

# Meal Plan - 2000 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

2004 cals ● 141g protein (28%) ● 85g fat (38%) ● 142g carbs (28%) ● 25g fiber (5%)

### Lunch

780 cals, 32g protein, 63g net carbs, 36g fat



[Vegan meatball sub](#)  
1 sub(s)- 468 cals



[Tomato and avocado salad](#)  
313 cals

### Dinner

1005 cals, 61g protein, 78g net carbs, 48g fat



[Crispy chik'n tenders](#)  
13 tender(s)- 743 cals



[Pistachios](#)  
188 cals



[Simple mixed greens and tomato salad](#)  
76 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

2018 cals ● 136g protein (27%) ● 102g fat (45%) ● 108g carbs (21%) ● 31g fiber (6%)

### Lunch

930 cals, 24g protein, 81g net carbs, 48g fat



[Avocado & greens quesadilla](#)  
1 quesadilla(s)- 684 cals



[Simple mixed greens and tomato salad](#)  
189 cals



[Grapes](#)  
58 cals

### Dinner

870 cals, 63g protein, 26g net carbs, 53g fat



[Buttered broccoli](#)  
2 1/2 cup(s)- 334 cals



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

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

Day 3

1980 cals ● 141g protein (28%) ● 69g fat (31%) ● 151g carbs (31%) ● 48g fiber (10%)

Lunch

870 cals, 41g protein, 65g net carbs, 38g fat



Tomato and avocado salad  
391 cals



Instant mashed potatoes  
258 cals



Vegan crumbles  
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

Dinner

895 cals, 52g protein, 84g net carbs, 30g fat



Simple sauteed spinach  
100 cals



Couscous  
352 cals



Basic tempeh  
6 oz- 443 cals

Day 4

1980 cals ● 141g protein (28%) ● 69g fat (31%) ● 151g carbs (31%) ● 48g fiber (10%)

Lunch

870 cals, 41g protein, 65g net carbs, 38g fat



Tomato and avocado salad  
391 cals



Instant mashed potatoes  
258 cals



Vegan crumbles  
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

Dinner

895 cals, 52g protein, 84g net carbs, 30g fat



Simple sauteed spinach  
100 cals



Couscous  
352 cals



Basic tempeh  
6 oz- 443 cals

## Day 5

1984 cals ● 130g protein (26%) ● 48g fat (22%) ● 220g carbs (44%) ● 37g fiber (7%)

### Lunch

840 cals, 40g protein, 95g net carbs, 23g fat



Couscous  
301 cals



Olive oil drizzled sugar snap peas  
286 cals



Veggie burger patty  
2 patty- 254 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Dinner

925 cals, 42g protein, 123g net carbs, 24g fat



Tofu alfredo pasta with broccoli  
736 cals



Simple mixed greens and tomato salad  
189 cals

## Day 6

1945 cals ● 131g protein (27%) ● 50g fat (23%) ● 196g carbs (40%) ● 48g fiber (10%)

### Lunch

840 cals, 40g protein, 95g net carbs, 23g fat



Couscous  
301 cals



Olive oil drizzled sugar snap peas  
286 cals



Veggie burger patty  
2 patty- 254 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Dinner

885 cals, 43g protein, 99g net carbs, 25g fat



Sugar snap peas  
164 cals



Veggie burger with cheese  
2 burger- 722 cals

## Day 7

2017 cals ● 155g protein (31%) ● 57g fat (25%) ● 171g carbs (34%) ● 50g fiber (10%)

### Lunch

915 cals, 63g protein, 70g net carbs, 31g fat



Smashed chickpea toast  
2 toast(s)- 636 cals



Boiled eggs  
4 egg(s)- 277 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Dinner

885 cals, 43g protein, 99g net carbs, 25g fat



Sugar snap peas  
164 cals



Veggie burger with cheese  
2 burger- 722 cals

## Other

- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ nutritional yeast  
1 tsp (1g)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ meatless chik'n tenders  
13 pieces (332g)
- ☐ mixed greens  
2 1/2 package (5.5 oz) (383g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ veggie burger patty  
8 patty (568g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
4 tbsp (65g)
- ☐ salsa  
2 tbsp (36g)

## Vegetables and Vegetable Products

- ☐ onion  
1/3 cup minced (70g)
- ☐ tomatoes  
4 medium whole (2-3/5" dia) (511g)
- ☐ ketchup  
1/2 cup (123g)
- ☐ frozen broccoli  
3/4 lbs (346g)
- ☐ fresh spinach  
1 10oz package (268g)
- ☐ mashed potato mix  
5 oz (142g)
- ☐ garlic  
2 clove(s) (6g)
- ☐ frozen sugar snap peas  
10 cup (1440g)
- ☐ raw celery  
2 stalk, small (5" long) (34g)

