

Meal Plan - 2500 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

2527 cals ● 157g protein (25%) ● 48g fat (17%) ● 313g carbs (50%) ● 53g fiber (8%)

Lunch

1280 cals, 64g protein, 192g net carbs, 11g fat



Quinoa

1 cup quinoa, cooked- 208 cals



Bbq cauliflower wings

1070 cals

Dinner

975 cals, 32g protein, 119g net carbs, 36g fat



Buttery brown rice

250 cals



Greek cucumber & feta salad

182 cals



Cheese ravioli

544 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 2

2381 cals ● 165g protein (28%) ● 66g fat (25%) ● 248g carbs (42%) ● 35g fiber (6%)

Lunch

1135 cals, 72g protein, 126g net carbs, 28g fat



Cucumber slices

1 cucumber- 60 cals



Vegan meatball sub

1 1/2 sub(s)- 702 cals



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals

Dinner

975 cals, 32g protein, 119g net carbs, 36g fat



Buttery brown rice

250 cals



Greek cucumber & feta salad

182 cals



Cheese ravioli

544 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 3

2560 cals ● 186g protein (29%) ● 53g fat (19%) ● 269g carbs (42%) ● 65g fiber (10%)

Lunch

1135 cals, 72g protein, 126g net carbs, 28g fat



[Cucumber slices](#)

1 cucumber- 60 cals



[Vegan meatball sub](#)

1 1/2 sub(s)- 702 cals



[Chunky canned soup \(non-creamy\)](#)

1 1/2 can(s)- 371 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

1155 cals, 53g protein, 140g net carbs, 24g fat



[White bean cassoulet](#)

1155 cals

Day 4

2474 cals ● 184g protein (30%) ● 56g fat (20%) ● 251g carbs (41%) ● 59g fiber (9%)

Lunch

1045 cals, 71g protein, 109g net carbs, 30g fat



[Protein bar](#)

2 bar- 490 cals



[Chik'n nuggets](#)

9 nuggets- 496 cals



[Cucumber slices](#)

1 cucumber- 60 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

1155 cals, 53g protein, 140g net carbs, 24g fat



[White bean cassoulet](#)

1155 cals

Day 5

2540 cals ● 178g protein (28%) ● 97g fat (35%) ● 199g carbs (31%) ● 39g fiber (6%)

Lunch

1045 cals, 71g protein, 109g net carbs, 30g fat



Protein bar
2 bar- 490 cals



Chik'n nuggets
9 nuggets- 496 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1220 cals, 47g protein, 88g net carbs, 66g fat



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



Sesame peanut zoodles
1029 cals

Day 6

2460 cals ● 170g protein (28%) ● 72g fat (26%) ● 232g carbs (38%) ● 51g fiber (8%)

Lunch

1130 cals, 48g protein, 146g net carbs, 30g fat



Greek cucumber & feta salad
121 cals



Flavored rice mix
287 cals



Lentil Soup
722 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1060 cals, 62g protein, 84g net carbs, 41g fat



Goat cheese and marinara stuffed zucchini
8 zucchini halve(s)- 768 cals



Lentils
289 cals

Day 7

2460 cals ● 170g protein (28%) ● 72g fat (26%) ● 232g carbs (38%) ● 51g fiber (8%)

Lunch

1130 cals, 48g protein, 146g net carbs, 30g fat



[Greek cucumber & feta salad](#)
121 cals



[Flavored rice mix](#)
287 cals



[Lentil Soup](#)
722 cals

Protein Supplement(s)

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



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

Dinner

1060 cals, 62g protein, 84g net carbs, 41g fat



[Goat cheese and marinara stuffed zucchini](#)
8 zucchini halve(s)- 768 cals



[Lentils](#)
289 cals



Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/3 cup (57g)
- ☐ brown rice
1/2 cup (95g)

Beverages

- ☐ water
28 cup(s) (6596mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1 cup (286g)
- ☐ pasta sauce
1 3/4 jar (24 oz) (1163g)
- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)
- ☐ vegetable broth
1 1/2 cup(s) (mL)

Spices and Herbs

- ☐ salt
1/2 oz (14g)
- ☐ black pepper
2 g (2g)
- ☐ dill weed, fresh
2 1/2 tbsp, chopped (4g)
- ☐ red wine vinegar
5 tbsp (75mL)
- ☐ oregano, dried
1/4 tbsp, leaves (1g)
- ☐ basil, dried
1/4 tbsp, leaves (0g)

