

# Meal Plan - 3400 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

3373 cals ● 216g protein (26%) ● 94g fat (25%) ● 329g carbs (39%) ● 88g fiber (10%)

### Lunch

1420 cals, 69g protein, 136g net carbs, 43g fat



[Easy chickpea salad](#)  
934 cals



[Grapes](#)  
77 cals



[High-protein granola bar](#)  
2 bar(s)- 408 cals

### Protein Supplement(s)

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



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

### Dinner

1625 cals, 74g protein, 189g net carbs, 50g fat



[Milk](#)  
2 2/3 cup(s)- 397 cals



[Creamy lentils and sweet potato](#)  
1229 cals

## Day 2

3450 cals ● 219g protein (25%) ● 119g fat (31%) ● 297g carbs (34%) ● 79g fiber (9%)

### Lunch

1495 cals, 72g protein, 105g net carbs, 68g fat



[Sunflower seeds](#)  
541 cals



[Chickpea & kale soup](#)  
955 cals

### Protein Supplement(s)

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



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

### Dinner

1625 cals, 74g protein, 189g net carbs, 50g fat



[Milk](#)  
2 2/3 cup(s)- 397 cals



[Creamy lentils and sweet potato](#)  
1229 cals

## Day 3

3398 cals ● 234g protein (28%) ● 109g fat (29%) ● 314g carbs (37%) ● 57g fiber (7%)

### Lunch

1495 cals, 72g protein, 105g net carbs, 68g fat



Sunflower seeds

541 cals



Chickpea & kale soup

955 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Dinner

1575 cals, 89g protein, 207g net carbs, 39g fat



Breaded seitan nuggets

907 cals



Flavored rice mix

669 cals

## Day 4

3438 cals ● 222g protein (26%) ● 93g fat (24%) ● 349g carbs (41%) ● 80g fiber (9%)

### Lunch

1535 cals, 60g protein, 140g net carbs, 52g fat



Chipotle stewed beans & greens

983 cals



Mixed nuts

3/8 cup(s)- 327 cals



Pear

2 pear(s)- 226 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Dinner

1575 cals, 89g protein, 207g net carbs, 39g fat



Breaded seitan nuggets

907 cals



Flavored rice mix

669 cals

## Day 5

3411 cals ● 214g protein (25%) ● 134g fat (35%) ● 282g carbs (33%) ● 55g fiber (6%)

### Lunch

1585 cals, 59g protein, 179g net carbs, 57g fat



Peach

3 peach(es)- 198 cals



Hummus cheesesteak sub

2 1/2 sub(s)- 1384 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Dinner

1500 cals, 82g protein, 100g net carbs, 76g fat



Roasted broccoli

196 cals



Lemon ginger tofu chik'n

24 1/2 oz tofu- 1306 cals

## Day 6

3337 cals ● 224g protein (27%) ● 131g fat (35%) ● 242g carbs (29%) ● 74g fiber (9%)

### Lunch

1510 cals, 69g protein, 140g net carbs, 53g fat



Dinner roll

1 roll- 77 cals



Chickpea & chickpea pasta

1432 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Dinner

1500 cals, 82g protein, 100g net carbs, 76g fat



Roasted broccoli

196 cals



Lemon ginger tofu chik'n

24 1/2 oz tofu- 1306 cals

## Day 7

3362 cals ● 215g protein (26%) ● 74g fat (20%) ● 376g carbs (45%) ● 84g fiber (10%)

### Lunch

1510 cals, 69g protein, 140g net carbs, 53g fat



Dinner roll

1 roll- 77 cals



Chickpea & chickpea pasta

1432 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Dinner

1525 cals, 73g protein, 234g net carbs, 19g fat



Lentil and veggie soup

740 cals



Naan bread

3 piece(s)- 786 cals

## Vegetables and Vegetable Products

- ☐ fresh parsley  
6 sprigs (6g)
- ☐ tomatoes  
2 cup cherry tomatoes (298g)
- ☐ onion  
7 1/2 medium (2-1/2" dia) (826g)
- ☐ sweet potatoes  
2 2/3 sweetpotato, 5" long (560g)
- ☐ fresh spinach  
7/8 10oz package (245g)
- ☐ garlic  
31 clove(s) (93g)
- ☐ kale leaves  
16 1/4 oz (461g)
- ☐ ketchup  
1/2 cup (136g)
- ☐ fresh cilantro  
3 tbsp, chopped (9g)
- ☐ red onion  
1 1/2 medium (2-1/2" dia) (165g)
- ☐ frozen broccoli  
4 package (1136g)
- ☐ fresh ginger  
10 1/2 inch (2.5cm) cube (53g)
- ☐ bell pepper  
2 1/2 medium (298g)
- ☐ frozen mixed veggies  
2 cup (270g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
2 tbsp (2mL)
- ☐ vegetable broth  
22 cup(s) (mL)

