

Meal Plan - 3200 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

3186 cals ● 203g protein (25%) ● 127g fat (36%) ● 268g carbs (34%) ● 40g fiber (5%)

Lunch

1580 cals, 65g protein, 171g net carbs, 66g fat



[Milk](#)

3 1/4 cup(s)- 484 cals



[Spinach parmesan pasta](#)

1096 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Dinner

1280 cals, 65g protein, 94g net carbs, 60g fat



[Naan bread](#)

1 1/2 piece(s)- 393 cals



[Peanut tempeh](#)

6 oz tempeh- 651 cals



[Tomato and avocado salad](#)

235 cals

Day 2

3218 cals ● 247g protein (31%) ● 147g fat (41%) ● 164g carbs (20%) ● 63g fiber (8%)

Lunch

1615 cals, 110g protein, 68g net carbs, 86g fat



[Avocado](#)

176 cals



[Seitan salad](#)

1437 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Dinner

1280 cals, 65g protein, 94g net carbs, 60g fat



[Naan bread](#)

1 1/2 piece(s)- 393 cals



[Peanut tempeh](#)

6 oz tempeh- 651 cals



[Tomato and avocado salad](#)

235 cals

Day 3

3189 cals ● 214g protein (27%) ● 72g fat (20%) ● 354g carbs (44%) ● 67g fiber (8%)

Lunch

1445 cals, 62g protein, 214g net carbs, 19g fat



Mashed sweet potatoes with butter
374 cals



Bbq cauliflower wings
1070 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1420 cals, 80g protein, 138g net carbs, 52g fat



Milk
1/2 cup(s)- 75 cals



Vegan meatball sub
2 sub(s)- 936 cals



High-protein granola bar
2 bar(s)- 408 cals

Day 4

3212 cals ● 246g protein (31%) ● 112g fat (31%) ● 257g carbs (32%) ● 47g fiber (6%)

Lunch

1465 cals, 94g protein, 117g net carbs, 59g fat



Chunky canned soup (non-creamy)
3 1/2 can(s)- 865 cals



Lowfat Greek yogurt
2 container(s)- 310 cals



Walnuts
3/8 cup(s)- 291 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1420 cals, 80g protein, 138g net carbs, 52g fat



Milk
1/2 cup(s)- 75 cals



Vegan meatball sub
2 sub(s)- 936 cals



High-protein granola bar
2 bar(s)- 408 cals

Day 5

3186 cals ● 203g protein (25%) ● 168g fat (47%) ● 184g carbs (23%) ● 32g fiber (4%)

Lunch

1445 cals, 59g protein, 72g net carbs, 98g fat



Roasted cashews
1/4 cup(s)- 209 cals



Grilled cheese sandwich
2 1/2 sandwich(es)- 1238 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1415 cals, 71g protein, 110g net carbs, 68g fat



Milk
2 2/3 cup(s)- 397 cals




Tofu lo-mein
1016 cals

Day 6

3062 calsgreen210g protein (27%)yellow103g fat (30%)blue268g carbs (35%)grey56g fiber (7%)


Lunch

1320 calsgreen67g protein, 155g net carbs, 33g fat



Brown rice

1 cup brown rice, cooked- 229 calsgreen




Bean & tofu goulash

1093 calsgreen


Dinner

1415 calsgreen71g protein, 110g net carbs, 68g fat



Milk

2 2/3 cup(s)- 397 calsgreen




Tofu lo-mein

1016 calsgreen

Protein Supplement(s)

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



Protein shake


3 scoop- 327 calsgreen

Day 7

3133 calsgreen200g protein (26%)yellow93g fat (27%)blue309g carbs (39%)grey65g fiber (8%)


Lunch

1320 calsgreen67g protein, 155g net carbs, 33g fat



Brown rice

1 cup brown rice, cooked- 229 calsgreen




Bean & tofu goulash

1093 calsgreen


Dinner

1485 calsgreen61g protein, 151g net carbs, 58g fat



Tomato and avocado salad

469 calsgreen




Pasta with spinach and ricotta

1015 calsgreen

Protein Supplement(s)

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



Protein shake

3 scoop- 327 calsgreen

Dairy and Egg Products

- ☐ whole milk
9 1/2 cup (2299mL)
- ☐ butter
3/4 stick (81g)
- ☐ parmesan cheese
1 3/4 oz (49g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ sliced cheese
5 slice (1 oz ea) (140g)
- ☐ part-skim ricotta cheese
3/4 cup (186g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
3/4 lbs (342g)
- ☐ seitan
3/4 lbs (340g)
- ☐ brown rice
2/3 cup (127g)

