

Meal Plan - 1600 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

1500 cals ● 98g protein (26%) ● 49g fat (29%) ● 134g carbs (36%) ● 33g fiber (9%)

Lunch

725 cals, 36g protein, 91g net carbs, 15g fat



[Couscous](#)
201 cals



[Raspberries](#)
1 1/3 cup(s)- 96 cals



[Simple plant-based deli wrap](#)
1 wrap(s)- 426 cals

Protein Supplement(s)

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



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

Dinner

615 cals, 26g protein, 42g net carbs, 33g fat



[Milk](#)
1 1/2 cup(s)- 224 cals



[Roasted almonds](#)
1/4 cup(s)- 222 cals



[Zoodles marinara](#)
169 cals

Day 2

1577 cals ● 130g protein (33%) ● 47g fat (27%) ● 131g carbs (33%) ● 27g fiber (7%)

Lunch

725 cals, 36g protein, 91g net carbs, 15g fat



[Couscous](#)
201 cals



[Raspberries](#)
1 1/3 cup(s)- 96 cals



[Simple plant-based deli wrap](#)
1 wrap(s)- 426 cals

Protein Supplement(s)

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



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

Dinner

690 cals, 58g protein, 39g net carbs, 31g fat



[Sweet potato medallions](#)
1/2 sweet potato- 155 cals



[Vegan sausage](#)
2 sausage(s)- 536 cals

Day 3

1559 cals ● 125g protein (32%) ● 49g fat (28%) ● 123g carbs (32%) ● 32g fiber (8%)

Lunch

705 cals, 31g protein, 83g net carbs, 17g fat



White bean cassoulet

577 cals



Simple salad with celery, cucumber & tomato

128 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

690 cals, 58g protein, 39g net carbs, 31g fat



Sweet potato medallions

1/2 sweet potato- 155 cals



Vegan sausage

2 sausage(s)- 536 cals

Day 4

1603 cals ● 122g protein (31%) ● 86g fat (48%) ● 49g carbs (12%) ● 36g fiber (9%)

Lunch

750 cals, 48g protein, 26g net carbs, 41g fat



Crack slaw with tempeh

633 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

690 cals, 38g protein, 21g net carbs, 44g fat



Seitan salad

359 cals



Roasted almonds

3/8 cup(s)- 333 cals

Day 5

1603 cals ● 122g protein (31%) ● 86g fat (48%) ● 49g carbs (12%) ● 36g fiber (9%)

Lunch

750 cals, 48g protein, 26g net carbs, 41g fat



Crack slaw with tempeh

633 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

690 cals, 38g protein, 21g net carbs, 44g fat



Seitan salad

359 cals



Roasted almonds

3/8 cup(s)- 333 cals

Day 6

1551 cals ● 108g protein (28%) ● 47g fat (27%) ● 141g carbs (36%) ● 35g fiber (9%)

Lunch

685 cals, 29g protein, 58g net carbs, 28g fat



Simple mixed greens and tomato salad
113 cals



Chickpea & chickpea pasta
573 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

700 cals, 42g protein, 81g net carbs, 18g fat



Vegan meatball sub
1 1/2 sub(s)- 702 cals

Day 7

1551 cals ● 108g protein (28%) ● 47g fat (27%) ● 141g carbs (36%) ● 35g fiber (9%)

Lunch

685 cals, 29g protein, 58g net carbs, 28g fat



Simple mixed greens and tomato salad
113 cals



Chickpea & chickpea pasta
573 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

700 cals, 42g protein, 81g net carbs, 18g fat



Vegan meatball sub
1 1/2 sub(s)- 702 cals

Cereal Grains and Pasta

- ☐ instant couscous, flavored
2/3 box (5.8 oz) (110g)
- ☐ seitan
6 oz (170g)

Fruits and Fruit Juices

- ☐ raspberries
2 2/3 cup (328g)
- ☐ avocados
1/2 avocado(s) (101g)

Legumes and Legume Products

- ☐ hummus
4 tbsp (60g)
- ☐ white beans, canned
3/4 can(s) (329g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ roasted peanuts
4 tbsp (37g)
- ☐ chickpeas, canned
1 can (448g)

Vegetables and Vegetable Products

- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (437g)
- ☐ zucchini
1 1/2 medium (294g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ garlic
8 1/2 clove(s) (26g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (193g)
- ☐ raw celery
1 3/4 stalk, medium (7-1/2" - 8" long) (70g)
- ☐ carrots
1 1/2 large (108g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ fresh spinach
4 cup(s) (120g)

Other

- ☐ mixed greens
1 1/2 package (5.5 oz) (243g)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Dairy and Egg Products

- ☐ whole milk
1 1/2 cup (360mL)
- ☐ butter
1 tbsp (14g)

