

Meal Plan - 2300 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 2229 cal ● 171g protein (31%) ● 87g fat (35%) ● 160g carbs (29%) ● 31g fiber (6%)

Lunch

1115 cal, 88g protein, 70g net carbs, 48g fat



[Mashed sweet potatoes with butter](#)
249 cal



[Roasted tomatoes](#)
1 tomato(es)- 60 cal



[Vegan sausage](#)
3 sausage(s)- 804 cal

Protein Supplement(s)

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



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

Dinner

900 cal, 34g protein, 88g net carbs, 38g fat



[Veggie burger with cheese](#)
2 burger- 722 cal



[Tomato and avocado salad](#)
176 cal

Day 2 2341 cal ● 186g protein (32%) ● 91g fat (35%) ● 153g carbs (26%) ● 42g fiber (7%)

Lunch

1115 cal, 88g protein, 70g net carbs, 48g fat



[Mashed sweet potatoes with butter](#)
249 cal



[Roasted tomatoes](#)
1 tomato(es)- 60 cal



[Vegan sausage](#)
3 sausage(s)- 804 cal

Protein Supplement(s)

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



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

Dinner

1010 cal, 50g protein, 81g net carbs, 42g fat



[Basic tempeh](#)
6 oz- 443 cal



[Buttered lima beans](#)
220 cal



[Sweet potato wedges](#)
347 cal

Day 3

2267 cals ● 145g protein (26%) ● 81g fat (32%) ● 196g carbs (35%) ● 44g fiber (8%)

Lunch

1010 cals, 44g protein, 129g net carbs, 23g fat



Edamame & beet salad
257 cals



Garlic crumbles stuffed sweet potatoes
2 sweet potato(es)- 602 cals



Fruit juice
1 1/3 cup(s)- 153 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1035 cals, 53g protein, 66g net carbs, 57g fat



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



Avocado
351 cals

Day 4

2255 cals ● 149g protein (26%) ● 91g fat (36%) ● 185g carbs (33%) ● 24g fiber (4%)

Lunch

1000 cals, 48g protein, 118g net carbs, 34g fat



Chik'n nuggets
14 2/3 nuggets- 809 cals



Fruit juice
1 2/3 cup(s)- 191 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1035 cals, 53g protein, 66g net carbs, 57g fat



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



Avocado
351 cals

Day 5

2297 cals ● 150g protein (26%) ● 76g fat (30%) ● 199g carbs (35%) ● 55g fiber (10%)

Lunch

1060 cals, 58g protein, 124g net carbs, 18g fat



Smashed chickpea toast
3 toast(s)- 953 cals



Apple
1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1020 cals, 43g protein, 73g net carbs, 57g fat



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



Roasted peanuts
1/2 cup(s)- 460 cals



Cheese tortellini
300 cals


Day 6

2265 calsgreen151g protein (27%)yellow61g fat (24%)blue202g carbs (36%)grey75g fiber (13%)

Lunch


1060 calsgreen58g protein, 124g net carbs, 18g fat

Smashed chickpea toast
3 toast(s)- 953 calsgreen

Apple
1 apple(s)- 105 calsgreen


Protein Supplement(s)


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

Protein shake
2 scoop- 218 calsgreen

Dinner

990 calsgreen45g protein, 76g net carbs, 42g fat

Roasted peanuts
1/3 cup(s)- 307 calsgreen


Chickpea & kale soup
682 calsgreen

Day 7

2208 calsgreen153g protein (28%)yellow82g fat (33%)blue168g carbs (30%)grey47g fiber (9%)

Lunch


1000 calsgreen59g protein, 90g net carbs, 38g fat

Curried tofu salad
608 calsgreen

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

Protein Supplement(s)


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

Protein shake
2 scoop- 218 calsgreen

Dinner

990 calsgreen45g protein, 76g net carbs, 42g fat

Roasted peanuts
1/3 cup(s)- 307 calsgreen

Chickpea & kale soup
682 calsgreen

Dairy and Egg Products

- ☐ butter
2 tbsp (27g)
- ☐ sliced cheese
2 slice (3/4 oz ea) (42g)
- ☐ whole milk
1 3/4 cup (420mL)
- ☐ nonfat greek yogurt, plain
3/4 cup (210g)