## Spices and Herbs

- ☐ balsamic vinegar  
2 tbsp (30mL)
- ☐ ground cumin  
1/4 oz (6g)
- ☐ black pepper  
1 1/4 tsp, ground (3g)
- ☐ ground coriander  
1 tsp (2g)
- ☐ garlic powder  
1 tbsp (9g)
- ☐ chipotle seasoning  
1/4 tbsp (2g)

## Fruits and Fruit Juices

- ☐ grapes  
1 1/3 cup (123g)
- ☐ pears  
2 medium (356g)
- ☐ lemon juice  
1/2 cup (105mL)
- ☐ peach  
3 medium (2-2/3" dia) (450g)

## Snacks

- ☐ high-protein granola bar  
2 bar (80g)

## Dairy and Egg Products

- ☐ whole milk  
1/3 gallon (1279mL)
- ☐ sliced cheese  
2 1/2 slice (1 oz ea) (70g)
- ☐ butter  
2 1/2 tbsp (36g)

## Nut and Seed Products

- ☐ coconut milk, canned  
2/3 cup (161mL)
- ☐ sunflower kernels  
6 oz (170g)
- ☐ mixed nuts  
6 tbsp (50g)
- ☐ sesame seeds  
1/4 cup (32g)

## Fats and Oils

- ☐ oil  
1/2 lbs (248mL)

## Beverages

- ☐ water  
21 1/2 cup(s) (5067mL)
- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)

## Cereal Grains and Pasta

- ☐ seitan  
1 lbs (454g)

- ☐ salt  
1 tsp (6g)
- ☐ onion powder  
1 tsp (2g)
- ☐ crushed red pepper  
1 1/4 tsp (2g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
8 can (3584g)
- ☐ lentils, raw  
2 1/2 cup (469g)
- ☐ soy sauce  
2/3 cup (165mL)
- ☐ black beans  
1 1/2 can(s) (659g)
- ☐ firm tofu  
3 lbs (1389g)
- ☐ hummus  
10 tbsp (154g)

- ☐ cornstarch  
2/3 cup (84g)

## Baked Products

- ☐ bread crumbs  
2/3 cup (72g)
- ☐ Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ naan bread  
3 piece (270g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
2 1/3 pouch (~5.6 oz) (369g)

## Sweets

- ☐ agave  
2 1/3 tbsp (48g)

## Other

- ☐ sub roll(s)  
2 1/2 roll(s) (213g)
  - ☐ nutritional yeast  
1 1/2 g (11g)
  - ☐ chickpea pasta  
10 oz (284g)
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## Lunch 1 [↗](#)

Eat on day 1

### Easy chickpea salad

934 cals ● 48g protein ● 18g fat ● 100g carbs ● 44g fiber



#### fresh parsley, chopped

6 sprigs (6g)

#### apple cider vinegar

2 tbsp (2mL)

#### balsamic vinegar

2 tbsp (30mL)

#### tomatoes, halved

2 cup cherry tomatoes (298g)

#### onion, thinly sliced

1 small (70g)

#### chickpeas, canned, drained and rinsed

2 can (896g)

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

### Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



#### grapes

1 1/3 cup (123g)

1. This recipe has no instructions.

### High-protein granola bar

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



Makes 2 bar(s)

#### high-protein granola bar

2 bar (80g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Sunflower seeds

541 cals ● 26g protein ● 43g fat ● 7g carbs ● 7g fiber



For single meal:

**sunflower kernels**  
3 oz (85g)

For all 2 meals:

**sunflower kernels**  
6 oz (170g)

1. This recipe has no instructions.

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### Chickpea & kale soup

955 cals ● 47g protein ● 25g fat ● 98g carbs ● 37g fiber



For single meal:

**oil**  
1 3/4 tsp (9mL)  
**garlic, minced**  
3 1/2 clove(s) (11g)  
**vegetable broth**  
7 cup(s) (mL)  
**kale leaves, chopped**  
3 1/2 cup, chopped (140g)  
**chickpeas, canned, drained**  
1 3/4 can (784g)

