

Meal Plan - 2400 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

2392 cals ● 188g protein (31%) ● 61g fat (23%) ● 210g carbs (35%) ● 63g fiber (11%)

Lunch

840 cals, 23g protein, 90g net carbs, 35g fat



[Chunky canned soup \(creamy\)](#)
1 1/2 can(s)- 530 cals



[Fruit juice](#)
1 2/3 cup(s)- 191 cals



[Tomato and avocado salad](#)
117 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Dinner

1225 cals, 92g protein, 117g net carbs, 24g fat



[Soy milk](#)
2 2/3 cup(s)- 226 cals



[Simple vegan chili](#)
1000 cals

Day 2

2402 cals ● 153g protein (25%) ● 115g fat (43%) ● 135g carbs (22%) ● 54g fiber (9%)

Lunch

1055 cals, 26g protein, 77g net carbs, 61g fat



[Avocado](#)
351 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Vegan grilled cheese](#)
2 sandwich(es)- 662 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Dinner

1020 cals, 55g protein, 55g net carbs, 52g fat



[Olive oil drizzled lima beans](#)
430 cals



[Buffalo tempeh with vegan ranch](#)
589 cals

Day 3

2369 cals ● 192g protein (32%) ● 86g fat (33%) ● 164g carbs (28%) ● 42g fiber (7%)

Lunch

1025 cals, 65g protein, 106g net carbs, 32g fat



Quinoa

2 cup quinoa, cooked- 417 cals



Corn

92 cals



Garlic pepper seitan

513 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Dinner

1020 cals, 55g protein, 55g net carbs, 52g fat



Olive oil drizzled lima beans

430 cals



Buffalo tempeh with vegan ranch

589 cals

Day 4

2448 cals ● 159g protein (26%) ● 94g fat (34%) ● 172g carbs (28%) ● 69g fiber (11%)

Lunch

1045 cals, 42g protein, 72g net carbs, 48g fat



Soy milk

1 cup(s)- 85 cals



Spiced chickpea & avocado toast

2 toast(s)- 962 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Dinner

1075 cals, 45g protein, 98g net carbs, 44g fat



Curried lentils

723 cals



Easy chickpea salad

350 cals

Day 5

2374 cals ● 179g protein (30%) ● 98g fat (37%) ● 123g carbs (21%) ● 71g fiber (12%)

Lunch

1045 cals, 42g protein, 72g net carbs, 48g fat



Soy milk

1 cup(s)- 85 cals



Spiced chickpea & avocado toast

2 toast(s)- 962 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Dinner

1000 cals, 65g protein, 49g net carbs, 48g fat



Simple mixed greens salad

170 cals



Carrot & grounds stir fry


830 cals

Day 6

2350 calsgreen167g protein (28%)orange56g fat (22%)blue250g carbs (43%)grey44g fiber (7%)


Lunch

1025 calsgreen30g protein, 199g net carbs, 7g fat



Pasta with store-bought sauce

766 calsgreen




Fruit juice

2 1/4 cup(s)- 258 calsgreen


Dinner

1000 calsgreen65g protein, 49g net carbs, 48g fat



Simple mixed greens salad

170 calsgreen




Carrot & grounds stir fry

830 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake


3 scoop- 327 calsgreen

Day 7

2352 calsgreen159g protein (27%)orange56g fat (22%)blue267g carbs (45%)grey35g fiber (6%)


Lunch

1025 calsgreen30g protein, 199g net carbs, 7g fat



Pasta with store-bought sauce

766 calsgreen




Fruit juice

2 1/4 cup(s)- 258 calsgreen


Dinner

1000 calsgreen56g protein, 66g net carbs, 48g fat



Soy milk

2 1/2 cup(s)- 212 calsgreen




Tofu lo-mein

790 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 calsgreen

Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)
- ☐ Frank's Red Hot sauce
6 tbsp (91mL)
- ☐ apple cider vinegar
3/4 tbsp (1mL)
- ☐ pasta sauce
3/4 jar (24 oz) (504g)
- ☐ oriental flavored ramen
5/8 package with flavor packet (50g)

