

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

1172 cals ● 116g protein (40%) ● 47g fat (36%) ● 49g carbs (17%) ● 21g fiber (7%)

Breakfast

175 cals, 4g protein, 2g net carbs, 16g fat



[Walnuts](#)

1/4 cup(s)- 175 cals

Dinner

355 cals, 25g protein, 11g net carbs, 20g fat



[Roasted tomatoes](#)

1 tomato(es)- 60 cals



[Basic tempeh](#)

4 oz- 295 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 2

1214 cals ● 105g protein (35%) ● 39g fat (29%) ● 87g carbs (29%) ● 24g fiber (8%)

Breakfast

175 cals, 4g protein, 2g net carbs, 16g fat



[Walnuts](#)

1/4 cup(s)- 175 cals

Dinner

400 cals, 23g protein, 43g net carbs, 13g fat



[Crispy chik'n tenders](#)

5 1/3 tender(s)- 305 cals



[Kiwi](#)

2 kiwi- 94 cals

Lunch

370 cals, 18g protein, 39g net carbs, 9g fat



[Teriyaki chickpea stir fry](#)

369 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 3

1209 cals ● 109g protein (36%) ● 27g fat (20%) ● 107g carbs (35%) ● 26g fiber (9%)

Breakfast

170 cals, 7g protein, 22g net carbs, 4g fat



[Vegan breakfast sausage links](#)

1 links- 38 cals



[Blueberries](#)

1/2 cup(s)- 47 cals



[Breakfast cereal with almond milk](#)

85 cals

Dinner

400 cals, 23g protein, 43g net carbs, 13g fat



[Crispy chik'n tenders](#)

5 1/3 tender(s)- 305 cals



[Kiwi](#)

2 kiwi- 94 cals

Lunch

370 cals, 18g protein, 39g net carbs, 9g fat



[Teriyaki chickpea stir fry](#)

369 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 4

1207 cals ● 107g protein (35%) ● 28g fat (21%) ● 104g carbs (35%) ● 28g fiber (9%)

Breakfast

170 cals, 7g protein, 22g net carbs, 4g fat



[Vegan breakfast sausage links](#)

1 links- 38 cals



[Blueberries](#)

1/2 cup(s)- 47 cals



[Breakfast cereal with almond milk](#)

85 cals

Dinner

370 cals, 20g protein, 34g net carbs, 15g fat



[Chik'n nuggets](#)

6 2/3 nuggets- 368 cals

Lunch

395 cals, 19g protein, 46g net carbs, 7g fat



[Easy chickpea salad](#)

350 cals



[Kiwi](#)

1 kiwi- 47 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 5

1181 cals ● 108g protein (37%) ● 33g fat (25%) ● 96g carbs (32%) ● 17g fiber (6%)

Breakfast

245 cals, 9g protein, 43g net carbs, 2g fat



Small toasted bagel with 'butter'
1 bagel(s)- 191 cals



Carrot sticks
2 carrot(s)- 54 cals

Dinner

370 cals, 20g protein, 34g net carbs, 15g fat



Chik'n nuggets
6 2/3 nuggets- 368 cals

Lunch

295 cals, 19g protein, 16g net carbs, 15g fat



Soy milk
1 1/2 cup(s)- 127 cals



Tofu lo-mein
169 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

1154 cals ● 110g protein (38%) ● 38g fat (29%) ● 78g carbs (27%) ● 16g fiber (6%)

Breakfast

245 cals, 9g protein, 43g net carbs, 2g fat



Small toasted bagel with 'butter'
1 bagel(s)- 191 cals



Carrot sticks
2 carrot(s)- 54 cals

Dinner

270 cals, 24g protein, 14g net carbs, 13g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Simple seitan
3 oz- 183 cals

Lunch

365 cals, 17g protein, 19g net carbs, 22g fat



Soy milk
3/4 cup(s)- 64 cals



Simple kale & avocado salad
115 cals



Lemon ginger tofu chik'n
3 1/2 oz tofu- 187 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 7

