

# Meal Plan - 2400 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

2407 cals ● 165g protein (27%) ● 67g fat (25%) ● 233g carbs (39%) ● 53g fiber (9%)

### Lunch

1210 cals, 64g protein, 111g net carbs, 47g fat



[Pistachios](#)  
188 cals



[Tortilla chips](#)  
282 cals



[Chunky canned soup \(non-creamy\)](#)  
3 can(s)- 741 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Dinner

925 cals, 41g protein, 120g net carbs, 18g fat



[Dinner roll](#)  
2 roll- 154 cals



[White bean cassoulet](#)  
770 cals

## Day 2

2441 cals ● 196g protein (32%) ● 77g fat (28%) ● 206g carbs (34%) ● 35g fiber (6%)

### Lunch

1080 cals, 32g protein, 106g net carbs, 50g fat



[Curried lentils](#)  
723 cals



[Roasted carrots](#)  
2 carrots(s)- 106 cals



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

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Dinner

1090 cals, 104g protein, 98g net carbs, 26g fat



[Teriyaki seitan wings](#)  
10 oz seitan- 743 cals



[Lentils](#)  
347 cals

## Day 3

2404 cals ● 191g protein (32%) ● 53g fat (20%) ● 259g carbs (43%) ● 32g fiber (5%)

### Lunch

1040 cals, 26g protein, 159g net carbs, 26g fat



**Dried cranberries**  
1/4 cup- 136 cals



**Belizean rice & beans**  
905 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

1090 cals, 104g protein, 98g net carbs, 26g fat



**Teriyaki seitan wings**  
10 oz seitan- 743 cals



**Lentils**  
347 cals

## Day 4

2442 cals ● 180g protein (29%) ● 67g fat (25%) ● 225g carbs (37%) ● 55g fiber (9%)

### Lunch

1130 cals, 51g protein, 161g net carbs, 21g fat



**Chickpea & kale soup**  
546 cals



**Dried cranberries**  
1/4 cup- 136 cals



**Kefir**  
450 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

1040 cals, 68g protein, 62g net carbs, 45g fat



**Olive oil drizzled green beans**  
217 cals



**Basic tempeh**  
8 oz- 590 cals



**Lentils**  
231 cals

## Day 5

2445 cals ● 200g protein (33%) ● 65g fat (24%) ● 223g carbs (36%) ● 42g fiber (7%)

### Lunch

1135 cals, 50g protein, 165g net carbs, 18g fat



**Lentil & tomato pasta**  
947 cals



**Simple mixed greens and tomato salad**  
189 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

1035 cals, 90g protein, 55g net carbs, 45g fat



**Sugar snap peas**  
123 cals



**Garlic pepper seitan**  
913 cals

Day 6

2381 calsgreen179g protein (30%)yellow80g fat (30%)blue192g carbs (32%)grey44g fiber (7%)

Lunch

1015 calsgreen67g protein, 89g net carbs, 43g fat



Simple mixed greens salad  
102 calsgreen



Crispy chik'n tenders  
16 tender(s)- 914 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 calsgreen

Dinner

1095 calsgreen52g protein, 101g net carbs, 36g fat



Easy chickpea salad  
234 calsgreen



Chickpea & chickpea pasta  
859 calsgreen

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Day 7

2381 calsgreen179g protein (30%)yellow80g fat (30%)blue192g carbs (32%)grey44g fiber (7%)

Lunch

1015 calsgreen67g protein, 89g net carbs, 43g fat



Simple mixed greens salad  
102 calsgreen



Crispy chik'n tenders  
16 tender(s)- 914 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 calsgreen

Dinner

1095 calsgreen52g protein, 101g net carbs, 36g fat



Easy chickpea salad  
234 calsgreen



Chickpea & chickpea pasta  
859 calsgreen

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
4 tbsp (31g)
- ☐ coconut milk, canned  
1 1/4 cup (293mL)

## Snacks

- ☐ tortilla chips  
2 oz (57g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)
- ☐ vegetable broth  
4 1/2 cup(s) (mL)
- ☐ apple cider vinegar  
1 tbsp (1mL)

## Baked Products

- ☐ Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

## Vegetables and Vegetable Products

- ☐ garlic  
16 clove(s) (48g)
- ☐ onion  
4 medium (2-1/2" dia) (454g)
- ☐ raw celery  
1 stalk, medium (7-1/2" - 8" long) (40g)
- ☐ carrots  
5 1/2 medium (334g)
- ☐ sweet potatoes  
1 sweetpotato, 5" long (210g)
- ☐ red bell pepper  
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (37g)
- ☐ frozen green beans  
2 cup (242g)
- ☐ kale leaves  
2 cup, chopped (80g)
- ☐ frozen sugar snap peas  
2 cup (288g)
- ☐ green pepper  
2 3/4 tbsp, chopped (25g)
- ☐ tomato paste  
3/4 tbsp (12g)
- ☐ canned crushed tomatoes  
3/4 can (304g)

