

Meal Plan - 1700 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 1667 cals ● 111g protein (27%) ● 64g fat (34%) ● 144g carbs (35%) ● 18g fiber (4%)

Lunch

840 cals, 51g protein, 92g net carbs, 27g fat



Clementine
4 clementine(s)- 156 cals



Crispy chik'n tenders
12 tender(s)- 686 cals

Dinner

660 cals, 24g protein, 51g net carbs, 35g fat



Buttered green beans
147 cals



Veggie burger with cheese
1 burger- 361 cals



Roasted peanuts
1/6 cup(s)- 153 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 2 1681 cals ● 117g protein (28%) ● 67g fat (36%) ● 135g carbs (32%) ● 18g fiber (4%)

Lunch

855 cals, 56g protein, 83g net carbs, 31g fat



Seitan Philly cheesesteak
1 1/2 sub(s)- 856 cals

Dinner

660 cals, 24g protein, 51g net carbs, 35g fat



Buttered green beans
147 cals



Veggie burger with cheese
1 burger- 361 cals



Roasted peanuts
1/6 cup(s)- 153 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 3

1685 cals ● 125g protein (30%) ● 50g fat (27%) ● 159g carbs (38%) ● 25g fiber (6%)

Lunch

810 cals, 33g protein, 102g net carbs, 21g fat



Spiced chickpea tabbouleh bowl

637 cals



Roasted peanuts

1/6 cup(s)- 173 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

715 cals, 55g protein, 56g net carbs, 28g fat



Milk

1 cup(s)- 149 cals



Maple seitan lettuce cups

2 lettuce cup(s)- 564 cals

Day 4

1685 cals ● 125g protein (30%) ● 50g fat (27%) ● 159g carbs (38%) ● 25g fiber (6%)

Lunch

810 cals, 33g protein, 102g net carbs, 21g fat



Spiced chickpea tabbouleh bowl

637 cals



Roasted peanuts

1/6 cup(s)- 173 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

715 cals, 55g protein, 56g net carbs, 28g fat



Milk

1 cup(s)- 149 cals



Maple seitan lettuce cups

2 lettuce cup(s)- 564 cals

Day 5

1689 cals ● 110g protein (26%) ● 63g fat (34%) ● 136g carbs (32%) ● 34g fiber (8%)

Lunch

745 cals, 25g protein, 90g net carbs, 25g fat



Buttered green beans

196 cals



Veggie burger

2 burger- 550 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

780 cals, 49g protein, 44g net carbs, 37g fat



Protein bar

1 bar- 245 cals



Avocado

176 cals



Seitan salad

359 cals

Day 6

1700 cals ● 117g protein (28%) ● 67g fat (35%) ● 127g carbs (30%) ● 31g fiber (7%)

Lunch

755 cals, 32g protein, 81g net carbs, 28g fat



Grilled cheese with mushrooms
323 cals



Edamame & beet salad
171 cals



Naan bread
1 piece(s)- 262 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

780 cals, 49g protein, 44g net carbs, 37g fat



Protein bar
1 bar- 245 cals



Avocado
176 cals



Seitan salad
359 cals

Day 7

1661 cals ● 120g protein (29%) ● 69g fat (37%) ● 109g carbs (26%) ● 33g fiber (8%)

Lunch

755 cals, 32g protein, 81g net carbs, 28g fat



Grilled cheese with mushrooms
323 cals



Edamame & beet salad
171 cals



Naan bread
1 piece(s)- 262 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

740 cals, 51g protein, 27g net carbs, 39g fat



Simple mixed greens and tomato salad
151 cals



Basic tempeh
8 oz- 590 cals

Fruits and Fruit Juices

- clementines
4 fruit (296g)
- lemon juice
1/2 fl oz (14mL)
- avocados
1 1/2 avocado(s) (302g)

Vegetables and Vegetable Products

- ketchup
1/2 cup (119g)
- frozen green beans
3 1/3 cup (403g)
- bell pepper
3/4 small (56g)
- onion
3/8 medium (2-1/2" dia) (41g)
- fresh parsley
4 2/3 sprigs (5g)
- tomatoes
3 medium whole (2-3/5" dia) (372g)
- cucumber
7/8 cucumber (8-1/4") (260g)
- romaine lettuce
4 leaf inner (24g)
- shallots
1 shallot (113g)
- fresh spinach
4 cup(s) (120g)
- mushrooms
1 cup, chopped (70g)
- beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- edamame, frozen, shelled
1 cup (118g)

Other

- meatless chik'n tenders
12 pieces (306g)
- mixed greens
1 2/3 package (5.5 oz) (263g)
- veggie burger patty
4 patty (284g)
- sub roll(s)
1 1/2 roll(s) (128g)
- smoked paprika
1 tsp (2g)
- protein bar (20g protein)
2 bar (100g)

Dairy and Egg Products

- butter
3 1/3 tbsp (45g)
- sliced cheese
4 slice (3/4 oz) (84g)
- cheese
1 1/2 slice (1 oz each) (42g)
- whole milk
2 cup (480mL)

Baked Products

- hamburger buns
4 bun (204g)
- bread
4 slice(s) (128g)
- naan bread
2 piece (180g)

Legumes and Legume Products

- roasted peanuts
3/4 cup (103g)
- chickpeas, canned
1 1/6 can (523g)
- tempeh
1/2 lbs (227g)

Beverages

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

Cereal Grains and Pasta

- seitan
1 1/2 lbs (638g)
- instant couscous, flavored
1 1/6 box (5.8 oz) (192g)

Fats and Oils

- oil
2 oz (62mL)
- ranch dressing
2 tbsp (30mL)
- salad dressing
5 tbsp (75mL)

nutritional yeast
2 tsp (3g)