Vegetables and Vegetable Products

- ☐ sweet potatoes
5 1/3 sweetpotato, 5" long (1120g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (228g)
- ☐ ketchup
3/4 cup (198g)
- ☐ onion
3/4 tbsp minced (11g)
- ☐ lima beans, frozen
1/2 package (10 oz) (142g)
- ☐ beets, precooked (canned or refrigerated)
3 beets (2" dia, sphere) (150g)
- ☐ edamame, frozen, shelled
3/4 cup (89g)
- ☐ garlic
7 1/4 clove(s) (22g)
- ☐ raw celery
6 stalk, small (5" long) (102g)
- ☐ kale leaves
5 cup, chopped (200g)
- ☐ red bell pepper
1 1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (149g)
- ☐ carrots
1 1/4 large (90g)

Fats and Oils

- ☐ oil
2 oz (59mL)
- ☐ olive oil
1/2 tsp (3mL)
- ☐ balsamic vinaigrette
1 1/2 tbsp (23mL)
- ☐ vegan mayonnaise
2 1/2 tbsp (38g)

Other

Fruits and Fruit Juices

- ☐ lime juice
3/4 tbsp (11mL)
- ☐ avocados
2 1/2 avocado(s) (477g)
- ☐ fruit juice
24 fl oz (720mL)
- ☐ lemon juice
1 fl oz (29mL)
- ☐ apples
2 medium (3" dia) (364g)

Spices and Herbs

- ☐ garlic powder
1/2 tsp (1g)
- ☐ salt
1 tsp (7g)
- ☐ black pepper
5 dash, ground (1g)
- ☐ mustard
3 tbsp (45g)
- ☐ onion powder
1 tbsp (7g)
- ☐ apple cider vinegar
1 1/4 tbsp (19g)
- ☐ crushed red pepper
1/3 tsp (1g)
- ☐ curry powder
1 1/4 tsp (3g)

Beverages

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

Legumes and Legume Products

- ☐ tempeh
6 oz (170g)
- ☐ vegetarian burger crumbles
4 oz (113g)
- ☐ roasted peanuts
56 tsp (170g)
- ☐ chickpeas, canned
5 1/2 can (2464g)
- ☐ soy sauce
1 1/4 tbsp (19mL)

- ☐ vegan sausage
6 sausage (600g)
- ☐ mixed greens
2/3 package (5.5 oz) (102g)
- ☐ veggie burger patty
2 patty (142g)
- ☐ meatless chik'n tenders
24 pieces (612g)
- ☐ vegan chik'n nuggets
14 2/3 nuggets (315g)

Baked Products

- ☐ hamburger buns
2 bun(s) (102g)
 - ☐ bread
6 slice(s) (192g)
 - ☐ naan bread
1 1/2 piece (135g)
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- ☐ extra firm tofu
15 oz (425g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/6 jar (24 oz) (112g)
- ☐ vegetable broth
10 cup(s) (mL)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini
4 oz (113g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

butter

2 tsp (9g)

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

For all 2 meals:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:
vegan sausage
3 sausage (300g)

For all 2 meals:
vegan sausage
6 sausage (600g)

1. Prepare according to package instructions.
2. Serve.

Lunch 2 [↗](#)

Eat on day 3

Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



balsamic vinaigrette
1 1/2 tbsp (23mL)
beets, precooked (canned or refrigerated), chopped
3 beets (2" dia, sphere) (150g)
edamame, frozen, shelled
3/4 cup (89g)
mixed greens
1 1/2 cup (45g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Garlic crumbles stuffed sweet potatoes

2 sweet potato(es) - 602 cal ● 28g protein ● 12g fat ● 76g carbs ● 19g fiber



Makes 2 sweet potato(es)

vegetarian burger crumbles

4 oz (113g)

sweet potatoes

2 sweetpotato, 5" long (420g)

garlic powder

2 dash (1g)

garlic, minced

1 clove(s) (3g)

oil

1/2 tbsp (8mL)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

Fruit juice

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

Makes 1 1/3 cup(s)

fruit juice

10 2/3 fl oz (320mL)



1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Chik'n nuggets

14 2/3 nuggets - 809 cals ● 45g protein ● 33g fat ● 76g carbs ● 8g fiber



Makes 14 2/3 nuggets

vegan chik'n nuggets

14 2/3 nuggets (315g)

ketchup

1/4 cup (62g)

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

Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



Makes 1 2/3 cup(s)

fruit juice

13 1/3 fl oz (400mL)

