

Meal Plan - 2900 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 2868 cals ● 183g protein (26%) ● 103g fat (32%) ● 226g carbs (31%) ● 77g fiber (11%)

Lunch

1420 cals, 45g protein, 145g net carbs, 60g fat



[Tomato and avocado salad](#)
469 cals



[Cheese ravioli](#)
953 cals

Protein Supplement(s)

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



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

Dinner

1175 cals, 78g protein, 79g net carbs, 41g fat



[Basic tempeh](#)
8 oz- 590 cals



[Easy chickpea salad](#)
584 cals

Day 2 2868 cals ● 183g protein (26%) ● 103g fat (32%) ● 226g carbs (31%) ● 77g fiber (11%)

Lunch

1420 cals, 45g protein, 145g net carbs, 60g fat



[Tomato and avocado salad](#)
469 cals



[Cheese ravioli](#)
953 cals

Protein Supplement(s)

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



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

Dinner

1175 cals, 78g protein, 79g net carbs, 41g fat



[Basic tempeh](#)
8 oz- 590 cals



[Easy chickpea salad](#)
584 cals

Day 3

2903 cals ● 216g protein (30%) ● 112g fat (35%) ● 199g carbs (27%) ● 59g fiber (8%)

Lunch

1275 cals, 82g protein, 58g net carbs, 66g fat



Peanut tempeh

8 oz tempeh- 868 cals



Buttered broccoli

1 3/4 cup(s)- 234 cals



Lentils

174 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1355 cals, 73g protein, 139g net carbs, 45g fat



Cherry tomatoes

3 cherry tomatoes- 11 cals



Avocado

176 cals



Vegan meatball sub

2 1/2 sub(s)- 1170 cals

Day 4

2872 cals ● 193g protein (27%) ● 71g fat (22%) ● 314g carbs (44%) ● 51g fiber (7%)

Lunch

1290 cals, 55g protein, 169g net carbs, 28g fat



Moroccan chickpea wrap

2 wrap(s)- 938 cals



Banana

3 banana(s)- 350 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1310 cals, 78g protein, 142g net carbs, 42g fat



Seitan Philly cheesesteak

2 sub(s)- 1141 cals



Orange

2 orange(s)- 170 cals

Day 5

2927 cals ● 198g protein (27%) ● 163g fat (50%) ● 106g carbs (14%) ● 61g fiber (8%)

Lunch

1300 cals, 51g protein, 59g net carbs, 86g fat



Avocado egg salad sandwich

1 sandwich(es)- 562 cals



Orange

1 orange(s)- 85 cals



Mixed nuts

3/4 cup(s)- 653 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1355 cals, 86g protein, 44g net carbs, 76g fat



Crack slaw with tempeh

1054 cals



Sunflower seeds

301 cals

Day 6

2927 cal ● 198g protein (27%) ● 163g fat (50%) ● 106g carbs (14%) ● 61g fiber (8%)

Lunch

1300 cal, 51g protein, 59g net carbs, 86g fat



Avocado egg salad sandwich

1 sandwich(es)- 562 cal



Orange

1 orange(s)- 85 cal



Mixed nuts

3/4 cup(s)- 653 cal

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

Dinner

1355 cal, 86g protein, 44g net carbs, 76g fat



Crack slaw with tempeh

1054 cal



Sunflower seeds

301 cal

Day 7

2851 cal ● 185g protein (26%) ● 89g fat (28%) ● 255g carbs (36%) ● 73g fiber (10%)

Lunch

1340 cal, 56g protein, 81g net carbs, 79g fat



Roasted almonds

3/8 cup(s)- 370 cal



Grilled cheese with mushrooms

970 cal

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

Dinner

1240 cal, 69g protein, 172g net carbs, 9g fat



Lentil pasta

1010 cal



Fruit juice

2 cup(s)- 229 cal

Vegetables and Vegetable Products

- onion
2 medium (2-1/2" dia) (220g)
- tomatoes
6 1/3 medium whole (2-3/5" dia) (781g)
- fresh parsley
17 1/2 sprigs (18g)
- frozen broccoli
1 3/4 cup (159g)
- bell pepper
2 small (148g)
- garlic
5 clove (15g)
- mushrooms
1 1/2 cup, chopped (105g)

