

Meal Plan - 2100 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

2079 cals ● 143g protein (27%) ● 56g fat (24%) ● 204g carbs (39%) ● 47g fiber (9%)

Lunch

745 cals, 32g protein, 111g net carbs, 13g fat



[Raisins](#)

1/2 cup- 275 cals



[Bbq tempeh wrap](#)

1 wrap(s)- 472 cals

Dinner

1060 cals, 50g protein, 91g net carbs, 42g fat



[Quinoa](#)

2 cup quinoa, cooked- 417 cals



[Roasted brussels sprouts](#)

347 cals



[Basic tempeh](#)

4 oz- 295 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 2

1968 cals ● 137g protein (28%) ● 39g fat (18%) ● 225g carbs (46%) ● 43g fiber (9%)

Lunch

745 cals, 32g protein, 111g net carbs, 13g fat



[Raisins](#)

1/2 cup- 275 cals



[Bbq tempeh wrap](#)

1 wrap(s)- 472 cals

Dinner

950 cals, 45g protein, 112g net carbs, 25g fat



[Roasted brussels sprouts](#)

174 cals



[Veggie burger patty](#)

2 patty- 254 cals



[Quinoa](#)

2 1/2 cup quinoa, cooked- 521 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 3

2152 cals ● 136g protein (25%) ● 56g fat (24%) ● 233g carbs (43%) ● 42g fiber (8%)

Lunch

930 cals, 31g protein, 119g net carbs, 30g fat



Vegan green mac and cheese
829 cals



Simple mixed greens salad
102 cals

Dinner

950 cals, 45g protein, 112g net carbs, 25g fat



Roasted brussels sprouts
174 cals



Veggie burger patty
2 patty- 254 cals



Quinoa
2 1/2 cup quinoa, cooked- 521 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2074 cals ● 141g protein (27%) ● 51g fat (22%) ● 226g carbs (44%) ● 37g fiber (7%)

Lunch

930 cals, 31g protein, 119g net carbs, 30g fat



Vegan green mac and cheese
829 cals



Simple mixed greens salad
102 cals

Dinner

870 cals, 50g protein, 105g net carbs, 19g fat



Fruit juice
1 1/2 cup(s)- 172 cals



Roasted tofu & veggies
352 cals



Lentils
347 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

2071 cals ● 160g protein (31%) ● 55g fat (24%) ● 206g carbs (40%) ● 29g fiber (6%)

Lunch

925 cals, 31g protein, 163g net carbs, 11g fat



Simple mixed greens and tomato salad
76 cals



Pasta with store-bought sauce
851 cals

Dinner

875 cals, 69g protein, 42g net carbs, 43g fat



Lentils
174 cals



Chik'n satay with peanut sauce
6 skewers- 699 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

2093 cals ● 147g protein (28%) ● 62g fat (27%) ● 200g carbs (38%) ● 37g fiber (7%)

Lunch

925 cals, 31g protein, 163g net carbs, 11g fat



[Simple mixed greens and tomato salad](#)
76 cals



[Pasta with store-bought sauce](#)
851 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Dinner

895 cals, 56g protein, 35g net carbs, 50g fat



[Avocado](#)
176 cals



[Seitan salad](#)
718 cals

Day 7

2125 cals ● 140g protein (26%) ● 87g fat (37%) ● 160g carbs (30%) ● 35g fiber (7%)

Lunch

960 cals, 23g protein, 123g net carbs, 36g fat



[Vegan veggie wrap](#)
3 wrap(s)- 958 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Dinner

895 cals, 56g protein, 35g net carbs, 50g fat



[Avocado](#)
176 cals



[Seitan salad](#)
718 cals

Fruits and Fruit Juices

- ☐ raisins
1 cup, packed (165g)
- ☐ fruit juice
12 fl oz (360mL)
- ☐ lime juice
1 1/2 tbsp (23mL)
- ☐ avocados
2 avocado(s) (402g)
- ☐ lemon juice
1 tsp (5mL)

Vegetables and Vegetable Products

- ☐ bell pepper
2/3 large (114g)
- ☐ brussels sprouts
1 2/3 lbs (756g)
- ☐ broccoli
3 1/2 cup chopped (322g)
- ☐ fresh spinach
10 1/2 cup(s) (312g)
- ☐ frozen peas
13 tbsp (107g)
- ☐ carrots
1 medium (61g)
- ☐ onion
1/6 medium (2-1/2" dia) (18g)
- ☐ fresh ginger
1 inch (2.5cm) cube (5g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (483g)
- ☐ red bell pepper
3/4 medium (approx 2-3/4" long, 2-1/2 dia.) (89g)
- ☐ cucumber
3/8 cucumber (8-1/4") (113g)
- ☐ mushrooms
3/4 cup, pieces or slices (53g)

Fats and Oils

- ☐ oil
2 1/3 tbsp (35mL)
- ☐ olive oil
1/4 cup (55mL)
- ☐ salad dressing
1 cup (218mL)

