

Meal Plan - 1800 calorie intermittent fasting vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1768 cals ● 115g protein (26%) ● 65g fat (33%) ● 147g carbs (33%) ● 34g fiber (8%)

Lunch

745 cals, 28g protein, 82g net carbs, 22g fat



Brown rice
172 cals



Tomato and avocado salad
235 cals



Lentil pasta
337 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

860 cals, 51g protein, 64g net carbs, 42g fat



Avocado
176 cals



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

Day 2

1806 cals ● 118g protein (26%) ● 51g fat (25%) ● 187g carbs (41%) ● 32g fiber (7%)

Lunch

795 cals, 50g protein, 50g net carbs, 37g fat



Sunflower seeds
301 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

850 cals, 32g protein, 135g net carbs, 13g fat



Spiced chickpea tabbouleh bowl
455 cals



Naan bread
1 1/2 piece(s)- 393 cals

Day 3

1806 cals ● 113g protein (25%) ● 77g fat (38%) ● 140g carbs (31%) ● 26g fiber (6%)

Lunch

795 cals, 50g protein, 50g net carbs, 37g fat



Sunflower seeds
301 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

845 cals, 26g protein, 88g net carbs, 39g fat



Dal with rice
716 cals



Naan bread
1/2 piece(s)- 131 cals

Day 4

1766 cals ● 127g protein (29%) ● 96g fat (49%) ● 70g carbs (16%) ● 29g fiber (7%)

Lunch

780 cals, 34g protein, 31g net carbs, 52g fat



Walnuts
1/3 cup(s)- 219 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

825 cals, 56g protein, 38g net carbs, 43g fat



Seitan salad
718 cals



Roasted cashews
1/8 cup(s)- 104 cals

Day 5

1828 cals ● 136g protein (30%) ● 64g fat (32%) ● 146g carbs (32%) ● 30g fiber (7%)

Lunch

805 cals, 56g protein, 56g net carbs, 37g fat



Maple seitan lettuce cups
2 lettuce cup(s)- 564 cals



Greek cucumber & feta salad
242 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

860 cals, 44g protein, 89g net carbs, 26g fat



Simple Greek cucumber salad
281 cals



White bean cassoulet
577 cals

Day 6

1828 cal ● 136g protein (30%) ● 64g fat (32%) ● 146g carbs (32%) ● 30g fiber (7%)

Lunch

805 cal, 56g protein, 56g net carbs, 37g fat



Maple seitan lettuce cups
2 lettuce cup(s)- 564 cal



Greek cucumber & feta salad
242 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Dinner

860 cal, 44g protein, 89g net carbs, 26g fat



Simple Greek cucumber salad
281 cal



White bean cassoulet
577 cal

Day 7

1844 cal ● 133g protein (29%) ● 47g fat (23%) ● 202g carbs (44%) ● 20g fiber (4%)

Lunch

825 cal, 41g protein, 118g net carbs, 15g fat



Pasta with store-bought sauce
340 cal



Milk
1 1/2 cup(s)- 224 cal



Lentils
260 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Dinner

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



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

Cereal Grains and Pasta

- brown rice
4 tbsp (48g)
- instant couscous, flavored
3/8 box (5.8 oz) (69g)
- long-grain white rice
2 3/4 tbsp (31g)
- seitan
1 1/2 lbs (638g)
- uncooked dry pasta
2 2/3 oz (76g)

Spices and Herbs

- salt
4 g (4g)
- black pepper
1 1/4 g (1g)
- garlic powder
1 tsp (3g)
- ground cumin
1 tsp (2g)
- curry powder
4 dash (1g)
- red wine vinegar
2 1/2 oz (70mL)
- dried dill weed
2 tsp (2g)
- dill weed, fresh
2 tbsp, chopped (3g)

Beverages

- water
13 cup(s) (3041mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Vegetables and Vegetable Products

- onion
2 1/4 medium (2-1/2" dia) (245g)
- tomatoes
3 medium whole (2-3/5" dia) (355g)
- ketchup
3 tbsp (51g)
- fresh parsley
1 2/3 sprigs (2g)
- cucumber
4 1/2 cucumber (8-1/4") (1351g)

Fats and Oils

- olive oil
1 3/4 oz (54mL)
- oil
2 oz (67mL)
- salad dressing
2 tbsp (30mL)
- ranch dressing
2 tbsp (30mL)

Soups, Sauces, and Gravies

- pasta sauce
1/3 jar (24 oz) (224g)
- chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- vegetable broth
3/4 cup(s) (mL)

Other

- lentil pasta
2 2/3 oz (76g)
- meatless chik'n tenders
12 pieces (306g)
- nutritional yeast
2 tsp (3g)
- smoked paprika
1 tsp (2g)
- sub roll(s)
1 1/2 roll(s) (128g)

Legumes and Legume Products

- chickpeas, canned
3/8 can (187g)
- lentils, raw
3/4 cup (136g)
- white beans, canned
1 1/2 can(s) (659g)

Baked Products

- naan bread
2 piece (180g)
- bread
2 slice (64g)

Nut and Seed Products

- garlic
4 1/3 clove(s) (13g)
- fresh spinach
4 cup(s) (120g)
- purple onions
1/2 medium (2-1/2" dia) (55g)
- raw celery
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- carrots
3 large (216g)
- romaine lettuce
4 leaf inner (24g)
- shallots
1 shallot (113g)
- bell pepper
3/4 small (56g)

Fruits and Fruit Juices

- lime juice
1 tbsp (15mL)
- avocados
2 avocado(s) (402g)
- lemon juice
2/3 fl oz (21mL)

- sunflower kernels
3 1/3 oz (94g)
- coconut milk, canned
2/3 cup (161mL)
- roasted cashews
2 tbsp, halves and whole (17g)
- walnuts
5 tbsp shelled (50 halves) (31g)

