

# Meal Plan - 1300 calorie intermittent fasting 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

1263 cals ● 98g protein (31%) ● 36g fat (26%) ● 112g carbs (35%) ● 24g fiber (7%)

### Lunch

495 cals, 14g protein, 56g net carbs, 18g fat



[Pear](#)

2 pear(s)- 226 cals



[Egg salad sandwich](#)

1/2 sandwich(es)- 271 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

605 cals, 48g protein, 54g net carbs, 17g fat



[Garlic pepper seitan](#)

342 cals



[Lentils](#)

260 cals

## Day 2

1307 cals ● 95g protein (29%) ● 53g fat (37%) ● 80g carbs (24%) ● 33g fiber (10%)

### Lunch

575 cals, 21g protein, 48g net carbs, 26g fat



[Avocado](#)

176 cals



[Milk](#)

2/3 cup(s)- 99 cals



[Garlic crumbles stuffed sweet potatoes](#)

1 sweet potato(es)- 301 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

565 cals, 38g protein, 30g net carbs, 26g fat



[Mashed sweet potatoes with butter](#)

125 cals



[Basic tempeh](#)

6 oz- 443 cals

## Day 3

1307 cal ● 95g protein (29%) ● 53g fat (37%) ● 80g carbs (24%) ● 33g fiber (10%)

### Lunch

575 cal, 21g protein, 48g net carbs, 26g fat



Avocado

176 cal



Milk

2/3 cup(s)- 99 cal



Garlic crumbles stuffed sweet potatoes

1 sweet potato(es)- 301 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

### Dinner

565 cal, 38g protein, 30g net carbs, 26g fat



Mashed sweet potatoes with butter

125 cal



Basic tempeh

6 oz- 443 cal

## Day 4

1320 cal ● 98g protein (30%) ● 50g fat (34%) ● 91g carbs (28%) ● 29g fiber (9%)

### Lunch

640 cal, 27g protein, 36g net carbs, 37g fat



Rosemary mushroom cheese sandwich

1 sandwich(es)- 408 cal



Simple kale & avocado salad

230 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

### Dinner

520 cal, 34g protein, 54g net carbs, 12g fat



Simple mixed greens and tomato salad

76 cal



Tempeh & mushroom stir fry

443 cal

## Day 5

1251 cal ● 94g protein (30%) ● 49g fat (36%) ● 86g carbs (28%) ● 22g fiber (7%)

### Lunch

530 cal, 33g protein, 50g net carbs, 15g fat



Green beans

126 cal



Milk

1 cup(s)- 149 cal



Veggie burger patty

2 patty- 254 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

### Dinner

560 cal, 24g protein, 35g net carbs, 34g fat



Simple mozzarella and tomato salad

242 cal



Flatbread margherita pizza

317 cal

## Day 6

1236 cal ● 99g protein (32%) ● 32g fat (23%) ● 110g carbs (36%) ● 27g fiber (9%)

### Lunch

530 cal, 33g protein, 50g net carbs, 15g fat



Green beans

126 cal



Milk

1 cup(s)- 149 cal



Veggie burger patty

2 patty- 254 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

### Dinner

545 cal, 30g protein, 59g net carbs, 17g fat



Simple mixed greens and tomato salad

76 cal



Vegan meatball sub

1 sub(s)- 468 cal

## Day 7

1281 cal ● 118g protein (37%) ● 34g fat (24%) ● 112g carbs (35%) ● 15g fiber (5%)

### Lunch

575 cal, 52g protein, 51g net carbs, 16g fat



Brown rice

86 cal



Cherry tomatoes

12 cherry tomatoes- 42 cal



Teriyaki seitan wings

6 oz seitan- 446 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

### Dinner

545 cal, 30g protein, 59g net carbs, 17g fat



Simple mixed greens and tomato salad

76 cal



Vegan meatball sub

1 sub(s)- 468 cal

## Fruits and Fruit Juices

- pears  
2 medium (356g)
- avocados  
1 1/2 avocado(s) (302g)
- lemon juice  
1 tsp (5mL)
- lemon  
1/2 small (29g)

## Dairy and Egg Products

- eggs  
1 1/2 medium (66g)
- butter  
2 tsp (9g)
- whole milk  
3 1/3 cup (799mL)
- cheese  
1/2 cup, shredded (57g)
- fresh mozzarella cheese  
2 oz (57g)
- mozzarella cheese, shredded  
4 tbsp (22g)

