

# Meal Plan - 2200 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

2217 cals ● 194g protein (35%) ● 87g fat (35%) ● 135g carbs (24%) ● 29g fiber (5%)

### Lunch

785 cals, 65g protein, 27g net carbs, 42g fat



[Simple sauteed spinach](#)  
249 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

### Protein Supplement(s)

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



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

### Dinner

1160 cals, 68g protein, 106g net carbs, 44g fat



[Vegan sausage & veggie sheet pan](#)  
959 cals



[Fruit juice](#)  
1 3/4 cup(s)- 201 cals

## Day 2

2177 cals ● 139g protein (26%) ● 96g fat (40%) ● 155g carbs (29%) ● 34g fiber (6%)

### Lunch

980 cals, 37g protein, 78g net carbs, 49g fat



[Simple mixed greens salad](#)  
68 cals



[Ginger coconut chickpea soup](#)  
914 cals

### Protein Supplement(s)

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



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

### Dinner

925 cals, 42g protein, 75g net carbs, 46g fat



[Chik'n nuggets](#)  
9 1/3 nuggets- 515 cals



[Watermelon](#)  
8 oz- 82 cals



[Celery and peanut butter](#)  
327 cals

## Day 3

2220 cals ● 140g protein (25%) ● 99g fat (40%) ● 148g carbs (27%) ● 44g fiber (8%)

### Lunch

1025 cals, 37g protein, 70g net carbs, 52g fat



Chickpea & sweet potato salad  
655 cals



Roasted almonds  
3/8 cup(s)- 370 cals

### Dinner

925 cals, 42g protein, 75g net carbs, 46g fat



Chik'n nuggets  
9 1/3 nuggets- 515 cals



Watermelon  
8 oz- 82 cals



Celery and peanut butter  
327 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Day 4

2161 cals ● 144g protein (27%) ● 82g fat (34%) ● 155g carbs (29%) ● 56g fiber (10%)

### Lunch

880 cals, 27g protein, 87g net carbs, 35g fat



Grapes  
174 cals



Chunky canned soup (creamy)  
2 can(s)- 707 cals

### Dinner

1005 cals, 57g protein, 66g net carbs, 46g fat



Baked fries  
290 cals



Simple salad with celery, cucumber & tomato  
128 cals



Basic tempeh  
8 oz- 590 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Day 5

2189 cals ● 146g protein (27%) ● 53g fat (22%) ● 241g carbs (44%) ● 41g fiber (7%)

### Lunch

910 cals, 28g protein, 173g net carbs, 6g fat



Pasta with store-bought sauce  
766 cals



Fruit juice  
1 1/4 cup(s)- 143 cals

### Dinner

1005 cals, 57g protein, 66g net carbs, 46g fat



Baked fries  
290 cals



Simple salad with celery, cucumber & tomato  
128 cals



Basic tempeh  
8 oz- 590 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Day 6

2148 cals ● 135g protein (25%) ● 23g fat (10%) ● 325g carbs (60%) ● 25g fiber (5%)

### Lunch

910 cals, 28g protein, 173g net carbs, 6g fat



Pasta with store-bought sauce  
766 cals



Fruit juice  
1 1/4 cup(s)- 143 cals

### Dinner

965 cals, 46g protein, 149g net carbs, 16g fat



Dinner roll  
3 roll- 231 cals



Tofu alfredo pasta with broccoli  
736 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Day 7

2198 cals ● 172g protein (31%) ● 58g fat (24%) ● 203g carbs (37%) ● 43g fiber (8%)

### Lunch

960 cals, 66g protein, 51g net carbs, 41g fat



Simple salad with celery, cucumber & tomato  
128 cals



Carrot & grounds stir fry  
830 cals

### Dinner

965 cals, 46g protein, 149g net carbs, 16g fat



Dinner roll  
3 roll- 231 cals



Tofu alfredo pasta with broccoli  
736 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Vegetables and Vegetable Products

