

Meal Plan - 3300 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

3271 cals ● 217g protein (27%) ● 139g fat (38%) ● 204g carbs (25%) ● 84g fiber (10%)

Lunch

1600 cals, 103g protein, 163g net carbs, 42g fat



[Tempeh & mushroom stir fry](#)
1328 cals



[Simple mixed greens salad](#)
271 cals

Dinner

1345 cals, 41g protein, 38g net carbs, 96g fat



[Avocado](#)
351 cals



[Salsa verde tofu salad](#)
705 cals



[Simple kale & avocado salad](#)
288 cals

Protein Supplement(s)

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



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

Day 2

3311 cals ● 255g protein (31%) ● 126g fat (34%) ● 240g carbs (29%) ● 48g fiber (6%)

Lunch

1555 cals, 85g protein, 126g net carbs, 70g fat



[Grilled cheese with mushrooms](#)
1293 cals



[Cottage cheese & fruit cup](#)
2 container- 261 cals

Dinner

1430 cals, 97g protein, 111g net carbs, 55g fat



[Vegan sausage & veggie sheet pan](#)
1199 cals



[Lentils](#)
231 cals

Protein Supplement(s)

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



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

Day 3

3348 cal ● 223g protein (27%) ● 121g fat (32%) ● 284g carbs (34%) ● 58g fiber (7%)

Lunch

1555 cal, 85g protein, 126g net carbs, 70g fat



Grilled cheese with mushrooms
1293 cal



Cottage cheese & fruit cup
2 container- 261 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Dinner

1465 cal, 65g protein, 155g net carbs, 49g fat



Simple mixed greens salad
203 cal



Lentil Soup
1264 cal

Day 4

3300 cal ● 208g protein (25%) ● 74g fat (20%) ● 340g carbs (41%) ● 112g fiber (14%)

Lunch

1505 cal, 70g protein, 182g net carbs, 23g fat



Black bean & sweet potato stew
1244 cal



Naan bread
1 piece(s)- 262 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Dinner

1465 cal, 65g protein, 155g net carbs, 49g fat



Simple mixed greens salad
203 cal



Lentil Soup
1264 cal

Day 5

3173 cal ● 260g protein (33%) ● 75g fat (21%) ● 281g carbs (35%) ● 84g fiber (11%)

Lunch

1505 cal, 70g protein, 182g net carbs, 23g fat



Black bean & sweet potato stew
1244 cal



Naan bread
1 piece(s)- 262 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Dinner

1340 cal, 118g protein, 96g net carbs, 50g fat



Brown rice
1 1/6 cup brown rice, cooked- 267 cal




Vegan sausage
4 sausage(s)- 1072 cal


Day 6

3126 calsgreen228g protein (29%)yellow99g fat (28%)blue255g carbs (33%)grey76g fiber (10%)

Lunch


1485 calsgreen88g protein, 135g net carbs, 53g fat

Seitan Philly cheesesteak
2 sub(s)- 1141 calsgreen

Simple salad with tomatoes and carrots
343 calsgreen


Protein Supplement(s)


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

Protein shake
3 scoop- 327 calsgreen

Dinner

1315 calsgreen67g protein, 118g net carbs, 45g fat

Brown rice
1 1/2 cup brown rice, cooked- 344 calsgreen


Tempeh taco salad bowl
970 calsgreen


Day 7

3126 calsgreen228g protein (29%)yellow99g fat (28%)blue255g carbs (33%)grey76g fiber (10%)

Lunch


1485 calsgreen88g protein, 135g net carbs, 53g fat

Seitan Philly cheesesteak
2 sub(s)- 1141 calsgreen

Simple salad with tomatoes and carrots
343 calsgreen


Protein Supplement(s)


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

Protein shake
3 scoop- 327 calsgreen

Dinner

1315 calsgreen67g protein, 118g net carbs, 45g fat

Brown rice
1 1/2 cup brown rice, cooked- 344 calsgreen

Tempeh taco salad bowl
970 calsgreen

Legumes and Legume Products

- ☐ soy sauce
3 tbsp (45mL)
- ☐ tempeh
26 oz (737g)
- ☐ black beans
4 can(s) (1816g)
- ☐ firm tofu
2 slice(s) (168g)
- ☐ lentils, raw
2 2/3 cup (512g)
- ☐ refried beans
1 3/4 cup (424g)

Vegetables and Vegetable Products

- ☐ bell pepper
2 1/2 large (394g)
- ☐ mushrooms
7 cup, chopped (490g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (511g)
- ☐ kale leaves
1/2 lbs (226g)
- ☐ broccoli
2 1/2 cup chopped (228g)
- ☐ carrots
6 1/2 medium (402g)
- ☐ potatoes
2 1/2 small (1-3/4" to 2-1/4" dia.) (230g)
- ☐ onion
3 1/2 medium (2-1/2" dia) (378g)
- ☐ raw celery
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)
- ☐ garlic
6 1/3 clove(s) (19g)
- ☐ canned crushed tomatoes
1 1/6 can (472g)
- ☐ fresh spinach
5/8 cup(s) (17g)
- ☐ tomato paste
4 tbsp (64g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)
- ☐ romaine lettuce
3 1/2 hearts (1750g)

