drizzled broccoli
3 cup(s)- 209 cals

Day 5

1328 cals ● 92g protein (28%) ● 52g fat (35%) ● 93g carbs (28%) ● 32g fiber (10%)

Lunch

570 cals, 17g protein, 38g net carbs, 33g fat



Kiwi
2 kiwi- 94 cals



Roasted peanuts
1/8 cup(s)- 115 cals



Green bean, beet, & pepita salad
360 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

540 cals, 26g protein, 53g net carbs, 17g fat



Brown rice
3/4 cup brown rice, cooked- 172 cals



Tempeh taco salad bowl
370 cals

Day 6

1287 calsgreen92g protein (29%)orange40g fat (28%)blue111g carbs (34%)grey29g fiber (9%)

Lunch

525 calsgreen18g protein, 56g net carbs, 22g fat



Rosemary mushroom vegan cheese sandwich
1 1/2 sandwich(es)- 527 calsgreen

Dinner

540 calsgreen26g protein, 53g net carbs, 17g fat



Brown rice
3/4 cup brown rice, cooked- 172 calsgreen



Tempeh taco salad bowl
370 calsgreen

Protein Supplement(s)

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



Protein shake
2 scoop- 218 calsgreen

Day 7

1269 calsgreen92g protein (29%)orange56g fat (40%)blue78g carbs (25%)grey21g fiber (7%)

Lunch

525 calsgreen18g protein, 56g net carbs, 22g fat



Rosemary mushroom vegan cheese sandwich
1 1/2 sandwich(es)- 527 calsgreen

Dinner

525 calsgreen26g protein, 21g net carbs, 33g fat



Vegan tofu parmesan
1 tofu planks- 349 calsgreen



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 calsgreen

Protein Supplement(s)

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



Protein shake
2 scoop- 218 calsgreen

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
16 cup(s) (3752mL)

Nut and Seed Products

- ☐ pistachios, shelled
1/2 cup (62g)
- ☐ roasted pumpkin seeds, unsalted
2 oz (52g)

Fruits and Fruit Juices

- ☐ lemon juice
1/4 cup (68mL)
- ☐ avocados
2 avocado(s) (436g)
- ☐ kiwi
2 fruit (138g)

Spices and Herbs

- ☐ fresh basil
1 1/2 cup leaves, whole (36g)
- ☐ salt
5 g (5g)
- ☐ black pepper
1/8 oz (2g)
- ☐ taco seasoning mix
4 tsp (11g)
- ☐ rosemary, dried
1/4 tbsp (1g)

Vegetables and Vegetable Products

- ☐ tomatoes
15 cherry tomatoes (255g)
- ☐ zucchini
1 1/2 large (485g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ garlic
1 clove(s) (3g)
- ☐ frozen broccoli
8 1/2 cup (774g)
- ☐ fresh green beans
1 cup 1/2" pieces (113g)
- ☐ beets, precooked (canned or refrigerated)
1 1/2 beet(s) (75g)

Fats and Oils

- ☐ salad dressing
1/2 cup (135mL)
- ☐ oil
2/3 oz (25mL)
- ☐ olive oil
3 tbsp (43mL)
- ☐ balsamic vinaigrette
3 tbsp (45mL)

Cereal Grains and Pasta

- ☐ brown rice
2/3 cup (127g)
- ☐ seitan
10 oz (284g)
- ☐ cornstarch
1/2 tbsp (4g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
2 cup(s) (mL)
- ☐ condensed canned tomato soup
4 can (10.5 oz) (1192g)
- ☐ salsa
4 tbsp (72g)
- ☐ pizza sauce
1 1/2 tbsp (24g)

Legumes and Legume Products

- ☐ chickpeas, canned
1/2 can(s) (224g)
- ☐ roasted peanuts
2 tbsp (18g)
- ☐ tempeh
1/3 lbs (151g)
- ☐ refried beans
2/3 cup (161g)
- ☐ firm tofu
1/2 lbs (198g)

Baked Products

- ☐ bread
6 slice(s) (192g)

- ☐ mushrooms
1/4 lbs (128g)

Other

- ☐ mixed greens
12 2/3 cup (380g)
 - ☐ vegan sausage
1 sausage (100g)
 - ☐ soy milk yogurt
1 container(s) (150g)
 - ☐ vegan cheese, shredded
7 oz (196g)
 - ☐ nutritional yeast
1 tbsp (4g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



For single meal:

water
1/4 cup(s) (59mL)
lemon juice
2 1/4 tbsp (34mL)
fresh basil
3/4 cup leaves, whole (18g)
tomatoes, halved
7 1/2 cherry tomatoes (128g)
zucchini
3/4 large (242g)
avocados, peeled and seed removed
3/4 avocado(s) (151g)

For all 2 meals:

water
1/2 cup(s) (118mL)
lemon juice
1/4 cup (68mL)
fresh basil
1 1/2 cup leaves, whole (36g)
tomatoes, halved
15 cherry tomatoes (255g)
zucchini
1 1/2 large (485g)
avocados, peeled and seed removed
1 1/2 avocado(s) (302g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



For single meal:

condensed canned tomato soup
2 can (10.5 oz) (596g)

For all 2 meals:

condensed canned tomato soup
4 can (10.5 oz) (1192g)

1. Prepare according to instructions on package.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Lunch 3 [↗](#)

Eat on day 5

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



Makes 2 kiwi

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

roasted peanuts
2 tbsp (18g)



1. The recipe has no instructions.

Green bean, beet, & pepita salad

360 cals ● 11g protein ● 23g fat ● 20g carbs ● 7g fiber



mixed greens
1 1/2 cup (45g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
balsamic vinaigrette
3 tbsp (45mL)
fresh green beans, ends trimmed and discarded
1 cup 1/2" pieces (113g)
beets, precooked (canned or refrigerated), chopped
1 1/2 beet(s) (75g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Rosemary mushroom vegan cheese sandwich

1 1/2 sandwich(es) - 527 cals ● 18g protein ● 22g fat ● 56g carbs ● 10g fiber



For single meal:
rosemary, dried
3 dash (0g)
mushrooms
2 1/4 oz (64g)
bread
3 slice(s) (96g)
vegan cheese, shredded
3/4 cup (84g)
mixed greens
3/4 cup (23g)

For all 2 meals:
rosemary, dried
1/4 tbsp (1g)
mushrooms
1/4 lbs (128g)
bread
6 slice(s) (192g)
vegan cheese, shredded
1 1/2 cup (168g)
mixed greens
1 1/2 cup (45g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the vegan cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Dinner 1 [↗](#)

Eat on day 1

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

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.

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.
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Dinner 2 [↗](#)

Eat on day 2

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.

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.

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



Makes 1 container

soy milk yogurt
1 container(s) (150g)

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

seitan
5 oz (142g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

seitan
10 oz (284g)
oil
2 1/2 tsp (13mL)

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 broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
olive oil
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)
brown rice
1/2 cup (95g)

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.

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.
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Dinner 5 [↗](#)

Eat on day 7

Vegan tofu parmesan

1 tofu planks - 349 cals ● 19g protein ● 22g fat ● 16g carbs ● 3g fiber



Makes 1 tofu planks

pizza sauce

1 1/2 tbsp (24g)

oil

1/2 tbsp (8mL)

cornstarch

1/2 tbsp (4g)

nutritional yeast

1 tbsp (4g)

vegan cheese, shredded

1 oz (28g)

firm tofu, patted dry

1/2 lbs (198g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with vegan cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

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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