Meal Plan - 3100 calorie intermittent fasting vegetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

2940 cals ● 196g protein (27%) ● 56g fat (17%) ● 342g carbs (46%) ● 70g fiber (10%)

Lunch

1440 cals, 76g protein, 173g net carbs, 35g fat

Milk
3 2/3 cup(s)- 546 cals

White rice
1 cup rice, cooked- 220 cals

Lentil pasta
673 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1175 cals, 47g protein, 166g net carbs, 20g fat

Black bean & sweet potato stew
519 cals

Naan bread
2 1/2 piece(s)- 655 cals

Day 2

3071 cals ● 201g protein (26%) ● 88g fat (26%) ● 279g carbs (36%) ● 90g fiber (12%)

Lunch

1570 cals, 81g protein, 110g net carbs, 66g fat

Buttery white rice
324 cals

Tempeh taco salad bowl
1247 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1175 cals, 47g protein, 166g net carbs, 20g fat

Black bean & sweet potato stew
519 cals

Naan bread
2 1/2 piece(s)- 655 cals

Day 3

3130 cals ● 197g protein (25%) ● 183g fat (53%) ● 134g carbs (17%) ● 41g fiber (5%)

Lunch

1455 cals, 57g protein, 106g net carbs, 80g fat

Walnut almond trail mix
3/8 cup(s)- 324 cals

Grilled cheese with mushrooms
1131 cals

Dinner

1350 cals, 67g protein, 25g net carbs, 102g fat

Pumpkin seeds
366 cals

Low carb asian tofu bowl
982 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 4

3130 cals ● 197g protein (25%) ● 183g fat (53%) ● 134g carbs (17%) ● 41g fiber (5%)

Lunch

1455 cals, 57g protein, 106g net carbs, 80g fat

Walnut almond trail mix
3/8 cup(s)- 324 cals

Grilled cheese with mushrooms
1131 cals

Dinner

1350 cals, 67g protein, 25g net carbs, 102g fat

Pumpkin seeds
366 cals

Low carb asian tofu bowl
982 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 5

3023 cals ● 234g protein (31%) ● 89g fat (26%) ● 272g carbs (36%) ● 49g fiber (6%)

Lunch

1350 cals, 78g protein, 138g net carbs, 46g fat

Seitan philly cheesesteak
1 1/2 sub(s)- 856 cals

Brown rice
2/3 cup brown rice, cooked- 153 cals

Edamame & beet salad
342 cals

Dinner

1345 cals, 84g protein, 131g net carbs, 41g fat

Crispy chik'n tenders
13 1/3 tender(s)- 762 cals

Easy chickpea salad
584 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 6

3005 cals 217g protein (29%) 110g fat (33%) 236g carbs (31%) 51g fiber (7%)

Lunch

1350 cals, 78g protein, 138g net carbs, 46g fat

Seitan philly cheesesteak
1 1/2 sub(s)- 856 cals

Brown rice
2/3 cup brown rice, cooked- 153 cals

Edamame & beet salad
342 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1325 cals, 67g protein, 95g net carbs, 62g fat

Asparagus
376 cals

Instant mashed potatoes
362 cals

Basic tempeh
8 oz- 590 cals

Day 7

3130 cals 208g protein (27%) 159g fat (46%) 175g carbs (22%) 42g fiber (5%)

Lunch

1475 cals, 68g protein, 77g net carbs, 96g fat

Cottage cheese & fruit cup
2 container- 213 cals

Raisins
1/4 cup- 137 cals

Beet & mozzarella salad
1125 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1325 cals, 67g protein, 95g net carbs, 62g fat

Asparagus
376 cals

Instant mashed potatoes
362 cals

Basic tempeh
8 oz- 590 cals

Grocery List

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Dairy and Egg Products

- [ ] whole milk
  1/4 gallon (881mL)
- [ ] butter
  1 tbsp (14g)
- [ ] sliced cheese
  7 slice (3/4 oz) (147g)
- [ ] cheese
  3 slice (1 oz each) (84g)
- [ ] fresh mozzarella cheese
  6 oz (170g)

Cereal Grains and Pasta

- [ ] long-grain white rice
  2/3 cup (123g)
- [ ] seitan
  1/2 lbs (255g)
- [ ] brown rice
  1/2 cup (84g)

