

Meal Plan - 2100 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

2018 cals ● 143g protein (28%) ● 72g fat (32%) ● 153g carbs (30%) ● 46g fiber (9%)

Lunch

950 cals, 51g protein, 60g net carbs, 51g fat



[Chunky canned soup \(non-creamy\)](#)
1 can(s)- 247 cals



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals



[Walnuts](#)
1/2 cup(s)- 393 cals

Protein Supplement(s)

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



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

Dinner

850 cals, 43g protein, 92g net carbs, 20g fat



[Lentils](#)
289 cals



[Spanish chickpeas](#)
560 cals

Day 2

2060 cals ● 145g protein (28%) ● 83g fat (36%) ● 157g carbs (30%) ● 28g fiber (5%)

Lunch

950 cals, 51g protein, 60g net carbs, 51g fat



[Chunky canned soup \(non-creamy\)](#)
1 can(s)- 247 cals



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals



[Walnuts](#)
1/2 cup(s)- 393 cals

Protein Supplement(s)

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



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

Dinner

890 cals, 45g protein, 95g net carbs, 30g fat



[Cranberry spinach salad](#)
190 cals



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

Day 3

2134 cals ● 145g protein (27%) ● 57g fat (24%) ● 233g carbs (44%) ● 26g fiber (5%)

Lunch

1025 cals, 51g protein, 136g net carbs, 26g fat



Cottage cheese & fruit cup
2 container- 261 cals



Peanut butter and jelly sandwich
2 sandwich(es)- 763 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

890 cals, 45g protein, 95g net carbs, 30g fat



Cranberry spinach salad
190 cals



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

Day 4

2139 cals ● 140g protein (26%) ● 61g fat (25%) ● 217g carbs (41%) ● 42g fiber (8%)

Lunch

1025 cals, 51g protein, 136g net carbs, 26g fat



Cottage cheese & fruit cup
2 container- 261 cals



Peanut butter and jelly sandwich
2 sandwich(es)- 763 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

895 cals, 41g protein, 79g net carbs, 34g fat



Chickpea & chickpea pasta
859 cals



Simple mixed greens and tomato salad
38 cals

Day 5

2075 cals ● 133g protein (26%) ● 66g fat (28%) ● 211g carbs (41%) ● 27g fiber (5%)

Lunch

880 cals, 31g protein, 91g net carbs, 39g fat



Dried cranberries
1/4 cup- 136 cals



Milk
1 3/4 cup(s)- 261 cals



Curried lentils
482 cals

Dinner

980 cals, 53g protein, 118g net carbs, 26g fat



Goat cheese and marinara stuffed zucchini
4 zucchini halve(s)- 384 cals



Lentils
231 cals



Lowfat yogurt
2 container(s)- 362 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

2075 cals ● 133g protein (26%) ● 66g fat (28%) ● 211g carbs (41%) ● 27g fiber (5%)

Lunch

880 cals, 31g protein, 91g net carbs, 39g fat



Dried cranberries

1/4 cup- 136 cals



Milk

1 3/4 cup(s)- 261 cals



Curried lentils

482 cals

Dinner

980 cals, 53g protein, 118g net carbs, 26g fat



Goat cheese and marinara stuffed zucchini

4 zucchini halve(s)- 384 cals



Lentils

231 cals



Lowfat yogurt

2 container(s)- 362 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

2056 cals ● 150g protein (29%) ● 84g fat (37%) ● 143g carbs (28%) ● 32g fiber (6%)

Lunch

915 cals, 46g protein, 111g net carbs, 28g fat



Crispy chik'n tenders

7 tender(s)- 400 cals



Banana

3 banana(s)- 350 cals



String cheese

2 stick(s)- 165 cals

Dinner

925 cals, 56g protein, 30g net carbs, 55g fat



Simple mixed greens salad

170 cals



Basic tempeh

8 oz- 590 cals



Mixed nuts

1/6 cup(s)- 163 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ pasta sauce
1 3/4 cup (455g)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ romano cheese
1/2 tbsp (3g)
- ☐ butter
3/4 tbsp (11g)
- ☐ goat cheese
4 oz (113g)
- ☐ lowfat flavored yogurt
4 container (6 oz) (680g)
- ☐ whole milk
1/4 gallon (840mL)
- ☐ string cheese
2 stick (56g)

Nut and Seed Products

- ☐ walnuts
1/4 lbs (132g)
- ☐ coconut milk, canned
1 cup (240mL)
- ☐ mixed nuts
3 tbsp (25g)

Spices and Herbs

- ☐ salt
1/2 tsp (3g)
- ☐ ground cumin
3/4 tbsp (5g)
- ☐ paprika
1/2 tbsp (3g)

Beverages

- ☐ water
20 1/2 cup(s) (4840mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Legumes and Legume Products

Vegetables and Vegetable Products

- ☐ fresh spinach
5/8 10oz package (170g)
- ☐ tomato paste
1 1/2 tbsp (24g)
- ☐ bell pepper
3/4 large (123g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (195g)
- ☐ garlic
3 clove(s) (9g)
- ☐ tomatoes
2 tbsp cherry tomatoes (19g)
- ☐ zucchini
4 large (1292g)
- ☐ ketchup
1 3/4 tbsp (30g)

Fruits and Fruit Juices

- ☐ dried cranberries
2/3 cup (107g)
- ☐ banana
3 medium (7" to 7-7/8" long) (354g)

Other

- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ nutritional yeast
1 1/2 tbsp (6g)
- ☐ sub roll(s)
3 roll(s) (255g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ chickpea pasta
3 oz (85g)
- ☐ mixed greens
4 1/2 cup (135g)
- ☐ curry paste
4 tsp (20g)
- ☐ meatless chik'n tenders
7 pieces (179g)

