

# Meal Plan - 1900 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

1889 cals ● 123g protein (26%) ● 36g fat (17%) ● 225g carbs (48%) ● 42g fiber (9%)

### Lunch

985 cals, 52g protein, 111g net carbs, 25g fat



[White rice](#)

1/2 cup rice, cooked- 110 cals



[Bean & tofu goulash](#)

874 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

### Dinner

685 cals, 23g protein, 112g net carbs, 10g fat



[Fruit juice](#)

1 1/3 cup(s)- 153 cals



[White bean bowl](#)

534 cals

## Day 2

1818 cals ● 124g protein (27%) ● 53g fat (26%) ● 179g carbs (39%) ● 33g fiber (7%)

### Lunch

915 cals, 53g protein, 65g net carbs, 42g fat



[Buttery white rice](#)

324 cals



[Basic tempeh](#)

8 oz- 590 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

### Dinner

685 cals, 23g protein, 112g net carbs, 10g fat



[Fruit juice](#)

1 1/3 cup(s)- 153 cals



[White bean bowl](#)

534 cals

## Day 3

1982 cals ● 139g protein (28%) ● 75g fat (34%) ● 142g carbs (29%) ● 44g fiber (9%)

### Lunch

915 cals, 53g protein, 65g net carbs, 42g fat



**Buttery white rice**  
324 cals



**Basic tempeh**  
8 oz- 590 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Dinner

850 cals, 38g protein, 76g net carbs, 32g fat



**Patty melt**  
1 sandwich(es)- 500 cals



**Easy chickpea salad**  
350 cals

## Day 4

1853 cals ● 126g protein (27%) ● 54g fat (26%) ● 169g carbs (37%) ● 46g fiber (10%)

### Lunch

785 cals, 39g protein, 92g net carbs, 21g fat



**Spaghetti and meatless meatballs**  
443 cals



**Edamame & beet salad**  
342 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Dinner

850 cals, 38g protein, 76g net carbs, 32g fat



**Patty melt**  
1 sandwich(es)- 500 cals



**Easy chickpea salad**  
350 cals

## Day 5

1944 cals ● 121g protein (25%) ● 116g fat (54%) ● 72g carbs (15%) ● 32g fiber (7%)

### Lunch

830 cals, 36g protein, 55g net carbs, 43g fat



**Nectarine**  
2 nectarine(s)- 140 cals



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals



**Roasted almonds**  
1/2 cup(s)- 443 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Dinner

895 cals, 36g protein, 15g net carbs, 72g fat



**Low carb asian tofu bowl**  
589 cals



**Walnuts**  
1/2 cup(s)- 306 cals

Day 6

1973 cals ● 129g protein (26%) ● 114g fat (52%) ● 73g carbs (15%) ● 36g fiber (7%)

Lunch

860 cals, 44g protein, 56g net carbs, 41g fat



Protein bar  
1 bar- 245 cals



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



Edamame slaw salad bowl  
393 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake  
2 scoop- 218 cals

Dinner

895 cals, 36g protein, 15g net carbs, 72g fat



Low carb asian tofu bowl  
589 cals



Walnuts  
1/2 cup(s)- 306 cals

Day 7

1886 cals ● 125g protein (27%) ● 62g fat (29%) ● 175g carbs (37%) ● 33g fiber (7%)

Lunch

860 cals, 44g protein, 56g net carbs, 41g fat



Protein bar  
1 bar- 245 cals



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



Edamame slaw salad bowl  
393 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake  
2 scoop- 218 cals

Dinner

810 cals, 33g protein, 118g net carbs, 20g fat



Milk  
2 cup(s)- 298 cals



Pasta with store-bought sauce  
510 cals

## Cereal Grains and Pasta

- ☐ long-grain white rice  
13 1/4 tbsp (154g)
- ☐ brown rice  
1/2 cup (95g)
- ☐ uncooked dry pasta  
6 2/3 oz (190g)

## Beverages

- ☐ water  
15 2/3 cup(s) (3714mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Spices and Herbs

- ☐ salt  
1/4 tbsp (5g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ fresh thyme  
4 dash (0g)
- ☐ paprika  
1 tbsp (7g)
- ☐ dijon mustard  
1 oz (25g)
- ☐ balsamic vinegar  
1 1/2 tbsp (23mL)

## Fats and Oils

- ☐ oil  
1/3 lbs (159mL)
- ☐ vegan mayonnaise  
4 tbsp (60g)
- ☐ balsamic vinaigrette  
2 tbsp (30mL)
- ☐ salad dressing  
1/2 cup (120mL)