Spices and Herbs

salt
1/3 tsp (1g)

black pepper
1/3 tsp (0g)

ground cumin
1 tsp (2g)

thyme, dried
2 tsp, ground (3g)

olive oil
1 tbsp (15mL)

balsamic vinaigrette
2 tbsp (30mL)

Sweets

maple syrup
2 tbsp (30mL)

Lunch 1 [↗](#)

Eat on day 1

Clementine

4 clementine(s) - 156 cals ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



Makes 4 clementine(s)

clementines
4 fruit (296g)

1. This recipe has no instructions.

Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



Makes 12 tender(s)

ketchup
3 tbsp (51g)
meatless chik'n tenders
12 pieces (306g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 2 [↗](#)

Eat on day 2

Seitan Philly cheesesteak

1 1/2 sub(s) - 856 cal ● 56g protein ● 31g fat ● 83g carbs ● 5g fiber



Makes 1 1/2 sub(s)

cheese

1 1/2 slice (1 oz each) (42g)

seitan, cut into strips

1/4 lbs (128g)

bell pepper, sliced

3/4 small (56g)

onion, chopped

3/8 medium (2-1/2" dia) (41g)

oil

3/4 tbsp (11mL)

sub roll(s)

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

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
 2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
 3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
 4. When the seitan is done, add the veggies back in and mix until well-combined.
 5. Add the filling to the bun and serve!
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Lunch 3 [↗](#)

Eat on day 3, day 4

Spiced chickpea tabbouleh bowl

637 cal ● 27g protein ● 7g fat ● 98g carbs ● 18g fiber



For single meal:

lemon juice

1 tsp (4mL)

fresh parsley, chopped

2 1/3 sprigs (2g)

tomatoes, chopped

5/8 roma tomato (47g)

cucumber, chopped

1/4 cucumber (8-1/4") (88g)

ground cumin

1/2 tsp (1g)

oil

1/4 tsp (1mL)

chickpeas, canned, drained & rinsed

5/8 can (261g)

instant couscous, flavored

5/8 box (5.8 oz) (96g)

For all 2 meals:

lemon juice

1 3/4 tsp (9mL)

fresh parsley, chopped

4 2/3 sprigs (5g)

tomatoes, chopped

1 1/6 roma tomato (93g)

cucumber, chopped

5/8 cucumber (8-1/4") (176g)

ground cumin

1 tsp (2g)

oil

1/2 tsp (3mL)

chickpeas, canned, drained & rinsed

1 1/6 can (523g)

instant couscous, flavored

1 1/6 box (5.8 oz) (192g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

3 tbsp (27g)

For all 2 meals:

roasted peanuts

6 tbsp (55g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 5

Buttered green beans

196 cal ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



frozen green beans

1 1/3 cup (161g)

salt

1 dash (0g)

black pepper

1 dash (0g)

butter

4 tsp (18g)

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

Veggie burger

2 burger - 550 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



Makes 2 burger

veggie burger patty

2 patty (142g)

hamburger buns

2 bun (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lunch 5 [↗](#)

Eat on day 6, day 7

Grilled cheese with mushrooms

323 cal ● 14g protein ● 16g fat ● 25g carbs ● 5g fiber



For single meal:

mushrooms

1/2 cup, chopped (35g)

olive oil

1/2 tbsp (8mL)

thyme, dried

1 tsp, ground (1g)

bread

2 slice(s) (64g)

sliced cheese

1 slice (3/4 oz) (21g)

For all 2 meals:

mushrooms

1 cup, chopped (70g)

olive oil

1 tbsp (15mL)

thyme, dried

2 tsp, ground (3g)

bread

4 slice(s) (128g)

sliced cheese

2 slice (3/4 oz) (42g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Naan bread

1 piece(s) - 262 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece (90g)

For all 2 meals:

naan bread
2 piece (180g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

frozen green beans
1 cup (121g)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

frozen green beans
2 cup (242g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
butter
2 tbsp (27g)

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

Veggie burger with cheese

1 burger - 361 cal ● 16g protein ● 12g fat ● 42g carbs ● 6g fiber



For single meal:

hamburger buns

1 bun (51g)

ketchup

1 tbsp (17g)

mixed greens

1 oz (28g)

veggie burger patty

1 patty (71g)

sliced cheese

1 slice (3/4 oz) (21g)

For all 2 meals:

hamburger buns

2 bun (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

veggie burger patty

2 patty (142g)

sliced cheese

2 slice (3/4 oz) (42g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts

1/3 cup (49g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3, day 4

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk

1 cup (240mL)

For all 2 meals:

whole milk

2 cup (480mL)

1. This recipe has no instructions.

Maple seitan lettuce cups

2 lettuce cup(s) - 564 cals ● 47g protein ● 20g fat ● 44g carbs ● 4g fiber



For single meal:

smoked paprika
1/2 tsp (1g)
oil
2 tsp (10mL)
ranch dressing
1 tbsp (15mL)
romaine lettuce
2 leaf inner (12g)
cucumber, diced
6 slices (42g)
maple syrup
1 tbsp (15mL)
shallots, sliced
1/2 shallot (57g)
seitan, crumbled
6 oz (170g)

For all 2 meals:

smoked paprika
1 tsp (2g)
oil
4 tsp (20mL)
ranch dressing
2 tbsp (30mL)
romaine lettuce
4 leaf inner (24g)
cucumber, diced
12 slices (84g)
maple syrup
2 tbsp (30mL)
shallots, sliced
1 shallot (113g)
seitan, crumbled
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and top with cucumber and a drizzle of ranch. Serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Seitan salad

359 cal ● 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.

Dinner 4 [↗](#)

Eat on day 7

Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



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.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

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.

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.
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