Vegetables and Vegetable Products

- ☐ garlic
5 1/2 clove(s) (17g)
- ☐ fresh spinach
1 1/2 10oz package (453g)
- ☐ onion
3 medium (2-1/2" dia) (335g)
- ☐ tomatoes
5 1/3 medium whole (2-3/5" dia) (654g)
- ☐ sweet potatoes
1 1/2 sweetpotato, 5" long (315g)
- ☐ cauliflower
4 head small (4" dia.) (1060g)
- ☐ frozen mixed veggies
1 1/2 lbs (680g)
- ☐ frozen chopped spinach
3/4 10 oz package (213g)

Spices and Herbs

- ☐ salt
1 tbsp (18g)
- ☐ black pepper
1/4 oz (8g)
- ☐ garlic powder
1 tsp (3g)

Other

- ☐ nutritional yeast
2 2/3 oz (76g)
- ☐ vegan meatballs, frozen
16 meatball(s) (480g)
- ☐ sub roll(s)
4 roll(s) (340g)

Legumes and Legume Products

- ☐ soy sauce
1 1/2 oz (38mL)
- ☐ peanut butter
6 tbsp (97g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ extra firm tofu
1 1/2 lbs (680g)
- ☐ firm tofu
17 1/2 oz (496g)
- ☐ white beans, canned
2 1/2 can(s) (1098g)

Fruits and Fruit Juices

- ☐ lemon juice
5/6 fl oz (25mL)
- ☐ lime juice
4 tbsp (60mL)
- ☐ avocados
3 1/2 avocado(s) (704g)

Fats and Oils

- ☐ olive oil
4 tbsp (60mL)
- ☐ oil
2 oz (57mL)
- ☐ salad dressing
4 tbsp (60mL)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1 cup (286g)
- ☐ pasta sauce
1 cup (260g)
- ☐ chunky canned soup (non-creamy varieties)
3 1/2 can (~19 oz) (1841g)
- ☐ oriental flavored ramen
1 1/2 package with flavor packet (128g)

- ☐ fresh thyme
1 1/4 tsp (1g)
- ☐ paprika
2 1/2 tbsp (17g)

Beverages

- ☐ water
25 cup(s) (5885mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Baked Products

- ☐ naan bread
3 piece (270g)
- ☐ bread
5 slice (160g)

Snacks

- ☐ high-protein granola bar
4 bar (160g)

Nut and Seed Products

- ☐ walnuts
6 3/4 tbsp, shelled (42g)
 - ☐ roasted cashews
4 tbsp, halves and whole (34g)
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Lunch 1 [↗](#)

Eat on day 1

Milk

3 1/4 cup(s) - 484 cals ● 25g protein ● 26g fat ● 38g carbs ● 0g fiber

Makes 3 1/4 cup(s)

whole milk

3 1/4 cup (780mL)



1. This recipe has no instructions.

Spinach parmesan pasta

1096 cals ● 40g protein ● 40g fat ● 133g carbs ● 11g fiber



uncooked dry pasta

6 oz (171g)

butter

2 1/4 tbsp (32g)

garlic, minced

1 1/2 clove(s) (5g)

fresh spinach

3/4 10oz package (213g)

parmesan cheese

6 tbsp (38g)

salt

3 dash (2g)

black pepper

1/2 tbsp, ground (3g)

water

1/4 cup(s) (59mL)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 2

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.

Seitan salad

1437 cal ● 108g protein ● 71g fat ● 66g carbs ● 27g fiber



oil

4 tsp (20mL)

nutritional yeast

4 tsp (5g)

salad dressing

4 tbsp (60mL)

avocados, sliced

1 avocado(s) (201g)

tomatoes, halved

24 cherry tomatoes (408g)

fresh spinach

8 cup(s) (240g)

seitan, sliced

3/4 lbs (340g)

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.
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Lunch 3 [🔗](#)

Eat on day 3

Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



butter

1 tbsp (14g)

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Bbq cauliflower wings

1070 cals ● 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 4 [↗](#)

Eat on day 4

Chunky canned soup (non-creamy)

3 1/2 can(s) - 865 cals ● 63g protein ● 24g fat ● 81g carbs ● 19g fiber



Makes 3 1/2 can(s)

chunky canned soup (non-creamy varieties)

3 1/2 can (~19 oz) (1841g)

1. Prepare according to instructions on package.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



Makes 3/8 cup(s)

walnuts

6 2/3 tbsp, shelled (42g)

1. This recipe has no instructions.
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Lunch 5 [🔗](#)

Eat on day 5

Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber

Makes 1/4 cup(s)

roasted cashews

4 tbsp, halves and whole (34g)



1. This recipe has no instructions.

Grilled cheese sandwich

2 1/2 sandwich(es) - 1238 cal ● 54g protein ● 82g fat ● 62g carbs ● 10g fiber

Makes 2 1/2 sandwich(es)

bread

5 slice (160g)

butter

2 1/2 tbsp (36g)

sliced cheese

5 slice (1 oz ea) (140g)



1. Preheat skillet to medium-low.
 2. Spread butter on one side of one slice of bread.
 3. Place bread on skillet, butter-side down and top with cheese.
 4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
 5. Grill until lightly browned and then flip. Continue until cheese is melted.
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Lunch 6 [🔗](#)

Eat on day 6, day 7

Brown rice

1 cup brown rice, cooked - 229 cal ● 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) (158mL)

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) (316mL)

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.

