

# Meal Plan - 1400 calorie intermittent fasting vegan 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

1376 cals ● 107g protein (31%) ● 31g fat (21%) ● 134g carbs (39%) ● 32g fiber (9%)

### Lunch

695 cals, 46g protein, 70g net carbs, 18g fat



[Grapes](#)  
77 cals



[Chunky canned soup \(non-creamy\)](#)  
2 1/2 can(s)- 618 cals

### Dinner

515 cals, 25g protein, 62g net carbs, 13g fat



[Soy milk](#)  
1 cup(s)- 85 cals



[Naan bread](#)  
1/2 piece(s)- 131 cals



[Garlic crumbles stuffed sweet potatoes](#)  
1 sweet potato(es)- 301 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

## Day 2

1309 cals ● 101g protein (31%) ● 42g fat (29%) ● 103g carbs (31%) ● 30g fiber (9%)

### Lunch

630 cals, 39g protein, 40g net carbs, 28g fat



[Basic tempeh](#)  
6 oz- 443 cals



[Grapefruit](#)  
1 grapefruit- 119 cals



[Simple mixed greens salad](#)  
68 cals

### Dinner

515 cals, 25g protein, 62g net carbs, 13g fat



[Soy milk](#)  
1 cup(s)- 85 cals



[Naan bread](#)  
1/2 piece(s)- 131 cals



[Garlic crumbles stuffed sweet potatoes](#)  
1 sweet potato(es)- 301 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

## Day 3

1392 cals ● 120g protein (35%) ● 48g fat (31%) ● 89g carbs (26%) ● 32g fiber (9%)

### Lunch

630 cals, 39g protein, 40g net carbs, 28g fat



[Basic tempeh](#)

6 oz- 443 cals



[Grapefruit](#)

1 grapefruit- 119 cals



[Simple mixed greens salad](#)

68 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

600 cals, 45g protein, 49g net carbs, 19g fat



[Couscous](#)

201 cals



[Sauteed mushrooms](#)

6 oz mushrooms- 143 cals



[Vegan crumbles](#)

1 3/4 cup(s)- 256 cals

---

## Day 4

1419 cals ● 107g protein (30%) ● 37g fat (23%) ● 131g carbs (37%) ● 35g fiber (10%)

### Lunch

655 cals, 26g protein, 81g net carbs, 17g fat



[Mashed sweet potatoes](#)

275 cals



[Sauteed garlic & herb tomatoes](#)

127 cals



[Veggie burger patty](#)

2 patty- 254 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

600 cals, 45g protein, 49g net carbs, 19g fat



[Couscous](#)

201 cals



[Sauteed mushrooms](#)

6 oz mushrooms- 143 cals



[Vegan crumbles](#)

1 3/4 cup(s)- 256 cals

## Day 5

1415 cals ● 119g protein (34%) ● 46g fat (29%) ● 106g carbs (30%) ● 25g fiber (7%)

### Lunch

655 cals, 26g protein, 81g net carbs, 17g fat



Mashed sweet potatoes  
275 cals



Sauteed garlic & herb tomatoes  
127 cals



Veggie burger patty  
2 patty- 254 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Dinner

595 cals, 57g protein, 23g net carbs, 29g fat



Vegan sausage  
2 sausage(s)- 536 cals



Roasted tomatoes  
1 tomato(es)- 60 cals

---

## Day 6

1361 cals ● 137g protein (40%) ● 59g fat (39%) ● 57g carbs (17%) ● 15g fiber (4%)

### Lunch

625 cals, 63g protein, 35g net carbs, 25g fat



Simple mixed greens salad  
136 cals



Simple seitan  
8 oz- 487 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Dinner

575 cals, 38g protein, 20g net carbs, 34g fat



Soy milk  
2 1/4 cup(s)- 191 cals



Simple mixed greens and tomato salad  
151 cals



Chik'n satay with peanut sauce  
2 skewers- 233 cals

## Day 7

1361 cals ● 137g protein (40%) ● 59g fat (39%) ● 57g carbs (17%) ● 15g fiber (4%)

