

Meal Plan - 2800 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

2765 cals ● 189g protein (27%) ● 108g fat (35%) ● 229g carbs (33%) ● 29g fiber (4%)

Lunch

1330 cals, 90g protein, 139g net carbs, 40g fat



[Teriyaki seitan with veggies and rice](#)
1015 cals



[Cranberry spinach salad](#)
316 cals

Protein Supplement(s)

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



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

Dinner

1160 cals, 39g protein, 88g net carbs, 68g fat



[Buttery white rice](#)
405 cals



[Tofu palak curry](#)
757 cals

Day 2

2760 cals ● 226g protein (33%) ● 100g fat (33%) ● 210g carbs (30%) ● 29g fiber (4%)

Lunch

1325 cals, 126g protein, 120g net carbs, 31g fat



[Teriyaki seitan wings](#)
12 oz seitan- 892 cals



[Lentils](#)
434 cals

Protein Supplement(s)

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



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

Dinner

1160 cals, 39g protein, 88g net carbs, 68g fat



[Buttery white rice](#)
405 cals



[Tofu palak curry](#)
757 cals

Day 3

2773 cals ● 195g protein (28%) ● 132g fat (43%) ● 157g carbs (23%) ● 46g fiber (7%)

Lunch

1245 cals, 41g protein, 75g net carbs, 75g fat



Raspberries
1 cup(s)- 72 cals



Lentil kale salad
779 cals



Walnuts
1/2 cup(s)- 393 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1255 cals, 93g protein, 80g net carbs, 55g fat



Simple kale & avocado salad
288 cals



White rice
165 cals



Vegan sausage
3 sausage(s)- 804 cals

Day 4

2773 cals ● 195g protein (28%) ● 132g fat (43%) ● 157g carbs (23%) ● 46g fiber (7%)

Lunch

1245 cals, 41g protein, 75g net carbs, 75g fat



Raspberries
1 cup(s)- 72 cals



Lentil kale salad
779 cals



Walnuts
1/2 cup(s)- 393 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1255 cals, 93g protein, 80g net carbs, 55g fat



Simple kale & avocado salad
288 cals



White rice
165 cals



Vegan sausage
3 sausage(s)- 804 cals

Day 5

2788 cals ● 192g protein (28%) ● 90g fat (29%) ● 211g carbs (30%) ● 90g fiber (13%)

Lunch

1230 cals, 58g protein, 105g net carbs, 42g fat



Roasted almonds
1/3 cup(s)- 296 cals



Easy chickpea salad
934 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1285 cals, 74g protein, 104g net carbs, 47g fat



Chickpea & kale soup
955 cals



String cheese
4 stick(s)- 331 cals

Day 6

2768 cal ● 199g protein (29%) ● 93g fat (30%) ● 242g carbs (35%) ● 43g fiber (6%)

Lunch

1210 cal, 64g protein, 135g net carbs, 44g fat



White rice
220 cal



Cranberry spinach salad
190 cal



Crispy chik'n tenders
14 tender(s)- 800 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Dinner

1285 cal, 74g protein, 104g net carbs, 47g fat



Chickpea & kale soup
955 cal



String cheese
4 stick(s)- 331 cal

Day 7

2764 cal ● 181g protein (26%) ● 87g fat (28%) ● 257g carbs (37%) ● 56g fiber (8%)

Lunch

1210 cal, 64g protein, 135g net carbs, 44g fat



White rice
220 cal



Cranberry spinach salad
190 cal



Crispy chik'n tenders
14 tender(s)- 800 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Dinner

1280 cal, 56g protein, 120g net carbs, 42g fat



Tomato and avocado salad
117 cal



Lentils
231 cal



Spanish chickpeas
933 cal

Cereal Grains and Pasta

- seitan
1 1/3 lbs (595g)
- long-grain white rice
2 1/2 cup (439g)

Fats and Oils

- oil
1/3 lbs (158mL)
- raspberry walnut vinaigrette
5 tbsp (74mL)
- olive oil
3/8 tsp (2mL)

Other

- teriyaki sauce
6 1/3 oz (150mL)
- vegan sausage
6 sausage (600g)
- meatless chik'n tenders
28 pieces (714g)

Vegetables and Vegetable Products

- frozen mixed veggies
3/4 package (10 oz ea) (216g)
- fresh spinach
2 1/4 10oz package (638g)
- tomato paste
1/3 cup (88g)
- garlic
14 clove(s) (42g)
- jalapeno pepper
3 pepper (42g)
- fresh ginger
3 1 inch cube (15g)
- onion
4 medium (2-1/2" dia) (430g)
- kale leaves
1 1/2 lbs (733g)
- fresh parsley
6 sprigs (6g)
- tomatoes
2 2/3 medium whole (2-3/5" dia) (329g)
- ketchup
1/2 cup (119g)
- bell pepper
1 1/4 large (205g)

Nut and Seed Products

- walnuts
1/3 lbs (14 halves) (148g)
- coconut milk, canned
1 cup (240mL)
- almonds
2 1/2 oz (23 whole kernels) (75g)