For all 2 meals:

**oil**  
3 1/2 tsp (18mL)  
**garlic, minced**  
7 clove(s) (21g)  
**vegetable broth**  
14 cup(s) (mL)  
**kale leaves, chopped**  
7 cup, chopped (280g)  
**chickpeas, canned, drained**  
3 1/2 can (1568g)

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.
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## Lunch 3 [↗](#)

Eat on day 4

### Chipotle stewed beans & greens

983 cals ● 49g protein ● 24g fat ● 90g carbs ● 53g fiber



**oil**  
1 1/2 tbsp (23mL)  
**water**  
3/8 cup(s) (89mL)  
**fresh cilantro**  
3 tbsp, chopped (9g)  
**fresh spinach, chopped**  
3 oz (85g)  
**chipotle seasoning**  
1/4 tbsp (2g)  
**black beans, drained & rinsed**  
1 1/2 can(s) (659g)  
**kale leaves**  
1/4 lbs (128g)  
**garlic, minced**  
3 clove(s) (9g)  
**red onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)

1. Heat oil in a saucepan over medium heat. Add only half of the onion and only half of the garlic. Cook 3-5 minutes til softened.
2. Add kale and cook 1-2 minutes until wilted.
3. Add beans, water, only half of the chipotle seasoning, and some salt and pepper. Bring to a simmer and cook until liquid reduces, 5-7 minutes.
4. In a medium bowl, add the spinach, cilantro, remaining garlic, remaining onion, and some salt and pepper. Toss.
5. Plate stewed beans next to the spinach mixture. Serve.

### Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



Makes 3/8 cup(s)

**mixed nuts**  
6 tbsp (50g)

1. This recipe has no instructions.

### Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

**pears**  
2 medium (356g)

1. This recipe has no instructions.



## Lunch 4 [↗](#)

Eat on day 5

### Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



Makes 3 peach(es)

#### peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

### Hummus cheesesteak sub

2 1/2 sub(s) - 1384 cals ● 55g protein ● 56g fat ● 143g carbs ● 23g fiber



Makes 2 1/2 sub(s)

#### sub roll(s), split

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

#### sliced cheese

2 1/2 slice (1 oz ea) (70g)

#### hummus

10 tbsp (154g)

#### crushed red pepper

1 1/4 tsp (2g)

#### garlic, minced

2 1/2 clove (8g)

#### bell pepper, deseeded and sliced into thin strips

2 1/2 medium (298g)

#### onion, sliced into thin strips

1 1/4 large (188g)

#### oil

2 1/2 tsp (13mL)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Dinner roll

1 roll - 77 cal ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

#### Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

### Chickpea & chickpea pasta

1432 cal ● 67g protein ● 52g fat ● 127g carbs ● 48g fiber



For single meal:

#### nutritional yeast

2 1/2 tsp (3g)

#### butter

1 1/4 tbsp (18g)

#### oil

1 1/4 tbsp (19mL)

#### garlic, minced

5 clove(s) (15g)

#### chickpeas, canned, drained & rinsed

1 1/4 can (560g)

#### chickpea pasta

5 oz (142g)

#### onion, thinly sliced

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

For all 2 meals:

#### nutritional yeast

5 tsp (6g)

#### butter

2 1/2 tbsp (36g)

#### oil

2 1/2 tbsp (38mL)

#### garlic, minced

10 clove(s) (30g)

#### chickpeas, canned, drained & rinsed

2 1/2 can (1120g)

#### chickpea pasta

10 oz (284g)

#### onion, thinly sliced

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

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Milk

2 2/3 cup(s) - 397 cal ● 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.

## Creamy lentils and sweet potato

1229 cal ● 54g protein ● 29g fat ● 158g carbs ● 31g fiber



For single meal:

#### **lentils, raw**

14 tbsp (170g)

#### **sweet potatoes, chopped into bite-sized pieces**

1 1/3 sweetpotato, 5" long (280g)

#### **vegetable broth**

2 2/3 cup(s) (mL)

#### **fresh spinach**

2 2/3 cup(s) (80g)

#### **onion, diced**

1 1/3 medium (2-1/2" dia) (147g)

#### **coconut milk, canned**

1/3 cup (80mL)

#### **oil**

2 tsp (10mL)

#### **ground cumin**

1 tsp (2g)

For all 2 meals:

#### **lentils, raw**

1 3/4 cup (341g)

#### **sweet potatoes, chopped into bite-sized pieces**

2 2/3 sweetpotato, 5" long (560g)

