

# Meal Plan - 1800 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

1762 cals ● 113g protein (26%) ● 66g fat (34%) ● 152g carbs (35%) ● 27g fiber (6%)

### Lunch

655 cals, 37g protein, 77g net carbs, 19g fat



[Crispy chik'n tenders](#)  
8 tender(s)- 457 cals



[Peach](#)  
3 peach(es)- 198 cals

### Dinner

890 cals, 28g protein, 73g net carbs, 46g fat



[Avocado](#)  
351 cals



[Naan bread](#)  
1 piece(s)- 262 cals



[Chik'n nuggets](#)  
5 nuggets- 276 cals

### Protein Supplement(s)

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



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

## Day 2

1806 cals ● 135g protein (30%) ● 59g fat (29%) ● 147g carbs (33%) ● 36g fiber (8%)

### Lunch

770 cals, 47g protein, 74g net carbs, 30g fat



[Vegan bangers and cauliflower mash](#)  
1 1/2 sausage link(s)- 541 cals



[Fruit juice](#)  
2 cup(s)- 229 cals

### Dinner

815 cals, 40g protein, 72g net carbs, 29g fat



[Sunflower seeds](#)  
135 cals



[Chickpea & kale soup](#)  
682 cals

### Protein Supplement(s)

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



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

## Day 3

1813 cals ● 143g protein (31%) ● 55g fat (27%) ● 165g carbs (36%) ● 22g fiber (5%)

### Lunch

770 cals, 47g protein, 74g net carbs, 30g fat



[Vegan bangers and cauliflower mash](#)

1 1/2 sausage link(s)- 541 cals



[Fruit juice](#)

2 cup(s)- 229 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

825 cals, 47g protein, 89g net carbs, 24g fat



[Flavored rice mix](#)

382 cals



[Basic tempeh](#)

6 oz- 443 cals

## Day 4

1858 cals ● 162g protein (35%) ● 75g fat (36%) ● 110g carbs (24%) ● 25g fiber (5%)

### Lunch

815 cals, 66g protein, 19g net carbs, 49g fat



[Chik'n satay with peanut sauce](#)

7 skewers- 816 cals

### Dinner

825 cals, 47g protein, 89g net carbs, 24g fat



[Flavored rice mix](#)

382 cals



[Basic tempeh](#)

6 oz- 443 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 5

1768 cals ● 148g protein (33%) ● 66g fat (33%) ● 102g carbs (23%) ● 45g fiber (10%)

### Lunch

815 cals, 66g protein, 19g net carbs, 49g fat



[Chik'n satay with peanut sauce](#)

7 skewers- 816 cals

### Dinner

735 cals, 33g protein, 81g net carbs, 15g fat



[Chips and salsa](#)

163 cals



[Smokey black bean stew](#)

571 cals

### Protein Supplement(s)

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



[Protein shake](#)


2 scoop- 218 cals

Day 6


1729 calsgreen112g protein (26%)orange44g fat (23%)blue166g carbs (38%)grey55g fiber (13%)

Lunch

775 calsgreen30g protein, 84g net carbs, 28g fat

Tortilla chips


141 calsgreen

Vegan chorizo tacos

2 taco(s)- 637 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

735 calsgreen33g protein, 81g net carbs, 15g fat

Chips and salsa

163 calsgreen

Smokey black bean stew


571 calsgreen

Day 7


1773 calsgreen139g protein (31%)orange72g fat (36%)blue117g carbs (26%)grey26g fiber (6%)

Lunch

775 calsgreen30g protein, 84g net carbs, 28g fat

Tortilla chips


141 calsgreen

Vegan chorizo tacos

2 taco(s)- 637 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

780 calsgreen60g protein, 31g net carbs, 43g fat

Sauteed Kale

242 calsgreen

Vegan sausage

2 sausage(s)- 536 calsgreen



## Vegetables and Vegetable Products

- ☐ ketchup  
3 1/4 tbsp (55g)
- ☐ garlic  
4 1/2 clove(s) (14g)
- ☐ kale leaves  
6 1/2 cup, chopped (260g)
- ☐ onion  
3 small (198g)
- ☐ fresh ginger  
2 1/3 inch (2.5cm) cube (12g)
- ☐ tomato paste  
1 tbsp (16g)
- ☐ jalapeno pepper  
2/3 pepper (9g)

## Other

- ☐ meatless chik'n tenders  
8 pieces (204g)
- ☐ vegan chik'n nuggets  
5 nuggets (108g)
- ☐ vegan sausage  
5 sausage (500g)
- ☐ frozen cauliflower  
2 1/4 cup (255g)
- ☐ skewer(s)  
14 skewer(s) (14g)
- ☐ vegan chik'n strips  
18 2/3 oz (529g)
- ☐ sesame oil  
2 1/3 tbsp (35mL)
- ☐ smoked paprika  
2 tsp (5g)
- ☐ diced tomatoes  
1 can(s) (420g)
- ☐ soy chorizo  
1/2 lbs (227g)