## Legumes and Legume Products

- ☐ white beans, canned  
1 can(s) (439g)
- ☐ lentils, raw  
2 1/2 cup (460g)
- ☐ kidney beans  
5/8 can (280g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ chickpeas, canned  
3 1/2 can (1568g)

## Beverages

- ☐ water  
1 1/2 gallon (5990mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Other

- ☐ teriyaki sauce  
10 tbsp (150mL)
- ☐ curry paste  
1 tbsp (15g)
- ☐ mixed greens  
8 1/4 cup (248g)
- ☐ meatless chik'n tenders  
32 pieces (816g)
- ☐ nutritional yeast  
1 tbsp (4g)
- ☐ chickpea pasta  
6 oz (170g)

## Cereal Grains and Pasta

- ☐ seitan  
2 lbs (869g)
- ☐ long-grain white rice  
10 tbsp (116g)
- ☐ uncooked dry pasta  
1/4 lbs (96g)

## Spices and Herbs

- ☐ salt  
4 1/4 g (4g)
- ☐ black pepper  
1/8 oz (1g)
- ☐ ground cumin  
3 dash (1g)

- ☐ tomatoes  
1 1/2 cup cherry tomatoes (242g)
- ☐ ketchup  
1/2 cup (136g)
- ☐ fresh parsley  
3 sprigs (3g)

## Fats and Oils

- ☐ oil  
1/4 lbs (107mL)
- ☐ olive oil  
1 3/4 oz (55mL)
- ☐ salad dressing  
1/2 cup (124mL)

- ☐ paprika  
3 dash (1g)
- ☐ balsamic vinegar  
1 tbsp (15mL)

## Dairy and Egg Products

- ☐ butter  
1/4 stick (30g)
- ☐ kefir, flavored  
3 cup (720mL)

## Fruits and Fruit Juices

- ☐ dried cranberries  
1/2 cup (80g)
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## Lunch 1 [↗](#)

Eat on day 1

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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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### Tortilla chips

282 cals ● 4g protein ● 13g fat ● 36g carbs ● 3g fiber



**tortilla chips**

2 oz (57g)

1. This recipe has no instructions.

### Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



Makes 3 can(s)

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

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.
-

## Lunch 2 [↗](#)

Eat on day 2

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### Curried lentils

723 cals ● 27g protein ● 37g fat ● 60g carbs ● 10g fiber



#### **lentils, raw**

1/2 cup (96g)

#### **water**

1 cup(s) (237mL)

#### **salt**

1 dash (1g)

#### **coconut milk, canned**

3/4 cup (180mL)

#### **curry paste**

1 tbsp (15g)

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.

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### Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

#### **oil**

1 tsp (5mL)

#### **carrots, sliced**

2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

### Mashed sweet potatoes with butter

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



#### **butter**

2 tsp (9g)

#### **sweet potatoes**

1 sweetpotato, 5" long (210g)

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.
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## Lunch 3 [↗](#)

Eat on day 3

### Dried cranberries

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



Makes 1/4 cup

#### **dried cranberries**

4 tbsp (40g)

1. This recipe has no instructions.

### Belizean rice & beans

905 cal ● 26g protein ● 25g fat ● 128g carbs ● 15g fiber



#### **garlic, minced**

2 clove(s) (6g)

#### **onion, chopped**

1/3 medium (2-1/2" dia) (34g)

#### **red bell pepper, chopped**

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (37g)

#### **long-grain white rice**

10 tbsp (116g)

#### **water**

1/2 cup(s) (111mL)

#### **kidney beans, drained**

5/8 can (280g)

#### **coconut milk, canned**

1/2 cup (113mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

## Lunch 4 [↗](#)

Eat on day 4

### Chickpea & kale soup

546 cal ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



#### **oil**

1 tsp (5mL)

#### **garlic, minced**

2 clove(s) (6g)

#### **vegetable broth**

4 cup(s) (mL)

#### **kale leaves, chopped**

2 cup, chopped (80g)

#### **chickpeas, canned, drained**

1 can (448g)

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.

### Dried cranberries



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



Makes 1/4 cup

**dried cranberries**  
4 tbsp (40g)

1. This recipe has no instructions.

## Kefir

450 cal ● 24g protein ● 7g fat ● 74g carbs ● 0g fiber



**kefir, flavored**  
3 cup (720mL)

1. Pour into a glass and drink.

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## Lunch 5 [↗](#)

Eat on day 5

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### Lentil & tomato pasta

947 cal ● 46g protein ● 7g fat ● 152g carbs ● 24g fiber



#### **tomato paste**

3/4 tbsp (12g)

#### **oil**

1/2 tsp (3mL)

#### **ground cumin**

3 dash (1g)

#### **paprika**

3 dash (1g)

#### **water**

2/3 cup(s) (156mL)

#### **canned crushed tomatoes**

3/4 can (304g)

#### **carrots, chopped**

3/4 medium (46g)

#### **garlic, minced**

3/4 clove(s) (2g)

#### **onion, diced**

3/8 large (56g)

#### **lentils, raw**

1/2 cup (108g)

#### **uncooked dry pasta**

1/4 lbs (96g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

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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.