Beverages

- [ ] water
  25 3/4 cup(s) (6096mL)
- [ ] protein powder
  21 scoop (1/3 cup ea) (651g)

Spices and Herbs

- [ ] salt
  2 1/2 tsp (15g)
- [ ] black pepper
  3/4 tbsp, ground (5g)
- [ ] ground cumin
  1 1/4 tsp (3g)
- [ ] taco seasoning mix
  2 1/4 tbsp (19g)
- [ ] thyme, dried
  11 g (11g)
- [ ] balsamic vinegar
  1 1/4 tbsp (19mL)

Soups, Sauces, and Gravies

- [ ] pasta sauce
  1/3 jar (24 oz) (224g)
- [ ] salsa
  6 3/4 tbsp (122g)
- [ ] apple cider vinegar
  1 1/4 tbsp (1mL)

Fats and Oils

- [ ] oil
  6 1/3 oz (191mL)
- [ ] olive oil
  10 tbsp (150mL)
- [ ] balsamic vinaigrette
  4 tbsp (60mL)

Fruits and Fruit Juices

- [ ] lemon juice
  6 1/3 tbsp (95mL)
- [ ] avocados
  1 avocado(s) (226g)
- [ ] raisins
  2 oz (60 raisins) (59g)

Legumes and Legume Products

- [ ] black beans
  1 2/3 can(s) (732g)
- [ ] refried beans
  1 cup (272g)
- [ ] tempeh
  1 1/2 lbs (709g)
- [ ] soy sauce
  10 tbsp (150mL)
- [ ] firm tofu
  1 1/2 lbs (709g)
- [ ] chickpeas, canned
  1 1/4 can (560g)

Baked Products

- [ ] naan bread
  5 piece (450g)
- [ ] bread
  14 slice(s) (448g)

Nut and Seed Products

- [ ] walnuts
  9 1/4 tbsp, chopped (68g)
- [ ] almonds
  4 tbsp, whole (36g)
- [ ] roasted pumpkin seeds, unsalted
  1 cup (118g)
- [ ] sesame seeds
  5 tsp (15g)

Other

- [ ] lentil pasta
  1/3 lbs (151g)
- [ ] mixed greens
  5 cup (154g)
- [ ] chocolate chips
  2 tbsp (28g)
- [ ] frozen riced cauliflower
  3 3/4 cup, prepared (638g)
- [ ] meatless chik'n tenders
  13 1/3 pieces (340g)
- [ ] sub roll(s)
  3 roll(s) (255g)
- [ ] cottage cheese & fruit cup
  2 container (266g)

Vegetables and Vegetable Products

- [ ] tomato paste
  5 tsp (27g)
- [ ] kale leaves
  1 1/4 cup, chopped (50g)
- [ ] garlic
  6 2/3 clove(s) (20g)
- [ ] onion
  1 2/3 medium (2-1/2" dia) (185g)
- [ ] sweet potatoes
  5/6 sweetpotato, 5" long (175g)
- [ ] mushrooms
  3 1/2 cup, chopped (245g)
- [ ] fresh ginger
  5 tsp (10g)
- [ ] broccoli
  2 1/2 cup chopped (228g)
- [ ] ketchup
  3 1/3 tbsp (57g)
- [ ] fresh parsley
  3 3/4 sprigs (4g)
- [ ] tomatoes
  1 1/4 cup cherry tomatoes (186g)
- [ ] bell pepper
  1 1/2 small (111g)
- [ ] beets, precooked (canned or refrigerated)
  12 beets (2" dia, sphere) (600g)
- [ ] edamame, frozen, shelled
  2 cup (236g)
- [ ] asparagus
  1 1/2 lbs (680g)
- [ ] mashed potato mix
  1/2 lbs (198g)

Recipes

Lunch 1

Eat on day 1

Milk

3 2/3 cup(s) - 546 cals 28g protein 29g fat 43g carbs 0g fiber

Makes 3 2/3 cup(s)

whole milk
1/4 gallon (880mL)

1. This recipe has no instructions.

White rice

1 cup rice, cooked - 220 cals 4g protein 0g fat 49g carbs 1g fiber

Makes 1 cup rice, cooked

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

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! 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.