## Fruits and Fruit Juices

- ☐ lime juice  
1/3 cup (70mL)
- ☐ avocados  
3 avocado(s) (570g)

## Nut and Seed Products

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

## Beverages

- ☐ water  
14 cup(s) (3318mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ almond milk, unsweetened  
1/4 cup (50mL)

## Dairy and Egg Products

- ☐ butter  
2 1/2 tbsp (36g)
- ☐ cheddar cheese  
4 tbsp, shredded (28g)
- ☐ sliced cheese  
4 slice (3/4 oz ea) (84g)
- ☐ nonfat greek yogurt, plain  
4 tbsp (70g)
- ☐ eggs  
4 large (200g)

## Baked Products

- ☐ flour tortillas  
1 tortilla (approx 12" dia) (117g)
- ☐ hamburger buns  
4 bun(s) (204g)
- ☐ bread  
2 slice(s) (64g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
3 cup (300g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ firm tofu  
3/8 package (16 oz) (189g)
- ☐ chickpeas, canned  
1 can (448g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
2 box (5.8 oz) (356g)

☐ grapes  
1 cup (92g)

☐ uncooked dry pasta  
5 oz (143g)

## Fats and Oils

- ☐ olive oil  
2 oz (67mL)
- ☐ salad dressing  
1/2 cup (135mL)
- ☐ oil  
2 tbsp (33mL)

## Spices and Herbs

- ☐ garlic powder  
1 tsp (4g)
- ☐ salt  
10 1/2 g (10g)
- ☐ black pepper  
1/8 oz (4g)
- ☐ basil, dried  
1/4 tbsp, ground (1g)
- ☐ mustard  
1 tbsp (15g)
- ☐ onion powder  
1 tsp (2g)
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## Lunch 1 [↗](#)

Eat on day 1

### Vegan meatball sub

1 sub(s) - 468 cal ● 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.

### Tomato and avocado salad

313 cal ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



**onion**

4 tsp minced (20g)

**lime juice**

4 tsp (20mL)

**avocados, cubed**

2/3 avocado(s) (134g)

**tomatoes, diced**

2/3 medium whole (2-3/5" dia) (82g)

**olive oil**

1 tsp (5mL)

**garlic powder**

1/3 tsp (1g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, 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.

## Lunch 2 [🔗](#)

Eat on day 2

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### Avocado & greens quesadilla

1 quesadilla(s) - 684 cals ● 19g protein ● 36g fat ● 59g carbs ● 12g fiber



Makes 1 quesadilla(s)

#### **cheddar cheese**

4 tbsp, shredded (28g)

#### **flour tortillas**

1 tortilla (approx 12" dia) (117g)

#### **avocados, thinly sliced**

1/2 avocado(s) (101g)

#### **fresh spinach**

1 oz (28g)

#### **oil**

1/2 tsp (3mL)

#### **salsa**

2 tbsp (36g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
3. Slice and serve with salsa.

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### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



#### **salad dressing**

1/4 cup (56mL)

#### **mixed greens**

3 3/4 cup (113g)

#### **tomatoes**

10 tbsp cherry tomatoes (93g)

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

### Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



#### **grapes**

1 cup (92g)

1. This recipe has no instructions.
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## Lunch 3 [🔗](#)

Eat on day 3, day 4

### Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

**onion**  
5 tsp minced (25g)  
**lime juice**  
5 tsp (25mL)  
**avocados, cubed**  
5/6 avocado(s) (168g)  
**tomatoes, diced**  
5/6 medium whole (2-3/5" dia)  
(103g)  
**olive oil**  
1 1/4 tsp (6mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)

For all 2 meals:

**onion**  
1/4 cup minced (50g)  
**lime juice**  
1/4 cup (50mL)  
**avocados, cubed**  
1 2/3 avocado(s) (335g)  
**tomatoes, diced**  
1 2/3 medium whole (2-3/5" dia)  
(205g)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)

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.