### Lunch

625 cals, 63g protein, 35g net carbs, 25g fat



Simple mixed greens salad  
136 cals



Simple seitan  
8 oz- 487 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Dinner

575 cals, 38g protein, 20g net carbs, 34g fat



Soy milk  
2 1/4 cup(s)- 191 cals



Simple mixed greens and tomato salad  
151 cals



Chik'n satay with peanut sauce  
2 skewers- 233 cals



## Fruits and Fruit Juices

- ☐ grapes  
1 1/3 cup (123g)
- ☐ Grapefruit  
2 large (approx 4-1/2" dia) (664g)
- ☐ lime juice  
1 tbsp (15mL)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
2 1/2 can (~19 oz) (1315g)

## Other

- ☐ soy milk, unsweetened  
6 1/2 cup (1560mL)
- ☐ mixed greens  
15 cup (450g)
- ☐ italian seasoning  
1/2 tbsp (5g)
- ☐ veggie burger patty  
4 patty (284g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ skewer(s)  
4 skewer(s) (4g)
- ☐ vegan chik'n strips  
1/3 lbs (151g)
- ☐ sesame oil  
2 tsp (10mL)

## Baked Products

- ☐ naan bread  
1 piece (90g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
1 1/2 package (12 oz) (463g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ peanut butter  
4 tsp (21g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
5 sweetpotato, 5" long (1050g)
- ☐ garlic  
2 clove(s) (6g)
- ☐ mushrooms  
3/4 lbs (340g)
- ☐ tomatoes  
4 1/2 medium whole (2-3/5" dia) (538g)
- ☐ fresh ginger  
2/3 inch (2.5cm) cube (3g)

## Spices and Herbs

- ☐ garlic powder  
2 dash (1g)
- ☐ black pepper  
1 dash, ground (0g)
- ☐ salt  
4 dash (3g)

## Fats and Oils

- ☐ oil  
2 3/4 oz (83mL)
- ☐ salad dressing  
1 cup (225mL)
- ☐ olive oil  
1 1/2 tbsp (23mL)

## Beverages

- ☐ water  
10 1/2 cup(s) (2489mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
2/3 box (5.8 oz) (110g)
- ☐ seitan  
1 lbs (454g)

## Lunch 1 [↗](#)

Eat on day 1

### Grapes

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



#### grapes

1 1/3 cup (123g)

1. This recipe has no instructions.

### Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



Makes 2 1/2 can(s)

#### chunky canned soup (non-creamy varieties)

2 1/2 can (~19 oz) (1315g)

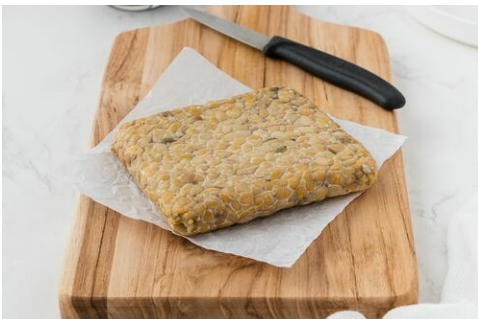
1. Prepare according to instructions on package.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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.

## Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

### **Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

### **Grapefruit**

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

### **mixed greens**

1 1/2 cup (45g)

### **salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

### **mixed greens**

3 cup (90g)

### **salad dressing**

3 tbsp (45mL)

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



## Lunch 3 [↗](#)

Eat on day 4, day 5

---

### Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**

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

For all 2 meals:

**sweet potatoes**

3 sweetpotato, 5" long (630g)

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 and serve.