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## Lunch 6 [🔗](#)

Eat on day 6, day 7

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### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

**mixed greens**

2 1/4 cup (68g)

**salad dressing**

2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**

4 1/2 cup (135g)

**salad dressing**

1/4 cup (68mL)

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

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### Crispy chik'n tenders

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



For single meal:

**ketchup**

4 tbsp (68g)

**meatless chik'n tenders**

16 pieces (408g)

For all 2 meals:

**ketchup**

1/2 cup (136g)

**meatless chik'n tenders**

32 pieces (816g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 1 [↗](#)

Eat on day 1

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### Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

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### White bean cassoulet

770 cals ● 35g protein ● 16g fat ● 94g carbs ● 28g fiber



#### garlic, minced

2 clove(s) (6g)

#### oil

1 tbsp (15mL)

#### vegetable broth

1/2 cup(s) (mL)

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

1 can(s) (439g)

#### onion, diced

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

#### raw celery, thinly sliced

1 stalk, medium (7-1/2" - 8" long) (40g)

#### carrots, peeled & slices

2 large (144g)

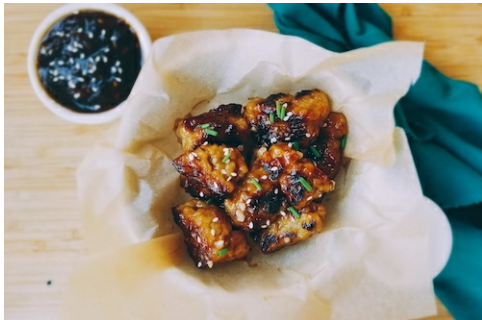
1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Teriyaki seitan wings

10 oz seitan - 743 cal ● 81g protein ● 25g fat ● 47g carbs ● 2g fiber



For single meal:

**teriyaki sauce**

5 tbsp (75mL)

**oil**

1 1/4 tbsp (19mL)

**seitan**

10 oz (284g)

For all 2 meals:

**teriyaki sauce**

10 tbsp (150mL)

**oil**

2 1/2 tbsp (38mL)

**seitan**

1 1/4 lbs (567g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

**salt**

1 dash (1g)

**water**

2 cup(s) (474mL)

**lentils, raw, rinsed**

1/2 cup (96g)

For all 2 meals:

**salt**

2 dash (2g)

**water**

4 cup(s) (948mL)

**lentils, raw, rinsed**

1 cup (192g)

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.



## Dinner 3 [↗](#)

Eat on day 4

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### Olive oil drizzled green beans

217 cals ● 4g protein ● 14g fat ● 12g carbs ● 6g fiber



#### black pepper

1 1/2 dash (0g)

#### salt

1 1/2 dash (1g)

#### frozen green beans

2 cup (242g)

#### olive oil

1 tbsp (15mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

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### 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.

### Lentils

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



#### salt

2/3 dash (0g)

#### water

1 1/3 cup(s) (316mL)

#### lentils, raw, rinsed

1/3 cup (64g)

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.
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## Dinner 4 [🔗](#)

Eat on day 5

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### Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



#### frozen sugar snap peas

2 cup (288g)

1. Prepare according to instructions on package.

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### Garlic pepper seitan

913 cals ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber



#### olive oil

2 2/3 tbsp (40mL)

#### onion

1/3 cup, chopped (53g)

#### garlic, minced

3 1/3 clove(s) (10g)

#### green pepper

2 2/3 tbsp, chopped (25g)

#### seitan, chicken style

2/3 lbs (302g)

#### black pepper

1/3 tsp, ground (1g)

#### water

4 tsp (20mL)

#### salt

1 1/3 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
  2. Add onions and garlic, and cook, stirring until lightly browned.
  3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
  4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
  5. Cook, stirring until thickened, and serve immediately.
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## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**fresh parsley, chopped**  
1 1/2 sprigs (2g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**onion, thinly sliced**  
1/4 small (18g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

For all 2 meals:

**fresh parsley, chopped**  
3 sprigs (3g)  
**apple cider vinegar**  
1 tbsp (1mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**onion, thinly sliced**  
1/2 small (35g)  
**chickpeas, canned, drained and rinsed**  
1 can (448g)

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

### Chickpea & chickpea pasta

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



For single meal:

**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)

For all 2 meals:

**nutritional yeast**  
1 tbsp (4g)  
**butter**  
1 1/2 tbsp (21g)  
**oil**  
1 1/2 tbsp (23mL)  
**garlic, minced**  
6 clove(s) (18g)  
**chickpeas, canned, drained & rinsed**  
1 1/2 can (672g)  
**chickpea pasta**  
6 oz (170g)  
**onion, thinly sliced**  
1 1/2 medium (2-1/2" dia) (165g)

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.

# Protein Supplement(s)

Eat every day

## Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

- water**  
2 1/2 cup(s) (593mL)
- protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

- water**  
17 1/2 cup(s) (4148mL)
- protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.