

Meal Plan - 1700 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

1635 cals ● 132g protein (32%) ● 63g fat (35%) ● 108g carbs (26%) ● 27g fiber (7%)

Lunch

630 cals, 42g protein, 66g net carbs, 17g fat



[Soy milk yogurt](#)
1 container- 136 cals



[Chunky canned soup \(non-creamy\)](#)
2 can(s)- 494 cals

Dinner

790 cals, 42g protein, 40g net carbs, 45g fat



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



[Buffalo tempeh with vegan ranch](#)
589 cals



[Simple mixed greens salad](#)
68 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Day 2

1738 cals ● 116g protein (27%) ● 67g fat (35%) ● 129g carbs (30%) ● 38g fiber (9%)

Lunch

730 cals, 25g protein, 87g net carbs, 21g fat



[Tossed salad](#)
121 cals



[Tortilla chips](#)
176 cals



[Lentil chili](#)
435 cals

Dinner

790 cals, 42g protein, 40g net carbs, 45g fat



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



[Buffalo tempeh with vegan ranch](#)
589 cals



[Simple mixed greens salad](#)
68 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Day 3

1685 cals ● 107g protein (25%) ● 36g fat (19%) ● 197g carbs (47%) ● 36g fiber (9%)

Lunch

730 cals, 25g protein, 87g net carbs, 21g fat



Tossed salad
121 cals



Tortilla chips
176 cals



Lentil chili
435 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

735 cals, 33g protein, 108g net carbs, 14g fat



Tomato cucumber salad
71 cals



Spaghetti and meatless meatballs
664 cals

Day 4

1748 cals ● 124g protein (28%) ● 57g fat (30%) ● 160g carbs (37%) ● 23g fiber (5%)

Lunch

795 cals, 43g protein, 51g net carbs, 43g fat



Lentils
289 cals



Buffalo tofu with vegan ranch
506 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

735 cals, 33g protein, 108g net carbs, 14g fat



Tomato cucumber salad
71 cals



Spaghetti and meatless meatballs
664 cals

Day 5

1729 cals ● 156g protein (36%) ● 43g fat (22%) ● 148g carbs (34%) ● 32g fiber (7%)

Lunch

710 cals, 45g protein, 76g net carbs, 17g fat



Lentils
231 cals



Corn
185 cals



Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

800 cals, 62g protein, 70g net carbs, 25g fat



Basic baked potato
1 potato(es)- 264 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 6

1735 cals ● 128g protein (30%) ● 44g fat (23%) ● 175g carbs (40%) ● 31g fiber (7%)

Lunch

825 cals, 46g protein, 91g net carbs, 22g fat



Tossed salad

121 cals



Vegan meatball sub

1 1/2 sub(s)- 702 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Dinner

695 cals, 33g protein, 82g net carbs, 21g fat



Simple mixed greens salad

136 cals



Rice pilaf with meatless meatballs

558 cals

Day 7

1735 cals ● 128g protein (30%) ● 44g fat (23%) ● 175g carbs (40%) ● 31g fiber (7%)

Lunch

825 cals, 46g protein, 91g net carbs, 22g fat



Tossed salad

121 cals



Vegan meatball sub

1 1/2 sub(s)- 702 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Dinner

695 cals, 33g protein, 82g net carbs, 21g fat



Simple mixed greens salad

136 cals



Rice pilaf with meatless meatballs

558 cals

Other

- soy milk yogurt
1 container(s) (150g)
- vegan ranch
1/3 lbs (135mL)
- mixed greens
9 cup (270g)
- vegan meatballs, frozen
27 meatball(s) (810g)
- vegan sausage
2 sausage (200g)
- nutritional yeast
1 tbsp (4g)
- sub roll(s)
3 roll(s) (255g)
- snow peas
3/8 cup (32g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- Frank's Red Hot sauce
10 tbsp (149mL)
- vegetable broth
1 1/2 cup(s) (mL)
- pasta sauce
3/4 jar (24 oz) (531g)

Baked Products

- naan bread
1 piece (90g)

Legumes and Legume Products

- tempeh
1 lbs (454g)
- lentils, raw
1 1/4 cup (240g)
- firm tofu
2/3 lbs (298g)

Fats and Oils

- oil
2 oz (61mL)
- salad dressing
1/2 lbs (225mL)

Beverages

Vegetables and Vegetable Products

- red onion
5/6 medium (2-1/2" dia) (90g)
- cucumber
1 cucumber (8-1/4") (301g)
- romaine lettuce
2 hearts (1000g)
- carrots
2 small (5-1/2" long) (100g)
- tomatoes
3 3/4 medium whole (2-3/5" dia) (458g)
- onion
1/2 medium (2-1/2" dia) (55g)
- garlic
2 clove(s) (6g)
- canned whole tomatoes
1 cup (240g)
- potatoes
1 large (3" to 4-1/4" dia.) (369g)
- frozen corn kernels
1 1/3 cup (181g)

Snacks

- tortilla chips
2 1/2 oz (71g)

Spices and Herbs

- chili powder
1 tbsp (8g)
- ground cumin
1/2 tbsp (3g)
- salt
3 g (3g)
- black pepper
1 dash, ground (0g)