## Fruits and Fruit Juices

- ☐ peach  
3 medium (2-2/3" dia) (450g)
- ☐ avocados  
1 avocado(s) (201g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ fruit juice  
32 fl oz (960mL)
- ☐ lime juice  
1/3 cup (83mL)

## Baked Products

- ☐ naan bread  
1 piece (90g)
- ☐ corn tortillas  
8 tortilla, medium (approx 6" dia) (208g)

## Beverages

- ☐ water  
14 cup(s) (3318mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Nut and Seed Products

- ☐ sunflower kernels  
3/4 oz (21g)

## Fats and Oils

- ☐ oil  
3 oz (95mL)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
7 cup(s) (mL)
- ☐ salsa  
1/2 cup (130g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 1/4 can (560g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ peanut butter  
1/3 cup (75g)
- ☐ black beans  
2 can(s) (878g)
- ☐ refried beans  
2/3 can (~16 oz) (296g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
1 1/3 pouch (~5.6 oz) (211g)

## Snacks

- ☐ tortilla chips  
4 oz (113g)

## Spices and Herbs

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☐ ground cumin  
1 tsp (2g)

## Lunch 1 [↗](#)

Eat on day 1

### Crispy chik'n tenders

8 tender(s) - 457 cal ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



Makes 8 tender(s)

#### **ketchup**

2 tbsp (34g)

#### **meatless chik'n tenders**

8 pieces (204g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

### Peach

3 peach(es) - 198 cal ● 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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

**onion, thinly sliced**

3/4 small (53g)

**vegan sausage**

1 1/2 sausage (150g)

**oil**

3/4 tbsp (11mL)

**frozen cauliflower**

1 cup (128g)

For all 2 meals:

**onion, thinly sliced**

1 1/2 small (105g)

**vegan sausage**

3 sausage (300g)

**oil**

1 1/2 tbsp (23mL)

**frozen cauliflower**

2 1/4 cup (255g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

### Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

**fruit juice**

16 fl oz (480mL)

For all 2 meals:

**fruit juice**

32 fl oz (960mL)

1. This recipe has no instructions.



## Lunch 3 [↗](#)

Eat on day 4, day 5

### Chik'n satay with peanut sauce

7 skewers - 816 cal ● 66g protein ● 49g fat ● 19g carbs ● 8g fiber



For single meal:

#### skewer(s)

7 skewer(s) (7g)

#### fresh ginger, grated or minced

1 1/6 inch (2.5cm) cube (6g)

#### vegan chik'n strips

9 1/3 oz (265g)

#### sesame oil

3 1/2 tsp (18mL)

#### lime juice

1 3/4 tbsp (26mL)

#### peanut butter

2 1/3 tbsp (37g)

For all 2 meals:

#### skewer(s)

14 skewer(s) (14g)

#### fresh ginger, grated or minced

2 1/3 inch (2.5cm) cube (12g)

#### vegan chik'n strips

18 2/3 oz (529g)

#### sesame oil

2 1/3 tbsp (35mL)

#### lime juice

1/4 cup (52mL)

#### peanut butter

1/4 cup (75g)

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.

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Tortilla chips

141 cal ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

#### tortilla chips

1 oz (28g)

For all 2 meals:

#### tortilla chips

2 oz (57g)

1. This recipe has no instructions.

## Vegan chorizo tacos

2 taco(s) - 637 cal ● 28g protein ● 21g fat ● 66g carbs ● 17g fiber



For single meal:

**oil**  
1/3 tsp (2mL)  
**onion, diced**  
1/6 small (12g)  
**refried beans**  
1/3 can (~16 oz) (148g)  
**jalapeno pepper, seeded and chopped**  
1/3 pepper (5g)  
**soy chorizo, casing removed**  
4 oz (113g)  
**corn tortillas**  
4 tortilla, medium (approx 6" dia) (104g)

For all 2 meals:

**oil**  
1/4 tbsp (3mL)  
**onion, diced**  
1/3 small (23g)  
**refried beans**  
2/3 can (~16 oz) (296g)  
**jalapeno pepper, seeded and chopped**  
2/3 pepper (9g)  
**soy chorizo, casing removed**  
1/2 lbs (227g)  
**corn tortillas**  
8 tortilla, medium (approx 6" dia) (208g)

1. Heat oil in a large skillet over medium heat. Add chopped onion and jalapeno, and cook for about 10 minutes.
2. Add the soy chorizo and cook for about 5 minutes, until starting to brown.
3. Meanwhile, place the refried beans in a saucepan and cook over low heat until heated through.
4. Stack two tortillas together for each taco, and spread beans over tortillas. Top with soy chorizo mixture.
5. Serve.
6. Meal Prep Tip: Divide the chorizo mixture and refried beans into separate airtight containers and store in the refrigerator. When ready to eat, warm chorizo mixture and refried beans on stovetop (or by microwaving), place on tortillas, and serve.

