

Meal Plan - 3000 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

2984 cals ● 199g protein (27%) ● 158g fat (48%) ● 122g carbs (16%) ● 70g fiber (9%)

Lunch

1130 cals, 31g protein, 39g net carbs, 78g fat



[Chickpea & kale soup](#)
273 cals



[Avocado](#)
527 cals



[Roasted almonds](#)
3/8 cup(s)- 333 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Dinner

1525 cals, 95g protein, 81g net carbs, 78g fat



[Nectarine](#)
2 nectarine(s)- 140 cals



[Seitan salad](#)
1078 cals



[Roasted peanuts](#)
1/3 cup(s)- 307 cals

Day 2

2984 cals ● 199g protein (27%) ● 158g fat (48%) ● 122g carbs (16%) ● 70g fiber (9%)

Lunch

1130 cals, 31g protein, 39g net carbs, 78g fat



[Chickpea & kale soup](#)
273 cals



[Avocado](#)
527 cals



[Roasted almonds](#)
3/8 cup(s)- 333 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Dinner

1525 cals, 95g protein, 81g net carbs, 78g fat



[Nectarine](#)
2 nectarine(s)- 140 cals



[Seitan salad](#)
1078 cals



[Roasted peanuts](#)
1/3 cup(s)- 307 cals

Day 3

2964 cals ● 196g protein (26%) ● 85g fat (26%) ● 297g carbs (40%) ● 56g fiber (8%)

Lunch

1290 cals, 58g protein, 89g net carbs, 68g fat



[Buttery white rice](#)

405 cals



[Buttered green beans](#)

293 cals



[Basic tempeh](#)

8 oz- 590 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Dinner

1350 cals, 65g protein, 206g net carbs, 16g fat



[Naan bread](#)

2 1/2 piece(s)- 655 cals



[Lentil and veggie soup](#)

694 cals

Day 4

2964 cals ● 196g protein (26%) ● 85g fat (26%) ● 297g carbs (40%) ● 56g fiber (8%)

Lunch

1290 cals, 58g protein, 89g net carbs, 68g fat



[Buttery white rice](#)

405 cals



[Buttered green beans](#)

293 cals



[Basic tempeh](#)

8 oz- 590 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Dinner

1350 cals, 65g protein, 206g net carbs, 16g fat



[Naan bread](#)

2 1/2 piece(s)- 655 cals



[Lentil and veggie soup](#)

694 cals

Day 5

2956 cals ● 196g protein (26%) ● 85g fat (26%) ● 296g carbs (40%) ● 55g fiber (7%)

Lunch

1275 cals, 57g protein, 140g net carbs, 46g fat



[Simple mozzarella and tomato salad](#)

322 cals



[Cheese ravioli](#)

953 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Dinner

1355 cals, 66g protein, 153g net carbs, 38g fat



[Lentil Soup](#)


1354 cals

Day 6

2878 calsgreen192g protein (27%)orange120g fat (37%)blue205g carbs (29%)grey53g fiber (7%)


Lunch

1175 calsgreen50g protein, 174g net carbs, 17g fat




Olive oil drizzled green beans

145 calsgreen



Brown rice

1 cup brown rice, cooked- 229 calsgreen




Bbq cauliflower wings

803 calsgreen

Dinner

1375 calsgreen69g protein, 28g net carbs, 102g fat




Low carb asian tofu bowl

1375 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake


3 scoop- 327 calsgreen

Day 7

2878 calsgreen192g protein (27%)orange120g fat (37%)blue205g carbs (29%)grey53g fiber (7%)


Lunch

1175 calsgreen50g protein, 174g net carbs, 17g fat




Olive oil drizzled green beans

145 calsgreen



Brown rice

1 cup brown rice, cooked- 229 calsgreen




Bbq cauliflower wings

803 calsgreen

Dinner

1375 calsgreen69g protein, 28g net carbs, 102g fat




Low carb asian tofu bowl

1375 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 calsgreen

Fats and Oils

- ☐ oil
1/2 lbs (230mL)
- ☐ salad dressing
6 tbsp (90mL)
- ☐ olive oil
2 oz (58mL)
- ☐ balsamic vinaigrette
4 tsp (19mL)

