

# Meal Plan - 1200 calorie vegan meal plan



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

## Day 1

1211 cals ● 94g protein (31%) ● 19g fat (14%) ● 136g carbs (45%) ● 30g fiber (10%)

### Breakfast

195 cals, 7g protein, 35g net carbs, 2g fat



#### Strawberries

1 cup(s)- 52 cals



#### Medium toasted bagel with 'butter'

1/2 bagel(s)- 145 cals

### Dinner

360 cals, 18g protein, 50g net carbs, 7g fat



#### Soy milk

1 1/4 cup(s)- 106 cals



#### Pasta with store-bought sauce

255 cals

### Lunch

435 cals, 22g protein, 50g net carbs, 9g fat



#### Easy chickpea salad

234 cals



#### Tuscan white bean soup

202 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 2

1211 cals ● 94g protein (31%) ● 19g fat (14%) ● 136g carbs (45%) ● 30g fiber (10%)

### Breakfast

195 cals, 7g protein, 35g net carbs, 2g fat



#### Strawberries

1 cup(s)- 52 cals



#### Medium toasted bagel with 'butter'

1/2 bagel(s)- 145 cals

### Dinner

360 cals, 18g protein, 50g net carbs, 7g fat



#### Soy milk

1 1/4 cup(s)- 106 cals



#### Pasta with store-bought sauce

255 cals

### Lunch

435 cals, 22g protein, 50g net carbs, 9g fat



#### Easy chickpea salad

234 cals



#### Tuscan white bean soup

202 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 3

1169 cals ● 113g protein (39%) ● 14g fat (11%) ● 118g carbs (40%) ● 31g fiber (11%)

### Breakfast

195 cals, 7g protein, 35g net carbs, 2g fat



#### Strawberries

1 cup(s)- 52 cals



#### Medium toasted bagel with 'butter'

1/2 bagel(s)- 145 cals

### Dinner

410 cals, 19g protein, 63g net carbs, 3g fat



#### Vegan chunky chili

268 cals



#### Fruit juice

1 1/4 cup(s)- 143 cals

### Lunch

340 cals, 38g protein, 18g net carbs, 8g fat



#### Vegan crumbles

1 3/4 cup(s)- 256 cals



#### Lentils

87 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 4

1142 cals ● 114g protein (40%) ● 50g fat (39%) ● 35g carbs (12%) ● 25g fiber (9%)

### Breakfast

195 cals, 9g protein, 4g net carbs, 15g fat



#### Celery sticks

2 celery stalk- 13 cals



#### Pumpkin seeds

183 cals

### Lunch

340 cals, 38g protein, 18g net carbs, 8g fat



#### Vegan crumbles

1 3/4 cup(s)- 256 cals



#### Lentils

87 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

### Dinner

385 cals, 18g protein, 12g net carbs, 26g fat



#### Simple salad with tomatoes and carrots

98 cals



#### Walnuts

1/6 cup(s)- 131 cals



#### Cajun tofu

157 cals

## Day 5

1170 cals ● 96g protein (33%) ● 58g fat (45%) ● 45g carbs (15%) ● 21g fiber (7%)

### Breakfast

195 cals, 9g protein, 4g net carbs, 15g fat



#### Celery sticks

2 celery stalk- 13 cals



#### Pumpkin seeds

183 cals

### Dinner

365 cals, 11g protein, 29g net carbs, 20g fat



#### Curried lentils

241 cals



#### Sautéed peppers and onions

125 cals

### Lunch

390 cals, 28g protein, 11g net carbs, 22g fat



#### Basic tempeh

4 oz- 295 cals



#### Sautéed mushrooms

4 oz mushrooms- 95 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 6

1178 cals ● 97g protein (33%) ● 55g fat (42%) ● 53g carbs (18%) ● 20g fiber (7%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



#### High-protein granola bar

1 bar(s)- 204 cals

### Dinner

365 cals, 11g protein, 29g net carbs, 20g fat



#### Curried lentils

241 cals



#### Sautéed peppers and onions

125 cals

### Lunch

390 cals, 28g protein, 11g net carbs, 22g fat



#### Basic tempeh

4 oz- 295 cals



#### Sautéed mushrooms

4 oz mushrooms- 95 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 7

1152 cals ● 93g protein (32%) ● 33g fat (26%) ● 99g carbs (34%) ● 22g fiber (8%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