## Dinner 1 [🔗](#)

Eat on day 1

### Avocado

351 cal ● 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.

### Naan bread

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

Makes 1 piece(s)

**naan bread**  
1 piece (90g)



1. This recipe has no instructions.

## Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



Makes 5 nuggets

### vegan chik'n nuggets

5 nuggets (108g)

#### ketchup

1 1/4 tbsp (21g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

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## Dinner 2 [↗](#)

Eat on day 2

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### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



### sunflower kernels

3/4 oz (21g)

1. This recipe has no instructions.

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## Chickpea & kale soup

682 cals ● 34g protein ● 18g fat ● 70g carbs ● 27g fiber



### oil

1 1/4 tsp (6mL)

### garlic, minced

2 1/2 clove(s) (8g)

### vegetable broth

5 cup(s) (mL)

### kale leaves, chopped

2 1/2 cup, chopped (100g)

### chickpeas, canned, drained

1 1/4 can (560g)

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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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Flavored rice mix

382 cals ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



For single meal:

#### **flavored rice mix**

2/3 pouch (~5.6 oz) (105g)

For all 2 meals:

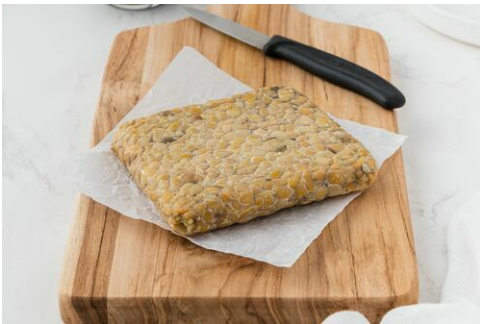
#### **flavored rice mix**

1 1/3 pouch (~5.6 oz) (211g)

1. Prepare according to instructions on package.
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### 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.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

### Chips and salsa

163 cal ● 3g protein ● 6g fat ● 21g carbs ● 3g fiber



For single meal:

**salsa**  
4 tbsp (65g)  
**tortilla chips**  
1 oz (28g)

For all 2 meals:

**salsa**  
1/2 cup (130g)  
**tortilla chips**  
2 oz (57g)

1. Serve salsa with the tortilla chips.

### Smokey black bean stew

571 cal ● 30g protein ● 9g fat ● 60g carbs ● 32g fiber



For single meal:

**smoked paprika**  
1 tsp (2g)  
**lime juice**  
1 tbsp (15mL)  
**vegetable broth**  
1 cup(s) (mL)  
**oil**  
1/2 tbsp (8mL)  
**tomato paste**  
1/2 tbsp (8g)  
**ground cumin**  
4 dash (1g)  
**garlic, minced**  
1 clove(s) (3g)  
**onion, diced**  
1/2 small (35g)  
**diced tomatoes**  
1/2 can(s) (210g)  
**black beans, drained and rinsed**  
1 can(s) (439g)

For all 2 meals:

**smoked paprika**  
2 tsp (5g)  
**lime juice**  
2 tbsp (30mL)  
**vegetable broth**  
2 cup(s) (mL)  
**oil**  
1 tbsp (15mL)  
**tomato paste**  
1 tbsp (16g)  
**ground cumin**  
1 tsp (2g)  
**garlic, minced**  
2 clove(s) (6g)  
**onion, diced**  
1 small (70g)  
**diced tomatoes**  
1 can(s) (420g)  
**black beans, drained and rinsed**  
2 can(s) (878g)

1. Heat oil in a large pot over medium heat. Add in onion and garlic and cook until softened.
2. Add in spices and stir, toasting them for about 1 minute.
3. Add in broth, beans, tomatoes, and tomato paste. Stir and simmer for 15 minutes. Season with salt/pepper to taste.
4. Spritz some lime juice on top and serve.



## Dinner 5 [↗](#)

Eat on day 7

### Sauteed Kale

242 cals ● 4g protein ● 19g fat ● 10g carbs ● 3g fiber



**oil**  
4 tsp (20mL)  
**kale leaves**  
4 cup, chopped (160g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

### 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.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 scoop - 218 cals ● 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.