

Meal Plan - 2000 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

1871 cals ● 129g protein (28%) ● 59g fat (28%) ● 163g carbs (35%) ● 43g fiber (9%)

Lunch

565 cals, 27g protein, 88g net carbs, 7g fat



[White rice](#)

1 cup rice, cooked- 220 cals



[Corn](#)

92 cals



[Veggie burger patty](#)

2 patty- 254 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

1030 cals, 41g protein, 73g net carbs, 51g fat



[Chickpea & kale soup](#)

682 cals



[Walnuts](#)

1/2 cup(s)- 350 cals

Day 2

1837 cals ● 149g protein (32%) ● 69g fat (34%) ● 119g carbs (26%) ● 37g fiber (8%)

Lunch

565 cals, 27g protein, 88g net carbs, 7g fat



[White rice](#)

1 cup rice, cooked- 220 cals



[Corn](#)

92 cals



[Veggie burger patty](#)

2 patty- 254 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

1000 cals, 61g protein, 29g net carbs, 61g fat



[Crack slaw with tempeh](#)

633 cals



[Pumpkin seeds](#)

366 cals

Day 3

2057 cals ● 144g protein (28%) ● 86g fat (38%) ● 137g carbs (27%) ● 40g fiber (8%)

Lunch

785 cals, 23g protein, 105g net carbs, 24g fat



Tomato soup
2 can(s)- 421 cals



Blueberries
1 cup(s)- 95 cals



Sunflower seeds
271 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Dinner

1000 cals, 61g protein, 29g net carbs, 61g fat



Crack slaw with tempeh
633 cals



Pumpkin seeds
366 cals

Day 4

2014 cals ● 125g protein (25%) ● 39g fat (17%) ● 257g carbs (51%) ● 35g fiber (7%)

Lunch

785 cals, 23g protein, 105g net carbs, 24g fat



Tomato soup
2 can(s)- 421 cals



Blueberries
1 cup(s)- 95 cals



Sunflower seeds
271 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Dinner

955 cals, 42g protein, 149g net carbs, 13g fat



Snow peas
2 cup(s)- 48 cals



Soy milk
1 2/3 cup(s)- 141 cals



Pasta with store-bought sauce
766 cals

Day 5

1964 cals ● 160g protein (33%) ● 72g fat (33%) ● 133g carbs (27%) ● 36g fiber (7%)

Lunch

850 cals, 46g protein, 70g net carbs, 33g fat



Blueberries

1 cup(s)- 95 cals



Bbq tempeh lettuce wrap

6 lettuce wrap(s)- 494 cals



Roasted cashews

1/3 cup(s)- 261 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

840 cals, 54g protein, 61g net carbs, 38g fat



Soy milk

3 cup(s)- 254 cals



Chik'n nuggets

10 2/3 nuggets- 588 cals

Day 6

1974 cals ● 167g protein (34%) ● 62g fat (28%) ● 139g carbs (28%) ● 48g fiber (10%)

Lunch

850 cals, 46g protein, 70g net carbs, 33g fat



Blueberries

1 cup(s)- 95 cals



Bbq tempeh lettuce wrap

6 lettuce wrap(s)- 494 cals



Roasted cashews

1/3 cup(s)- 261 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

850 cals, 61g protein, 67g net carbs, 27g fat



Lentils

347 cals



Sauteed peppers and onions

63 cals



Basic tempeh

6 oz- 443 cals

Day 7

2019 cals ● 150g protein (30%) ● 59g fat (27%) ● 187g carbs (37%) ● 34g fiber (7%)

Lunch

895 cals, 29g protein, 117g net carbs, 31g fat



Tofu curry with rice

499 cals



Simple vegan garlic bread

2 slice(s)- 252 cals



Fruit juice

1 1/4 cup(s)- 143 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

850 cals, 61g protein, 67g net carbs, 27g fat



Lentils

347 cals



Sauteed peppers and onions

63 cals



Basic tempeh

6 oz- 443 cals



Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (185g)
- ☐ uncooked dry pasta
6 oz (171g)

Beverages

- ☐ water
23 cup(s) (5411mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Spices and Herbs

- ☐ salt
1 tsp (6g)
- ☐ black pepper
4 dash, ground (1g)

Vegetables and Vegetable Products

- ☐ frozen corn kernels
1 1/3 cup (181g)
- ☐ garlic
7 1/2 clove(s) (23g)
- ☐ kale leaves
2 1/2 cup, chopped (100g)
- ☐ ketchup
2 2/3 tbsp (45g)
- ☐ romaine lettuce
12 leaf inner (72g)
- ☐ bell pepper
1 2/3 large (275g)
- ☐ onion
1/2 medium (2-1/2" dia) (55g)

Other

- ☐ veggie burger patty
4 patty (284g)
- ☐ coleslaw mix
9 cup (810g)
- ☐ snow peas
2 cup (170g)
- ☐ soy milk, unsweetened
1/3 gallon (1121mL)
- ☐ vegan chik'n nuggets
10 2/3 nuggets (229g)
- ☐ curry sauce
1/3 jar (15 oz) (142g)

Fats and Oils

- ☐ oil
2 2/3 oz (82mL)
- ☐ olive oil
2 tsp (10mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
5 cup(s) (mL)
- ☐ hot sauce
1 tbsp (15mL)
- ☐ condensed canned tomato soup
4 can (10.5 oz) (1192g)
- ☐ pasta sauce
3/8 jar (24 oz) (252g)
- ☐ barbecue sauce
6 tbsp (102g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/4 can (560g)
- ☐ tempeh
2 1/4 lbs (1021g)
- ☐ lentils, raw
1 cup (192g)
- ☐ firm tofu
1/3 lbs (151g)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ sunflower kernels
1/4 lbs (121g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)
- ☐ roasted cashews
10 tbsp, halves and whole (86g)