Baked Products

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 tbsp (68g)
- ☐ pasta sauce
5/6 jar (24 oz) (560g)

Legumes and Legume Products

- ☐ tempeh
3/4 lbs (340g)
- ☐ extra firm tofu
2/3 block (216g)
- ☐ lentils, raw
3/4 cup (144g)
- ☐ peanut butter
2 tbsp (32g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
2 1/3 cup (397g)
- ☐ uncooked dry pasta
1 1/3 lbs (607g)
- ☐ all-purpose flour
2 1/2 tsp (6g)
- ☐ seitan
3/4 lbs (340g)

Beverages

- ☐ water
25 cup(s) (5965mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ almond milk, unsweetened
1 1/2 cup (384mL)

Spices and Herbs

- ☐ salt
1 1/4 tsp (8g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ nutmeg
3 dash (1g)

- ☐ flour tortillas
6 1/2 tortilla (approx 7-8" dia) (314g)

Other

- ☐ coleslaw mix
2 cup (180g)
 - ☐ veggie burger patty
4 patty (284g)
 - ☐ vegan butter
2 1/2 tsp (11g)
 - ☐ vegan cheese, shredded
6 1/4 oz (176g)
 - ☐ mixed greens
8 cup (242g)
 - ☐ skewer(s)
6 skewer(s) (6g)
 - ☐ vegan chik'n strips
1/2 lbs (227g)
 - ☐ sesame oil
1 tbsp (15mL)
 - ☐ nutritional yeast
4 tsp (5g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Raisins

1/2 cup - 275 cal ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



For single meal:

raisins

1/2 cup, packed (83g)

For all 2 meals:

raisins

1 cup, packed (165g)

1. This recipe has no instructions.

Bbq tempeh wrap

1 wrap(s) - 472 cal ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



For single meal:

bell pepper, deseeded and sliced

1/2 small (37g)

oil

1/2 tsp (3mL)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

coleslaw mix

1 cup (90g)

barbecue sauce

2 tbsp (34g)

tempeh, cut into strips

4 oz (113g)

For all 2 meals:

bell pepper, deseeded and sliced

1 small (74g)

oil

1 tsp (5mL)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

coleslaw mix

2 cup (180g)

barbecue sauce

4 tbsp (68g)

tempeh, cut into strips

1/2 lbs (227g)

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 wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Vegan green mac and cheese

829 cals ● 29g protein ● 23g fat ● 113g carbs ● 13g fiber



For single meal:

almond milk, unsweetened
13 tbsp (192mL)
vegan butter
1 tsp (6g)
vegan cheese, shredded
9 1/2 tbsp (67g)
uncooked dry pasta
4 oz (113g)
broccoli
1 1/2 cup chopped (146g)
fresh spinach, chopped
1 1/3 cup(s) (36g)
frozen peas
6 1/2 tbsp (54g)
nutmeg
1 1/2 dash (0g)
all-purpose flour
1 tsp (3g)

For all 2 meals:

almond milk, unsweetened
1 1/2 cup (384mL)
vegan butter
2 1/2 tsp (11g)
vegan cheese, shredded
1 1/3 cup (134g)
uncooked dry pasta
1/2 lbs (227g)
broccoli
3 cup chopped (291g)
fresh spinach, chopped
2 1/2 cup(s) (72g)
frozen peas
13 tbsp (107g)
nutmeg
3 dash (1g)
all-purpose flour
2 1/2 tsp (6g)

1. Cook pasta according to package instructions. About 5 minutes before pasta is done, add just half of the chopped broccoli to the pot. Once done, drain the pasta and broccoli and transfer to a casserole dish. Set aside.
2. Make sauce by melting the vegan butter over medium heat. Add flour and whisk until it creates a paste. Whisk in small amounts of the almond milk at a time until all of the milk has been incorporated.
3. Bring the sauce to a boil. Stirring frequently, mix in the chopped spinach, peas, remaining broccoli, and some salt and pepper. Simmer, uncovered, on low for 5-10 minutes. While simmering, preheat oven to 400°F (200°C).
4. Turn off heat and stir vegan cheese and nutmeg into the sauce. Season with salt and pepper to taste.
5. Optional: Transfer all or part of the sauce to a blender and blend until smooth.
6. Pour sauce over pasta. Bake 20-25 minutes until golden. Serve.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Lunch 3 [↗](#)

Eat on day 5, day 6

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Pasta with store-bought sauce

851 cal ● 29g protein ● 6g fat ● 157g carbs ● 13g fiber



For single meal:

uncooked dry pasta

6 2/3 oz (190g)

pasta sauce

3/8 jar (24 oz) (280g)

For all 2 meals:

uncooked dry pasta

13 1/3 oz (380g)

pasta sauce

5/6 jar (24 oz) (560g)

