

Meal Plan - 1200 calorie high protein 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

1173 cals ● 113g protein (38%) ● 27g fat (21%) ● 95g carbs (32%) ● 24g fiber (8%)

Breakfast

215 cals, 18g protein, 4g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Protein shake (almond milk)

105 cals

Lunch

315 cals, 11g protein, 37g net carbs, 11g fat



Broccoli & hummus flatbread

1/2 flatbread(s)- 315 cals

Dinner

370 cals, 23g protein, 52g net carbs, 2g fat



Lentil and veggie soup

370 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 2

1257 cals ● 113g protein (36%) ● 32g fat (23%) ● 102g carbs (33%) ● 26g fiber (8%)

Breakfast

215 cals, 18g protein, 4g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Protein shake (almond milk)

105 cals

Lunch

315 cals, 20g protein, 35g net carbs, 8g fat



White rice

3/8 cup rice, cooked- 82 cals



Basic tempeh

2 oz- 148 cals



Lentils

87 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

450 cals, 15g protein, 61g net carbs, 10g fat



Spinach soup

216 cals



Naan bread

1/2 piece(s)- 131 cals



Apple

1 apple(s)- 105 cals

Day 3

1208 cals ● 122g protein (40%) ● 24g fat (18%) ● 101g carbs (34%) ● 25g fiber (8%)

Breakfast

165 cals, 27g protein, 3g net carbs, 5g fat



Double chocolate almond milk protein shake

167 cals

Lunch

315 cals, 20g protein, 35g net carbs, 8g fat



White rice

3/8 cup rice, cooked- 82 cals



Basic tempeh

2 oz- 148 cals



Lentils

87 cals

Dinner

450 cals, 15g protein, 61g net carbs, 10g fat



Spinach soup

216 cals



Naan bread

1/2 piece(s)- 131 cals



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 4

1176 cals ● 115g protein (39%) ● 24g fat (19%) ● 86g carbs (29%) ● 38g fiber (13%)

Breakfast

165 cals, 27g protein, 3g net carbs, 5g fat



Double chocolate almond milk protein shake

167 cals

Lunch

420 cals, 19g protein, 36g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Black bean & sweet potato stew

311 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

315 cals, 8g protein, 44g net carbs, 5g fat



Vegan bbq jackfruit sandwich

1 sandwich(es)- 258 cals



Soy milk

2/3 cup(s)- 56 cals

Day 5

1193 cals ● 111g protein (37%) ● 49g fat (37%) ● 60g carbs (20%) ● 18g fiber (6%)

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk
1 cup(s)- 85 cals



Almond protein balls
1 ball(s)- 135 cals

Dinner

390 cals, 16g protein, 32g net carbs, 19g fat



Lentil kale salad
389 cals

Lunch

310 cals, 22g protein, 21g net carbs, 14g fat



Lentils
116 cals



Cajun tofu
196 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 6

1171 cals ● 109g protein (37%) ● 37g fat (28%) ● 81g carbs (28%) ● 20g fiber (7%)

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk
1 cup(s)- 85 cals



Almond protein balls
1 ball(s)- 135 cals

Dinner

365 cals, 14g protein, 54g net carbs, 7g fat



Fruit juice
2/3 cup(s)- 76 cals



Lentil chili
290 cals

Lunch

310 cals, 22g protein, 21g net carbs, 14g fat



Lentils
116 cals



Cajun tofu
196 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 7

1156 cals ● 113g protein (39%) ● 36g fat (28%) ● 68g carbs (23%) ● 28g fiber (10%)

Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



Soy milk
1 cup(s)- 85 cals



Almond protein balls
1 ball(s)- 135 cals

Dinner

365 cals, 14g protein, 54g net carbs, 7g fat



Fruit juice
2/3 cup(s)- 76 cals



Lentil chili
290 cals

Lunch

300 cals, 26g protein, 8g net carbs, 13g fat



Simple kale & avocado salad
115 cals



Vegan crumbles
1 1/4 cup(s)- 183 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Nut and Seed Products

- almonds
2 oz (60g)
- almond butter
3 tbsp (47g)

Beverages

- almond milk, unsweetened
2 cup (480mL)
- protein powder
1 1/4 lbs (582g)
- water
24 cup(s) (5707mL)

Baked Products

- naan bread
1/3 lbs (153g)
- hamburger buns
1 bun(s) (51g)