#### **vegetable broth**

5 1/3 cup(s) (mL)

#### **fresh spinach**

5 1/3 cup(s) (160g)

#### **onion, diced**

2 2/3 medium (2-1/2" dia) (293g)

#### **coconut milk, canned**

2/3 cup (160mL)

#### **oil**

4 tsp (20mL)

#### **ground cumin**

2 tsp (4g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Breaded seitan nuggets

907 cals ● 70g protein ● 36g fat ● 71g carbs ● 4g fiber



For single meal:

**ketchup**  
4 tbsp (68g)  
**seitan, broken into bite-sized pieces**  
1/2 lbs (227g)  
**bread crumbs**  
1/3 cup (36g)  
**oil**  
2 tbsp (30mL)  
**soy sauce**  
2 tbsp (30mL)  
**black pepper**  
1 dash, ground (0g)  
**ground cumin**  
4 dash (1g)  
**ground coriander**  
4 dash (1g)  
**garlic powder**  
1 tsp (3g)

For all 2 meals:

**ketchup**  
1/2 cup (136g)  
**seitan, broken into bite-sized pieces**  
1 lbs (454g)  
**bread crumbs**  
2/3 cup (72g)  
**oil**  
4 tbsp (60mL)  
**soy sauce**  
4 tbsp (60mL)  
**black pepper**  
2 dash, ground (1g)  
**ground cumin**  
1 tsp (2g)  
**ground coriander**  
1 tsp (2g)  
**garlic powder**  
2 tsp (6g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

### Flavored rice mix

669 cals ● 20g protein ● 3g fat ● 135g carbs ● 6g fiber



For single meal:

**flavored rice mix**  
1 1/6 pouch (~5.6 oz) (184g)

For all 2 meals:

**flavored rice mix**  
2 1/3 pouch (~5.6 oz) (369g)

1. Prepare according to instructions on package.

## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Roasted broccoli

196 cals ● 18g protein ● 0g fat ● 14g carbs ● 18g fiber



For single meal:

**frozen broccoli**  
2 package (568g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**garlic powder**  
4 dash (2g)  
**onion powder**  
4 dash (1g)

For all 2 meals:

**frozen broccoli**  
4 package (1136g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**garlic powder**  
1 tsp (3g)  
**onion powder**  
1 tsp (2g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

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### Lemon ginger tofu chik'n

24 1/2 oz tofu - 1306 cals ● 65g protein ● 76g fat ● 86g carbs ● 5g fiber





For single meal:

**agave**  
3 1/2 tsp (24g)  
**sesame seeds**  
1 3/4 tbsp (16g)  
**garlic, minced**  
3 1/2 clove(s) (11g)  
**fresh ginger, peeled & minced**  
5 1/4 inch (2.5cm) cube (26g)  
**oil**  
2 1/2 tbsp (39mL)  
**lemon juice**  
1/4 cup (53mL)  
**cornstarch**  
1/3 cup (42g)  
**soy sauce, divided**  
1/4 cup (53mL)  
**firm tofu, patted dry**  
1 1/2 lbs (695g)

For all 2 meals:

**agave**  
2 1/3 tbsp (48g)  
**sesame seeds**  
1/4 cup (32g)  
**garlic, minced**  
7 clove(s) (21g)  
**fresh ginger, peeled & minced**  
10 1/2 inch (2.5cm) cube (53g)  
**oil**  
1/3 cup (79mL)  
**lemon juice**  
1/2 cup (105mL)  
**cornstarch**  
2/3 cup (84g)  
**soy sauce, divided**  
1/2 cup (105mL)  
**firm tofu, patted dry**  
3 lbs (1389g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

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## Dinner 4 [🔗](#)

Eat on day 7

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### Lentil and veggie soup

740 cals ● 46g protein ● 4g fat ● 104g carbs ● 27g fiber



**lentils, raw**  
2/3 cup (128g)  
**vegetable broth**  
2 2/3 cup(s) (mL)  
**kale leaves**  
1 1/3 cup, chopped (53g)  
**nutritional yeast**  
4 tsp (5g)  
**garlic**  
1 1/3 clove(s) (4g)  
**frozen mixed veggies**  
2 cup (270g)

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.

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### Naan bread

3 piece(s) - 786 cals ● 26g protein ● 15g fat ● 130g carbs ● 6g fiber



Makes 3 piece(s)

**naan bread**

3 piece (270g)

1. This recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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