

Meal Plan - 2200 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

2067 cals ● 128g protein (25%) ● 31g fat (13%) ● 289g carbs (56%) ● 30g fiber (6%)

Lunch

795 cals, 22g protein, 156g net carbs, 5g fat



[Fruit juice](#)

1 1/2 cup(s)- 172 cals



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Pasta with store-bought sauce](#)

510 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

1050 cals, 58g protein, 132g net carbs, 24g fat



[Banana](#)

1 banana(s)- 117 cals



[Vegan meatball sub](#)

2 sub(s)- 936 cals

Day 2

2193 cals ● 173g protein (31%) ● 71g fat (29%) ● 175g carbs (32%) ● 41g fiber (8%)

Lunch

925 cals, 67g protein, 41g net carbs, 45g fat



[White rice](#)

1/4 cup rice, cooked- 55 cals



[Peanut tempeh](#)

8 oz tempeh- 868 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

1050 cals, 58g protein, 132g net carbs, 24g fat



[Banana](#)

1 banana(s)- 117 cals



[Vegan meatball sub](#)

2 sub(s)- 936 cals

Day 3

2165 cals ● 156g protein (29%) ● 66g fat (27%) ● 204g carbs (38%) ● 32g fiber (6%)

Lunch

1035 cals, 43g protein, 120g net carbs, 29g fat



[Large granola bar](#)

1 bar(s)- 176 cals



[Vegetarian chickpea sandwiches](#)

2 1/2 sandwich(es)- 857 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

915 cals, 65g protein, 82g net carbs, 36g fat



[Crispy chik'n tenders](#)

16 tender(s)- 914 cals

Day 4

2156 cals ● 152g protein (28%) ● 61g fat (26%) ● 196g carbs (36%) ● 53g fiber (10%)

Lunch

1035 cals, 43g protein, 120g net carbs, 29g fat



[Large granola bar](#)

1 bar(s)- 176 cals



[Vegetarian chickpea sandwiches](#)

2 1/2 sandwich(es)- 857 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

905 cals, 60g protein, 74g net carbs, 31g fat



[Corn](#)

277 cals



[Buffalo tempeh with tzatziki](#)

628 cals

Day 5

2213 cals ● 158g protein (29%) ● 46g fat (19%) ● 248g carbs (45%) ● 44g fiber (8%)

Lunch

970 cals, 56g protein, 109g net carbs, 28g fat



[Banana](#)

1 banana(s)- 117 cals



[Simple plant-based deli wrap](#)

2 wrap(s)- 853 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

1025 cals, 54g protein, 137g net carbs, 18g fat



[Bbq cauliflower wings](#)

803 cals



[Milk](#)


1 1/2 cup(s)- 224 cals

Day 6


2238 calsgreen138g protein (25%)yellow95g fat (38%)blue173g carbs (31%)grey35g fiber (6%)

Lunch


995 calsgreen47g protein, 64g net carbs, 57g fat

- 

Mediterranean chik'n wrap

1 wrap(s)- 406 calsgreen
- 

Lowfat Greek yogurt


1 container(s)- 155 calsgreen
- 

Mixed nuts

1/2 cup(s)- 435 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat


- 

Protein shake


2 scoop- 218 calsgreen

Dinner

1025 calsgreen44g protein, 107g net carbs, 37g fat

- 

Sunflower seeds

271 calsgreen
- 

Chickpea bowl with spicy yogurt sauce


752 calsgreen

Day 7


2238 calsgreen138g protein (25%)yellow95g fat (38%)blue173g carbs (31%)grey35g fiber (6%)

Lunch


995 calsgreen47g protein, 64g net carbs, 57g fat

- 

Mediterranean chik'n wrap

1 wrap(s)- 406 calsgreen
- 

Lowfat Greek yogurt


1 container(s)- 155 calsgreen
- 

Mixed nuts

1/2 cup(s)- 435 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat


- 

Protein shake


2 scoop- 218 calsgreen

Dinner

1025 calsgreen44g protein, 107g net carbs, 37g fat

- 

Sunflower seeds

271 calsgreen
- 

Chickpea bowl with spicy yogurt sauce

752 calsgreen

Fruits and Fruit Juices

- ☐ fruit juice
12 fl oz (360mL)
- ☐ banana
3 medium (7" to 7-7/8" long) (354g)
- ☐ lemon juice
2 2/3 tbsp (40mL)