Fruits and Fruit Juices

- ☐ blueberries
4 cup (592g)
- ☐ fruit juice
10 fl oz (300mL)

Baked Products

- ☐ bread
2 slice (64g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

White rice

1 cup rice, cooked - 220 cal ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)

For all 2 meals:

long-grain white rice

2/3 cup (123g)

water

1 1/3 cup(s) (316mL)

salt

1/4 tbsp (4g)

black pepper

4 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Corn

92 cal ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels

2/3 cup (91g)

For all 2 meals:

frozen corn kernels

1 1/3 cup (181g)

1. Prepare according to instructions on package.

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 2 [↗](#)
Eat on day 3, day 4

Tomato soup
2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



For single meal:
condensed canned tomato soup
2 can (10.5 oz) (596g)

For all 2 meals:
condensed canned tomato soup
4 can (10.5 oz) (1192g)

1. Prepare according to instructions on package.

Blueberries
1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:
blueberries
1 cup (148g)

For all 2 meals:
blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Sunflower seeds
271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:
sunflower kernels
1 1/2 oz (43g)

For all 2 meals:
sunflower kernels
3 oz (85g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)
Eat on day 5, day 6

Blueberries
1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:
blueberries
1 cup (148g)

For all 2 meals:
blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Bbq tempeh lettuce wrap
6 lettuce wrap(s) - 494 cals ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



For single meal:
romaine lettuce
6 leaf inner (36g)
tempeh, cubed
6 oz (170g)
barbecue sauce
3 tbsp (51g)
coleslaw mix
1 1/2 cup (135g)
oil
1/4 tbsp (4mL)
bell pepper, deseeded and sliced
3/4 small (56g)

For all 2 meals:
romaine lettuce
12 leaf inner (72g)
tempeh, cubed
3/4 lbs (340g)
barbecue sauce
6 tbsp (102g)
coleslaw mix
3 cup (270g)
oil
1/2 tbsp (8mL)
bell pepper, deseeded and sliced
1 1/2 small (111g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews

5 tbsp, halves and whole (43g)

For all 2 meals:

roasted cashews

10 tbsp, halves and whole (86g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Tofu curry with rice

499 cals ● 18g protein ● 19g fat ● 60g carbs ● 3g fiber



curry sauce

1/3 jar (15 oz) (142g)

oil

1/4 tbsp (3mL)

firm tofu

1/3 lbs (151g)

long-grain white rice

1/3 cup (62g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



Makes 2 slice(s)

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

fruit juice

10 fl oz (300mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

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.

Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)

walnuts

1/2 cup, shelled (50g)



1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2, day 3

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

tempeh, cubed
6 oz (170g)
coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)

For all 2 meals:

tempeh, cubed
3/4 lbs (340g)
coleslaw mix
6 cup (540g)
hot sauce
1 tbsp (15mL)
sunflower kernels
3 tbsp (36g)
oil
2 tbsp (30mL)
garlic, minced
3 clove (9g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Snow peas

2 cup(s) - 48 cals ● 4g protein ● 0g fat ● 4g carbs ● 4g fiber



Makes 2 cup(s)

snow peas, ends trimmed

2 cup (170g)

1. Eat raw or bring a medium saucepan of water to boil. Add snow peas and cook for 30-60 seconds. Drain, season with some salt, and serve.

Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



Makes 1 2/3 cup(s)

soy milk, unsweetened

1 2/3 cup (400mL)

1. This recipe has no instructions.

Pasta with store-bought sauce

766 cals ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



uncooked dry pasta

6 oz (171g)

pasta sauce

3/8 jar (24 oz) (252g)

1. Cook the pasta as directed on the package.
 2. Top with sauce and enjoy.
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Dinner 4 [↗](#)

Eat on day 5

Soy milk

3 cup(s) - 254 cal ● 21g protein ● 14g fat ● 6g carbs ● 6g fiber



Makes 3 cup(s)

soy milk, unsweetened
3 cup (720mL)

1. This recipe has no instructions.

Chik'n nuggets

10 2/3 nuggets - 588 cal ● 33g protein ● 24g fat ● 55g carbs ● 6g fiber



Makes 10 2/3 nuggets

vegan chik'n nuggets
10 2/3 nuggets (229g)
ketchup
2 2/3 tbsp (45g)

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

Dinner 5 [↗](#)

Eat on day 6, day 7

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

salt
2 dash (2g)
water
4 cup(s) (948mL)
lentils, raw, rinsed
1 cup (192g)

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.

Sauteed peppers and onions

63 cal ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

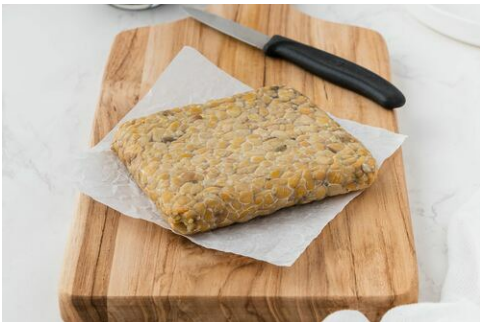
For all 2 meals:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Basic tempeh

6 oz - 443 cal ● 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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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