Dairy and Egg Products

- romano cheese
1 tbsp (6g)
- butter
2 1/2 tbsp (36g)
- string cheese
8 stick (224g)

Spices and Herbs

- black pepper
1/2 tbsp, ground (3g)
- salt
3/4 tbsp (14g)
- curry powder
2 tbsp (12g)
- ground cumin
11 3/4 g (12g)
- crushed red pepper
2 tsp (4g)
- balsamic vinegar
2 tbsp (30mL)
- garlic powder
1 dash (0g)
- paprika
2 1/2 tsp (6g)

Beverages

- water
31 1/3 cup(s) (7425mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Legumes and Legume Products

- firm tofu
1 1/3 lbs (595g)
- lentils, raw
2 cup (376g)
- chickpeas, canned
6 3/4 can (3024g)

Fruits and Fruit Juices

- dried cranberries
5 tbsp (49g)
 - lemon juice
1/2 cup (105mL)
 - raspberries
2 cup (246g)
 - lemon
1 1/4 small (73g)
 - avocados
1 1/2 avocado(s) (302g)
 - lime juice
1/2 tbsp (8mL)
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Soups, Sauces, and Gravies

- vegetable broth
14 cup(s) (mL)
- apple cider vinegar
2 tbsp (2mL)

Lunch 1 [↗](#)

Eat on day 1

Teriyaki seitan with veggies and rice

1015 cals ● 84g protein ● 19g fat ● 116g carbs ● 11g fiber



seitan, cut into strips

1/2 lbs (255g)

oil

3/4 tbsp (11mL)

teriyaki sauce

4 tbsp (60mL)

frozen mixed veggies

3/4 package (10 oz ea) (216g)

long-grain white rice

6 tbsp (69g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Cranberry spinach salad

316 cals ● 6g protein ● 21g fat ● 23g carbs ● 4g fiber



dried cranberries

2 1/4 tbsp (22g)

walnuts

2 1/4 tbsp, chopped (16g)

fresh spinach

3/8 6oz package (71g)

raspberry walnut vinaigrette

2 1/4 tbsp (33mL)

romano cheese, finely shredded

1 1/4 tsp (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.

Lunch 2 [↗](#)

Eat on day 2

Teriyaki seitan wings

12 oz seitan - 892 cals ● 97g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 12 oz seitan

teriyaki sauce

6 tbsp (90mL)

oil

1 1/2 tbsp (23mL)

seitan

3/4 lbs (340g)

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

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



salt

1 1/4 dash (1g)

water

2 1/2 cup(s) (593mL)

lentils, raw, rinsed

10 tbsp (120g)

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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Lunch 3 [↗](#)

Eat on day 3, day 4

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Lentil kale salad

779 cal ● 31g protein ● 37g fat ● 65g carbs ● 15g fiber



For single meal:

ground cumin
1 tsp (2g)
water
2 cup(s) (474mL)
crushed red pepper
1 tsp (2g)
garlic, diced
2 clove(s) (6g)
lemon juice
2 tbsp (30mL)
almonds
2 tbsp, slivered (14g)
oil
2 tbsp (30mL)
kale leaves
3 cup, chopped (120g)
lentils, raw
1/2 cup (96g)

For all 2 meals:

ground cumin
2 tsp (4g)
water
4 cup(s) (948mL)
crushed red pepper
2 tsp (4g)
garlic, diced
4 clove(s) (12g)
lemon juice
4 tbsp (60mL)
almonds
4 tbsp, slivered (27g)
oil
4 tbsp (60mL)
kale leaves
6 cup, chopped (240g)
lentils, raw
1 cup (192g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Walnuts

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



For single meal:

walnuts

1/2 cup shelled (50 halves) (56g)

For all 2 meals:

walnuts

1 cup shelled (50 halves) (113g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Easy chickpea salad

934 cal ● 48g protein ● 18g fat ● 100g carbs ● 44g fiber



fresh parsley, chopped

6 sprigs (6g)

apple cider vinegar

2 tbsp (2mL)

balsamic vinegar

2 tbsp (30mL)

tomatoes, halved

2 cup cherry tomatoes (298g)

onion, thinly sliced

1 small (70g)

chickpeas, canned, drained and rinsed

2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!
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Lunch 5 [↗](#)

Eat on day 6, day 7

White rice

220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)
black pepper
2 dash, ground (1g)

For all 2 meals:

salt
1/4 tbsp (4g)
water
1 1/3 cup(s) (316mL)
long-grain white rice
2/3 cup (123g)
black pepper
4 dash, ground (1g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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.

Cranberry spinach salad

190 cals ● 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.

