

Meal Plan - 2300 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

2267 cals ● 169g protein (30%) ● 88g fat (35%) ● 136g carbs (24%) ● 65g fiber (11%)

Lunch

1165 cals, 84g protein, 108g net carbs, 29g fat



[Roasted tomatoes](#)

4 tomato(es)- 238 cals



[Lentils](#)

636 cals



[Vegan crumbles](#)

2 cup(s)- 292 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

830 cals, 24g protein, 25g net carbs, 58g fat



[Zoodles with avocado sauce](#)

588 cals



[Sunflower seeds](#)

240 cals

Day 2

2267 cals ● 169g protein (30%) ● 88g fat (35%) ● 136g carbs (24%) ● 65g fiber (11%)

Lunch

1165 cals, 84g protein, 108g net carbs, 29g fat



[Roasted tomatoes](#)

4 tomato(es)- 238 cals



[Lentils](#)

636 cals



[Vegan crumbles](#)

2 cup(s)- 292 cals

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Dinner

830 cals, 24g protein, 25g net carbs, 58g fat



[Zoodles with avocado sauce](#)

588 cals



[Sunflower seeds](#)

240 cals

Day 3

2296 cals ● 154g protein (27%) ● 101g fat (40%) ● 168g carbs (29%) ● 25g fiber (4%)

Lunch

1010 cals, 74g protein, 67g net carbs, 43g fat



[Lentils](#)

174 cals



[Simple mixed greens and tomato salad](#)

302 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

1010 cals, 19g protein, 99g net carbs, 56g fat



[Flatbread margherita pizza \(dairy-free\)](#)

1012 cals

Day 4

2296 cals ● 154g protein (27%) ● 101g fat (40%) ● 168g carbs (29%) ● 25g fiber (4%)

Lunch

1010 cals, 74g protein, 67g net carbs, 43g fat



[Lentils](#)

174 cals



[Simple mixed greens and tomato salad](#)

302 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

1010 cals, 19g protein, 99g net carbs, 56g fat



[Flatbread margherita pizza \(dairy-free\)](#)

1012 cals

Day 5

2252 cals ● 171g protein (30%) ● 55g fat (22%) ● 225g carbs (40%) ● 45g fiber (8%)

Lunch

990 cals, 48g protein, 108g net carbs, 27g fat



[Mushroom quinoa lentil soup \(vegan\)](#)

743 cals



[Simple salad with tomatoes and carrots](#)

245 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

990 cals, 63g protein, 114g net carbs, 26g fat



[Simple salad with celery, cucumber & tomato](#)

213 cals



[Slow cooker vegan jambalaya](#)

778 cals

Day 6

2262 cals ● 146g protein (26%) ● 63g fat (25%) ● 211g carbs (37%) ● 66g fiber (12%)

Lunch

1010 cals, 50g protein, 95g net carbs, 27g fat



Pumpkin seeds
183 cals



Black bean & sweet potato stew
830 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

975 cals, 36g protein, 114g net carbs, 36g fat



Naan bread
1 1/2 piece(s)- 393 cals



Lentil kale salad
584 cals

Day 7

2262 cals ● 146g protein (26%) ● 63g fat (25%) ● 211g carbs (37%) ● 66g fiber (12%)

Lunch

1010 cals, 50g protein, 95g net carbs, 27g fat



Pumpkin seeds
183 cals



Black bean & sweet potato stew
830 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

975 cals, 36g protein, 114g net carbs, 36g fat



Naan bread
1 1/2 piece(s)- 393 cals



Lentil kale salad
584 cals

Vegetables and Vegetable Products

- ☐ tomatoes
17 medium whole (2-3/5" dia) (2076g)
- ☐ zucchini
2 1/2 large (808g)
- ☐ garlic
18 1/2 clove(s) (55g)
- ☐ cucumber
5/6 cucumber (8-1/4") (251g)
- ☐ raw celery
2 3/4 stalk, medium (7-1/2" - 8" long) (112g)
- ☐ green pepper
1/6 large (31g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (191g)
- ☐ mushrooms
4 cup, pieces or slices (280g)
- ☐ carrots
5/8 medium (38g)
- ☐ romaine lettuce
1 1/4 hearts (625g)
- ☐ tomato paste
2 2/3 tbsp (43g)
- ☐ kale leaves
6 1/2 cup, chopped (260g)
- ☐ sweet potatoes
1 1/3 sweetpotato, 5" long (280g)

Fats and Oils

- ☐ oil
1/4 lbs (113mL)
- ☐ salad dressing
1 cup (246mL)
- ☐ olive oil
5 tbsp (73mL)

Spices and Herbs

- ☐ salt
5 g (5g)
- ☐ fresh basil
2 1/2 oz (69g)
- ☐ balsamic vinegar
1/4 cup (68mL)
- ☐ black pepper
3 dash (0g)
- ☐ cajun seasoning
1/2 tbsp (4g)
- ☐ rosemary, dried
2 dash (0g)