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

Eat on day 7

Vegan veggie wrap

3 wrap(s) - 958 cal ● 23g protein ● 36g fat ● 123g carbs ● 12g fiber



Makes 3 wrap(s)

red bell pepper, sliced to thin strips

3/4 medium (approx 2-3/4" long, 2-1/2 dia.) (89g)

cucumber, sliced to thin strips

3/8 cucumber (8-1/4") (113g)

flour tortillas

3 tortilla (approx 10" dia) (216g)

mushrooms

3/4 cup, pieces or slices (53g)

mixed greens

1/2 cup (17g)

vegan cheese, shredded

6 tbsp (42g)

salad dressing

3 tbsp (45mL)

1. Heat tortillas as directed on package.
2. On each tortilla, layer remaining ingredients evenly over half of each tortilla. Tuck in sides of tortillas; roll up tightly to enclose filling.

Dinner 1 [↗](#)

Eat on day 1

Quinoa

2 cup quinoa, cooked - 417 cal ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

quinoa, uncooked

2/3 cup (113g)

water

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

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Roasted brussels sprouts

347 cal ● 10g protein ● 20g fat ● 18g carbs ● 13g fiber

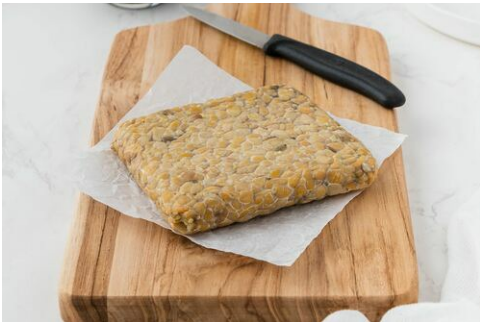


brussels sprouts
3/4 lbs (340g)
olive oil
1 1/2 tbsp (23mL)
salt
3 dash (2g)
black pepper
2 dash, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Basic tempeh

4 oz - 295 cals ● 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.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Roasted brussels sprouts

174 cal ● 5g protein ● 10g fat ● 9g carbs ● 7g fiber



For single meal:

brussels sprouts

6 oz (170g)

olive oil

3/4 tbsp (11mL)

salt

1 1/2 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

brussels sprouts

3/4 lbs (340g)

olive oil

1 1/2 tbsp (23mL)

salt

3 dash (2g)

black pepper

2 dash, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and 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.

Quinoa

2 1/2 cup quinoa, cooked - 521 cal ● 20g protein ● 9g fat ● 81g carbs ● 10g fiber



For single meal:

quinoa, uncooked

13 1/3 tbsp (142g)

water

1 2/3 cup(s) (395mL)

For all 2 meals:

quinoa, uncooked

1 2/3 cup (283g)

water

3 1/3 cup(s) (790mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Dinner 3 [🔗](#)

Eat on day 4

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



Makes 1 1/2 cup(s)

fruit juice

12 fl oz (360mL)

1. This recipe has no instructions.

Roasted tofu & veggies

352 cals ● 24g protein ● 17g fat ● 16g carbs ● 9g fiber



extra firm tofu
2/3 block (216g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
brussels sprouts, cut in half
2 2/3 oz (76g)
carrots, cut as desired
1 medium (61g)
broccoli, cut as desired
1/3 cup chopped (30g)
bell pepper, sliced
1/3 medium (40g)
onion, thickly sliced
1/6 medium (2-1/2" dia) (18g)
olive oil
2 tsp (10mL)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

Lentils

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



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

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.

Dinner 4 [🔗](#)

Eat on day 5

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Chik'n satay with peanut sauce

6 skewers - 699 cals ● 57g protein ● 42g fat ● 16g carbs ● 7g fiber



Makes 6 skewers

- skewer(s)**
6 skewer(s) (6g)
- fresh ginger, grated or minced**
1 inch (2.5cm) cube (5g)
- vegan chik'n strips**
1/2 lbs (227g)
- sesame oil**
1 tbsp (15mL)
- lime juice**
1 1/2 tbsp (23mL)
- peanut butter**
2 tbsp (32g)

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.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

- avocados**
1/2 avocado(s) (101g)
- lemon juice**
1/2 tsp (3mL)

For all 2 meals:

- 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.

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

- oil**
2 tsp (10mL)
- nutritional yeast**
2 tsp (3g)
- salad dressing**
2 tbsp (30mL)
- avocados, sliced**
1/2 avocado(s) (101g)
- tomatoes, halved**
12 cherry tomatoes (204g)
- fresh spinach**
4 cup(s) (120g)
- seitan, sliced**
6 oz (170g)

For all 2 meals:

- oil**
4 tsp (20mL)
- nutritional yeast**
4 tsp (5g)
- salad dressing**
4 tbsp (60mL)
- avocados, sliced**
1 avocado(s) (201g)
- tomatoes, halved**
24 cherry tomatoes (408g)
- fresh spinach**
8 cup(s) (240g)
- seitan, sliced**
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

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.