

# Meal Plan - 1200 calorie high protein vegetarian meal plan



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

## Day 1

1227 cals ● 131g protein (43%) ● 56g fat (41%) ● 34g carbs (11%) ● 16g fiber (5%)

### Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Protein shake (milk)**  
129 cals

### Dinner

440 cals, 19g protein, 9g net carbs, 36g fat



**Buttered green beans**  
98 cals



**Basic tofu**  
8 oz- 342 cals

### Lunch

315 cals, 29g protein, 17g net carbs, 10g fat



**Baked fries**  
97 cals



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 2

1241 cals ● 126g protein (41%) ● 38g fat (27%) ● 77g carbs (25%) ● 22g fiber (7%)

### Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Protein shake (milk)**  
129 cals

### Dinner

400 cals, 17g protein, 33g net carbs, 17g fat



**Cooked peppers**  
1 bell pepper(s)- 120 cals



**Basic baked potato**  
1/2 potato(es)- 132 cals



**Basic tempeh**  
2 oz- 148 cals

### Lunch

370 cals, 27g protein, 35g net carbs, 10g fat



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 3

1239 cal ● 117g protein (38%) ● 42g fat (30%) ● 77g carbs (25%) ● 22g fiber (7%)

### Breakfast

195 cal, 13g protein, 7g net carbs, 13g fat



Goat cheese & tomato mini egg muffin

2 mini muffin(s)- 122 cal



Milk

1/2 cup(s)- 75 cal

### Dinner

400 cal, 17g protein, 33g net carbs, 17g fat



Cooked peppers

1 bell pepper(s)- 120 cal



Basic baked potato

1/2 potato(es)- 132 cal



Basic tempeh

2 oz- 148 cal

### Lunch

370 cal, 27g protein, 35g net carbs, 10g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cal

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

## Day 4

1198 cal ● 114g protein (38%) ● 39g fat (30%) ● 75g carbs (25%) ● 21g fiber (7%)

### Breakfast

195 cal, 13g protein, 7g net carbs, 13g fat



Goat cheese & tomato mini egg muffin

2 mini muffin(s)- 122 cal



Milk

1/2 cup(s)- 75 cal

### Dinner

380 cal, 16g protein, 33g net carbs, 18g fat



Bbq tofu & pineapple bowl

260 cal



Sunflower seeds

120 cal

### Lunch

350 cal, 24g protein, 34g net carbs, 7g fat



Veggie burger patty

2 patty- 254 cal



Green beans

95 cal

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

## Day 5

1240 cal ● 109g protein (35%) ● 32g fat (23%) ● 104g carbs (34%) ● 25g fiber (8%)

### Breakfast

240 cal, 8g protein, 35g net carbs, 6g fat



Instant oatmeal with water  
1 packet(s)- 165 cal



Milk  
1/2 cup(s)- 75 cal

### Dinner

380 cal, 16g protein, 33g net carbs, 18g fat



Bbq tofu & pineapple bowl  
260 cal



Sunflower seeds  
120 cal

### Lunch

350 cal, 24g protein, 34g net carbs, 7g fat



Veggie burger patty  
2 patty- 254 cal



Green beans  
95 cal

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cal

## Day 6

1174 cal ● 105g protein (36%) ● 31g fat (23%) ● 104g carbs (35%) ● 15g fiber (5%)

### Breakfast

240 cal, 8g protein, 35g net carbs, 6g fat



Instant oatmeal with water  
1 packet(s)- 165 cal



Milk  
1/2 cup(s)- 75 cal

### Dinner

305 cal, 18g protein, 29g net carbs, 10g fat



Buttered lima beans  
110 cal



Cajun tofu  
79 cal



Lentils  
116 cal

### Lunch

360 cal, 19g protein, 38g net carbs, 14g fat



Crispy chik'n tenders  
4 tender(s)- 229 cal



Simple mixed greens salad  
68 cal



Watermelon  
6 oz- 61 cal

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cal

# Day 7

1174 cal ● 105g protein (36%) ● 31g fat (23%) ● 104g carbs (35%) ● 15g fiber (5%)

## Breakfast

240 cal, 8g protein, 35g net carbs, 6g fat



**Instant oatmeal with water**  
1 packet(s)- 165 cal



**Milk**  
1/2 cup(s)- 75 cal

## Dinner

305 cal, 18g protein, 29g net carbs, 10g fat



**Buttered lima beans**  
110 cal



**Cajun tofu**  
79 cal



**Lentils**  
116 cal

## Lunch

360 cal, 19g protein, 38g net carbs, 14g fat



**Crispy chik'n tenders**  
4 tender(s)- 229 cal



**Simple mixed greens salad**  
68 cal



**Watermelon**  
6 oz- 61 cal

## Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

## Dairy and Egg Products

- eggs  
4 large (200g)
- whole milk  
1/4 gallon (840mL)
- butter  
4 tsp (18g)
- goat cheese  
2 tbsp (28g)

## Beverages

- protein powder  
18 1/2 scoop (1/3 cup ea) (574g)
- water  
1 1/3 gallon (5069mL)

## Vegetables and Vegetable Products

- frozen green beans  
4 2/3 cup (565g)
- potatoes  
1 1/4 large (3" to 4-1/4" dia.) (461g)
- bell pepper  
2 large (328g)
- tomatoes  
2 slice(s), thin/small (30g)
- broccoli  
1 cup chopped (91g)
- lima beans, frozen  
1/2 package (10 oz) (142g)
- ketchup  
2 tbsp (34g)