Legumes and Legume Products

- hummus
2 tbsp (31g)
- lentils, raw
1 1/2 cup (288g)
- chickpeas, canned
1/2 can(s) (224g)
- tempeh
4 oz (113g)
- black beans
1/2 can(s) (220g)
- firm tofu
3/4 lbs (354g)
- vegetarian burger crumbles
1 1/4 cup (125g)

Spices and Herbs

- crushed red pepper
5 dash (1g)
- ground cumin
1/4 oz (6g)
- salt
1/3 tsp (2g)
- dijon mustard
4 dash (3g)
- cajun seasoning
1 1/4 tsp (3g)

Fruits and Fruit Juices

- lemon juice
1 fl oz (27mL)
- apples
2 medium (3" dia) (364g)
- jackfruit
4 1/2 oz (128g)
- fruit juice
10 2/3 fl oz (320mL)
- avocados
1/4 avocado(s) (50g)
- lemon
1/4 small (15g)

Fats and Oils

- oil
2 oz (65mL)

Vegetables and Vegetable Products

- broccoli
3/4 cup chopped (68g)
- garlic
4 clove(s) (12g)
- kale leaves
5 oz (144g)
- frozen mixed veggies
1 cup (135g)
- fresh spinach
1/2 lbs (227g)
- onion
1 1/2 medium (2-1/2" dia) (164g)
- fresh ginger
2 inch (2.5cm) cube (10g)
- tomato paste
1/2 tbsp (8g)
- sweet potatoes
1/4 sweetpotato, 5" long (53g)
- canned whole tomatoes
2/3 cup (160g)

Soups, Sauces, and Gravies

- vegetable broth
3 1/2 cup(s) (mL)
- barbecue sauce
2 tbsp (34g)

Cereal Grains and Pasta

- chili powder**
2 tsp (5g)
- black pepper**
3/4 dash, ground (0g)

- long-grain white rice**
4 tbsp (46g)
- dry bulgur wheat**
1/3 cup (47g)

Other

- mixed greens**
1/2 oz (14g)
- nutritional yeast**
2 tsp (2g)
- protein powder, chocolate**
2 scoop (1/3 cup ea) (62g)
- coleslaw mix**
1/2 cup (45g)
- soy milk, unsweetened**
3 2/3 cup(s) (mL)
- almond flour**
1 1/2 tbsp (11g)

Sweets

- cocoa powder**
2 tsp (4g)

Breakfast 1 ↗

Eat on day 1 and day 2

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Breakfast 2 ↗

Eat on day 3 and day 4

Double chocolate almond milk protein shake

167 cals ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
almond milk, unsweetened
1/2 cup (120mL)
cocoa powder
1 tsp (2g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (474mL)
almond milk, unsweetened
1 cup (240mL)
cocoa powder
2 tsp (4g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Soy milk

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



For single meal:

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

For all 3 meals:

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

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 3 meals:

almond butter
3 tbsp (47g)
almond flour
1 1/2 tbsp (11g)
protein powder
1 1/2 tbsp (9g)

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

Broccoli & hummus flatbread

1/2 flatbread(s) - 315 cals ● 11g protein ● 11g fat ● 37g carbs ● 5g fiber



Makes 1/2 flatbread(s)

naan bread
1/2 large (63g)
hummus
2 tbsp (31g)
crushed red pepper
1 dash (0g)
mixed greens
1/2 oz (14g)
lemon juice
1/4 tbsp (4mL)
oil
1 tsp (5mL)
broccoli, sliced
3/4 cup chopped (68g)
garlic, minced
1/2 clove (2g)

1. Preheat oven to 450°F (230°C).
2. Combine chopped broccoli, garlic, just half of the oil, and some salt and pepper on a baking sheet. Toss. Roast 10-15 minutes until broccoli is tender.
3. Place naan directly on oven rack and bake until crisp, 4-5 minutes.
4. Toss greens with lemon juice, remaining oil, and some salt and pepper.
5. Spread hummus on naan. Top with broccoli, greens, a sprinkle of crushed red pepper. Slice naan flatbread and serve.

Lunch 2 ↗

Eat on day 2 and day 3

White rice

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



For single meal:

water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

For all 2 meals:

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

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.