Cereal Grains and Pasta

- dry bulgur wheat
1/2 cup (70g)
- uncooked dry pasta
1/2 lbs (228g)

Meals, Entrees, and Side Dishes

- flavored rice mix
3/4 box (8 oz) (170g)

water
17 cup(s) (4029mL)

protein powder
14 scoop (1/3 cup ea) (434g)

Lunch 1 [↗](#)

Eat on day 1

Soy milk yogurt

1 container - 136 cal ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



Makes 1 container

soy milk yogurt

1 container(s) (150g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
 2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.
-

Tortilla chips

176 cals ● 2g protein ● 8g fat ● 22g carbs ● 2g fiber



For single meal:

tortilla chips
1 1/4 oz (35g)

For all 2 meals:

tortilla chips
2 1/2 oz (71g)

1. This recipe has no instructions.

Lentil chili

435 cals ● 19g protein ● 9g fat ● 55g carbs ● 14g fiber



For single meal:

oil
1/2 tbsp (8mL)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
garlic, minced
1 clove(s) (3g)
lentils, raw
4 tbsp (48g)
chili powder
1/2 tbsp (4g)
ground cumin
1/4 tbsp (2g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
canned whole tomatoes, chopped
1/2 cup (120g)
dry bulgur wheat
4 tbsp (35g)
vegetable broth
3/4 cup(s) (mL)

For all 2 meals:

oil
1 tbsp (15mL)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
garlic, minced
2 clove(s) (6g)
lentils, raw
1/2 cup (96g)
chili powder
1 tbsp (8g)
ground cumin
1/2 tbsp (3g)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)
canned whole tomatoes, chopped
1 cup (240g)
dry bulgur wheat
1/2 cup (70g)
vegetable broth
1 1/2 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Lunch 3 [↗](#)

Eat on day 4

Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

Buffalo tofu with vegan ranch

506 cal ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



vegan ranch
3 tbsp (45mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)
Frank's Red Hot sauce
4 tbsp (59mL)
oil
3/4 tbsp (11mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Lunch 4 [↗](#)

Eat on day 5

Lentils

231 cal ● 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.

Corn

185 cal ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



frozen corn kernels
1 1/3 cup (181g)

1. Prepare according to instructions on package.

Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

oil
2 tsp (10mL)
tempeh
4 oz (113g)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Vegan meatball sub

1 1/2 sub(s) - 702 cal ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

vegan meatballs, frozen
6 meatball(s) (180g)
pasta sauce
6 tbsp (98g)
nutritional yeast
1/2 tbsp (2g)
sub roll(s)
1 1/2 roll(s) (128g)

For all 2 meals:

vegan meatballs, frozen
12 meatball(s) (360g)
pasta sauce
3/4 cup (195g)
nutritional yeast
1 tbsp (4g)
sub roll(s)
3 roll(s) (255g)

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Naan bread

1/2 piece(s) - 131 cal ● 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.

Buffalo tempeh with vegan ranch

589 cal ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



For single meal:

vegan ranch
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
Frank's Red Hot sauce
3 tbsp (45mL)
oil
3/4 tbsp (11mL)

For all 2 meals:

vegan ranch
6 tbsp (90mL)
tempeh, roughly chopped
3/4 lbs (340g)
Frank's Red Hot sauce
6 tbsp (90mL)
oil
1 1/2 tbsp (23mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
red onion, thinly sliced
1/4 small (18g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
red onion, thinly sliced
1/2 small (35g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Spaghetti and meatless meatballs

664 cals ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



For single meal:

vegan meatballs, frozen
3 meatball(s) (90g)
uncooked dry pasta
4 oz (114g)
pasta sauce
1/4 jar (24 oz) (168g)

For all 2 meals:

vegan meatballs, frozen
6 meatball(s) (180g)
uncooked dry pasta
1/2 lbs (228g)
pasta sauce
1/2 jar (24 oz) (336g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Dinner 3 [↗](#)

Eat on day 5

Basic baked potato

1 potato(es) - 264 cals ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



Makes 1 potato(es)

potatoes

1 large (3" to 4-1/4" dia.) (369g)

salt

1 dash (0g)

oil

1/2 tsp (3mL)

1. OVEN:
 2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
 3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
 4. MICROWAVE:
 5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
 7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.
-

Vegan sausage

2 sausage(s) - 536 cal ● 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.

Dinner 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.

Rice pilaf with meatless meatballs

558 cal ● 31g protein ● 12g fat ● 74g carbs ● 8g fiber



For single meal:

snow peas, ends trimmed
1/6 cup (16g)
tomatoes
4 1/2 cherry tomatoes (77g)
vegan meatballs, frozen
4 1/2 meatball(s) (135g)
flavored rice mix
3/8 box (8 oz) (85g)

For all 2 meals:

snow peas, ends trimmed
3/8 cup (32g)
tomatoes
9 cherry tomatoes (153g)
vegan meatballs, frozen
9 meatball(s) (270g)
flavored rice mix
3/4 box (8 oz) (170g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
 2. Meanwhile prepare vegan meatballs according to package instructions.
 3. Plate rice mix and top with vegan meatballs. Serve.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water

2 cup(s) (474mL)

protein powder

2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water

14 cup(s) (3318mL)

protein powder

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
-