Nut and Seed Products

- ☐ almonds
1 cup, whole (143g)
- ☐ sunflower kernels
3 tbsp (36g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 1/2 cup (390g)
- ☐ vegetable broth
3/8 cup(s) (mL)
- ☐ hot sauce
1 tbsp (15mL)

Beverages

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

Fats and Oils

- ☐ oil
2 1/2 oz (80mL)
- ☐ salad dressing
1/2 cup (120mL)

- ☐ plant-based deli slices
14 slices (146g)
 - ☐ vegan sausage
4 sausage (400g)
 - ☐ nutritional yeast
2 1/3 tbsp (9g)
 - ☐ coleslaw mix
6 cup (540g)
 - ☐ chickpea pasta
4 oz (113g)
 - ☐ vegan meatballs, frozen
12 meatball(s) (360g)
 - ☐ sub roll(s)
3 roll(s) (255g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



For single meal:

instant couscous, flavored
1/3 box (5.8 oz) (55g)

For all 2 meals:

instant couscous, flavored
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

Raspberries

1 1/3 cup(s) - 96 cals ● 2g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

raspberries
1 1/3 cup (164g)

For all 2 meals:

raspberries
2 2/3 cup (328g)

1. Rinse raspberries and serve.

Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

hummus
2 tbsp (30g)
tomatoes
2 slice(s), thin/small (30g)
mixed greens
1/2 cup (15g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
plant-based deli slices
7 slices (73g)

For all 2 meals:

hummus
4 tbsp (60g)
tomatoes
4 slice(s), thin/small (60g)
mixed greens
1 cup (30g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
plant-based deli slices
14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lunch 2 [↗](#)

Eat on day 3

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



garlic, minced

1 1/2 clove(s) (5g)

oil

3/4 tbsp (11 mL)

vegetable broth

3/8 cup(s) (mL)

white beans, canned, drained & rinsed

3/4 can(s) (329g)

onion, diced

3/4 medium (2-1/2" dia) (83g)

raw celery, thinly sliced

3/4 stalk, medium (7-1/2" - 8" long) (30g)

carrots, peeled & sliced

1 1/2 large (108g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



mixed greens

1/2 package (5.5 oz) (78g)

salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, sliced

1/2 cucumber (8-1/4") (151g)

raw celery, chopped

1 stalk, medium (7-1/2" - 8" long) (40g)

1. Mix all vegetables in a large bowl.
 2. Drizzle salad dressing over when serving.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

tempeh, cubed
6 oz (170g)
coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)

For all 2 meals:

tempeh, cubed
3/4 lbs (340g)
coleslaw mix
6 cup (540g)
hot sauce
1 tbsp (15mL)
sunflower kernels
3 tbsp (36g)
oil
2 tbsp (30mL)
garlic, minced
3 clove (9g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)

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

Chickpea & chickpea pasta

573 cals ● 27g protein ● 21g fat ● 51g carbs ● 19g fiber



For single meal:

nutritional yeast
1 tsp (1g)
butter
1/2 tbsp (7g)
oil
1/2 tbsp (8mL)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained & rinsed
1/2 can (224g)
chickpea pasta
2 oz (57g)
onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

nutritional yeast
2 tsp (3g)
butter
1 tbsp (14g)
oil
1 tbsp (15mL)
garlic, minced
4 clove(s) (12g)
chickpeas, canned, drained & rinsed
1 can (448g)
chickpea pasta
4 oz (113g)
onion, thinly sliced
1 medium (2-1/2" dia) (110g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 1 [↗](#)

Eat on day 1

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber

Makes 1 1/2 cup(s)

whole milk

1 1/2 cup (360mL)



1. This recipe has no instructions.

Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber

Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)



1. This recipe has no instructions.

Zoodles marinara

169 cal ● 7g protein ● 3g fat ● 21g carbs ● 8g fiber



pasta sauce

3/4 cup (195g)

zucchini

1 1/2 medium (294g)

1. Spiralize zucchini.
 2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
 3. (optional) Transfer zoodles to towel and pat any excess water off.
 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
 5. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes, sliced

1/2 sweetpotato, 5" long (105g)

oil

1/2 tbsp (8mL)

For all 2 meals:

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

oil

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
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Dinner 3 [🔗](#)

Eat on day 4, day 5

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

almonds
6 tbsp, whole (54g)

For all 2 meals:

almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

vegan meatballs, frozen

6 meatball(s) (180g)

pasta sauce

6 tbsp (98g)

nutritional yeast

1/2 tbsp (2g)

sub roll(s)

1 1/2 roll(s) (128g)

For all 2 meals:

vegan meatballs, frozen

12 meatball(s) (360g)

pasta sauce

3/4 cup (195g)

nutritional yeast

1 tbsp (4g)

sub roll(s)

3 roll(s) (255g)

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.