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

tempeh
2 oz (57g)
oil
1 tsp (5mL)

For all 2 meals:

tempeh
4 oz (113g)
oil
2 tsp (10mL)

1. Slice tempeh 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.

Lentils

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



For single meal:

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

For all 2 meals:

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.

Lunch 3

Eat on day 4

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds
2 tbsp, whole (18g)

1. The recipe has no instructions.

Black bean & sweet potato stew

311 cals ● 15g protein ● 5g fat ● 35g carbs ● 18g fiber



water
3/4 cup(s) (178mL)
ground cumin
3 dash (1g)
lemon juice
1/4 tbsp (4mL)
kale leaves
6 tbsp, chopped (15g)
oil
1/4 tbsp (4mL)
tomato paste
1/2 tbsp (8g)
black beans, drained
1/2 can(s) (220g)
sweet potatoes, cubed
1/4 sweetpotato, 5" long (53g)
onion, chopped
1/4 small (18g)
garlic, diced
1/2 clove(s) (2g)

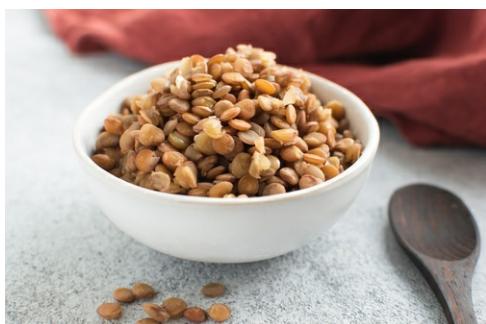
1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Lunch 4 ↗

Eat on day 5 and day 6

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.

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.

Lunch 5 ↗

Eat on day 7

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

vegetarian burger crumbles
1 1/4 cup (125g)

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

Dinner 1 ↗

Eat on day 1

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.

Dinner 2 ↗

Eat on day 2 and day 3

Spinach soup

216 cals ● 10g protein ● 8g fat ● 18g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
fresh spinach
4 oz (113g)
vegetable broth
5/8 cup(s) (mL)
ground cumin
4 dash (1g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)

For all 2 meals:

oil
2 tsp (10mL)
fresh spinach
1/2 lbs (227g)
vegetable broth
1 1/4 cup(s) (mL)
ground cumin
1 tsp (2g)
onion, chopped
1 medium (2-1/2" dia) (110g)
fresh ginger, minced
2 inch (2.5cm) cube (10g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Serve.

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.

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.

Dinner 3 ↗

Eat on day 4

Vegan bbq jackfruit sandwich

1 sandwich(es) - 258 cals ● 4g protein ● 2g fat ● 43g carbs ● 13g fiber



Makes 1 sandwich(es)

barbecue sauce

2 tbsp (34g)

hamburger buns

1 bun(s) (51g)

jackfruit

4 1/2 oz (128g)

coleslaw mix

1/2 cup (45g)

lemon juice

1 tsp (5mL)

dijon mustard

4 dash (3g)

1. In a small bowl, mix together the lemon juice, and mustard until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.

2. Warm jackfruit up according to package instructions. Add jackfruit to a bowl and mix with the barbecue sauce.

3. Place bbq jackfruit and slaw between each bun and serve.

Soy milk

2/3 cup(s) - 56 cals ● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



Makes 2/3 cup(s)

soy milk, unsweetened
2/3 cup(s) (mL)

1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 5

Lentil kale salad

389 cals ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



lentils, raw
4 tbsp (48g)
lemon juice
1 tbsp (15mL)
almonds
1 tbsp, slivered (7g)
oil
1 tbsp (15mL)
kale leaves
1 1/2 cup, chopped (60g)
crushed red pepper
4 dash (1g)
water
1 cup(s) (237mL)
ground cumin
4 dash (1g)
garlic, diced
1 clove(s) (3g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Dinner 5 ↗

Eat on day 6 and day 7

Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

1. The recipe has no instructions.

Lentil chili

290 cals ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
lentils, raw
2 2/3 tbsp (32g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
dry bulgur wheat
2 2/3 tbsp (23g)
vegetable broth
1/2 cup(s) (mL)
canned whole tomatoes, chopped
1/3 cup (80g)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, minced
2/3 clove(s) (2g)

For all 2 meals:

oil
2 tsp (10mL)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)
canned whole tomatoes, chopped
2/3 cup (160g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

water

2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

water

17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.