Lentil pasta

673 cals 43g protein 5g fat 81g carbs 32g fiber

pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

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

Lunch 2

Eat on day 2

Buttery white rice

324 cals 5g protein 12g fat 49g carbs 1g fiber

black pepper
1 1/3 dash, ground (0g)
butter
1 tbsp (14g)
salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

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.

Tempeh taco salad bowl

1247 cals 77g protein 54g fat 62g carbs 52g fiber

oil
1 tsp (6mL)
refried beans
1 cup (272g)
salsa
6 3/4 tbsp (122g)
mixed greens
1 cup (34g)
avocados, cubed
1 avocado(s) (226g)
taco seasoning mix
2 1/4 tbsp (19g)
tempeh
1/2 lbs (255g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Lunch 3

Eat on day 3, day 4

Walnut almond trail mix

3/8 cup(s) - 324 cals 7g protein 23g fat 18g carbs 5g fiber

For single meal:

walnuts
2 tbsp, chopped (15g)
almonds
2 tbsp, whole (18g)
chocolate chips
1 tbsp (14g)
raisins
1 tbsp (not packed) (9g)

For all 2 meals:

walnuts
4 tbsp, chopped (29g)
almonds
4 tbsp, whole (36g)
chocolate chips
2 tbsp (28g)
raisins
2 tbsp (not packed) (18g)

1. Mix the ingredients together. Sore any leftovers in a cool area.

Grilled cheese with mushrooms

1131 cals 50g protein 57g fat 88g carbs 16g fiber

For single meal:

mushrooms
1 3/4 cup, chopped (123g)
olive oil
1 3/4 tbsp (26mL)
thyme, dried
3 1/2 tsp, ground (5g)
bread
7 slice(s) (224g)
sliced cheese
3 1/2 slice (3/4 oz) (74g)

For all 2 meals:

mushrooms
3 1/2 cup, chopped (245g)
olive oil
1/4 cup (53mL)
thyme, dried
2 1/3 tbsp, ground (10g)
bread
14 slice(s) (448g)
sliced cheese
7 slice (3/4 oz) (147g)

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.

Lunch 4

Eat on day 5, day 6

Seitan philly cheesesteak

1 1/2 sub(s) - 856 cals 56g protein 31g fat 83g carbs 5g fiber

For single meal:

cheese
1 1/2 slice (1 oz each) (42g)
seitan, cut into strips
1/4 lbs (128g)
bell pepper, sliced
3/4 small (56g)
onion, chopped
3/8 medium (2-1/2" dia) (41g)
oil
3/4 tbsp (11mL)
sub roll(s)
1 1/2 roll(s) (128g)

For all 2 meals:

cheese
3 slice (1 oz each) (84g)
seitan, cut into strips
1/2 lbs (255g)
bell pepper, sliced
1 1/2 small (111g)
onion, chopped
3/4 medium (2-1/2" dia) (83g)
oil
1 1/2 tbsp (23mL)
sub roll(s)
3 roll(s) (255g)

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 carmelize.
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!

Brown rice

2/3 cup brown rice, cooked - 153 cals 3g protein 1g fat 31g carbs 1g fiber

For single meal:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

For all 2 meals:

brown rice
1/2 cup (84g)
salt
1/3 tsp (2g)
water
7/8 cup(s) (211mL)
black pepper
1/3 tsp, 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.

Edamame & beet salad

342 cals 18g protein 14g fat 25g carbs 11g fiber

For single meal:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

For all 2 meals:

balsamic vinaigrette
4 tbsp (60mL)
beets, precooked (canned or refrigerated), chopped
8 beets (2" dia, sphere) (400g)
edamame, frozen, shelled
2 cup (236g)
mixed greens
4 cup (120g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lunch 5

Eat on day 7

Cottage cheese & fruit cup

2 container - 213 cals 20g protein 5g fat 22g carbs 0g fiber

Makes 2 container

cottage cheese & fruit cup
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Raisins

1/4 cup - 137 cals 1g protein 0g fat 31g carbs 2g fiber

Makes 1/4 cup

raisins
4 tbsp, packed (41g)

1. This recipe has no instructions.

Beet & mozzarella salad

1125 cals 47g protein 91g fat 24g carbs 7g fiber

beets, precooked (canned or refrigerated), sliced
4 beets (2" dia, sphere) (200g)
fresh mozzarella cheese, cut into chunks
6 oz (170g)
walnuts
1/3 cup, chopped (39g)
olive oil
2 tbsp (30mL)
lemon juice
1 tbsp (15mL)
thyme, dried
1 tsp, leaves (1g)

1. In a small bowl, mix together the olive oil, lemon juice, thyme and salt/pepper to taste. Set aside.
2. In a larger bowl, toss the beets, mozzarella, and walnuts together. Top with dressing and serve.

