

Meal Plan - 1200 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

1116 cals ● 95g protein (34%) ● 23g fat (19%) ● 105g carbs (38%) ● 26g fiber (9%)

Lunch

535 cals, 24g protein, 64g net carbs, 13g fat



[Tossed salad](#)
242 cals



[Tofu alfredo pasta with broccoli](#)
295 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

360 cals, 22g protein, 39g net carbs, 10g fat



[Simple mixed greens and tomato salad](#)
76 cals



[Chik'n stir fry](#)
285 cals

Day 2

1201 cals ● 121g protein (40%) ● 29g fat (22%) ● 94g carbs (31%) ● 20g fiber (7%)

Lunch

535 cals, 24g protein, 64g net carbs, 13g fat



[Tossed salad](#)
242 cals



[Tofu alfredo pasta with broccoli](#)
295 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

445 cals, 48g protein, 28g net carbs, 15g fat



[Teriyaki seitan wings](#)
6 oz seitan- 446 cals

Day 3

1164 cals ● 104g protein (36%) ● 29g fat (22%) ● 100g carbs (34%) ● 21g fiber (7%)

Lunch

535 cals, 38g protein, 52g net carbs, 14g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Chunky canned soup \(non-creamy\)](#)

2 can(s)- 494 cals

Dinner

410 cals, 18g protein, 47g net carbs, 14g fat



[Simple mixed greens and tomato salad](#)

76 cals



[Crispy chik'n tenders](#)

4 tender(s)- 229 cals



[Apple](#)

1 apple(s)- 105 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 4

1164 cals ● 104g protein (36%) ● 29g fat (22%) ● 100g carbs (34%) ● 21g fiber (7%)

Lunch

535 cals, 38g protein, 52g net carbs, 14g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Chunky canned soup \(non-creamy\)](#)

2 can(s)- 494 cals

Dinner

410 cals, 18g protein, 47g net carbs, 14g fat



[Simple mixed greens and tomato salad](#)

76 cals



[Crispy chik'n tenders](#)

4 tender(s)- 229 cals



[Apple](#)

1 apple(s)- 105 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 5

1238 cals ● 110g protein (36%) ● 58g fat (42%) ● 50g carbs (16%) ● 19g fiber (6%)

Lunch

570 cals, 23g protein, 34g net carbs, 33g fat



[Tempeh bacon & avocado bagel sandwich](#)

1/2 bagel(s)- 349 cals



[Walnuts](#)

1/3 cup(s)- 219 cals

Dinner

455 cals, 38g protein, 14g net carbs, 24g fat



[Baked tofu](#)

13 1/3 oz- 377 cals



[Simple mixed greens and tomato salad](#)

76 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 6

1205 cals ● 115g protein (38%) ● 53g fat (39%) ● 47g carbs (16%) ● 21g fiber (7%)

Lunch

535 cals, 28g protein, 31g net carbs, 27g fat



[Vegan deli smashed avocado sandwich](#)

1 sandwich(es)- 387 cals



[Roasted almonds](#)

1/6 cup(s)- 148 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

455 cals, 38g protein, 14g net carbs, 24g fat



[Baked tofu](#)

13 1/3 oz- 377 cals



[Simple mixed greens and tomato salad](#)

76 cals

Day 7

1184 cals ● 96g protein (32%) ● 61g fat (46%) ● 41g carbs (14%) ● 22g fiber (7%)

Lunch

535 cals, 28g protein, 31g net carbs, 27g fat



[Vegan deli smashed avocado sandwich](#)

1 sandwich(es)- 387 cals



[Roasted almonds](#)

1/6 cup(s)- 148 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

430 cals, 20g protein, 8g net carbs, 32g fat



[Olive oil drizzled broccoli](#)

2 1/2 cup(s)- 175 cals



[Basic tofu](#)

6 oz- 257 cals

Vegetables and Vegetable Products

- ☐ red onion
1/2 medium (2-1/2" dia) (55g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ romaine lettuce
2 hearts (1000g)
- ☐ carrots
3 small (5-1/2" long) (150g)
- ☐ tomatoes
6 1/3 medium whole (2-3/5" dia) (776g)
- ☐ frozen broccoli
3/4 lbs (322g)
- ☐ garlic
2/3 clove(s) (2g)
- ☐ bell pepper
1/2 medium (60g)
- ☐ ketchup
2 tbsp (34g)
- ☐ fresh ginger
1 2/3 slices (1" dia) (4g)

Fats and Oils

- ☐ salad dressing
6 oz (172mL)
- ☐ oil
1 oz (27mL)
- ☐ olive oil
2 1/2 tsp (13mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)
- ☐ brown rice
3 tbsp (36g)
- ☐ seitan
6 oz (170g)

Legumes and Legume Products

- ☐ firm tofu
2/3 lbs (321g)
- ☐ soy sauce
1/2 lbs (213mL)
- ☐ extra firm tofu
1 2/3 lbs (756g)
- ☐ tempeh
2 oz (57g)

Beverages

- ☐ almond milk, unsweetened
2 3/4 tbsp (41mL)
- ☐ water
14 1/2 cup(s) (3408mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Other