Beverages

- ☐ water
34 2/3 cup(s) (8217mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ almond milk, unsweetened
1/2 cup (120mL)

Legumes and Legume Products

- ☐ lentils, raw
3 1/2 cup (655g)
- ☐ vegetarian burger crumbles
4 cup (400g)
- ☐ black beans
2 2/3 can(s) (1171g)

Fruits and Fruit Juices

- ☐ lemon juice
3/4 cup (177mL)
- ☐ avocados
2 1/2 avocado(s) (503g)

Nut and Seed Products

- ☐ sunflower kernels
2 2/3 oz (76g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almonds
3 tbsp, slivered (20g)

Other

- ☐ mixed greens
3 package (5.5 oz) (489g)
- ☐ vegan sausage
17 oz (485g)
- ☐ vegan cheese, shredded
1 1/2 cup (168g)
- ☐ diced tomatoes
3/8 28oz can (298g)
- ☐ italian seasoning
4 dash (2g)

Baked Products

- ☐ naan bread
6 piece (540g)

- ☐ paprika
2 dash (1g)
- ☐ ground cumin
3 1/2 tsp (7g)
- ☐ crushed red pepper
1/2 tbsp (3g)

Cereal Grains and Pasta

- ☐ seitan
3 oz (85g)
- ☐ long-grain white rice
6 tbsp (69g)
- ☐ quinoa, uncooked
1/3 cup (56g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1/4 tbsp (4mL)
 - ☐ vegetable broth
4 1/2 cup(s) (mL)
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted tomatoes

4 tomato(es) - 238 cals ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



For single meal:

tomatoes

4 small whole (2-2/5" dia) (364g)

oil

4 tsp (20mL)

For all 2 meals:

tomatoes

8 small whole (2-2/5" dia) (728g)

oil

2 2/3 tbsp (40mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lentils

636 cals ● 43g protein ● 2g fat ● 93g carbs ● 19g fiber



For single meal:

salt

2 dash (1g)

water

3 2/3 cup(s) (869mL)

lentils, raw, rinsed

1 cup (176g)

For all 2 meals:

salt

1/2 tsp (3g)

water

7 1/3 cup(s) (1738mL)

lentils, raw, rinsed

2 cup (352g)

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.

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

vegetarian burger crumbles
2 cup (200g)

For all 2 meals:

vegetarian burger crumbles
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Lentils

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



For single meal:

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

For all 2 meals:

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.

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



For single meal:

salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

For all 2 meals:

salad dressing
3/4 cup (180mL)
mixed greens
12 cup (360g)
tomatoes
2 cup cherry tomatoes (298g)

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

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:
vegan sausage
2 sausage (200g)

For all 2 meals:
vegan sausage
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

Lunch 3 [↗](#)

Eat on day 5

Mushroom quinoa lentil soup (vegan)

743 cals ● 38g protein ● 19g fat ● 91g carbs ● 15g fiber



rosemary, dried
2 dash (0g)
italian seasoning
4 dash (2g)
paprika
2 dash (1g)
onion, diced
1 small (70g)
lentils, raw
1/3 cup (63g)
quinoa, uncooked
1/3 cup (56g)
mushrooms, roughly chopped
4 cup, pieces or slices (280g)
almond milk, unsweetened
1/2 cup (120mL)
vegetable broth
4 cup(s) (mL)
garlic, diced
3 clove(s) (9g)
oil
2 tsp (10mL)

1. In a saucepan over medium heat, saute onions and garlic in oil until soft, a few minutes.
2. Add in mushrooms and spices and stir, cooking for a minute or two.
3. Add all remaining ingredients and bring to a simmer. Cook uncovered for about 20-25 minutes or until quinoa and lentils are soft. Serve.

Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



salad dressing
2 tbsp (28mL)
tomatoes, diced
1 1/4 medium whole (2-3/5" dia) (154g)
carrots, sliced
5/8 medium (38g)
romaine lettuce, roughly chopped
1 1/4 hearts (625g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

Black bean & sweet potato stew

830 cals ● 41g protein ● 12g fat ● 93g carbs ● 47g fiber



For single meal:

tomato paste
4 tsp (21g)
oil
2 tsp (10mL)
kale leaves
16 tbsp, chopped (40g)
lemon juice
2 tsp (10mL)
ground cumin
1 tsp (2g)
garlic, diced
1 1/3 clove(s) (4g)
onion, chopped
2/3 small (47g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
water
2 cup(s) (474mL)
black beans, drained
1 1/3 can(s) (585g)