Cereal Grains and Pasta

- ☐ brown rice
2 cup (406g)

Other

- ☐ mixed greens
19 3/4 cup (593g)
- ☐ italian seasoning
1 1/4 tsp (5g)
- ☐ vegan sausage
6 1/2 sausage (650g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ sub roll(s)
4 roll(s) (340g)

Fats and Oils

- ☐ salad dressing
1 1/4 cup (304mL)
- ☐ oil
1/4 lbs (102mL)
- ☐ olive oil
4 oz (130mL)

Fruits and Fruit Juices

- ☐ avocados
4 avocado(s) (778g)
- ☐ lemon juice
1 1/6 fl oz (35mL)
- ☐ lemon
5/8 small (36g)

Soups, Sauces, and Gravies

- ☐ salsa verde
2 tbsp (32g)
- ☐ salsa
2/3 cup (189g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)

Beverages

- ☐ water
40 1/2 cup(s) (9584mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Baked Products

- ☐ seitan
3/4 lbs (340g)

Spices and Herbs

- ☐ ground ginger
1/4 tbsp (1g)
 - ☐ garlic powder
1/2 tbsp (5g)
 - ☐ ground cumin
5 tsp (11g)
 - ☐ salt
3/4 tbsp (14g)
 - ☐ thyme, dried
2 2/3 tbsp, ground (11g)
 - ☐ oregano, dried
1 tsp, leaves (1g)
 - ☐ black pepper
1/2 tbsp, ground (4g)
 - ☐ basil, dried
1 tsp, leaves (1g)
 - ☐ taco seasoning mix
1/4 cup (30g)
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- ☐ bread
16 slice(s) (512g)
- ☐ naan bread
2 piece (180g)

Dairy and Egg Products

- ☐ sliced cheese
8 slice (3/4 oz ea) (168g)
- ☐ cheese
4 slice (1 oz each) (112g)

Lunch 1 [↗](#)

Eat on day 1

Tempeh & mushroom stir fry

1328 cals ● 98g protein ● 23g fat ● 146g carbs ● 36g fiber

**soy sauce**

3 tbsp (45mL)

bell pepper, sliced

1 1/2 large (246g)

mushrooms, chopped

3 cup, chopped (210g)

brown rice

3/4 cup (143g)

ground ginger

1/4 tbsp (1g)

garlic powder

1/2 tbsp (5g)

tempeh, sliced

3/4 lbs (340g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber

**mixed greens**

6 cup (180g)

salad dressing

6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Grilled cheese with mushrooms

1293 cals ● 57g protein ● 65g fat ● 100g carbs ● 19g fiber



For single meal:

mushrooms

2 cup, chopped (140g)

olive oil

2 tbsp (30mL)

thyme, dried

4 tsp, ground (6g)

bread

8 slice(s) (256g)

sliced cheese

4 slice (3/4 oz ea) (84g)

For all 2 meals:

mushrooms

4 cup, chopped (280g)

olive oil

4 tbsp (60mL)

thyme, dried

2 2/3 tbsp, ground (11g)

bread

16 slice(s) (512g)

sliced cheese

8 slice (3/4 oz ea) (168g)

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.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

2 container (340g)

For all 2 meals:

cottage cheese & fruit cup

4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Black bean & sweet potato stew

1244 cals ● 61g protein ● 18g fat ● 139g carbs ● 71g fiber



For single meal:

tomato paste

2 tbsp (32g)

oil

1 tbsp (15mL)

kale leaves

1 1/2 cup, chopped (60g)

lemon juice

1 tbsp (15mL)

ground cumin

1/2 tbsp (3g)

garlic, diced

2 clove(s) (6g)

onion, chopped

1 small (70g)

sweet potatoes, cubed

1 sweetpotato, 5" long (210g)

water

3 cup(s) (711mL)

black beans, drained

2 can(s) (878g)

For all 2 meals:

tomato paste

4 tbsp (64g)

oil

2 tbsp (30mL)

kale leaves

3 cup, chopped (120g)

lemon juice

2 tbsp (30mL)

ground cumin

1 tbsp (6g)

garlic, diced

4 clove(s) (12g)

onion, chopped

2 small (140g)

sweet potatoes, cubed

2 sweetpotato, 5" long (420g)

water

6 cup(s) (1422mL)

black beans, drained

4 can(s) (1756g)

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

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread

1 piece (90g)

For all 2 meals:

naan bread

2 piece (180g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Seitan Philly cheesesteak

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



For single meal:

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)

For all 2 meals:

cheese

4 slice (1 oz each) (112g)

seitan, cut into strips

3/4 lbs (340g)

bell pepper, sliced

2 small (148g)

onion, chopped

1 medium (2-1/2" dia) (110g)

oil

2 tbsp (30mL)

sub roll(s)

4 roll(s) (340g)

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!