1. This recipe has no instructions.
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Lunch 4 [🔗](#)

Eat on day 5, day 6

Smashed chickpea toast

3 toast(s) - 953 cals ● 57g protein ● 18g fat ● 104g carbs ● 38g fiber



For single meal:

nonfat greek yogurt, plain

6 tbsp (105g)

mustard

1 1/2 tbsp (23g)

onion powder

1/2 tbsp (4g)

raw celery, diced

3 stalk, small (5" long) (51g)

chickpeas, canned, drained & rinsed

1 1/2 can (672g)

bread

3 slice(s) (96g)

For all 2 meals:

nonfat greek yogurt, plain

3/4 cup (210g)

mustard

3 tbsp (45g)

onion powder

1 tbsp (7g)

raw celery, diced

6 stalk, small (5" long) (102g)

chickpeas, canned, drained & rinsed

3 can (1344g)

bread

6 slice(s) (192g)

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.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 7

Curried tofu salad

608 cals ● 46g protein ● 31g fat ● 25g carbs ● 12g fiber



apple cider vinegar

1 1/4 tbsp (19g)

vegan mayonnaise

2 1/2 tbsp (38g)

garlic, minced

1 1/4 clove (4g)

red bell pepper, chopped

1 1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (149g)

carrots, grated

1 1/4 large (90g)

soy sauce

1 1/4 tbsp (19mL)

crushed red pepper

1/3 tsp (1g)

extra firm tofu, drained and cubed

15 oz (425g)

curry powder

1 1/4 tsp (3g)

lemon juice

1 1/4 tbsp (19mL)

1. Preheat an oven to 350°F (175°C). Place tofu on a lightly greased baking sheet.
2. Bake tofu in the preheated oven for 25 minutes, stirring halfway through the cooking time. Remove tofu from the oven and allow to cool.
3. Mix curry powder, lemon juice, vegan mayonnaise, apple cider vinegar, red pepper flakes, and soy sauce in a small bowl. Set aside. Combine tofu, carrots, red pepper, and garlic in a large bowl. Top with sauce and mix thoroughly. Serve immediately or chill for up to an hour before serving.

Naan bread

1 1/2 piece(s) - 393 cals ● 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 1 [🔗](#)

Eat on day 1

Veggie burger with cheese

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



Makes 2 burger

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)

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.

Tomato and avocado salad

176 cal ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



onion

3/4 tbsp minced (11g)

lime juice

3/4 tbsp (11mL)

avocados, cubed

3/8 avocado(s) (75g)

tomatoes, diced

3/8 medium whole (2-3/5" dia) (46g)

olive oil

1/2 tsp (3mL)

garlic powder

1 1/2 dash (1g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Basic tempeh

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



Makes 6 oz

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

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.

Buttered lima beans

220 cals ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil
1 tbsp (15mL)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Dinner 3 [↗](#)

Eat on day 3, day 4

Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



For single meal:

ketchup

3 tbsp (51g)

meatless chik'n tenders

12 pieces (306g)

For all 2 meals:

ketchup

6 tbsp (102g)

meatless chik'n tenders

24 pieces (612g)

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

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

For all 2 meals:

avocados

2 avocado(s) (402g)

lemon juice

2 tsp (10mL)

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

Dinner 4 [↗](#)

Eat on day 5

Milk

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



Makes 1 3/4 cup(s)

whole milk

1 3/4 cup (420mL)

1. This recipe has no instructions.

Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber

Makes 1/2 cup(s)

roasted peanuts

1/2 cup (73g)



1. This recipe has no instructions.

Cheese tortellini

300 cals ● 12g protein ● 7g fat ● 43g carbs ● 5g fiber



pasta sauce

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

frozen cheese tortellini

4 oz (113g)

1. Prepare tortellini according to instructions on package.
2. Top with sauce and enjoy.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber

For single meal:

roasted peanuts

1/3 cup (49g)



For all 2 meals:

roasted peanuts

2/3 cup (97g)

1. This recipe has no instructions.

Chickpea & kale soup

682 cals ● 34g protein ● 18g fat ● 70g carbs ● 27g fiber



For single meal:

- oil**
1 1/4 tsp (6mL)
- garlic, minced**
2 1/2 clove(s) (8g)
- vegetable broth**
5 cup(s) (mL)
- kale leaves, chopped**
2 1/2 cup, chopped (100g)
- chickpeas, canned, drained**
1 1/4 can (560g)

For all 2 meals:

- oil**
2 1/2 tsp (13mL)
- garlic, minced**
5 clove(s) (15g)
- vegetable broth**
10 cup(s) (mL)
- kale leaves, chopped**
5 cup, chopped (200g)
- chickpeas, canned, drained**
2 1/2 can (1120g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 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.