1154 cals ● 110g protein (38%) ● 38g fat (29%) ● 78g carbs (27%) ● 16g fiber (6%)

Breakfast

245 cals, 9g protein, 43g net carbs, 2g fat



Small toasted bagel with 'butter'
1 bagel(s)- 191 cals



Carrot sticks
2 carrot(s)- 54 cals

Dinner

270 cals, 24g protein, 14g net carbs, 13g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Simple seitan
3 oz- 183 cals

Lunch

365 cals, 17g protein, 19g net carbs, 22g fat



Soy milk
3/4 cup(s)- 64 cals



Simple kale & avocado salad
115 cals



Lemon ginger tofu chik'n
3 1/2 oz tofu- 187 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals



Beverages

- ☐ water
17 2/3 cup(s) (4193mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ almond milk, unsweetened
1/2 cup (120mL)

Vegetables and Vegetable Products

- ☐ tomatoes
4 medium whole (2-3/5" dia) (476g)
- ☐ frozen mixed veggies
3/4 lbs (341g)
- ☐ ketchup
6 tbsp (102g)
- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ onion
3/8 small (26g)
- ☐ carrots
6 medium (366g)
- ☐ kale leaves
1/2 bunch (85g)
- ☐ garlic
1 clove(s) (3g)
- ☐ fresh ginger
1 1/2 inch (2.5cm) cube (8g)

Fats and Oils

- ☐ oil
2 oz (55mL)
- ☐ olive oil
1/4 tbsp (4mL)

Legumes and Legume Products

- ☐ tempeh
4 oz (113g)
- ☐ chickpeas, canned
1 3/4 can (784g)
- ☐ soy sauce
1 tbsp (17mL)
- ☐ extra firm tofu
2 oz (57g)
- ☐ firm tofu
1/2 lbs (198g)

Soups, Sauces, and Gravies

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ sesame seeds
1/2 tbsp (5g)

Other

- ☐ teriyaki sauce
4 tbsp (60mL)
- ☐ meatless chik'n tenders
10 2/3 pieces (272g)
- ☐ vegan breakfast sausage links
2 links (45g)
- ☐ vegan chik'n nuggets
13 1/3 nuggets (287g)
- ☐ vegan butter
1 1/2 tbsp (21g)
- ☐ soy milk, unsweetened
3 cup (720mL)

Fruits and Fruit Juices

- ☐ kiwi
5 fruit (345g)
- ☐ blueberries
1 cup (148g)
- ☐ lemon
1/2 small (29g)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ lemon juice
1 tbsp (15mL)

Breakfast Cereals

- ☐ breakfast cereal
1 serving (30g)

Spices and Herbs

- ☐ balsamic vinegar
3/4 tbsp (11mL)

Baked Products

- ☐ bagel
3 small bagel (3" dia) (207g)

Cereal Grains and Pasta

- ☐ chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
- ☐ apple cider vinegar
3/4 tbsp (1mL)
- ☐ oriental flavored ramen
1/8 package with flavor packet (11g)

- ☐ seitan
6 oz (170g)
- ☐ cornstarch
1 1/2 tbsp (12g)

Sweets

- ☐ agave
1 tsp (7g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Vegan breakfast sausage links

1 links - 38 cals ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links

1 links (23g)

For all 2 meals:

vegan breakfast sausage links

2 links (45g)

1. Cook links according to package instructions. Serve.

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Breakfast cereal with almond milk

85 cals ● 2g protein ● 2g fat ● 12g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
4 tbsp (60mL)
breakfast cereal
1/2 serving (15g)

For all 2 meals:

almond milk, unsweetened
1/2 cup (120mL)
breakfast cereal
1 serving (30g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Small toasted bagel with 'butter'

1 bagel(s) - 191 cals ● 7g protein ● 2g fat ● 35g carbs ● 2g fiber



For single meal:

bagel
1 small bagel (3" dia) (69g)
vegan butter
1/2 tbsp (7g)