Dinner 1

Eat on day 1, day 2

Black bean & sweet potato stew

519 cals 26g protein 8g fat 58g carbs 30g fiber

For single meal:

tomato paste
2 1/2 tsp (13g)
oil
1 1/4 tsp (6mL)
kale leaves
10 tbsp, chopped (25g)
lemon juice
1 1/4 tsp (6mL)
ground cumin
5 dash (1g)
garlic, diced
5/6 clove(s) (3g)
onion, chopped
3/8 small (29g)
sweet potatoes, cubed
3/8 sweetpotato, 5" long (88g)
water
1 1/4 cup(s) (296mL)
black beans, drained
5/6 can(s) (366g)

For all 2 meals:

tomato paste
5 tsp (27g)
oil
2 1/2 tsp (12mL)
kale leaves
1 1/4 cup, chopped (50g)
lemon juice
2 1/2 tsp (12mL)
ground cumin
1 1/4 tsp (3g)
garlic, diced
1 2/3 clove(s) (5g)
onion, chopped
5/6 small (58g)
sweet potatoes, cubed
5/6 sweetpotato, 5" long (175g)
water
2 1/2 cup(s) (592mL)
black beans, drained
1 2/3 can(s) (732g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Naan bread

2 1/2 piece(s) - 655 cals 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.

Dinner 2

Eat on day 3, day 4

Pumpkin seeds

366 cals 18g protein 29g fat 5g carbs 4g fiber

For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

Low carb asian tofu bowl

982 cals 50g protein 73g fat 20g carbs 13g fiber

For single meal:

garlic, minced
2 1/2 clove (8g)
sesame seeds
2 1/2 tsp (8g)
oil
1/4 cup (56mL)
fresh ginger, minced
2 1/2 tsp (5g)
soy sauce
5 tbsp (75mL)
frozen riced cauliflower
2 cup, prepared (319g)
broccoli
1 1/4 cup chopped (114g)
firm tofu, drained and patted dry
3/4 lbs (354g)

For all 2 meals:

garlic, minced
5 clove (15g)
sesame seeds
5 tsp (15g)
oil
1/2 cup (113mL)
fresh ginger, minced
5 tsp (10g)
soy sauce
10 tbsp (150mL)
frozen riced cauliflower
3 3/4 cup, prepared (638g)
broccoli
2 1/2 cup chopped (228g)
firm tofu, drained and patted dry
1 1/2 lbs (709g)

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.

Dinner 3

Eat on day 5

Crispy chik'n tenders

13 1/3 tender(s) - 762 cals 54g protein 30g fat 69g carbs 0g fiber

Makes 13 1/3 tender(s)

ketchup
3 1/3 tbsp (57g)
meatless chik'n tenders
13 1/3 pieces (340g)

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

Easy chickpea salad

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

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)

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

Dinner 4

Eat on day 6, day 7

Asparagus

376 cals 8g protein 31g fat 9g carbs 8g fiber

For single meal:

asparagus
3/4 lbs (340g)
lemon juice
2 1/4 tbsp (34mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
2 1/4 tbsp (34mL)

For all 2 meals:

asparagus
1 1/2 lbs (680g)
lemon juice
1/4 cup (68mL)
salt
1/2 tbsp (9g)
black pepper
1/2 tbsp, ground (3g)
olive oil
1/4 cup (68mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Instant mashed potatoes

362 cals 11g protein 1g fat 70g carbs 7g fiber

For single meal:

mashed potato mix
1/4 lbs (99g)

For all 2 meals:

mashed potato mix
1/2 lbs (198g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

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.

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) (711mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (4977mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.