- ☐ mixed greens
8 1/2 cup (255g)
- ☐ vegan chik'n strips
2 1/2 oz (71g)
- ☐ teriyaki sauce
3 tbsp (45mL)
- ☐ meatless chik'n tenders
8 pieces (204g)
- ☐ plant-based deli slices
10 slices (104g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ hot sauce
2 tsp (10mL)

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (364g)
- ☐ avocados
1 avocado(s) (184g)

Nut and Seed Products

- ☐ sesame seeds
5 tsp (15g)
- ☐ walnuts
5 tbsp, shelled (31g)
- ☐ almonds
1/3 cup, whole (48g)

Baked Products

- ☐ bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)
- ☐ bread
4 slice(s) (128g)

Spices and Herbs

- ☐ salt
1 1/2 dash (1g)
 - ☐ basil, dried
1/4 tbsp, ground (1g)
 - ☐ onion powder
1/2 dash (0g)
 - ☐ ground cumin
1/2 dash (0g)
 - ☐ black pepper
1 1/4 dash (0g)
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



For single meal:

red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

For all 2 meals:

red onion, sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced or diced
1/2 cucumber (8-1/4") (151g)
romaine lettuce, shredded
2 hearts (1000g)
carrots, peeled and shredded or sliced
2 small (5-1/2" long) (100g)
tomatoes, diced
2 small whole (2-2/5" dia) (182g)
salad dressing
4 tbsp (60mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Tofu alfredo pasta with broccoli

295 cals ● 15g protein ● 5g fat ● 44g carbs ● 4g fiber



For single meal:

uncooked dry pasta
2 oz (57g)
firm tofu
1/6 package (16 oz) (76g)
frozen broccoli
1/6 package (47g)
garlic
1/3 clove(s) (1g)
salt
1/8 dash (0g)
almond milk, unsweetened
4 tsp (20mL)
basil, dried
1/3 tsp, ground (0g)

For all 2 meals:

uncooked dry pasta
4 oz (114g)
firm tofu
1/3 package (16 oz) (151g)
frozen broccoli
1/3 package (95g)
garlic
2/3 clove(s) (2g)
salt
1/6 dash (0g)
almond milk, unsweetened
2 2/3 tbsp (40mL)
basil, dried
1/4 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Cherry tomatoes

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



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.
-

Lunch 3 [🔗](#)

Eat on day 5

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

onion powder

1/2 dash (0g)

oil

1/4 tsp (1mL)

ground cumin

1/2 dash (0g)

tempeh, cut into strips

2 oz (57g)

avocados, sliced

1/4 avocado(s) (50g)

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



Makes 1/3 cup(s)

walnuts

5 tbsp, shelled (31g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cals ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



For single meal:

mixed greens

1/2 cup (15g)

hot sauce

1 tsp (5mL)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

bread

2 slice(s) (64g)

plant-based deli slices

5 slices (52g)

For all 2 meals:

mixed greens

16 tbsp (30g)

hot sauce

2 tsp (10mL)

avocados, peeled & deseeded

2/3 avocado(s) (134g)

bread

4 slice(s) (128g)

plant-based deli slices

10 slices (104g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Simple mixed greens and tomato salad

76 cals ● 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.

Chik'n stir fry

285 cals ● 21g protein ● 5g fat ● 34g carbs ● 5g fiber

**vegan chik'n strips**

2 1/2 oz (71g)

carrots, cut into thin strips

1 small (5-1 1/2" long) (50g)

water

3/8 cup(s) (89mL)

soy sauce

2 1/2 tsp (12mL)

bell pepper, deseeded & cut into thin strips

1/2 medium (60g)

brown rice

3 tbsp (36g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Dinner 2 [🔗](#)

Eat on day 2

Teriyaki seitan wings

6 oz seitan - 446 cals ● 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.
-

Dinner 3 [↗](#)

Eat on day 3, day 4

Simple mixed greens and tomato salad

76 cals ● 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.

Crispy chik'n tenders

4 tender(s) - 229 cals ● 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.

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. This recipe has no instructions.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Baked tofu

13 1/3 oz - 377 cals ● 37g protein ● 20g fat ● 9g carbs ● 5g fiber



For single meal:

soy sauce

6 2/3 tbsp (100mL)

extra firm tofu

13 1/3 oz (378g)

fresh ginger, peeled and grated

5/6 slices (1" dia) (2g)

sesame seeds

2 1/2 tsp (8g)

For all 2 meals:

soy sauce

13 1/3 tbsp (200mL)

extra firm tofu

1 2/3 lbs (756g)

fresh ginger, peeled and grated

1 2/3 slices (1" dia) (4g)

sesame seeds

5 tsp (15g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
5. Spread marinated tofu onto the prepared baking sheet.
6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.

Simple mixed greens and tomato salad

76 cals ● 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.

Dinner 5 [↗](#)

Eat on day 7

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.

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

firm tofu

6 oz (170g)

oil

1 tbsp (15mL)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water

2 cup(s) (474mL)

protein powder

2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water

14 cup(s) (3318mL)

protein powder

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.