## Vegetables and Vegetable Products

- ☐ garlic  
4 clove (12g)
- ☐ onion  
2 medium (2-1/2" dia) (233g)
- ☐ fresh parsley  
3/4 bunch (15g)
- ☐ shallots  
1/2 shallot (57g)

## Legumes and Legume Products

- ☐ firm tofu  
22 oz (624g)
- ☐ white beans, canned  
2 can(s) (878g)
- ☐ tempeh  
1 lbs (454g)
- ☐ chickpeas, canned  
1 1/2 can (672g)
- ☐ soy sauce  
6 tbsp (90mL)

## Fruits and Fruit Juices

- ☐ fruit juice  
21 1/3 fl oz (640mL)
- ☐ lemon juice  
2 tbsp (30mL)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)

## Other

- ☐ roasted red peppers  
3 oz (85g)
- ☐ veggie burger patty  
2 patty (142g)
- ☐ vegan meatballs, frozen  
2 meatball(s) (60g)
- ☐ mixed greens  
2 cup (60g)
- ☐ frozen riced cauliflower  
2 1/4 cup, prepared (383g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ coleslaw mix  
6 cup (540g)

## Dairy and Egg Products

- ☐ butter  
2 tbsp (28g)
- ☐ whole milk  
2 cup (480mL)

## Baked Products

- ☐ bread  
4 slice(s) (128g)

## Soups, Sauces, and Gravies

- ☐ tomatoes  
1 1/2 cup cherry tomatoes (224g)
- ☐ beets, precooked (canned or refrigerated)  
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled  
3 cup (354g)
- ☐ fresh ginger  
1 tbsp (6g)
- ☐ broccoli  
1 1/2 cup chopped (137g)
- ☐ carrots  
4 small (5-1/2" long) (200g)

- ☐ apple cider vinegar  
1 1/2 tbsp (1mL)
- ☐ pasta sauce  
3/8 jar (24 oz) (280g)
- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)

### **Nut and Seed Products**

- ☐ sesame seeds  
1 tbsp (9g)
  - ☐ walnuts  
14 tbsp, shelled (88g)
  - ☐ almonds  
1 cup, whole (143g)
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## Lunch 1 [↗](#)

Eat on day 1

### White rice

1/2 cup rice, cooked - 110 cals ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber

Makes 1/2 cup rice, cooked

#### long-grain white rice

2 2/3 tbsp (31g)

#### water

1/3 cup(s) (79mL)

#### salt

1 1/3 dash (1g)

#### black pepper

1 dash, ground (0g)



1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

### Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



#### fresh thyme

4 dash (0g)

#### paprika

1 tbsp (7g)

#### oil

1 tbsp (15mL)

#### garlic, minced

1 clove (3g)

#### onion, diced

1 medium (2-1/2" dia) (110g)

#### firm tofu, drained and diced

1/2 lbs (198g)

#### white beans, canned, drained & rinsed

1 can(s) (439g)

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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Buttery white rice

324 cals ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



For single meal:

**black pepper**  
1 1/3 dash, ground (0g)  
**butter**  
1 tbsp (14g)  
**salt**  
1/3 tsp (2g)  
**water**  
2/3 cup(s) (158mL)  
**long-grain white rice**  
1/3 cup (62g)

For all 2 meals:

**black pepper**  
1/3 tsp, ground (1g)  
**butter**  
2 tbsp (28g)  
**salt**  
1/4 tbsp (4g)  
**water**  
1 1/3 cup(s) (316mL)  
**long-grain white rice**  
2/3 cup (123g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

### Basic tempeh

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



For single meal:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**tempeh**  
1 lbs (454g)

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.



## Lunch 3 [↗](#)

Eat on day 4

### Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



#### **vegan meatballs, frozen**

2 meatball(s) (60g)

#### **uncooked dry pasta**

2 2/3 oz (76g)

#### **pasta sauce**

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

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

### Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



#### **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.

## Lunch 4 [↗](#)

Eat on day 5

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

#### **nectarine, pitted**

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber





Makes 1 can(s)

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

**Roasted almonds**

1/2 cup(s) - 443 cal ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



Makes 1/2 cup(s)

**almonds**

1/2 cup, whole (72g)

1. This recipe has no instructions.

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**Lunch 5** [🔗](#)

Eat on day 6, day 7

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**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.