Other

- ☐ nutritional yeast
2 1/4 oz (64g)
- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ sub roll(s)
3 roll(s) (255g)
- ☐ protein bar (20g protein)
4 bar (200g)
- ☐ vegan chik'n nuggets
18 nuggets (387g)

Dairy and Egg Products

- ☐ butter
1 1/2 tbsp (21g)
- ☐ feta cheese
10 tbsp, crumbled (94g)
- ☐ goat cheese
1/2 lbs (227g)

Fats and Oils

- ☐ olive oil
2 oz (65mL)
- ☐ oil
3 tbsp (45mL)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
1 lbs (454g)
- ☐ flavored rice mix
1 pouch (~5.6 oz) (158g)

Legumes and Legume Products

- ☐ white beans, canned
3 can(s) (1317g)
- ☐ soy sauce
1/4 cup (53mL)
- ☐ peanut butter
1/2 cup (112g)
- ☐ lentils, raw
2 cup (416g)

Fruits and Fruit Juices

- ☐ fruit juice
13 1/3 fl oz (400mL)
- ☐ lime juice
1 3/4 tbsp (26mL)

Nut and Seed Products

- ☐ chia seeds
1 3/4 tsp (8g)
- ☐ sesame seeds
1 3/4 tsp (5g)

- ☐ coleslaw mix
1 3/4 cup (158g)

Vegetables and Vegetable Products

- ☐ cauliflower
4 head small (4" dia.) (1060g)
 - ☐ cucumber
6 1/2 cucumber (8-1/4") (1957g)
 - ☐ garlic
7 1/3 clove(s) (22g)
 - ☐ onion
3 2/3 medium (2-1/2" dia) (403g)
 - ☐ raw celery
4 1/3 stalk, medium (7-1/2" - 8" long) (173g)
 - ☐ carrots
8 1/2 medium (513g)
 - ☐ ketchup
1/4 cup (77g)
 - ☐ green onions
1/4 cup, sliced (28g)
 - ☐ zucchini
10 large (3270g)
 - ☐ canned crushed tomatoes
2/3 can (270g)
 - ☐ fresh spinach
1/3 cup(s) (10g)
-

Lunch 1 [↗](#)

Eat on day 1

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Bbq cauliflower wings

1070 cal ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 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.

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

protein bar (20g protein)
2 bar (100g)

For all 2 meals:

protein bar (20g protein)
4 bar (200g)

1. This recipe has no instructions.

Chik'n nuggets

9 nuggets - 496 cals ● 27g protein ● 20g fat ● 46g carbs ● 5g fiber



For single meal:

vegan chik'n nuggets

9 nuggets (194g)

ketchup

2 1/4 tbsp (38g)

For all 2 meals:

vegan chik'n nuggets

18 nuggets (387g)

ketchup

1/4 cup (77g)

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

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.
-

Lunch 4 [↗](#)

Eat on day 6, day 7

Greek cucumber & feta salad

121 cals ● 4g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

cucumber

1/2 cucumber (8-1/4") (151g)

dill weed, fresh

1/2 tbsp, chopped (1g)

black pepper

1/2 dash (0g)

feta cheese

2 tbsp, crumbled (19g)

red wine vinegar

1 tbsp (15mL)

olive oil

1 tsp (5mL)

salt

1/2 dash (0g)

For all 2 meals:

cucumber

1 cucumber (8-1/4") (301g)

dill weed, fresh

1 tbsp, chopped (2g)

black pepper

1 dash (0g)

feta cheese

4 tbsp, crumbled (38g)

red wine vinegar

2 tbsp (30mL)

olive oil

2 tsp (10mL)

salt

1 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



For single meal:

flavored rice mix

1/2 pouch (~5.6 oz) (79g)

For all 2 meals:

flavored rice mix

1 pouch (~5.6 oz) (158g)

1. Prepare according to instructions on package.

Lentil Soup

722 cals ● 35g protein ● 20g fat ● 82g carbs ● 19g fiber



For single meal:

onion, chopped

1/3 medium (2-1/2" dia) (37g)

carrots, diced

2/3 medium (41g)

raw celery, chopped

2/3 stalk, medium (7-1/2" - 8" long)
(27g)

garlic, minced

2/3 clove(s) (2g)

oregano, dried

1/3 tsp, leaves (0g)

canned crushed tomatoes

1/3 can (135g)

lentils, raw

2/3 cup (128g)

water

2 2/3 cup(s) (632mL)

fresh spinach, thinly sliced

1/6 cup(s) (5g)

salt

1/3 tsp (2g)

black pepper

1 1/3 dash, ground (0g)

olive oil

4 tsp (20mL)

basil, dried

1/3 tsp, leaves (0g)