**High-protein granola bar**

1 bar(s)- 204 cals

### Lunch

305 cals, 7g protein, 56g net carbs, 2g fat



**Tomato soup**

1 can(s)- 211 cals



**Carrot sticks**

3 1/2 carrot(s)- 95 cals

### Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



**Peach**

1 peach(es)- 66 cals



**Seitan salad**

359 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

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# Grocery List



## Fruits and Fruit Juices

- strawberries  
3 cup, whole (432g)
- fruit juice  
10 fl oz (300mL)
- peach  
1 medium (2-2/3" dia) (150g)
- avocados  
1/4 avocado(s) (50g)

## Baked Products

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

## Other

- vegan butter  
3/4 tbsp (11g)
- italian seasoning  
1/2 tbsp (5g)
- soy milk, unsweetened  
2 1/2 cup(s) (mL)
- curry paste  
2 tsp (10g)
- nutritional yeast  
1 tsp (1g)

## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
16 2/3 cup(s) (3951mL)

## Spices and Herbs

- balsamic vinegar  
1 tbsp (15mL)
- crushed red pepper  
2 dash (0g)
- salt  
2 dash (2g)
- black pepper  
1 dash, ground (0g)
- onion powder  
3/4 dash (0g)
- chili powder  
1/2 tbsp (4g)
- garlic powder  
1/3 dash (0g)

## Vegetables and Vegetable Products

- onion  
1 3/4 medium (2-1/2" dia) (189g)
- tomatoes  
4 medium whole (2-3/5" dia) (492g)
- fresh parsley  
3 sprigs (3g)
- carrots  
4 1/3 medium (265g)
- raw celery  
3/8 bunch (200g)
- fresh spinach  
3 cup(s) (90g)
- garlic  
2 clove(s) (6g)
- mushrooms  
1/2 lbs (238g)
- fresh green beans  
4 tsp 1/2" pieces (8g)
- red bell pepper  
4 tsp, chopped (12g)
- green pepper  
4 tsp, chopped (12g)
- romaine lettuce  
1/2 hearts (250g)
- bell pepper  
2 large (328g)

## Fats and Oils

- oil  
2 oz (67mL)
- salad dressing  
1 3/4 tbsp (26mL)

## Cereal Grains and Pasta

- uncooked dry pasta  
4 oz (114g)
- seitan  
3 oz (85g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- walnuts  
3 tbsp, shelled (19g)
- coconut milk, canned  
1/2 cup (120mL)

- cajun seasoning  
4 dash (1g)

## Soups, Sauces, and Gravies

- apple cider vinegar  
1 tbsp (1mL)
- vegetable broth  
2 cup(s) (mL)
- pasta sauce  
1/4 jar (24 oz) (168g)
- condensed canned tomato soup  
1 can (10.5 oz) (298g)

## Snacks

- high-protein granola bar  
2 bar (80g)

## Legumes and Legume Products

- chickpeas, canned  
1 can(s) (448g)
- white beans, canned  
1/2 can(s) (220g)
- vegetarian burger crumbles  
3 1/2 cup (350g)
- lentils, raw  
2/3 cup (128g)
- dry kidney beans  
4 tsp (15g)
- extra firm tofu  
2 tbsp (31g)
- dry white beans  
4 tsp (17g)
- firm tofu  
5 oz (142g)
- tempeh  
1/2 lbs (227g)

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## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 3 meals:

**strawberries**  
3 cup, whole (432g)

1. The recipe has no instructions.

### Medium toasted bagel with 'butter'

1/2 bagel(s) - 145 cals ● 6g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

**bagel**  
1/2 medium bagel (3-1/2" to 4" dia)  
(53g)  
**vegan butter**  
1/4 tbsp (4g)

For all 3 meals:

**bagel**  
1 1/2 medium bagel (3-1/2" to 4" dia)  
(158g)  
**vegan butter**  
3/4 tbsp (11g)

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

## Breakfast 2 ↗

Eat on day 4 and day 5

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 6 and day 7

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1 and day 2

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 2 meals:

**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

1. Add all ingredients to a bowl and toss.  
Serve!

### Tuscan white bean soup

202 cals ● 10g protein ● 4g fat ● 25g carbs ● 7g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**carrots, chopped**  
1/4 large (18g)  
**raw celery, chopped**  
1/4 stalk, large (11"-12" long) (16g)  
**italian seasoning**  
1/4 tbsp (3g)  
**crushed red pepper**  
1 dash (0g)  
**vegetable broth**  
1 cup(s) (mL)  
**fresh spinach**  
1/2 cup(s) (15g)  
**white beans, canned, rinsed & drained**  
1/4 can(s) (110g)  
**onion, diced**  
1/4 small (18g)  
**garlic, minced**  
1 clove(s) (3g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**carrots, chopped**  
1/2 large (36g)  
**raw celery, chopped**  
1/2 stalk, large (11"-12" long) (32g)  
**italian seasoning**  
1/2 tbsp (5g)  
**crushed red pepper**  
2 dash (0g)  
**vegetable broth**  
2 cup(s) (mL)  
**fresh spinach**  
1 cup(s) (30g)  
**white beans, canned, rinsed & drained**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 small (35g)  
**garlic, minced**  
2 clove(s) (6g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

## Lunch 2 ↗

Eat on day 3 and day 4

### 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.

### 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.

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## Lunch 3 ↗

Eat on day 5 and day 6

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

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.

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### Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**mushrooms, sliced**  
4 oz (113g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**mushrooms, sliced**  
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

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## Lunch 4

Eat on day 7

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### Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

**condensed canned tomato soup**  
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

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### Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

**carrots**  
3 1/2 medium (214g)

1. Cut carrots into strips and serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

**soy milk, unsweetened**  
1 1/4 cup(s) (mL)

For all 2 meals:

**soy milk, unsweetened**  
2 1/2 cup(s) (mL)

1. The recipe has no instructions.

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**  
2 oz (57g)  
**pasta sauce**  
1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**  
4 oz (114g)  
**pasta sauce**  
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

## Dinner 2 ↗

Eat on day 3

### Vegan chunky chili

268 cals ● 17g protein ● 3g fat ● 32g carbs ● 12g fiber



**black pepper**  
1 dash, ground (0g)  
**onion powder**  
2/3 dash (0g)  
**dry kidney beans, soaked overnight**  
4 tsp (15g)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (9g)  
**extra firm tofu**  
2 tbsp (31g)  
**chili powder**  
1/2 tbsp (4g)  
**garlic powder**  
1/3 dash (0g)  
**mushrooms**  
2 2/3 tbsp, chopped (12g)  
**raw celery**  
4 tsp chopped (8g)  
**fresh green beans**  
4 tsp 1/2" pieces (8g)  
**red bell pepper**  
4 tsp, chopped (12g)  
**green pepper**  
4 tsp, chopped (12g)  
**salt**  
1 dash (1g)  
**water**  
1 cup(s) (237mL)  
**tomatoes**  
16 tbsp, chopped (180g)  
**dry white beans, soaked overnight**  
4 tsp (17g)  
**lentils, raw, soaked overnight**  
4 tsp (16g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

### Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber

Makes 1 1/4 cup(s)

**fruit juice**  
10 fl oz (300mL)



1. The recipe has no instructions.

## Dinner 3 ↗

Eat on day 4

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

### Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)



**walnuts**  
3 tbsp, shelled (19g)

1. The recipe has no instructions.

### Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



**cajun seasoning**  
4 dash (1g)  
**oil**  
1 tsp (5mL)  
**firm tofu, patted dry & cubed**  
5 oz (142g)

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.

## Dinner 4 ↗

Eat on day 5 and day 6

### Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



For single meal:

**lentils, raw**  
2 2/3 tbsp (32g)  
**water**  
1/3 cup(s) (79mL)  
**salt**  
1/3 dash (0g)  
**coconut milk, canned**  
4 tbsp (60mL)  
**curry paste**  
1 tsp (5g)

For all 2 meals:

**lentils, raw**  
1/3 cup (64g)  
**water**  
2/3 cup(s) (158mL)  
**salt**  
2/3 dash (1g)  
**coconut milk, canned**  
1/2 cup (120mL)  
**curry paste**  
2 tsp (10g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

### Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced into strips**  
1 large (164g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**onion, sliced**  
1 medium (2-1/2" dia) (110g)  
**bell pepper, sliced into strips**  
2 large (328g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

## Dinner 5

Eat on day 7

### 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.

### Seitan salad

359 cals  27g protein  18g fat  16g carbs  7g fiber



**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. 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.