## Spices and Herbs

- salt  
2 1/2 g (3g)
- black pepper  
1/4 g (0g)
- cajun seasoning  
4 dash (1g)

## Legumes and Legume Products

- firm tofu  
1 1/3 lbs (595g)
- vegetarian burger crumbles  
1 1/2 cup (150g)
- tempeh  
4 oz (113g)
- lentils, raw  
1/3 cup (64g)

## Fats and Oils

- oil  
2 oz (67mL)
- salad dressing  
3 tbsp (45mL)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)
- barbecue sauce  
4 tbsp (70g)

## Fruits and Fruit Juices

- canned pineapple  
1 cup, chunks (181g)
- Watermelon  
12 oz (340g)

## Nut and Seed Products

- sunflower kernels  
1 1/3 oz (38g)

## Other

- veggie burger patty  
4 patty (284g)
- meatless chik'n tenders  
8 pieces (204g)
- mixed greens  
3 cup (90g)

## Breakfast Cereals

- flavored instant oatmeal  
3 packet (129g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**  
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, day 4

### Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cal ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**tomatoes, chopped**  
1 slice(s), thin/small (15g)  
**goat cheese**  
3 tsp (14g)  
**eggs**  
1 large (50g)  
**water**  
1 tsp (5mL)

For all 2 meals:

**tomatoes, chopped**  
2 slice(s), thin/small (30g)  
**goat cheese**  
2 tbsp (28g)  
**eggs**  
2 large (100g)  
**water**  
2 tsp (10mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

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

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**

1 packet (43g)

**water**

3/4 cup(s) (180mL)

For all 3 meals:

**flavored instant oatmeal**

3 packet (129g)

**water**

2 1/4 cup(s) (539mL)

1. Put the oatmeal in a bowl and pour the water over it.
  2. Microwave for 90 seconds - 2 minutes.
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### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**

1/2 cup (120mL)

For all 3 meals:

**whole milk**

1 1/2 cup (360mL)

1. This recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1

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### Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



**oil**

1/4 tbsp (4mL)

**potatoes**

1/4 large (3" to 4-1/4" dia.) (92g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

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### Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

**vegetarian burger crumbles**

1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cal ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

#### **chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

For all 2 meals:

#### **chunky canned soup (non-creamy varieties)**

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

## Lunch 3 [↗](#)

Eat on day 4, day 5

### 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.

### Green beans

95 cal ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

#### **frozen green beans**

2 cup (242g)

For all 2 meals:

#### **frozen green beans**

4 cup (484g)

1. Prepare according to instructions on package.

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Crispy chik'n tenders

4 tender(s) - 229 cal ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

**ketchup**  
1 tbsp (17g)  
**meatless chik'n tenders**  
4 pieces (102g)

For all 2 meals:

**ketchup**  
2 tbsp (34g)  
**meatless chik'n tenders**  
8 pieces (204g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

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### Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

### Watermelon

6 oz - 61 cal ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

**Watermelon**  
6 oz (170g)

For all 2 meals:

**Watermelon**  
12 oz (340g)

1. Slice watermelon and serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### Buttered green beans

98 cal ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



#### **frozen green beans**

2/3 cup (81g)

#### **salt**

1/2 dash (0g)

#### **black pepper**

1/2 dash (0g)

#### **butter**

2 tsp (9g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

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### Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

#### **firm tofu**

1/2 lbs (227g)

#### **oil**

4 tsp (20mL)

1. Slice tofu 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 2 [↗](#)

Eat on day 2, day 3

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### Cooked peppers

1 bell pepper(s) - 120 cal ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**bell pepper, seeded & cut into strips**  
1 large (164g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**bell pepper, seeded & cut into strips**  
2 large (328g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

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### Basic baked potato

1/2 potato(es) - 132 cal ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**salt**  
1/2 dash (0g)  
**oil**  
1/4 tsp (1mL)

For all 2 meals:

**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)  
**salt**  
1 dash (0g)  
**oil**  
1/2 tsp (3mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

### Basic tempeh

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



For single meal:

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

For all 2 meals:

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

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, day 5

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### Bbq tofu & pineapple bowl

260 cals ● 11g protein ● 9g fat ● 31g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**barbecue sauce**  
2 tbsp (35g)  
**canned pineapple**  
1/2 cup, chunks (91g)  
**firm tofu**  
4 oz (113g)  
**broccoli**  
1/2 cup chopped (46g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**barbecue sauce**  
4 tbsp (70g)  
**canned pineapple**  
1 cup, chunks (181g)  
**firm tofu**  
1/2 lbs (227g)  
**broccoli**  
1 cup chopped (91g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

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### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
2/3 oz (19g)

For all 2 meals:

**sunflower kernels**  
1 1/3 oz (38g)

1. This recipe has no instructions.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Buttered lima beans

110 cal ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**salt**  
1 dash (1g)  
**butter**  
1 tsp (5g)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**salt**  
2 dash (2g)  
**butter**  
2 tsp (9g)  
**black pepper**  
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

### Cajun tofu

79 cal ● 6g protein ● 5g fat ● 2g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**cajun seasoning**  
2 dash (1g)  
**firm tofu, patted dry & cubed**  
2 1/2 oz (71g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**cajun seasoning**  
4 dash (1g)  
**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.

### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (160mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (319mL)  
**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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

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



For single meal:

**water**  
2 1/2 cup(s) (599mL)  
**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

**water**  
17 1/2 cup(s) (4191mL)  
**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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