- ☐ garlic  
6 clove(s) (18g)
- ☐ fresh spinach  
11 1/2 cup(s) (345g)
- ☐ broccoli  
2 cup chopped (182g)
- ☐ carrots  
6 medium (362g)
- ☐ potatoes  
26 oz (738g)
- ☐ ketchup  
1/3 cup (79g)
- ☐ raw celery  
9 stalk, medium (7-1/2" - 8" long) (360g)
- ☐ fresh ginger  
1/3 slices (1" dia) (1g)
- ☐ onion  
1 1/6 large (175g)
- ☐ sweet potatoes  
3/4 sweetpotato, 5" long (158g)
- ☐ tomatoes  
1 1/2 medium whole (2-3/5" dia) (185g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)
- ☐ frozen broccoli  
5/6 package (237g)
- ☐ fresh cilantro  
2 1/2 tbsp, chopped (7g)

## Spices and Herbs

- ☐ black pepper  
1/3 tsp, ground (1g)
- ☐ salt  
2 g (2g)
- ☐ turmeric, ground  
1 1/2 dash (0g)
- ☐ curry powder  
2 tsp (4g)
- ☐ garlic powder  
1/4 tbsp (2g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ basil, dried  
1/2 tbsp, ground (2g)
- ☐ crushed red pepper  
1/2 tsp (1g)

## Fats and Oils

## Fruits and Fruit Juices

- ☐ fruit juice  
34 fl oz (1020mL)
- ☐ Watermelon  
16 oz (453g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ grapes  
3 cup (276g)
- ☐ lime juice  
2 1/2 tsp (13mL)

## Beverages

- ☐ water  
19 cup (4608mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ almond milk, unsweetened  
6 3/4 tbsp (101mL)

## Legumes and Legume Products

- ☐ peanut butter  
6 tbsp (96g)
- ☐ lentils, raw  
1/2 cup (96g)
- ☐ chickpeas, canned  
1 can (485g)
- ☐ hummus  
3 tbsp (45g)
- ☐ tempeh  
1 lbs (454g)
- ☐ firm tofu  
5/6 package (16 oz) (378g)
- ☐ soy sauce  
2 1/2 tbsp (38mL)
- ☐ vegetarian burger crumbles  
10 oz (283g)

## Nut and Seed Products

- ☐ coconut milk, canned  
1/3 can (149mL)
- ☐ almonds  
6 3/4 tbsp, whole (60g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)  
2 can (~19 oz) (1066g)

☐ olive oil  
1 1/4 tbsp (19mL)

☐ oil  
4 oz (127mL)

☐ salad dressing  
6 tbsp (90mL)

## Other

☐ vegan sausage  
4 sausage (400g)

☐ italian seasoning  
1 tsp (4g)

☐ vegan chik'n nuggets  
18 2/3 nuggets (401g)

☐ mixed greens  
1 3/4 package (5.5 oz) (278g)

☐ pasta sauce  
3/4 jar (24 oz) (504g)

## Cereal Grains and Pasta

☐ uncooked dry pasta  
22 oz (627g)

## Baked Products

☐ Roll  
6 pan, dinner, or small roll (2" square, 2" high) (168g)

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## Lunch 1 [↗](#)

Eat on day 1

### Simple sauteed spinach

249 cals ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



**garlic, diced**  
1 1/4 clove (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**fresh spinach**  
10 cup(s) (300g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### 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.

## Lunch 2 [↗](#)

Eat on day 2

### Simple mixed greens salad

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



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

### Ginger coconut chickpea soup

914 cals ● 35g protein ● 44g fat ● 74g carbs ● 20g fiber



**turmeric, ground**

1 1/3 dash (0g)

**water**

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

**lentils, raw, rinsed**

1/2 cup (96g)

**coconut milk, canned**

1/3 can (150mL)

**chickpeas, canned, drained**

1/3 can (149g)

**curry powder**

2 tsp (4g)

**fresh ginger, diced**

1/3 slices (1" dia) (1g)

**garlic, diced**

1 1/3 clove(s) (4g)

**onion, diced**

1/3 large (50g)

**oil**

2 tsp (10mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

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## Lunch 3 [🔗](#)

Eat on day 3

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### Chickpea & sweet potato salad

655 cals ● 25g protein ● 22g fat ● 65g carbs ● 24g fiber



**garlic powder**

1/4 tbsp (2g)

**ground cumin**

1/2 tbsp (3g)