Crispy chik'n tenders

14 tender(s) - 800 cals ● 57g protein ● 32g fat ● 72g carbs ● 0g fiber



For single meal:

ketchup
1/4 cup (60g)
meatless chik'n tenders
14 pieces (357g)

For all 2 meals:

ketchup
1/2 cup (119g)
meatless chik'n tenders
28 pieces (714g)

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

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttery white rice

405 cal ● 6g protein ● 15g fat ● 61g carbs ● 1g fiber



For single meal:

black pepper
1/4 tsp, ground (0g)
butter
1 1/4 tbsp (18g)
salt
1/2 tsp (3g)
water
5/6 cup(s) (198mL)
long-grain white rice
6 2/3 tbsp (77g)

For all 2 meals:

black pepper
1/2 tsp, ground (1g)
butter
2 1/2 tbsp (36g)
salt
1 tsp (5g)
water
1 2/3 cup(s) (395mL)
long-grain white rice
13 1/3 tbsp (154g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Tofu palak curry

757 cal ● 34g protein ● 53g fat ● 27g carbs ● 11g fiber



For single meal:

lemon juice
1 1/2 tbsp (23mL)
water
3/8 cup(s) (89mL)
oil
1 tbsp (15mL)
fresh spinach
6 oz (170g)
coconut milk, canned
1/2 cup (120mL)
tomato paste
1 1/2 tbsp (24g)
garlic, minced
1 1/2 clove(s) (5g)
jalapeno pepper, deseeded & chopped
1 1/2 pepper (21g)
fresh ginger, minced
1 1/2 1 inch cube (8g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
curry powder
1 tbsp (6g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

lemon juice
3 tbsp (45mL)
water
3/4 cup(s) (178mL)
oil
2 tbsp (30mL)
fresh spinach
3/4 lbs (340g)
coconut milk, canned
1 cup (240mL)
tomato paste
3 tbsp (48g)
garlic, minced
3 clove(s) (9g)
jalapeno pepper, deseeded & chopped
3 pepper (42g)
fresh ginger, minced
3 1 inch cube (15g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
curry powder
2 tbsp (12g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Preheat oven to 425°F (220°C).
 2. On a baking sheet, add tofu, just half of the curry powder, just half of the oil, and some salt and pepper. Toss until evenly coated. Bake 15-20 minutes until golden. Transfer to a plate and set aside.
 3. Heat remaining half of the oil in a saucepan over medium heat. Add the onion, ginger, jalapeno, and garlic and cook until softened, 3-5 minutes.
 4. Stir in tomato paste and the remaining half of the curry powder. Cook until fragrant, about 1 minute.
 5. To the saucepan add the coconut milk, water, and some salt and pepper. Bring to a boil. Add in spinach and stir. Reduce heat to low and cover. Cook until spinach wilts, about 3-5 minutes.
 6. Transfer palak sauce to a blender. Add lemon juice and some salt and pulse until partially smooth, about 3-5 pulses.
 7. Serve tofu with palak sauce.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Simple kale & avocado salad

288 cal ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped
5/8 bunch (106g)
lemon, juiced
5/8 small (36g)
avocados, chopped
5/8 avocado(s) (126g)

For all 2 meals:

kale leaves, chopped
1 1/4 bunch (213g)
lemon, juiced
1 1/4 small (73g)
avocados, chopped
1 1/4 avocado(s) (251g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

White rice

165 cal ● 3g protein ● 0g fat ● 37g carbs ● 1g fiber



For single meal:

salt
2 dash (2g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)
black pepper
1 1/2 dash, ground (0g)

For all 2 meals:

salt
4 dash (3g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)
black pepper
3 dash, ground (1g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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.

Vegan sausage

3 sausage(s) - 804 cal ● 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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Chickpea & kale soup

955 cal ● 47g protein ● 25g fat ● 98g carbs ● 37g fiber



For single meal:

oil
1 3/4 tsp (9mL)
garlic, minced
3 1/2 clove(s) (11g)
vegetable broth
7 cup(s) (mL)
kale leaves, chopped
3 1/2 cup, chopped (140g)
chickpeas, canned, drained
1 3/4 can (784g)

For all 2 meals:

oil
3 1/2 tsp (18mL)
garlic, minced
7 clove(s) (21g)
vegetable broth
14 cup(s) (mL)
kale leaves, chopped
7 cup, chopped (280g)
chickpeas, canned, drained
3 1/2 can (1568g)

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.

String cheese

4 stick(s) - 331 cal ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

string cheese
4 stick (112g)

For all 2 meals:

string cheese
8 stick (224g)

1. This recipe has no instructions.
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Dinner 4 [↗](#)

Eat on day 7

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber

**onion**

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 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.

Lentils

231 cal ● 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.

Spanish chickpeas

933 cal ● 39g protein ● 32g fat ● 83g carbs ● 39g fiber

**ground cumin**

1 1/4 tbsp (8g)

paprika

2 1/2 tsp (6g)

oil

1 1/4 tbsp (19mL)

water

1 1/4 cup(s) (296mL)

fresh spinach

5 oz (142g)

chickpeas, canned, drained & rinsed

1 1/4 can (560g)

tomato paste

2 1/2 tbsp (40g)

bell pepper, deseeded & sliced

1 1/4 large (205g)

onion, sliced

1 1/4 large (188g)

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.

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.