Bean & tofu goulash

1093 cal ● 62g protein ● 31g fat ● 109g carbs ● 32g fiber



For single meal:

fresh thyme

5 dash (1g)

paprika

1 1/4 tbsp (9g)

oil

1 1/4 tbsp (19mL)

garlic, minced

1 1/4 clove (4g)

onion, diced

1 1/4 medium (2-1/2" dia) (138g)

firm tofu, drained and diced

1/2 lbs (248g)

white beans, canned, drained & rinsed

1 1/4 can(s) (549g)

For all 2 meals:

fresh thyme

1 1/4 tsp (1g)

paprika

2 1/2 tbsp (17g)

oil

2 1/2 tbsp (38mL)

garlic, minced

2 1/2 clove (8g)

onion, diced

2 1/2 medium (2-1/2" dia) (275g)

firm tofu, drained and diced

17 1/2 oz (496g)

white beans, canned, drained & rinsed

2 1/2 can(s) (1098g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread

1 1/2 piece (135g)

For all 2 meals:

naan bread

3 piece (270g)

1. This recipe has no instructions.

Peanut tempeh

6 oz tempeh - 651 cal ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

nutritional yeast

3/4 tbsp (3g)

soy sauce

1/2 tbsp (8mL)

lemon juice

3/4 tbsp (11mL)

peanut butter

3 tbsp (48g)

tempeh

6 oz (170g)

For all 2 meals:

nutritional yeast

1 1/2 tbsp (6g)

soy sauce

1 tbsp (15mL)

lemon juice

1 1/2 tbsp (23mL)

peanut butter

6 tbsp (97g)

tempeh

3/4 lbs (340g)

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.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

- onion**
1 tbsp minced (15g)
- lime juice**
1 tbsp (15mL)
- avocados, cubed**
1/2 avocado(s) (101g)
- tomatoes, diced**
1/2 medium whole (2-3/5" dia) (62g)
- olive oil**
1/4 tbsp (4mL)
- garlic powder**
2 dash (1g)
- salt**
2 dash (2g)
- black pepper**
2 dash, ground (1g)

For all 2 meals:

- 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)

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.

Dinner 2 [🔗](#)

Eat on day 3, day 4

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

- whole milk**
1/2 cup (120mL)

For all 2 meals:

- whole milk**
1 cup (240mL)

1. This recipe has no instructions.

Vegan meatball sub

2 sub(s) - 936 cal ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

vegan meatballs, frozen
8 meatball(s) (240g)
pasta sauce
1/2 cup (130g)
nutritional yeast
2 tsp (3g)
sub roll(s)
2 roll(s) (170g)

For all 2 meals:

vegan meatballs, frozen
16 meatball(s) (480g)
pasta sauce
1 cup (260g)
nutritional yeast
4 tsp (5g)
sub roll(s)
4 roll(s) (340g)

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.

High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

high-protein granola bar
2 bar (80g)

For all 2 meals:

high-protein granola bar
4 bar (160g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5, day 6

Milk

2 2/3 cup(s) - 397 cals ● 21g protein ● 21g fat ● 31g carbs ● 0g fiber



For single meal:

whole milk
2 2/3 cup (640mL)

For all 2 meals:

whole milk
1/3 gallon (1280mL)

1. This recipe has no instructions.

Tofu lo-mein

1016 cals ● 50g protein ● 47g fat ● 79g carbs ● 19g fiber



For single meal:

frozen mixed veggies

3/4 lbs (340g)

olive oil

1 1/2 tbsp (23mL)

water

1 cup(s) (267mL)

soy sauce

3/4 tbsp (11mL)

oriental flavored ramen

3/4 package with flavor packet (64g)

extra firm tofu

3/4 lbs (340g)

For all 2 meals:

frozen mixed veggies

1 1/2 lbs (680g)

olive oil

3 tbsp (45mL)

water

2 1/4 cup(s) (533mL)

soy sauce

1 1/2 tbsp (23mL)

oriental flavored ramen

1 1/2 package with flavor packet (128g)

extra firm tofu

1 1/2 lbs (680g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Dinner 4 [🔗](#)

Eat on day 7

Tomato and avocado salad

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



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)

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.

Pasta with spinach and ricotta

1015 cal ● 55g protein ● 22g fat ● 138g carbs ● 12g fiber



uncooked dry pasta
6 oz (171g)
frozen chopped spinach, thawed and drained
3/4 10 oz package (213g)
garlic, minced
1 1/2 clove(s) (5g)
part-skim ricotta cheese
3/4 cup (186g)
parmesan cheese, divided
2 1/4 tbsp (11g)
salt
1 1/2 dash (1g)
black pepper
1/2 tsp, ground (1g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

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.
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