## Fats and Oils

- mayonnaise  
1 tbsp (15mL)
- olive oil  
2/3 oz (26mL)
- oil  
1 1/2 oz (48mL)
- salad dressing  
1/4 cup (68mL)
- balsamic vinaigrette  
1 tbsp (14mL)

## Vegetables and Vegetable Products

- onion  
1/4 medium (2-1/2" dia) (29g)
- garlic  
3 3/4 clove(s) (11g)
- green pepper  
1 tbsp, chopped (9g)
- sweet potatoes  
3 sweetpotato, 5" long (630g)
- tomatoes  
4 medium whole (2-3/5" dia) (514g)

## Baked Products

- bread  
1/4 lbs (96g)
- naan bread  
1/2 piece (45g)

## Cereal Grains and Pasta

- seitan  
10 oz (284g)
- brown rice  
6 tbsp (71g)

## Beverages

- water  
3/4 gallon (2957mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Legumes and Legume Products

- lentils, raw  
6 tbsp (72g)
- tempeh  
1 lbs (454g)
- vegetarian burger crumbles  
4 oz (113g)
- soy sauce  
1 tbsp (15mL)

## Other

- mixed greens  
5 cup (150g)
- veggie burger patty  
4 patty (284g)
- sub roll(s)  
2 roll(s) (170g)
- nutritional yeast  
2 tsp (3g)
- vegan meatballs, frozen  
8 meatball(s) (240g)
- teriyaki sauce  
3 tbsp (45mL)

## Soups, Sauces, and Gravies

- pasta sauce  
1/2 cup (130g)

- bell pepper  
1/2 large (82g)
- mushrooms  
4 oz (113g)
- kale leaves  
1/2 bunch (85g)
- frozen green beans  
5 1/3 cup (645g)

## Spices and Herbs

- salt  
2 g (2g)
  - black pepper  
1/2 g (1g)
  - paprika  
1/2 dash (0g)
  - yellow mustard  
1 dash or 1 packet (1g)
  - garlic powder  
1/4 tbsp (2g)
  - ground ginger  
2 dash (0g)
  - rosemary  
2 dash (0g)
  - fresh basil  
4 1/4 g (4g)
  - balsamic vinegar  
3/4 tbsp (11 mL)
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## Lunch 1 [↗](#)

Eat on day 1

### Pear

2 pear(s) - 226 cal ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

#### pears

2 medium (356g)

1. This recipe has no instructions.

### Egg salad sandwich

1/2 sandwich(es) - 271 cal ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

#### eggs

1 1/2 medium (66g)

#### mayonnaise

1 tbsp (15mL)

#### onion, chopped

1/8 small (9g)

#### salt

1/2 dash (0g)

#### black pepper

1/2 dash (0g)

#### bread

1 slice (32g)

#### paprika

1/2 dash (0g)

#### yellow mustard

1 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Avocado

176 cal ● 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.

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### Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

**whole milk**  
2/3 cup (160mL)

For all 2 meals:

**whole milk**  
1 1/3 cup (320mL)

1. This recipe has no instructions.

### Garlic crumbles stuffed sweet potatoes

1 sweet potato(es) - 301 cal ● 14g protein ● 6g fat ● 38g carbs ● 10g fiber



For single meal:

**vegetarian burger crumbles**

2 oz (57g)

**sweet potatoes**

1 sweetpotato, 5" long (210g)

**garlic powder**

1 dash (0g)

**garlic, minced**

1/2 clove(s) (2g)

**oil**

1/4 tbsp (4mL)

For all 2 meals:

**vegetarian burger crumbles**

4 oz (113g)

**sweet potatoes**

2 sweetpotato, 5" long (420g)

**garlic powder**

2 dash (1g)

**garlic, minced**

1 clove(s) (3g)

**oil**

1/2 tbsp (8mL)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

## Lunch 3 [↗](#)

Eat on day 4

### Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cal ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

**rosemary**

2 dash (0g)

**mixed greens**

1/2 cup (15g)

**mushrooms**

1 1/2 oz (43g)

**cheese**

1/2 cup, shredded (57g)

**bread**

2 slice(s) (64g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the 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.

### Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber





**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

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.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Green beans

126 cal ● 6g protein ● 1g fat ● 16g carbs ● 8g fiber



For single meal:

**frozen green beans**  
2 2/3 cup (323g)

For all 2 meals:

**frozen green beans**  
5 1/3 cup (645g)

1. Prepare according to instructions on package.

### Milk

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



For single meal:

**whole milk**  
1 cup (240mL)

For all 2 meals:

**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.

### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### Brown rice

86 cal ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



**brown rice**  
2 tbsp (24g)  
**salt**  
3/4 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**black pepper**  
3/4 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

**tomatoes**  
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

## Teriyaki seitan wings

6 oz seitan - 446 cal ● 48g protein ● 15g fat ● 28g carbs ● 1g fiber



Makes 6 oz seitan

### teriyaki sauce

3 tbsp (45mL)

### oil

3/4 tbsp (11mL)

### seitan

6 oz (170g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

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## Dinner 1 [↗](#)

Eat on day 1

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### Garlic pepper seitan

342 cal ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



### olive oil

1 tbsp (15mL)

### onion

2 tbsp, chopped (20g)

### garlic, minced

1 1/4 clove(s) (4g)

### green pepper

1 tbsp, chopped (9g)

### seitan, chicken style

4 oz (113g)

### black pepper

1 dash, ground (0g)

### water

1/2 tbsp (8mL)

### salt

1/2 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

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## Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

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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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**butter**  
1 tsp (5g)  
**sweet potatoes**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

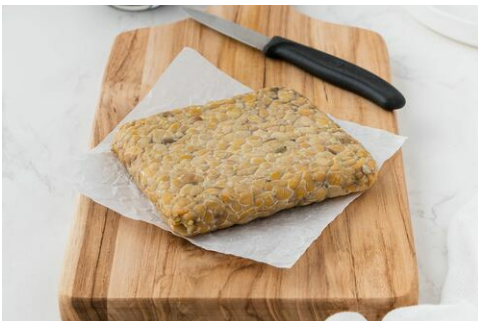
**butter**  
2 tsp (9g)  
**sweet potatoes**  
1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

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### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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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## Dinner 3 [↗](#)

Eat on day 4

### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



#### salad dressing

1 1/2 tbsp (23mL)

#### mixed greens

1 1/2 cup (45g)

#### tomatoes

4 tbsp cherry tomatoes (37g)

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

### Tempeh & mushroom stir fry

443 cal ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



#### soy sauce

1 tbsp (15mL)

#### bell pepper, sliced

1/2 large (82g)

#### mushrooms, chopped

1 cup, chopped (70g)

#### brown rice

4 tbsp (48g)

#### ground ginger

2 dash (0g)

#### garlic powder

4 dash (2g)

#### tempeh, sliced

4 oz (113g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

## Dinner 4 [↗](#)

Eat on day 5

### Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



#### tomatoes, sliced

3/4 large whole (3" dia) (137g)

#### fresh mozzarella cheese, sliced

2 oz (57g)

#### balsamic vinaigrette

1 tbsp (15mL)

#### fresh basil

1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Flatbread margherita pizza

317 cal ● 10g protein ● 17g fat ● 29g carbs ● 2g fiber



**naan bread**  
1/2 piece (45g)  
**mozzarella cheese, shredded**  
4 tbsp (22g)  
**tomatoes, thinly sliced**  
1/2 medium whole (2-3/5" dia) (62g)  
**fresh basil**  
3 leaves (2g)  
**olive oil**  
3/4 tbsp (11mL)  
**balsamic vinegar**  
3/4 tbsp (11mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**garlic, finely diced**  
1 1/2 clove(s) (5g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:  
**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:  
**salad dressing**  
3 tbsp (45mL)  
**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)

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

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### Vegan meatball sub

1 sub(s) - 468 cal ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

**sub roll(s)**  
1 roll(s) (85g)  
**nutritional yeast**  
1 tsp (1g)  
**pasta sauce**  
4 tbsp (65g)  
**vegan meatballs, frozen**  
4 meatball(s) (120g)

For all 2 meals:

**sub roll(s)**  
2 roll(s) (170g)  
**nutritional yeast**  
2 tsp (3g)  
**pasta sauce**  
1/2 cup (130g)  
**vegan meatballs, frozen**  
8 meatball(s) (240g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

**water**  
10 1/2 cup(s) (2489mL)  
**protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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