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**Roasted almonds**

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



For single meal:

**almonds**

4 tbsp, whole (36g)

For all 2 meals:

**almonds**

1/2 cup, whole (72g)

1. This recipe has no instructions.

## Edamame slaw salad bowl

393 cals ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:

**salad dressing**

4 tbsp (60mL)

**coleslaw mix**

3 cup (270g)

**carrots, sliced into matchsticks**

2 small (5-1/2" long) (100g)

**edamame, frozen, shelled**

1 cup (118g)

For all 2 meals:

**salad dressing**

1/2 cup (120mL)

**coleslaw mix**

6 cup (540g)

**carrots, sliced into matchsticks**

4 small (5-1/2" long) (200g)

**edamame, frozen, shelled**

2 cup (236g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



For single meal:

**fruit juice**

10 2/3 fl oz (320mL)

For all 2 meals:

**fruit juice**

21 1/3 fl oz (640mL)

1. This recipe has no instructions.

## White bean bowl

534 cals ● 21g protein ● 9g fat ● 79g carbs ● 14g fiber



For single meal:

**brown rice**  
4 tbsp (48g)  
**fresh parsley, chopped**  
1/4 bunch (5g)  
**oil**  
1/2 tbsp (8mL)  
**roasted red peppers, drained & chopped**  
1 1/2 oz (43g)  
**shallots, minced**  
1/4 shallot (28g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**dijon mustard**  
1 tsp (5g)  
**lemon juice**  
1 tbsp (15mL)

For all 2 meals:

**brown rice**  
1/2 cup (95g)  
**fresh parsley, chopped**  
1/2 bunch (10g)  
**oil**  
1 tbsp (15mL)  
**roasted red peppers, drained & chopped**  
3 oz (85g)  
**shallots, minced**  
1/2 shallot (57g)  
**white beans, canned, drained & rinsed**  
1 can(s) (439g)  
**dijon mustard**  
2 tsp (10g)  
**lemon juice**  
2 tbsp (30mL)

1. Cook rice according to package instructions. Set aside.
2. Make vinaigrette by mixing lemon juice, dijon, oil, and some salt and pepper in a small bowl. Set aside.
3. Toss rice, beans, shallot, parsley, peppers, and vinaigrette in a large bowl. Serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Patty melt

1 sandwich(es) - 500 cal ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**vegan mayonnaise**  
2 tbsp (30g)  
**dijon mustard**  
1/2 tbsp (8g)  
**onion, thinly sliced**  
1/2 small (35g)  
**veggie burger patty**  
1 patty (71g)  
**bread**  
2 slice(s) (64g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**vegan mayonnaise**  
4 tbsp (60g)  
**dijon mustard**  
1 tbsp (15g)  
**onion, thinly sliced**  
1 small (70g)  
**veggie burger patty**  
2 patty (142g)  
**bread**  
4 slice(s) (128g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

## Easy chickpea salad

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



For single meal:

**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)

For all 2 meals:

**fresh parsley, chopped**  
4 1/2 sprigs (5g)  
**apple cider vinegar**  
1 1/2 tbsp (1mL)  
**balsamic vinegar**  
1 1/2 tbsp (23mL)  
**tomatoes, halved**  
1 1/2 cup cherry tomatoes (224g)  
**onion, thinly sliced**  
3/4 small (53g)  
**chickpeas, canned, drained and rinsed**  
1 1/2 can (672g)

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

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Low carb asian tofu bowl

589 cals ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



For single meal:

**garlic, minced**  
1 1/2 clove (5g)  
**sesame seeds**  
1/2 tbsp (5g)  
**oil**  
2 1/4 tbsp (34mL)  
**fresh ginger, minced**  
1/2 tbsp (3g)  
**soy sauce**  
3 tbsp (45mL)  
**frozen riced cauliflower**  
1 cup, prepared (191g)  
**broccoli**  
3/4 cup chopped (68g)  
**firm tofu, drained and patted dry**  
1/2 lbs (213g)

For all 2 meals:

**garlic, minced**  
3 clove (9g)  
**sesame seeds**  
1 tbsp (9g)  
**oil**  
1/4 cup (68mL)  
**fresh ginger, minced**  
1 tbsp (6g)  
**soy sauce**  
6 tbsp (90mL)  
**frozen riced cauliflower**  
2 1/4 cup, prepared (383g)  
**broccoli**  
1 1/2 cup chopped (137g)  
**firm tofu, drained and patted dry**  
15 oz (425g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.



1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**

1/2 cup, shelled (44g)

For all 2 meals:

**walnuts**

14 tbsp, shelled (88g)

1. This recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 7

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### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)

**whole milk**

2 cup (480mL)

1. This recipe has no instructions.

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### Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



**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.
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# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

- water**  
2 cup(s) (474mL)
- protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

- water**  
14 cup(s) (3318mL)
- protein powder**  
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.