For all 2 meals:

tomato paste
2 2/3 tbsp (43g)
oil
4 tsp (20mL)
kale leaves
2 cup, chopped (80g)
lemon juice
4 tsp (20mL)
ground cumin
2 tsp (4g)
garlic, diced
2 2/3 clove(s) (8g)
onion, chopped
1 1/3 small (93g)
sweet potatoes, cubed
1 1/3 sweetpotato, 5" long (280g)
water
4 cup(s) (948mL)
black beans, drained
2 2/3 can(s) (1171g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Zoodles with avocado sauce

588 cals ● 13g protein ● 39g fat ● 22g carbs ● 25g fiber



For single meal:

water
3/8 cup(s) (99mL)
lemon juice
1/4 cup (56mL)
tomatoes, halved
12 1/2 cherry tomatoes (213g)
fresh basil
1 1/4 cup leaves, whole (30g)
zucchini
1 1/4 large (404g)
avocados, peeled and seed removed
1 1/4 avocado(s) (251g)

For all 2 meals:

water
5/6 cup(s) (197mL)
lemon juice
1/2 cup (113mL)
tomatoes, halved
25 cherry tomatoes (425g)
fresh basil
2 1/2 cup leaves, whole (60g)
zucchini
2 1/2 large (808g)
avocados, peeled and seed removed
2 1/2 avocado(s) (503g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/3 oz (38g)

For all 2 meals:

sunflower kernels
2 2/3 oz (76g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3, day 4

Flatbread margherita pizza (dairy-free)

1012 cals ● 19g protein ● 56g fat ● 99g carbs ● 8g fiber



For single meal:

salt

1 1/2 dash (1g)

naan bread

1 1/2 piece (135g)

tomatoes, thinly sliced

1 1/2 medium whole (2-3/5" dia)
(185g)

fresh basil

9 leaves (5g)

olive oil

2 1/4 tbsp (34mL)

balsamic vinegar

2 1/4 tbsp (34mL)

black pepper

1 1/2 dash (0g)

garlic, finely diced

4 1/2 clove(s) (14g)

vegan cheese, shredded

3/4 cup (84g)

For all 2 meals:

salt

3 dash (1g)

naan bread

3 piece (270g)

tomatoes, thinly sliced

3 medium whole (2-3/5" dia) (369g)

fresh basil

18 leaves (9g)

olive oil

1/4 cup (68mL)

balsamic vinegar

1/4 cup (68mL)

black pepper

3 dash (0g)

garlic, finely diced

9 clove(s) (27g)

vegan cheese, shredded

1 1/2 cup (168g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Dinner 3 [🔗](#)

Eat on day 5

Simple salad with celery, cucumber & tomato

213 cals ● 7g protein ● 8g fat ● 21g carbs ● 7g fiber

**mixed greens**

5/6 package (5.5 oz) (129g)

salad dressing

2 1/2 tbsp (37mL)

tomatoes, diced

5/6 medium whole (2-3/5" dia) (102g)

cucumber, sliced

5/6 cucumber (8-1/4") (251g)

raw celery, chopped

1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

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

Slow cooker vegan jambalaya

778 cals ● 55g protein ● 18g fat ● 93g carbs ● 5g fiber

**seitan, cut into cubes**

3 oz (85g)

green pepper, seeded and chopped

1/6 large (31g)

garlic, minced

3/4 clove(s) (2g)

cajun seasoning

1/2 tbsp (4g)

vegan sausage, sliced

3 oz (85g)

olive oil

1 tsp (6mL)

diced tomatoes, with juice

3/8 28oz can (298g)

onion, chopped

1/6 large (28g)

raw celery, chopped

1 stalk, medium (7-1/2" - 8" long) (45g)

hot sauce

1/4 tbsp (4mL)

vegetable broth

3/8 cup(s) (mL)

long-grain white rice

6 tbsp (69g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
 2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread

1 1/2 piece (135g)

For all 2 meals:

naan bread

3 piece (270g)

1. This recipe has no instructions.

Lentil kale salad

584 cal ● 23g protein ● 28g fat ● 49g carbs ● 11g fiber



For single meal:

ground cumin

1/4 tbsp (2g)

water

1 1/2 cup(s) (356mL)

crushed red pepper

1/4 tbsp (1g)

garlic, diced

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

lemon juice

1 1/2 tbsp (23mL)

almonds

1 1/2 tbsp, slivered (10g)

oil

1 1/2 tbsp (23mL)

kale leaves

2 1/4 cup, chopped (90g)

lentils, raw

6 tbsp (72g)

For all 2 meals:

ground cumin

1/2 tbsp (3g)

water

3 cup(s) (711mL)

crushed red pepper

1/2 tbsp (3g)

garlic, diced

3 clove(s) (9g)

lemon juice

3 tbsp (45mL)

almonds

3 tbsp, slivered (20g)

oil

3 tbsp (45mL)

kale leaves

4 1/2 cup, chopped (180g)

lentils, raw

3/4 cup (144g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

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.