For all 3 meals:

bagel
3 small bagel (3" dia) (207g)
vegan butter
1 1/2 tbsp (21g)

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

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Lunch 1 [↗](#)

Eat on day 1

Chunky canned soup (non-creamy)

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



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

chickpeas, canned, drained and rinsed
1/2 can (224g)
teriyaki sauce
2 tbsp (30mL)
oil
1/4 tbsp (4mL)
frozen mixed veggies
1/2 10oz package (142g)

For all 2 meals:

chickpeas, canned, drained and rinsed
1 can (448g)
teriyaki sauce
4 tbsp (60mL)
oil
1/2 tbsp (8mL)
frozen mixed veggies
1 10oz package (284g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Lunch 3 [↗](#)

Eat on day 4

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

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

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber

Makes 1 kiwi

kiwi

1 fruit (69g)



1. Slice the kiwi and serve.

Lunch 4 [↗](#)

Eat on day 5

Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



Makes 1 1/2 cup(s)

soy milk, unsweetened

1 1/2 cup (360mL)

1. This recipe has no instructions.

Tofu lo-mein

169 cals ● 8g protein ● 8g fat ● 13g carbs ● 3g fiber



frozen mixed veggies
2 oz (57g)
olive oil
1/4 tbsp (4mL)
water
1/6 cup(s) (44mL)
soy sauce
3/8 tsp (2mL)
oriental flavored ramen
1/8 package with flavor packet (11g)
extra firm tofu
2 oz (57g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:
soy milk, unsweetened
3/4 cup (180mL)

For all 2 meals:
soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

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.

Lemon ginger tofu chik'n

3 1/2 oz tofu - 187 cals ● 9g protein ● 11g fat ● 12g carbs ● 1g fiber



For single meal:

agave
4 dash (3g)
sesame seeds
1/4 tbsp (2g)
garlic, minced
1/2 clove(s) (2g)
fresh ginger, peeled & minced
3/4 inch (2.5cm) cube (4g)
oil
1 tsp (6mL)
lemon juice
1/2 tbsp (8mL)
cornstarch
3/4 tbsp (6g)
soy sauce, divided
1/2 tbsp (8mL)
firm tofu, patted dry
1/4 lbs (99g)

For all 2 meals:

agave
1 tsp (7g)
sesame seeds
1/2 tbsp (5g)
garlic, minced
1 clove(s) (3g)
fresh ginger, peeled & minced
1 1/2 inch (2.5cm) cube (8g)
oil
3/4 tbsp (11mL)
lemon juice
1 tbsp (15mL)
cornstarch
1 1/2 tbsp (12g)
soy sauce, divided
1 tbsp (15mL)
firm tofu, patted dry
1/2 lbs (198g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

Dinner 1 [🔗](#)

Eat on day 1

Roasted tomatoes

1 tomato(es) - 60 cal● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2 5/8" dia) (91g)

oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic tempeh

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



Makes 4 oz

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 2 [↗](#)

Eat on day 2, day 3

Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:

ketchup

4 tsp (23g)

meatless chik'n tenders

5 1/3 pieces (136g)

For all 2 meals:

ketchup

2 2/3 tbsp (45g)

meatless chik'n tenders

10 2/3 pieces (272g)

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

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi

2 fruit (138g)

For all 2 meals:

kiwi

4 fruit (276g)

1. Slice the kiwi and serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

vegan chik'n nuggets

6 2/3 nuggets (143g)

ketchup

5 tsp (28g)

For all 2 meals:

vegan chik'n nuggets

13 1/3 nuggets (287g)

ketchup

1/4 cup (57g)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

1 1/2 small whole (2-2 1/2" dia) (137g)

oil

1/2 tbsp (8mL)

For all 2 meals:

tomatoes

3 small whole (2-2 1/2" dia) (273g)

oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Protein Supplement(s) [↗](#)

Eat every day

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) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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