Simple salad with tomatoes and carrots

343 cal ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



For single meal:

salad dressing

2 1/2 tbsp (39mL)

tomatoes, diced

1 3/4 medium whole (2-3/5" dia) (215g)

carrots, sliced

7/8 medium (53g)

romaine lettuce, roughly chopped

1 3/4 hearts (875g)

For all 2 meals:

salad dressing

1/3 cup (79mL)

tomatoes, diced

3 1/2 medium whole (2-3/5" dia) (431g)

carrots, sliced

1 3/4 medium (107g)

romaine lettuce, roughly chopped

3 1/2 hearts (1750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 1 [↗](#)

Eat on day 1

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

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

Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



tomatoes, chopped

1 roma tomato (80g)

salsa verde

2 tbsp (32g)

ground cumin

2 tsp (4g)

black beans, drained and rinsed

4 tbsp (60g)

roasted pumpkin seeds, unsalted

4 tbsp (30g)

avocados, sliced

4 slices (100g)

mixed greens

3 cup (90g)

oil

2 tsp (10mL)

firm tofu

2 slice(s) (168g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Simple kale & avocado salad

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



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

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.

Dinner 2 [🔗](#)

Eat on day 2

Vegan sausage & veggie sheet pan

1199 cals ● 82g protein ● 54g fat ● 77g carbs ● 20g fiber



italian seasoning
1 1/4 tsp (5g)
oil
5 tsp (25mL)
broccoli, chopped
2 1/2 cup chopped (228g)
carrots, sliced
2 1/2 medium (153g)
potatoes, cut into wedges
2 1/2 small (1-3/4" to 2-1/4" dia.) (230g)
vegan sausage, cut into bite sized pieces
2 1/2 sausage (250g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Lentils

231 cals ● 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.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

1. Mix greens and dressing in a small bowl. Serve.

Lentil Soup

1264 cals ● 61g protein ● 35g fat ● 143g carbs ● 33g fiber



For single meal:

onion, chopped
5/8 medium (2-1/2" dia) (64g)
carrots, diced
1 1/6 medium (71g)
raw celery, chopped
1 1/6 stalk, medium (7-1/2" - 8" long) (47g)
garlic, minced
1 1/6 clove(s) (3g)
oregano, dried
1/2 tsp, leaves (1g)
canned crushed tomatoes
5/8 can (236g)
lentils, raw
56 tsp (224g)
water
4 2/3 cup(s) (1106mL)
fresh spinach, thinly sliced
1/4 cup(s) (9g)
salt
1/2 tsp (3g)
black pepper
1/4 tsp, ground (1g)
olive oil
2 1/3 tbsp (35mL)
basil, dried
1/2 tsp, leaves (0g)

For all 2 meals:

onion, chopped
1 1/6 medium (2-1/2" dia) (128g)
carrots, diced
2 1/3 medium (142g)
raw celery, chopped
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)
garlic, minced
2 1/3 clove(s) (7g)
oregano, dried
1 tsp, leaves (1g)
canned crushed tomatoes
1 1/6 can (472g)
lentils, raw
2 1/3 cup (448g)
water
9 1/3 cup(s) (2212mL)
fresh spinach, thinly sliced
5/8 cup(s) (17g)
salt
1 tsp (7g)
black pepper
1/2 tsp, ground (1g)
olive oil
1/4 cup (70mL)
basil, dried
1 tsp, leaves (1g)

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 5

Brown rice

1 1/6 cup brown rice, cooked - 267 cals ● 6g protein ● 2g fat ● 54g carbs ● 3g fiber



Makes 1 1/6 cup brown rice, cooked

brown rice

6 1/4 tbsp (74g)

salt

1/4 tsp (2g)

water

3/4 cup(s) (184mL)

black pepper

1/4 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.

Vegan sausage

4 sausage(s) - 1072 cals ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



Makes 4 sausage(s)

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Brown rice

1 1/2 cup brown rice, cooked - 344 cals ● 7g protein ● 3g fat ● 70g carbs ● 3g fiber



For single meal:

brown rice
1/2 cup (95g)
salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)

For all 2 meals:

brown rice
1 cup (190g)
salt
1/4 tbsp (5g)
water
2 cup(s) (474mL)
black pepper
1/4 tbsp, ground (2g)

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.

Tempeh taco salad bowl

970 cals ● 60g protein ● 42g fat ● 48g carbs ● 40g fiber



For single meal:

oil
1 tsp (4mL)
refried beans
14 tbsp (212g)
salsa
1/3 cup (95g)
mixed greens
14 tbsp (26g)
avocados, cubed
7/8 avocado(s) (176g)
taco seasoning mix
1 3/4 tbsp (15g)
tempeh
1/2 lbs (198g)

For all 2 meals:

oil
1 3/4 tsp (9mL)
refried beans
1 3/4 cup (424g)
salsa
2/3 cup (189g)
mixed greens
1 3/4 cup (53g)
avocados, cubed
1 3/4 avocado(s) (352g)
taco seasoning mix
1/4 cup (30g)
tempeh
14 oz (397g)

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.

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.