Cereal Grains and Pasta

- ☐ brown rice
2 3/4 tbsp (32g)
- ☐ uncooked dry pasta
4 oz (114g)
- ☐ long-grain white rice
1 cup (170g)

Spices and Herbs

- ☐ salt
1 3/4 tsp (11g)
- ☐ black pepper
1 tsp, ground (2g)
- ☐ dried dill weed
1/2 tbsp (2g)

Beverages

- ☐ water
14 1/2 cup(s) (3437mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
5/8 jar (24 oz) (428g)
- ☐ Frank's Red Hot sauce
4 tbsp (60mL)
- ☐ barbecue sauce
3/4 cup (215g)

Other

- ☐ vegan meatballs, frozen
16 meatball(s) (480g)
- ☐ nutritional yeast
2 oz (54g)
- ☐ sub roll(s)
4 roll(s) (340g)

Snacks

- ☐ large granola bar
2 bar (74g)

Vegetables and Vegetable Products

- ☐ raw celery
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)
- ☐ onion
2 medium (2-1/2" dia) (208g)
- ☐ ketchup
4 tbsp (68g)
- ☐ frozen corn kernels
2 cup (272g)
- ☐ cauliflower
3 head small (4" dia.) (795g)
- ☐ tomatoes
6 slice(s), thin/small (90g)
- ☐ cucumber
1/2 cup slices (52g)
- ☐ fresh parsley
6 3/4 tbsp chopped (25g)

Fats and Oils

- ☐ mayonnaise
5 tsp (25mL)
- ☐ oil
1 oz (31mL)

Baked Products

- ☐ bread
10 slice (320g)
- ☐ flour tortillas
5 tortilla (approx 7-8" dia) (242g)

Dairy and Egg Products

- ☐ whole milk
1 1/2 cup (360mL)
- ☐ feta cheese
4 tbsp (38g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ nonfat greek yogurt, plain
6 2/3 tbsp (117g)

Nut and Seed Products

☐ meatless chik'n tenders
1 1/4 lbs (550g)

☐ tzatziki
1/4 cup(s) (56g)

☐ mixed greens
1 1/2 cup (45g)

☐ plant-based deli slices
14 slices (146g)

☐ sriracha chili sauce
1 tbsp (17g)

☐ mixed nuts
1 cup (134g)

☐ sunflower kernels
3 oz (85g)

Legumes and Legume Products

☐ soy sauce
2 tsp (10mL)

☐ peanut butter
4 tbsp (65g)

☐ tempeh
1 lbs (454g)

☐ chickpeas, canned
3 1/3 can (1493g)

☐ hummus
1/2 cup (120g)

Lunch 1 [↗](#)

Eat on day 1

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



Makes 1 1/2 cup(s)

fruit juice

12 fl oz (360mL)

1. This recipe has no instructions.

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

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.

Lunch 2 [↗](#)

Eat on day 2

White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



Makes 1/4 cup rice, cooked

long-grain white rice

4 tsp (15g)

water

1/6 cup(s) (39mL)

salt

2/3 dash (0g)

black pepper

1/2 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.

Peanut tempeh

8 oz tempeh - 868 cals ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



Makes 8 oz tempeh

nutritional yeast

1 tbsp (4g)

soy sauce

2 tsp (10mL)

lemon juice

1 tbsp (15mL)

peanut butter

4 tbsp (65g)

tempeh

1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar

1 bar (37g)

For all 2 meals:

large granola bar

2 bar (74g)

1. This recipe has no instructions.

Vegetarian chickpea sandwiches

2 1/2 sandwich(es) - 857 cals ● 40g protein ● 22g fat ● 98g carbs ● 28g fiber



For single meal:

raw celery, chopped
5/6 stalk, medium (7-1/2" - 8" long) (33g)
onion, chopped
3/8 medium (2-1/2" dia) (46g)
mayonnaise
2 1/2 tsp (12mL)
lemon juice
2 1/2 tsp (12mL)
dried dill weed
1/4 tbsp (1g)
salt
3 1/3 dash (2g)
black pepper
3 1/3 dash, ground (1g)
bread
5 slice (160g)
chickpeas, canned
5/6 can (373g)