Fruits and Fruit Juices

- lime juice
4 tbsp (60mL)
- avocados
3 1/2 avocado(s) (704g)
- lemon juice
1/2 fl oz (17mL)
- orange
4 orange (616g)
- banana
3 medium (7" to 7-7/8" long) (354g)
- fruit juice
16 fl oz (480mL)

Fats and Oils

- olive oil
2 1/2 tbsp (38mL)
- oil
1/4 lbs (111mL)

Spices and Herbs

- garlic powder
2 tsp (6g)
- salt
1/4 oz (7g)
- black pepper
2 1/4 g (2g)
- balsamic vinegar
2 1/2 tbsp (38mL)
- ground ginger
2 dash (1g)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli
1 3/4 lbs (794g)

Legumes and Legume Products

- tempeh
2 3/4 lbs (1247g)
- chickpeas, canned
3 1/2 can (1568g)
- soy sauce
2 tsp (10mL)
- peanut butter
4 tbsp (65g)
- lentils, raw
4 tbsp (48g)

Beverages

- water
18 1/2 cup(s) (4385mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Other

- nutritional yeast
1/4 oz (7g)
- sub roll(s)
4 1/2 roll(s) (383g)
- vegan meatballs, frozen
10 meatball(s) (300g)
- coleslaw mix
10 cup (900g)
- lentil pasta
1/2 lbs (227g)

Dairy and Egg Products

- butter
1 3/4 tbsp (25g)
- cheese
2 slice (1 oz each) (56g)
- nonfat greek yogurt, plain
2/3 cup (186g)
- eggs
6 large (300g)
- sliced cheese
3 slice (3/4 oz) (63g)

Cereal Grains and Pasta

- cinnamon
2 dash (1g)
- ground cumin
1 tsp (2g)
- thyme, dried
1 tbsp, ground (4g)

Soups, Sauces, and Gravies

- pasta sauce
2 jar (24 oz) (1283g)
- apple cider vinegar
2 1/2 tbsp (2mL)
- hot sauce
5 tsp (25mL)

- seitan
6 oz (170g)

Baked Products

- flour tortillas
2 tortilla (approx 7-8" dia) (98g)
- bread
2/3 lbs (320g)

Nut and Seed Products

- sunflower kernels
1/3 lbs (154g)
 - mixed nuts
1 1/2 cup (201g)
 - almonds
6 3/4 tbsp, whole (60g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)

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.

Cheese ravioli

953 cals ● 39g protein ● 24g fat ● 131g carbs ● 15g fiber



For single meal:

pasta sauce
5/8 jar (24 oz) (392g)
frozen cheese ravioli
14 oz (397g)

For all 2 meals:

pasta sauce
1 1/6 jar (24 oz) (784g)
frozen cheese ravioli
1 3/4 lbs (794g)

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

Lunch 2 [↗](#)

Eat on day 3

Peanut tempeh

8 oz tempeh - 868 cal ● 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.

Buttered broccoli

1 3/4 cup(s) - 234 cal ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



Makes 1 3/4 cup(s)

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

1 3/4 cup (159g)

butter

1 3/4 tbsp (25g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Lunch 3 [↗](#)

Eat on day 4

Moroccan chickpea wrap

2 wrap(s) - 938 cals ● 51g protein ● 27g fat ● 98g carbs ● 26g fiber



Makes 2 wrap(s)

oil
2 tsp (10mL)
ground ginger
2 dash (1g)
cinnamon
2 dash (1g)
fresh parsley
10 sprigs (10g)
ground cumin
1 tsp (2g)
nonfat greek yogurt, plain
2/3 cup (186g)
onion, sliced
1/4 small (18g)
bell pepper, deseeded, sliced
1 small (74g)
chickpeas, canned, drained
1 can (448g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber

Makes 3 banana(s)

banana
3 medium (7" to 7-7/8" long) (354g)



1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

eggs, hard-boiled and chilled

3 large (150g)

For all 2 meals:

tomatoes, halved

3/4 cup cherry tomatoes (112g)

garlic powder

1 tsp (3g)

avocados

1 avocado(s) (201g)

bread

4 slice (128g)

eggs, hard-boiled and chilled

6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. This recipe has no instructions.