Baked Products

- ☐ bread
8 slice (256g)

Sweets

- ☐ lentils, raw
1 3/4 cup (336g)
- ☐ chickpeas, canned
1 1/2 can (672g)
- ☐ peanut butter
4 tbsp (64g)
- ☐ tempeh
1/2 lbs (227g)

- ☐ jelly
8 serving 1 tbsp (168g)

Fats and Oils

- ☐ oil
1 1/2 oz (42mL)
 - ☐ raspberry walnut vinaigrette
2 3/4 tbsp (41mL)
 - ☐ salad dressing
1/4 cup (68mL)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Chunky canned soup (non-creamy)

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



For single meal:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt

4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

Walnuts

1/2 cup(s) - 393 cals ● 9g protein ● 37g fat ● 4g carbs ● 4g fiber



For single meal:

walnuts

1/2 cup, shelled (56g)

For all 2 meals:

walnuts

1 cup, shelled (113g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

2 container (340g)

For all 2 meals:

cottage cheese & fruit cup

4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Peanut butter and jelly sandwich

2 sandwich(es) - 763 cals ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



For single meal:

bread

4 slice (128g)

peanut butter

2 tbsp (32g)

jelly

4 serving 1 tbsp (84g)

For all 2 meals:

bread

8 slice (256g)

peanut butter

4 tbsp (64g)

jelly

8 serving 1 tbsp (168g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Lunch 3 [↗](#)

Eat on day 5, day 6

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries

4 tbsp (40g)

For all 2 meals:

dried cranberries

1/2 cup (80g)

1. This recipe has no instructions.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 3/4 cup (420mL)

For all 2 meals:

whole milk
1/4 gallon (840mL)

1. This recipe has no instructions.

Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



For single meal:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

For all 2 meals:

lentils, raw
2/3 cup (128g)
water
1 1/3 cup(s) (316mL)
salt
1 1/3 dash (1g)
coconut milk, canned
16 tbsp (240mL)
curry paste
4 tsp (20g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Lunch 4 [↗](#)

Eat on day 7

Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

ketchup
1 3/4 tbsp (30g)
meatless chik'n tenders
7 pieces (179g)

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

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



Makes 3 banana(s)

banana

3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

string cheese

2 stick (56g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



salt

1 dash (1g)

water

1 2/3 cup(s) (395mL)

lentils, raw, rinsed

6 2/3 tbsp (80g)

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.

Spanish chickpeas

560 cal ● 24g protein ● 19g fat ● 50g carbs ● 23g fiber



ground cumin
3/4 tbsp (5g)
paprika
1/2 tbsp (3g)
oil
3/4 tbsp (11mL)
water
3/4 cup(s) (178mL)
fresh spinach
3 oz (85g)
chickpeas, canned, drained & rinsed
3/4 can (336g)
tomato paste
1 1/2 tbsp (24g)
bell pepper, deseeded & sliced
3/4 large (123g)
onion, sliced
3/4 large (113g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Cranberry spinach salad

190 cal ● 3g protein ● 12g fat ● 14g carbs ● 2g fiber



For single meal:

dried cranberries
4 tsp (13g)
walnuts
4 tsp, chopped (10g)
fresh spinach
1/4 6oz package (43g)
raspberry walnut vinaigrette
4 tsp (20mL)
romano cheese, finely shredded
1/4 tbsp (2g)

For all 2 meals:

dried cranberries
2 2/3 tbsp (27g)
walnuts
2 2/3 tbsp, chopped (19g)
fresh spinach
1/2 6oz package (85g)
raspberry walnut vinaigrette
2 2/3 tbsp (40mL)
romano cheese, finely shredded
1/2 tbsp (3g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Vegan meatball sub

1 1/2 sub(s) - 702 cal ● 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.

Dinner 3 [🔗](#)

Eat on day 4

Chickpea & chickpea pasta

859 cals ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



nutritional yeast
1/2 tbsp (2g)
butter
3/4 tbsp (11g)
oil
3/4 tbsp (11mL)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained & rinsed
3/4 can (336g)
chickpea pasta
3 oz (85g)
onion, thinly sliced
3/4 medium (2-1/2" dia) (83g)

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.

Simple mixed greens and tomato salad

38 cals ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



salad dressing
3/4 tbsp (11mL)
mixed greens
3/4 cup (23g)
tomatoes
2 tbsp cherry tomatoes (19g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cal ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



For single meal:

zucchini
2 large (646g)
pasta sauce
1/2 cup (130g)
goat cheese
2 oz (57g)

For all 2 meals:

zucchini
4 large (1292g)
pasta sauce
1 cup (260g)
goat cheese
4 oz (113g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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.

Lowfat yogurt

2 container(s) - 362 cal ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
2 container (6 oz) (340g)

For all 2 meals:

lowfat flavored yogurt
4 container (6 oz) (680g)

1. This recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 7

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber

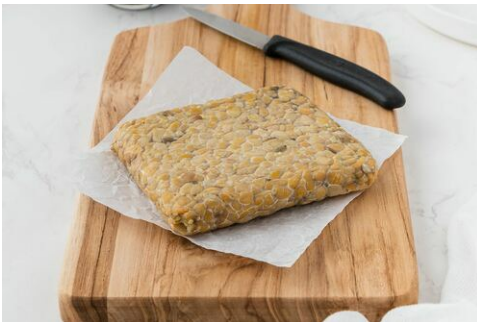


mixed greens
3 3/4 cup (113g)
salad dressing
1/4 cup (56mL)

1. Mix greens 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.

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



Makes 1/6 cup(s)

mixed nuts
3 tbsp (25g)

1. This recipe has no instructions.

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.