Vegetables and Vegetable Products

- ☐ garlic
12 3/4 clove(s) (38g)
- ☐ kale leaves
4 1/2 cup, chopped (180g)
- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (794g)
- ☐ fresh spinach
12 1/3 cup(s) (369g)
- ☐ frozen green beans
6 2/3 cup (806g)
- ☐ frozen mixed veggies
3 3/4 cup (506g)
- ☐ onion
5/8 medium (2-1/2" dia) (69g)
- ☐ carrots
1 1/4 medium (76g)
- ☐ raw celery
1 1/4 stalk, medium (7-1/2" - 8" long) (50g)
- ☐ canned crushed tomatoes
5/8 can (253g)
- ☐ cauliflower
6 head small (4" dia.) (1590g)
- ☐ fresh ginger
2 1/3 tbsp (14g)
- ☐ broccoli
3 1/2 cup chopped (319g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
9 cup(s) (mL)
- ☐ pasta sauce
5/8 jar (24 oz) (392g)
- ☐ barbecue sauce
1 1/2 cup (429g)

Legumes and Legume Products

Fruits and Fruit Juices

- ☐ avocados
4 1/2 avocado(s) (905g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)

Nut and Seed Products

- ☐ almonds
3/4 cup, whole (107g)
- ☐ sesame seeds
2 1/3 tbsp (21g)

Other

- ☐ nutritional yeast
1/4 lbs (107g)
- ☐ frozen riced cauliflower
5 1/4 cup, prepared (893g)

Cereal Grains and Pasta

- ☐ seitan
18 oz (510g)
- ☐ long-grain white rice
13 1/4 tbsp (154g)
- ☐ brown rice
2/3 cup (127g)

Beverages

- ☐ water
29 cup(s) (6945mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Spices and Herbs

- ☐ black pepper
3 1/2 g (3g)
- ☐ salt
2/3 oz (23g)
- ☐ oregano, dried
5 dash, leaves (1g)
- ☐ basil, dried
5 dash, leaves (0g)
- ☐ fresh basil
4 tsp, chopped (4g)

- ☐ chickpeas, canned
1 can (448g)
 - ☐ roasted peanuts
2/3 cup (97g)
 - ☐ tempeh
1 lbs (454g)
 - ☐ lentils, raw
2 1/2 cup (480g)
 - ☐ soy sauce
14 tbsp (210mL)
 - ☐ firm tofu
35 oz (992g)
-

Dairy and Egg Products

- ☐ butter
3/4 stick (90g)
- ☐ fresh mozzarella cheese
2 2/3 oz (76g)

Baked Products

- ☐ naan bread
5 piece (450g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
14 oz (397g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

oil
1/2 tsp (3mL)
garlic, minced
1 clove(s) (3g)
vegetable broth
2 cup(s) (mL)
kale leaves, chopped
1 cup, chopped (40g)
chickpeas, canned, drained
1/2 can (224g)

For all 2 meals:

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.

Avocado

527 cals ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



For single meal:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

For all 2 meals:

avocados
3 avocado(s) (603g)
lemon juice
1 tbsp (15mL)

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

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

almonds

6 tbsp, whole (54g)

For all 2 meals:

almonds

3/4 cup, whole (107g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Buttery white rice

405 cals ● 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) (200mL)

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) (399mL)

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.

Buttered green beans

293 cals ● 5g protein ● 23g fat ● 12g carbs ● 6g fiber



For single meal:

frozen green beans
2 cup (242g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
butter
2 tbsp (27g)

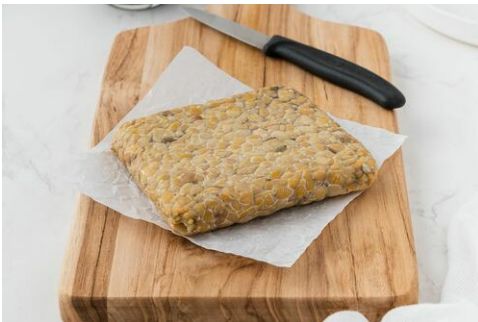
For all 2 meals:

frozen green beans
4 cup (484g)
salt
3 dash (1g)
black pepper
3 dash (0g)
butter
4 tbsp (54g)

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

Basic tempeh

8 oz - 590 cal ● 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.