Mixed nuts

3/4 cup(s) - 653 cals ● 20g protein ● 54g fat ● 14g carbs ● 7g fiber



For single meal:

mixed nuts
3/4 cup (101g)

For all 2 meals:

mixed nuts
1 1/2 cup (201g)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Roasted almonds

3/8 cup(s) - 370 cal ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds
6 2/3 tbsp, whole (60g)

1. This recipe has no instructions.

Grilled cheese with mushrooms

970 cal ● 43g protein ● 49g fat ● 75g carbs ● 14g fiber



mushrooms
1 1/2 cup, chopped (105g)
olive oil
1 1/2 tbsp (23mL)
thyme, dried
1 tbsp, ground (4g)
bread
6 slice(s) (192g)
sliced cheese
3 slice (3/4 oz) (63g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Dinner 1 [↗](#)

Eat on day 1, day 2

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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.
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Easy chickpea salad

584 cals ● 30g protein ● 11g fat ● 63g carbs ● 28g fiber



For single meal:

fresh parsley, chopped
3 3/4 sprigs (4g)
apple cider vinegar
1 1/4 tbsp (1mL)
balsamic vinegar
1 1/4 tbsp (19mL)
tomatoes, halved
1 1/4 cup cherry tomatoes (186g)
onion, thinly sliced
5/8 small (44g)
chickpeas, canned, drained and rinsed
1 1/4 can (560g)

For all 2 meals:

fresh parsley, chopped
7 1/2 sprigs (8g)
apple cider vinegar
2 1/2 tbsp (2mL)
balsamic vinegar
2 1/2 tbsp (38mL)
tomatoes, halved
2 1/2 cup cherry tomatoes (373g)
onion, thinly sliced
1 1/4 small (88g)
chickpeas, canned, drained and rinsed
2 1/2 can (1120g)

1. Add all ingredients to a bowl and toss. Serve!
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Dinner 2 [↗](#)

Eat on day 3

Cherry tomatoes

3 cherry tomatoes - 11 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



Makes 3 cherry tomatoes

tomatoes

3 cherry tomatoes (51g)

1. Rinse tomatoes, remove any stems, and serve.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Vegan meatball sub

2 1/2 sub(s) - 1170 cal ● 70g protein ● 30g fat ● 135g carbs ● 20g fiber



Makes 2 1/2 sub(s)

sub roll(s)

2 1/2 roll(s) (213g)

nutritional yeast

2 1/2 tsp (3g)

pasta sauce

10 tbsp (163g)

vegan meatballs, frozen

10 meatball(s) (300g)

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.
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Dinner 3 [↗](#)

Eat on day 4

Seitan Philly cheesesteak

2 sub(s) - 1141 cal ● 75g protein ● 41g fat ● 110g carbs ● 7g fiber



Makes 2 sub(s)

cheese

2 slice (1 oz each) (56g)

seitan, cut into strips

6 oz (170g)

bell pepper, sliced

1 small (74g)

onion, chopped

1/2 medium (2-1/2" dia) (55g)

oil

1 tbsp (15mL)

sub roll(s)

2 roll(s) (170g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Orange

2 orange(s) - 170 cal ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange

2 orange (308g)

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

Eat on day 5, day 6

Crack slaw with tempeh

1054 cals ● 72g protein ● 53g fat ● 40g carbs ● 33g fiber



For single meal:

tempeh, cubed
10 oz (284g)
coleslaw mix
5 cup (450g)
hot sauce
2 1/2 tsp (13mL)
sunflower kernels
2 1/2 tbsp (30g)
oil
5 tsp (25mL)
garlic, minced
2 1/2 clove (8g)

For all 2 meals:

tempeh, cubed
1 1/4 lbs (567g)
coleslaw mix
10 cup (900g)
hot sauce
5 tsp (25mL)
sunflower kernels
5 tbsp (60g)
oil
3 1/3 tbsp (50mL)
garlic, minced
5 clove (15g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels
1 2/3 oz (47g)

For all 2 meals:

sunflower kernels
1/4 lbs (94g)

1. This recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 7

Lentil pasta

1010 cals ● 65g protein ● 8g fat ● 122g carbs ● 48g fiber



pasta sauce

1/2 jar (24 oz) (336g)

lentil pasta

1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Makes 2 cup(s)

fruit juice

16 fl oz (480mL)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 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.
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