**oil**

3/4 tbsp (11mL)

**lemon juice**

1/2 tbsp (8mL)

**hummus**

3 tbsp (45g)

**fresh spinach**

1 1/2 cup(s) (45g)

**sweet potatoes, cubed**

3/4 sweetpotato, 5" long (158g)

**chickpeas, canned, rinsed & drained**

3/4 can (336g)

1. Preheat oven to 400°F (200°C) and line a baking tray with parchment paper; set aside.
2. Toss cubed sweet potatoes with half of the oil and season with some salt and pepper. Spread them in the baking sheet and bake for 10 minutes.
3. Meanwhile, toss the chickpeas in the remaining half of the oil and season with the cumin, garlic powder and some salt.
4. When sweet potato timer is up, remove them from the oven and toss them and move them over to one side of the baking sheet. Add the chickpeas to the open side of the baking sheet and bake for 10 minutes until sweet potatoes are soft and chickpeas are golden. Set aside to slightly cool.
5. Prepare the dressing by mixing together the hummus with the lemon juice and some salt/pepper to taste. Add a splash of water, if desired, to make it more of a dressing-like consistency.
6. Assemble salad by tossing spinach with sweet potatoes and chickpeas. Drizzle hummus dressing on top and serve.

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**Roasted almonds**

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

**almonds**

6 2/3 tbsp, whole (60g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 4

Grapes

174 cals ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



**grapes**  
3 cup (276g)

- 1. This recipe has no instructions.

Chunky canned soup (creamy)

2 can(s) - 707 cals ● 25g protein ● 34g fat ● 60g carbs ● 16g fiber



Makes 2 can(s)  
**chunky canned soup (creamy varieties)**  
2 can (~19 oz) (1066g)

- 1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 5, day 6

Pasta with store-bought sauce

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



For single meal:  
**uncooked dry pasta**  
6 oz (171g)  
**pasta sauce**  
3/8 jar (24 oz) (252g)

For all 2 meals:  
**uncooked dry pasta**  
3/4 lbs (342g)  
**pasta sauce**  
3/4 jar (24 oz) (504g)

- 1. Cook the pasta as directed on the package.
- 2. Top with sauce and enjoy.

Fruit juice

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



For single meal:

**fruit juice**

10 fl oz (300mL)

For all 2 meals:

**fruit juice**

20 fl oz (600mL)

1. This recipe has no instructions.

## Lunch 6 [🔗](#)

Eat on day 7

### Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



**mixed greens**

1/2 package (5.5 oz) (78g)

**salad dressing**

1 1/2 tbsp (23mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**cucumber, sliced**

1/2 cucumber (8-1/4") (151g)

**raw celery, chopped**

1 stalk, medium (7-1/2" - 8" long) (40g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

### Carrot & grounds stir fry

830 cals ● 62g protein ● 37g fat ● 38g carbs ● 26g fiber



**fresh cilantro, chopped**

2 1/2 tbsp, chopped (7g)

**oil**

5 tsp (25mL)

**lime juice**

2 1/2 tsp (12mL)

**crushed red pepper**

3 1/3 dash (1g)

**water**

5 tsp (25mL)

**soy sauce**

2 1/2 tbsp (37mL)

**onion, chopped**

5/6 large (125g)

**garlic, minced**

1 2/3 clove(s) (5g)

**vegetarian burger crumbles**

10 oz (283g)

**carrots**

3 1/3 large (240g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

## Dinner 1 [↗](#)

Eat on day 1

### Vegan sausage & veggie sheet pan

959 cals ● 65g protein ● 43g fat ● 62g carbs ● 16g fiber



#### italian seasoning

1 tsp (4g)

#### oil

4 tsp (20mL)

#### broccoli, chopped

2 cup chopped (182g)

#### carrots, sliced

2 medium (122g)

#### potatoes, cut into wedges

2 small (1-3/4" to 2-1/4" dia.) (184g)

#### vegan sausage, cut into bite sized pieces

2 sausage (200g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



Makes 1 3/4 cup(s)

#### fruit juice

14 fl oz (420mL)

