

Meal Plan - 1400 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

1412 cals ● 90g protein (26%) ● 51g fat (32%) ● 111g carbs (31%) ● 37g fiber (10%)

Lunch

510 cals, 12g protein, 69g net carbs, 16g fat



[Pistachios](#)
188 cals



[Tomato soup](#)
1 can(s)- 211 cals



[Pear](#)
1 pear(s)- 113 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Dinner

735 cals, 43g protein, 41g net carbs, 35g fat



[Olive oil drizzled sugar snap peas](#)
326 cals



[Basic tempeh](#)
4 oz- 295 cals



[Lentils](#)
116 cals

Day 2

1412 cals ● 90g protein (26%) ● 51g fat (32%) ● 111g carbs (31%) ● 37g fiber (10%)

Lunch

510 cals, 12g protein, 69g net carbs, 16g fat



[Pistachios](#)
188 cals



[Tomato soup](#)
1 can(s)- 211 cals



[Pear](#)
1 pear(s)- 113 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Dinner

735 cals, 43g protein, 41g net carbs, 35g fat



[Olive oil drizzled sugar snap peas](#)
326 cals



[Basic tempeh](#)
4 oz- 295 cals




[Lentils](#)
116 cals

Day 3

1433 calsgreen93g protein (26%)orange28g fat (18%)blue176g carbs (49%)grey25g fiber (7%)


Lunch

640 calsgreen26g protein, 74g net carbs, 23g fat




Olive oil drizzled sugar snap peas

122 calsgreen



Milk

1 3/4 cup(s)- 261 calsgreen




Pasta with store-bought sauce

255 calsgreen

Dinner

630 calsgreen31g protein, 102g net carbs, 4g fat




Lentil & tomato pasta

631 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake


1 1/2 scoop- 164 calsgreen

Day 4

1433 calsgreen93g protein (26%)orange28g fat (18%)blue176g carbs (49%)grey25g fiber (7%)


Lunch

640 calsgreen26g protein, 74g net carbs, 23g fat




Olive oil drizzled sugar snap peas

122 calsgreen



Milk

1 3/4 cup(s)- 261 calsgreen




Pasta with store-bought sauce

255 calsgreen

Dinner

630 calsgreen31g protein, 102g net carbs, 4g fat




Lentil & tomato pasta

631 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 calsgreen

Day 5

1417 cals ● 97g protein (27%) ● 43g fat (28%) ● 139g carbs (39%) ● 20g fiber (6%)

Lunch

650 cals, 24g protein, 84g net carbs, 21g fat



Dinner roll
2 roll- 154 cals



Cheese ravioli
408 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

605 cals, 37g protein, 54g net carbs, 22g fat



Basic tofu
6 oz- 257 cals



Lentils
347 cals

Day 6

1417 cals ● 97g protein (27%) ● 43g fat (28%) ● 139g carbs (39%) ● 20g fiber (6%)

Lunch

650 cals, 24g protein, 84g net carbs, 21g fat



Dinner roll
2 roll- 154 cals



Cheese ravioli
408 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

605 cals, 37g protein, 54g net carbs, 22g fat



Basic tofu
6 oz- 257 cals



Lentils
347 cals

Day 7

1412 cals ● 104g protein (29%) ● 26g fat (17%) ● 156g carbs (44%) ● 34g fiber (10%)

Lunch

610 cals, 37g protein, 69g net carbs, 13g fat



Bean & tofu goulash
437 cals



Lentils
174 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

640 cals, 31g protein, 86g net carbs, 12g fat



Orange
2 orange(s)- 170 cals



Vegan meatball sub
1 sub(s)- 468 cals

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ walnuts
4 tbsp, shelled (25g)

Soups, Sauces, and Gravies

- ☐ condensed canned tomato soup
2 can (10.5 oz) (596g)
- ☐ pasta sauce
5/6 jar (24 oz) (569g)

Fruits and Fruit Juices

- ☐ pears
2 medium (356g)
- ☐ orange
2 orange (308g)

Spices and Herbs

- ☐ black pepper
1/4 tbsp (1g)
- ☐ salt
4 1/2 g (5g)
- ☐ ground cumin
4 dash (1g)
- ☐ paprika
2 tsp (5g)
- ☐ fresh thyme
2 dash (0g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
7 1/3 cup (1056g)
- ☐ tomato paste
1 tbsp (16g)
- ☐ canned crushed tomatoes
1 can (405g)
- ☐ carrots
1 medium (61g)
- ☐ garlic
1 1/2 clove(s) (5g)
- ☐ onion
1 1/6 medium (2-1/2" dia) (130g)

Fats and Oils

- ☐ olive oil
1/4 cup (55mL)
- ☐ oil
2 oz (60mL)