### Instant mashed potatoes

258 cals ● 8g protein ● 1g fat ● 50g carbs ● 5g fiber



For single meal:

**mashed potato mix**  
2 1/2 oz (71g)

For all 2 meals:

**mashed potato mix**  
5 oz (142g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

### Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber





For single meal:	For all 2 meals:
<b>vegetarian burger crumbles</b>	<b>vegetarian burger crumbles</b>
1 1/2 cup (150g)	3 cup (300g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lunch 4 [↗](#)  
Eat on day 5, day 6

Couscous  
301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



For single meal:	For all 2 meals:
<b>instant couscous, flavored</b>	<b>instant couscous, flavored</b>
1/2 box (5.8 oz) (82g)	1 box (5.8 oz) (164g)

1. Follow instructions on package.

Olive oil drizzled sugar snap peas  
286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



For single meal:	For all 2 meals:
<b>black pepper</b>	<b>black pepper</b>
1/4 tsp (0g)	1/2 tsp (0g)
<b>salt</b>	<b>salt</b>
1/4 tsp (1g)	1/2 tsp (1g)
<b>frozen sugar snap peas</b>	<b>frozen sugar snap peas</b>
2 1/3 cup (336g)	4 2/3 cup (672g)
<b>olive oil</b>	<b>olive oil</b>
3 1/2 tsp (18mL)	2 1/3 tbsp (35mL)

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

Veggie burger patty  
2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### Smashed chickpea toast

2 toast(s) - 636 cals ● 38g protein ● 12g fat ● 69g carbs ● 25g fiber



Makes 2 toast(s)

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**mustard**  
1 tbsp (15g)  
**onion powder**  
1 tsp (2g)  
**raw celery, diced**  
2 stalk, small (5" long) (34g)  
**chickpeas, canned, drained & rinsed**  
1 can (448g)  
**bread**  
2 slice(s) (64g)

1. Toast bread (optional).
2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
3. Mix in the remaining whole chickpeas.
4. Top the toast with the chickpea mixture and serve.

### Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 4 egg(s)

**eggs**

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



Makes 13 tender(s)

**ketchup**

3 1/4 tbsp (55g)

**meatless chik'n tenders**

13 pieces (332g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

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### Pistachios

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



**pistachios, dry roasted, without shells or salt added**

4 tbsp (31g)

1. This recipe has no instructions.

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

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

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## Dinner 2 [↗](#)

Eat on day 2

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### Buttered broccoli

2 1/2 cup(s) - 334 cals ● 7g protein ● 29g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**butter**  
2 1/2 tbsp (36g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Vegan sausage

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



Makes 2 sausage(s)

**vegan sausage**  
2 sausage (200g)

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

Eat on day 3, day 4

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic, diced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)

For all 2 meals:

**garlic, diced**  
1 clove (3g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**olive oil**  
1 tbsp (15mL)  
**fresh spinach**  
8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### Couscous

352 cals ● 12g protein ● 1g fat ● 69g carbs ● 5g fiber



For single meal:

**instant couscous, flavored**  
5/8 box (5.8 oz) (96g)

For all 2 meals:

**instant couscous, flavored**  
1 1/6 box (5.8 oz) (192g)

1. Follow instructions on package.

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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.

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## Dinner 4 [↗](#)

Eat on day 5

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### Tofu alfredo pasta with broccoli

736 cal ● 38g protein ● 12g fat ● 110g carbs ● 9g fiber



**uncooked dry pasta**  
5 oz (143g)  
**firm tofu**  
3/8 package (16 oz) (189g)  
**frozen broccoli**  
3/8 package (118g)  
**garlic**  
5/6 clove(s) (3g)  
**salt**  
1/4 dash (0g)  
**almond milk, unsweetened**  
1/4 cup (50mL)  
**basil, dried**  
1 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

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### Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber





**salad dressing**  
1/4 cup (56mL)  
**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)

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

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Sugar snap peas

164 cal ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

**frozen sugar snap peas**  
2 2/3 cup (384g)

For all 2 meals:

**frozen sugar snap peas**  
5 1/3 cup (768g)

1. Prepare according to instructions on package.

### Veggie burger with cheese

2 burger - 722 cal ● 32g protein ● 24g fat ● 83g carbs ● 11g fiber



For single meal:

**hamburger buns**  
2 bun(s) (102g)  
**ketchup**  
2 tbsp (34g)  
**mixed greens**  
2 oz (57g)  
**veggie burger patty**  
2 patty (142g)  
**sliced cheese**  
2 slice (3/4 oz ea) (42g)

For all 2 meals:

**hamburger buns**  
4 bun(s) (204g)  
**ketchup**  
4 tbsp (68g)  
**mixed greens**  
4 oz (113g)  
**veggie burger patty**  
4 patty (284g)  
**sliced cheese**  
4 slice (3/4 oz ea) (84g)

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.

# 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.