---

### Sauteed garlic & herb tomatoes

127 cal ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



For single meal:

**black pepper**

1/2 dash, ground (0g)

**olive oil**

3/4 tbsp (11mL)

**garlic, minced**

1/2 clove(s) (2g)

**tomatoes**

1/2 pint, cherry tomatoes (149g)

**italian seasoning**

1/4 tbsp (3g)

**salt**

2 dash (2g)

For all 2 meals:

**black pepper**

1 dash, ground (0g)

**olive oil**

1 1/2 tbsp (23mL)

**garlic, minced**

1 clove(s) (3g)

**tomatoes**

1 pint, cherry tomatoes (298g)

**italian seasoning**

1/2 tbsp (5g)

**salt**

4 dash (3g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber





For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

---

## Lunch 4 [↗](#)

Eat on day 6, day 7

---

### Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

---

### Simple seitan

8 oz - 487 cal ● 60g protein ● 15g fat ● 27g carbs ● 1g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**seitan**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**seitan**  
1 lbs (454g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
  2. Season with salt, pepper, or seasonings of choice. Serve.
-

Dinner 1 [🔗](#)

Eat on day 1, day 2

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:  
**soy milk, unsweetened**  
1 cup (240mL)

For all 2 meals:  
**soy milk, unsweetened**  
2 cup (480mL)

1. This recipe has no instructions.

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:  
**naan bread**  
1/2 piece (45g)

For all 2 meals:  
**naan bread**  
1 piece (90g)

1. This recipe has no instructions.

Garlic crumbles stuffed sweet potatoes

1 sweet potato(es) - 301 cals ● 14g protein ● 6g fat ● 38g carbs ● 10g fiber



For single meal:

**vegetarian burger crumbles**

2 oz (57g)

**sweet potatoes**

1 sweetpotato, 5" long (210g)

**garlic powder**

1 dash (0g)

**garlic, minced**

1/2 clove(s) (2g)

**oil**

1/4 tbsp (4mL)

For all 2 meals:

**vegetarian burger crumbles**

4 oz (113g)

**sweet potatoes**

2 sweetpotato, 5" long (420g)

**garlic powder**

2 dash (1g)

**garlic, minced**

1 clove(s) (3g)

**oil**

1/2 tbsp (8mL)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

---

## Dinner 2 [↗](#)

Eat on day 3, day 4

---

### Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



For single meal:

**instant couscous, flavored**

1/3 box (5.8 oz) (55g)

For all 2 meals:

**instant couscous, flavored**

2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

---

### Sauteed mushrooms

6 oz mushrooms - 143 cals ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**mushrooms, sliced**  
6 oz (170g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**mushrooms, sliced**  
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

## Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

**vegetarian burger crumbles**  
1 3/4 cup (175g)

For all 2 meals:

**vegetarian burger crumbles**  
3 1/2 cup (350g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

---

## Dinner 3 [🔗](#)

Eat on day 5

---

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

**vegan sausage**  
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

---

### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber





Makes 1 tomato(es)

**tomatoes**

1 small whole (2-2/5" dia) (91g)

**oil**

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Soy milk

2 1/4 cup(s) - 191 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



For single meal:

**soy milk, unsweetened**

2 1/4 cup (540mL)

For all 2 meals:

**soy milk, unsweetened**

1/4 gallon (1080mL)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

For all 2 meals:

**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

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

Chik'n satay with peanut sauce

2 skewers - 233 cals ● 19g protein ● 14g fat ● 5g carbs ● 2g fiber



For single meal:

**skewer(s)**  
2 skewer(s) (2g)  
**fresh ginger, grated or minced**  
1/3 inch (2.5cm) cube (2g)  
**vegan chik'n strips**  
2 2/3 oz (76g)  
**sesame oil**  
1 tsp (5mL)  
**lime juice**  
1/2 tbsp (7mL)  
**peanut butter**  
2 tsp (11g)

For all 2 meals:

**skewer(s)**  
4 skewer(s) (4g)  
**fresh ginger, grated or minced**  
2/3 inch (2.5cm) cube (3g)  
**vegan chik'n strips**  
1/3 lbs (151g)  
**sesame oil**  
2 tsp (10mL)  
**lime juice**  
3 tsp (15mL)  
**peanut butter**  
4 tsp (21g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

---

## Protein Supplement(s) [↗](#)

Eat every day

---

### Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

**water**  
10 1/2 cup(s) (2489mL)  
**protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
-