Legumes and Legume Products

- ☐ tempeh
1/2 lbs (227g)
- ☐ lentils, raw
2 1/3 cup (448g)
- ☐ firm tofu
15 1/2 oz (439g)
- ☐ white beans, canned
1/2 can(s) (220g)

Beverages

- ☐ water
17 3/4 cup(s) (4197mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Dairy and Egg Products

- ☐ whole milk
1/4 gallon (840mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (242g)

Baked Products

- ☐ Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
3/4 lbs (340g)

Other

- ☐ vegan meatballs, frozen
4 meatball(s) (120g)
 - ☐ nutritional yeast
1 tsp (1g)
 - ☐ sub roll(s)
1 roll(s) (85g)
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

Tomato soup

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



For single meal:

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

For all 2 meals:

condensed canned tomato soup
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Olive oil drizzled sugar snap peas

122 cal ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



For single meal:

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen sugar snap peas

1 cup (144g)

olive oil

1/2 tbsp (8mL)

For all 2 meals:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen sugar snap peas

2 cup (288g)

olive oil

1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Milk

1 3/4 cup(s) - 261 cal ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 3/4 cup (420mL)

For all 2 meals:

whole milk

1/4 gallon (840mL)

1. This recipe has no instructions.

Pasta with store-bought sauce

255 cal ● 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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



For single meal:

pasta sauce

1/4 jar (24 oz) (168g)

frozen cheese ravioli

6 oz (170g)

For all 2 meals:

pasta sauce

1/2 jar (24 oz) (336g)

frozen cheese ravioli

3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 7

Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber

**fresh thyme**

2 dash (0g)

paprika

1/2 tbsp (3g)

oil

1/2 tbsp (8mL)

garlic, minced

1/2 clove (2g)

onion, diced

1/2 medium (2-1/2" dia) (55g)

firm tofu, drained and diced

1/4 lbs (99g)

white beans, canned, drained & rinsed

1/2 can(s) (220g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber

**salt**

1/2 dash (0g)

water

1 cup(s) (237mL)

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled sugar snap peas

326 cal ● 11g protein ● 19g fat ● 16g carbs ● 12g fiber



For single meal:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen sugar snap peas

2 2/3 cup (384g)

olive oil

4 tsp (20mL)

For all 2 meals:

black pepper

4 dash (0g)

salt

4 dash (2g)

frozen sugar snap peas

5 1/3 cup (768g)

olive oil

2 2/3 tbsp (40mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Basic tempeh

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



For single meal:

oil

2 tsp (10mL)

tempeh

4 oz (113g)

For all 2 meals:

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

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.

Lentils

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



For single meal:

salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

For all 2 meals:

salt

2/3 dash (1g)

water

1 1/3 cup(s) (316mL)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Lentil & tomato pasta

631 cals ● 31g protein ● 4g fat ● 102g carbs ● 16g fiber



For single meal:

tomato paste
1/2 tbsp (8g)
oil
3/8 tsp (2mL)
ground cumin
2 dash (1g)
paprika
2 dash (1g)
water
1/2 cup(s) (104mL)
canned crushed tomatoes
1/2 can (203g)
carrots, chopped
1/2 medium (31g)
garlic, minced
1/2 clove(s) (2g)
onion, diced
1/4 large (38g)
lentils, raw
6 tbsp (72g)
uncooked dry pasta
2 1/4 oz (64g)

For all 2 meals:

tomato paste
1 tbsp (16g)
oil
1/4 tbsp (4mL)
ground cumin
4 dash (1g)
paprika
4 dash (1g)
water
7/8 cup(s) (207mL)
canned crushed tomatoes
1 can (405g)
carrots, chopped
1 medium (61g)
garlic, minced
1 clove(s) (3g)
onion, diced
1/2 large (75g)
lentils, raw
3/4 cup (144g)
uncooked dry pasta
1/4 lbs (128g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
 2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
 3. Stir in tomato paste, crushed tomatoes, water, and lentils.
 4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
 5. Meanwhile, cook pasta according to its package and set aside.
 6. Mix pasta and sauce together and serve.
-

Dinner 3 [↗](#)

Eat on day 5, day 6

Basic tofu

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



For single meal:

firm tofu

6 oz (170g)

oil

1 tbsp (15mL)

For all 2 meals:

firm tofu

3/4 lbs (340g)

oil

2 tbsp (30mL)

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.

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

For all 2 meals:

salt

2 dash (2g)

water

4 cup(s) (948mL)

lentils, raw, rinsed

1 cup (192g)

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.
-

Dinner 4 [🔗](#)

Eat on day 7

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange

2 orange (308g)

1. This recipe has no instructions.

Vegan meatball sub

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



Makes 1 sub(s)

vegan meatballs, frozen

4 meatball(s) (120g)

pasta sauce

4 tbsp (65g)

nutritional yeast

1 tsp (1g)

sub roll(s)

1 roll(s) (85g)

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.

Protein Supplement(s) [🔗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 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.