For all 2 meals:

raw celery, chopped
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)
onion, chopped
5/6 medium (2-1/2" dia) (92g)
mayonnaise
5 tsp (25mL)
lemon juice
5 tsp (25mL)
dried dill weed
1/2 tbsp (2g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
bread
10 slice (320g)
chickpeas, canned
1 2/3 can (747g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Lunch 4 [🔗](#)

Eat on day 5

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber

Makes 1 banana(s)

banana
1 medium (7" to 7-7/8" long) (118g)

1. This recipe has no instructions.



Simple plant-based deli wrap

2 wrap(s) - 853 cals ● 54g protein ● 27g fat ● 85g carbs ● 13g fiber

Makes 2 wrap(s)

hummus
4 tbsp (60g)
tomatoes
4 slice(s), thin/small (60g)
mixed greens
1 cup (30g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
plant-based deli slices
14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.



Lunch 5 [↗](#)

Eat on day 6, day 7

Mediterranean chik'n wrap

1 wrap(s) - 406 cal ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



For single meal:

meatless chik'n tenders

2 1/2 oz (71g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

mixed greens

4 tbsp (8g)

hummus

2 tbsp (30g)

cucumber, chopped

4 tbsp slices (26g)

feta cheese

2 tbsp (19g)

tomatoes, chopped

1 slice(s), thin/small (15g)

For all 2 meals:

meatless chik'n tenders

5 oz (142g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

mixed greens

1/2 cup (15g)

hummus

4 tbsp (60g)

cucumber, chopped

1/2 cup slices (52g)

feta cheese

4 tbsp (38g)

tomatoes, chopped

2 slice(s), thin/small (30g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

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

1. This recipe has no instructions.

Mixed nuts

1/2 cup(s) - 435 cal ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



For single meal:

mixed nuts
1/2 cup (67g)

For all 2 meals:

mixed nuts
1 cup (134g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana
2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

vegan meatballs, frozen
8 meatball(s) (240g)
pasta sauce
1/2 cup (130g)
nutritional yeast
2 tsp (3g)
sub roll(s)
2 roll(s) (170g)

For all 2 meals:

vegan meatballs, frozen
16 meatball(s) (480g)
pasta sauce
1 cup (260g)
nutritional yeast
4 tsp (5g)
sub roll(s)
4 roll(s) (340g)

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 2 [↗](#)

Eat on day 3

Crispy chik'n tenders

16 tender(s) - 914 cals ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



Makes 16 tender(s)

ketchup

4 tbsp (68g)

meatless chik'n tenders

16 pieces (408g)

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

Dinner 3 [↗](#)

Eat on day 4

Corn

277 cals ● 8g protein ● 2g fat ● 51g carbs ● 6g fiber



frozen corn kernels

2 cup (272g)

1. Prepare according to instructions on package.

Buffalo tempeh with tzatziki

628 cals ● 52g protein ● 29g fat ● 23g carbs ● 16g fiber



oil

1 tbsp (15mL)

tzatziki

1/4 cup(s) (56g)

Frank's Red Hot sauce

4 tbsp (60mL)

tempeh, roughly chopped

1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Dinner 4 [↗](#)

Eat on day 5

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

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.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Sunflower seeds

271 cal ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels

1 1/2 oz (43g)

For all 2 meals:

sunflower kernels

3 oz (85g)

1. This recipe has no instructions.

Chickpea bowl with spicy yogurt sauce

752 cal ● 31g protein ● 16g fat ● 103g carbs ● 19g fiber



For single meal:

onion, diced

5/6 small (58g)

sriracha chili sauce

1/2 tbsp (8g)

nonfat greek yogurt, plain

1/4 cup (58g)

chickpeas, canned, rinsed & drained

5/6 can (373g)

long-grain white rice

6 2/3 tbsp (77g)

fresh parsley, chopped

1/4 cup chopped (13g)

oil

1/2 tbsp (8mL)

For all 2 meals:

onion, diced

1 2/3 small (117g)

sriracha chili sauce

1 tbsp (17g)

nonfat greek yogurt, plain

6 2/3 tbsp (117g)

chickpeas, canned, rinsed & drained

1 2/3 can (747g)

long-grain white rice

13 1/3 tbsp (154g)

fresh parsley, chopped

6 2/3 tbsp chopped (25g)

oil

1 tbsp (17mL)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

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.