Lunch 3 [🔗](#)

Eat on day 5

Simple mozzarella and tomato salad

322 cal ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



tomatoes, sliced
1 large whole (3" dia) (182g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
balsamic vinaigrette
4 tsp (20mL)
fresh basil
4 tsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Cheese ravioli

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



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

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

Lunch 4 [🔗](#)

Eat on day 6, day 7

Olive oil drizzled green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen green beans
2 2/3 cup (323g)
olive oil
4 tsp (20mL)

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

Brown rice

1 cup brown rice, cooked - 229 cals ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



For single meal:

brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (160mL)
black pepper
2 dash, ground (1g)

For all 2 meals:

brown rice
2/3 cup (127g)
salt
4 dash (3g)
water
1 1/3 cup(s) (319mL)
black pepper
4 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

For all 2 meals:

barbecue sauce

1 1/2 cup (429g)

salt

1/2 tbsp (9g)

nutritional yeast

1 1/2 cup (90g)

cauliflower

6 head small (4" dia.) (1590g)

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

nectarine, pitted

2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted

4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Seitan salad

1078 cal ● 81g protein ● 53g fat ● 49g carbs ● 20g fiber



For single meal:

oil
1 tbsp (15mL)
nutritional yeast
1 tbsp (4g)
salad dressing
3 tbsp (45mL)
avocados, sliced
3/4 avocado(s) (151g)
tomatoes, halved
18 cherry tomatoes (306g)
fresh spinach
6 cup(s) (180g)
seitan, sliced
1/2 lbs (255g)

For all 2 meals:

oil
2 tbsp (30mL)
nutritional yeast
2 tbsp (8g)
salad dressing
6 tbsp (90mL)
avocados, sliced
1 1/2 avocado(s) (302g)
tomatoes, halved
36 cherry tomatoes (612g)
fresh spinach
12 cup(s) (360g)
seitan, sliced
18 oz (510g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Roasted peanuts

1/3 cup(s) - 307 cal● 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.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Naan bread

2 1/2 piece(s) - 655 cal ● 22g protein ● 13g fat ● 109g carbs ● 5g fiber



For single meal:

naan bread

2 1/2 piece (225g)

For all 2 meals:

naan bread

5 piece (450g)

1. This recipe has no instructions.

Lentil and veggie soup

694 cal ● 44g protein ● 4g fat ● 97g carbs ● 25g fiber



For single meal:

lentils, raw

10 tbsp (120g)

vegetable broth

2 1/2 cup(s) (mL)

kale leaves

1 1/4 cup, chopped (50g)

nutritional yeast

1 1/4 tbsp (5g)

garlic

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

frozen mixed veggies

2 cup (253g)

For all 2 meals:

lentils, raw

1 1/4 cup (240g)

vegetable broth

5 cup(s) (mL)

kale leaves

2 1/2 cup, chopped (100g)

nutritional yeast

2 1/2 tbsp (9g)

garlic

2 1/2 clove(s) (8g)

frozen mixed veggies

3 3/4 cup (506g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Dinner 3 [↗](#)

Eat on day 5

Lentil Soup

1354 cals ● 66g protein ● 38g fat ● 153g carbs ● 36g fiber

**onion, chopped**

5/8 medium (2-1/2" dia) (69g)

carrots, diced

1 1/4 medium (76g)

raw celery, chopped

1 1/4 stalk, medium (7-1/2" - 8" long)
(50g)

garlic, minced

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

oregano, dried

5 dash, leaves (1g)

canned crushed tomatoes

5/8 can (253g)

lentils, raw

1 1/4 cup (240g)

water

5 cup(s) (1197mL)

fresh spinach, thinly sliced

1/3 cup(s) (9g)

salt

5 dash (4g)

black pepper

1/3 tsp, ground (1g)

olive oil

2 1/2 tbsp (38mL)

basil, dried

5 dash, 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 4 [↗](#)

Eat on day 6, day 7

Low carb asian tofu bowl

1375 cals ● 69g protein ● 102g fat ● 28g carbs ● 18g fiber



For single meal:

garlic, minced
3 1/2 clove (11g)
sesame seeds
3 1/2 tsp (11g)
oil
1/3 cup (79mL)
fresh ginger, minced
3 1/2 tsp (7g)
soy sauce
1/2 cup (105mL)
frozen riced cauliflower
2 1/2 cup, prepared (446g)
broccoli
1 3/4 cup chopped (159g)
firm tofu, drained and patted dry
17 1/2 oz (496g)

For all 2 meals:

garlic, minced
7 clove (21g)
sesame seeds
2 1/3 tbsp (21g)
oil
2/3 cup (158mL)
fresh ginger, minced
2 1/3 tbsp (14g)
soy sauce
14 tbsp (210mL)
frozen riced cauliflower
5 1/4 cup, prepared (893g)
broccoli
3 1/2 cup chopped (319g)
firm tofu, drained and patted dry
35 oz (992g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

water
3 cup(s) (718mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (5029mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.