1. This recipe has no instructions.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Chik'n nuggets

9 1/3 nuggets - 515 cals ● 28g protein ● 21g fat ● 48g carbs ● 5g fiber



For single meal:

#### vegan chik'n nuggets

9 1/3 nuggets (201g)

#### ketchup

2 1/3 tbsp (40g)

For all 2 meals:

#### vegan chik'n nuggets

18 2/3 nuggets (401g)

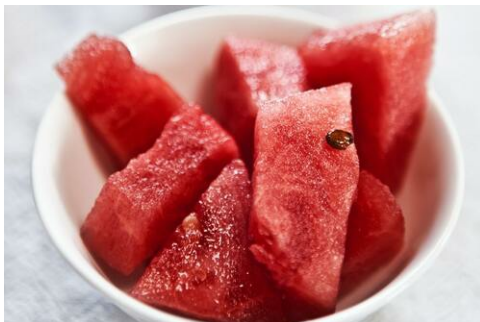
#### ketchup

1/4 cup (79g)

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

### Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

**Watermelon**  
8 oz (227g)

For all 2 meals:

**Watermelon**  
16 oz (453g)

1. Slice watermelon and serve.

## Celery and peanut butter

327 cals ● 12g protein ● 25g fat ● 10g carbs ● 4g fiber



For single meal:

**raw celery**  
3 stalk, medium (7-1/2" - 8" long)  
(120g)  
**peanut butter**  
3 tbsp (48g)

For all 2 meals:

**raw celery**  
6 stalk, medium (7-1/2" - 8" long)  
(240g)  
**peanut butter**  
6 tbsp (96g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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## Dinner 3 [🔗](#)

Eat on day 4, day 5

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### Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**potatoes**  
3/4 large (3" to 4-1/4" dia.) (277g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**potatoes**  
1 1/2 large (3" to 4-1/4" dia.) (554g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
  2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
  3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.
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## Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



For single meal:

**mixed greens**

1/2 package (5.5 oz) (78g)

**salad dressing**

1 1/2 tbsp (23mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**cucumber, sliced**

1/2 cucumber (8-1/4") (151g)

**raw celery, chopped**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

For all 2 meals:

**mixed greens**

1 package (5.5 oz) (155g)

**salad dressing**

3 tbsp (45mL)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (123g)

**cucumber, sliced**

1 cucumber (8-1/4") (301g)

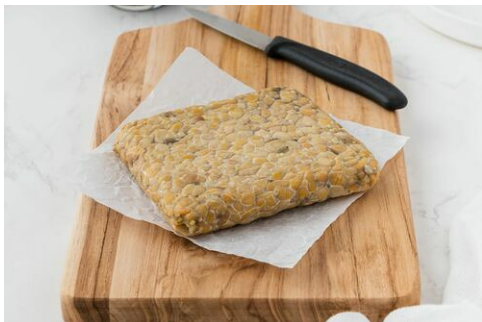
**raw celery, chopped**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

## Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

**oil**

4 tsp (20mL)

**tempeh**

1/2 lbs (227g)

For all 2 meals:

**oil**

2 2/3 tbsp (40mL)

**tempeh**

1 lbs (454g)

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 6, day 7

### Dinner roll

3 roll - 231 cal ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

#### Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

#### Roll

6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

### Tofu alfredo pasta with broccoli

736 cal ● 38g protein ● 12g fat ● 110g carbs ● 9g fiber



For single meal:

#### uncooked dry pasta

5 oz (143g)

#### firm tofu

3/8 package (16 oz) (189g)

#### frozen broccoli

3/8 package (118g)

#### garlic

5/6 clove(s) (3g)

#### salt

1/4 dash (0g)

#### almond milk, unsweetened

1/4 cup (50mL)

#### basil, dried

1 tsp, ground (1g)

For all 2 meals:

#### uncooked dry pasta

10 oz (285g)

#### firm tofu

5/6 package (16 oz) (378g)

#### frozen broccoli

5/6 package (237g)

#### garlic

1 2/3 clove(s) (5g)

#### salt

1/2 dash (0g)

#### almond milk, unsweetened

6 2/3 tbsp (100mL)

#### basil, dried

1/2 tbsp, ground (2g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

2 1/2 scoop - 273 cals ● 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.