Dairy and Egg Products

- eggs
3 large (150g)
- nonfat greek yogurt, plain
1 cup (280g)
- feta cheese
1/2 cup, crumbled (75g)
- whole milk
1 1/2 cup (360mL)
- cheese
1 1/2 slice (1 oz each) (42g)

Sweets

- maple syrup
2 tbsp (30mL)
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Lunch 1 [↗](#)

Eat on day 1

Brown rice

172 cal ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lentil pasta

337 cal ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



pasta sauce
1/6 jar (24 oz) (112g)
lentil pasta
2 2/3 oz (76g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Sunflower seeds

301 cal ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels
1 2/3 oz (47g)

For all 2 meals:

sunflower kernels
1/4 lbs (94g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 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.
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Lunch 3 [↗](#)

Eat on day 4

Walnuts

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

Makes 1/3 cup(s)

walnuts

5 tbsp shelled (50 halves) (31g)



1. This recipe has no instructions.

Avocado egg salad sandwich

1 sandwich(es) - 562 cal ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
 3. Add in tomatoes. Mix.
 4. Put egg salad in between bread to form sandwich.
 5. Serve.
 6. (Note: You can store any leftover egg salad in the fridge for a day or two)
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Lunch 4 [↗](#)

Eat on day 5, day 6

Maple seitan lettuce cups

2 lettuce cup(s) - 564 cal ● 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.

Greek cucumber & feta salad

242 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)
dill weed, fresh
1 tbsp, chopped (2g)
black pepper
1 dash (0g)
feta cheese
4 tbsp, crumbled (38g)
red wine vinegar
2 tbsp (30mL)
olive oil
2 tsp (10mL)
salt
1 dash (0g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)
dill weed, fresh
2 tbsp, chopped (3g)
black pepper
2 dash (0g)
feta cheese
1/2 cup, crumbled (75g)
red wine vinegar
4 tbsp (60mL)
olive oil
4 tsp (20mL)
salt
2 dash (1g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Lunch 5 [↗](#)

Eat on day 7

Pasta with store-bought sauce

340 cals ● 12g protein ● 2g fat ● 63g carbs ● 5g fiber



uncooked dry pasta

2 2/3 oz (76g)

pasta sauce

1/6 jar (24 oz) (112g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Milk

1 1/2 cup(s) - 224 cals ● 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.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



salt

3/4 dash (1g)

water

1 1/2 cup(s) (356mL)

lentils, raw, rinsed

6 tbsp (72g)

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.
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Dinner 1 [↗](#)

Eat on day 1

Avocado

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



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

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

Crispy chik'n tenders

12 tender(s) - 686 cal ● 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.

Dinner 2 [↗](#)

Eat on day 2

Spiced chickpea tabbouleh bowl

455 cal ● 19g protein ● 5g fat ● 70g carbs ● 13g fiber



lemon juice
1/4 tbsp (3mL)
fresh parsley, chopped
1 2/3 sprigs (2g)
tomatoes, chopped
3/8 roma tomato (33g)
cucumber, chopped
1/4 cucumber (8-1/4") (63g)
ground cumin
1/2 tsp (1g)
oil
1/4 tsp (1mL)
chickpeas, canned, drained & rinsed
3/8 can (187g)
instant couscous, flavored
3/8 box (5.8 oz) (69g)

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.

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



Makes 1 1/2 piece(s)

naan bread

1 1/2 piece (135g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3

Dal with rice

716 cal ● 22g protein ● 37g fat ● 66g carbs ● 9g fiber



lentils, raw

1/3 cup (64g)

coconut milk, canned

2/3 cup (160mL)

water

1/3 cup(s) (79mL)

onion, chopped

1/3 small (23g)

oil

1/4 tbsp (3mL)

garlic, minced

1 1/3 clove(s) (4g)

garlic powder

1/3 tsp (1g)

ground cumin

1/4 tbsp (1g)

curry powder

4 dash (1g)

long-grain white rice

2 2/3 tbsp (31g)

1. Cook rice according to package.
2. In a saucepan, add the water and coconut milk and bring to a simmer. Add the lentils and let cook for 20 minutes, covered. Add more water if needed.
3. Meanwhile, in a skillet, heat the oil and add in the oil and garlic and cook until soft. Add in the spices and stir for a minute or two. Set aside.
4. When lentils are done, add in onion mixture and stir until well-combined.
5. Serve over rice.

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)

1. This recipe has no instructions.



Dinner 4 [↗](#)

Eat on day 4

Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



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 cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)

1. This recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 5, day 6

Simple Greek cucumber salad

281 cal ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

olive oil
1 tbsp (15mL)
red wine vinegar
1 tsp (5mL)
dried dill weed
1 tsp (1g)
lemon juice
1/2 tbsp (8mL)
nonfat greek yogurt, plain
1/2 cup (140g)
purple onions, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

For all 2 meals:

olive oil
2 tbsp (30mL)
red wine vinegar
2 tsp (10mL)
dried dill weed
2 tsp (2g)
lemon juice
1 tbsp (15mL)
nonfat greek yogurt, plain
1 cup (280g)
purple onions, thinly sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced into half moons
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

White bean cassoulet

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



For single meal:

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 & slices
1 1/2 large (108g)

For all 2 meals:

garlic, minced
3 clove(s) (9g)
oil
1 1/2 tbsp (23mL)
vegetable broth
3/4 cup(s) (mL)
white beans, canned, drained & rinsed
1 1/2 can(s) (659g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
raw celery, thinly sliced
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
carrots, peeled & slices
3 large (216g)

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.

Dinner 6 [↗](#)

Eat on day 7

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!

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 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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