For all 2 meals:

onion, chopped

2/3 medium (2-1/2" dia) (73g)

carrots, diced

1 1/3 medium (81g)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long)
(53g)

garlic, minced

1 1/3 clove(s) (4g)

oregano, dried

1/4 tbsp, leaves (1g)

canned crushed tomatoes

2/3 can (270g)

lentils, raw

1 1/3 cup (256g)

water

5 1/3 cup(s) (1264mL)

fresh spinach, thinly sliced

1/3 cup(s) (10g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

olive oil

2 2/3 tbsp (40mL)

basil, dried

1/4 tbsp, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
 2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.
-

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttery brown rice

250 cal ● 4g protein ● 10g fat ● 35g carbs ● 2g fiber



For single meal:

butter
3/4 tbsp (11g)
brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

For all 2 meals:

butter
1 1/2 tbsp (21g)
brown rice
1/2 cup (95g)
salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Greek cucumber & feta salad

182 cal ● 6g protein ● 13g fat ● 9g carbs ● 1g fiber



For single meal:

cucumber
3/4 cucumber (8-1/4") (226g)
dill weed, fresh
3/4 tbsp, chopped (1g)
black pepper
3/4 dash (0g)
feta cheese
3 tbsp, crumbled (28g)
red wine vinegar
1 1/2 tbsp (23mL)
olive oil
1/2 tbsp (8mL)
salt
3/4 dash (0g)

For all 2 meals:

cucumber
1 1/2 cucumber (8-1/4") (452g)
dill weed, fresh
1 1/2 tbsp, chopped (2g)
black pepper
1 1/2 dash (0g)
feta cheese
6 tbsp, crumbled (56g)
red wine vinegar
3 tbsp (45mL)
olive oil
1 tbsp (15mL)
salt
1 1/2 dash (1g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Cheese ravioli

544 cal ● 22g protein ● 14g fat ● 75g carbs ● 8g fiber



For single meal:

pasta sauce
1/3 jar (24 oz) (224g)
frozen cheese ravioli
1/2 lbs (227g)

For all 2 meals:

pasta sauce
2/3 jar (24 oz) (448g)
frozen cheese ravioli
16 oz (454g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Dinner 2 [↗](#)

Eat on day 3, day 4

White bean cassoulet

1155 cals ● 53g protein ● 24g fat ● 140g carbs ● 42g fiber



For single meal:

garlic, minced
3 clove(s) (9g)
oil
1 1/2 tbsp (23mL)
vegetable broth
3/4 cup(s) (mL)
white beans, canned, drained & rinsed
1 1/2 can(s) (659g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
raw celery, thinly sliced
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
carrots, peeled & slices
3 large (216g)

For all 2 meals:

garlic, minced
6 clove(s) (18g)
oil
3 tbsp (45mL)
vegetable broth
1 1/2 cup(s) (mL)
white beans, canned, drained & rinsed
3 can(s) (1317g)
onion, diced
3 medium (2-1/2" dia) (330g)
raw celery, thinly sliced
3 stalk, medium (7-1/2" - 8" long) (120g)
carrots, peeled & slices
6 large (432g)

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 3 [↗](#)

Eat on day 5

Fruit juice

1 2/3 cup(s) - 191 cal ● 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.

Sesame peanut zoodles

1029 cal ● 44g protein ● 65g fat ● 46g carbs ● 22g fiber



chia seeds

1 3/4 tsp (8g)

lime juice

1 3/4 tbsp (26mL)

green onions

1/4 cup, sliced (28g)

sesame seeds

1 3/4 tsp (5g)

soy sauce

1/4 cup (53mL)

peanut butter

1/2 cup (112g)

coleslaw mix

1 3/4 cup (158g)

zucchini, spiralized

3 1/2 medium (686g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
 2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
 3. Pour peanut butter mixture over zoodles and mix well.
 4. Top with green onions, sesame seeds, and chia seeds (optional).
 5. Serve.
-

Dinner 4 [↗](#)

Eat on day 6, day 7

Goat cheese and marinara stuffed zucchini

8 zucchini halve(s) - 768 cal ● 42g protein ● 40g fat ● 42g carbs ● 18g fiber



For single meal:

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

For all 2 meals:

zucchini
8 large (2584g)
pasta sauce
2 cup (520g)
goat cheese
1/2 lbs (227g)

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

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



For single meal:

salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

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.