Fruits and Fruit Juices

- ☐ fruit juice
49 1/3 fl oz (1480mL)
- ☐ lime juice
1 fl oz (33mL)
- ☐ avocados
3 1/4 avocado(s) (653g)
- ☐ lemon juice
1 tbsp (15mL)

Vegetables and Vegetable Products

- ☐ onion
3 1/4 medium (2-1/2" dia) (355g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (347g)
- ☐ lima beans, frozen
2 package (10 oz) (568g)
- ☐ frozen corn kernels
2/3 cup (91g)
- ☐ garlic
5 1/4 clove(s) (16g)
- ☐ green pepper
1 1/2 tbsp, chopped (14g)
- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ fresh cilantro
5 tbsp, chopped (15g)
- ☐ carrots
6 2/3 large (480g)
- ☐ frozen mixed veggies
9 1/3 oz (265g)

Fats and Oils

- ☐ olive oil
2 1/4 oz (72mL)

Other

- ☐ soy milk, unsweetened
1/2 gallon (1721mL)
- ☐ diced tomatoes
5/8 28oz can (463g)
- ☐ vegan ranch
6 tbsp (91mL)
- ☐ vegan cheese, sliced
4 slice(s) (80g)
- ☐ curry paste
1 tbsp (15g)
- ☐ mixed greens
7 1/2 cup (225g)

Legumes and Legume Products

- ☐ vegetarian burger crumbles
2 1/4 package (12 oz) (765g)
- ☐ white beans, canned
5/8 can(s) (256g)
- ☐ chili beans
5/8 can (~16 oz) (261g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ lentils, raw
1/2 cup (96g)
- ☐ chickpeas, canned
2 3/4 can (1232g)
- ☐ soy sauce
1/3 cup (84mL)
- ☐ extra firm tofu
9 1/3 oz (265g)

Beverages

- ☐ water
1 1/2 gallon (5875mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Baked Products

- ☐ bread
9 oz (256g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
2/3 cup (113g)
- ☐ seitan
6 oz (170g)

- ☐ oil
3 oz (87mL)
- ☐ salad dressing
1/2 cup (113mL)

Spices and Herbs

- ☐ garlic powder
1 dash (0g)
 - ☐ salt
1/2 tbsp (8g)
 - ☐ black pepper
1/4 tbsp, ground (2g)
 - ☐ taco seasoning mix
5/8 packet (20g)
 - ☐ balsamic vinegar
3/4 tbsp (11mL)
 - ☐ crushed red pepper
1/2 tbsp (2g)
 - ☐ ground cumin
4 tsp (8g)
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- ☐ uncooked dry pasta
3/4 lbs (342g)

Nut and Seed Products

- ☐ coconut milk, canned
3/4 cup (180mL)

Lunch 1 [↗](#)

Eat on day 1

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cal ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



Makes 1 1/2 can(s)

chunky canned soup (creamy varieties)

1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.

Fruit juice

1 2/3 cup(s) - 191 cal ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



Makes 1 2/3 cup(s)

fruit juice

13 1/3 fl oz (400mL)

1. This recipe has no instructions.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 2 [↗](#)

Eat on day 2

Avocado

351 cals ● 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.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Vegan grilled cheese

2 sandwich(es) - 662 cals ● 20g protein ● 31g fat ● 67g carbs ● 8g fiber



Makes 2 sandwich(es)

vegan cheese, sliced

4 slice(s) (80g)

bread

4 slice (128g)

oil

2 tsp (10mL)

1. Preheat skillet to medium-low with half of the oil.
 2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
 3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.
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Lunch 3 [🔗](#)

Eat on day 3

Quinoa

2 cup quinoa, cooked - 417 cals ● 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.

Corn

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



frozen corn kernels

2/3 cup (91g)

1. Prepare according to instructions on package.

Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



olive oil
1 1/2 tbsp (23mL)
onion
3 tbsp, chopped (30g)
garlic, minced
2 clove(s) (6g)
green pepper
1 1/2 tbsp, chopped (14g)
seitan, chicken style
6 oz (170g)
black pepper
1 1/2 dash, ground (0g)
water
3/4 tbsp (11mL)
salt
3/4 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Lunch 4 [🔗](#)

Eat on day 4, day 5

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:
soy milk, unsweetened
1 cup (240mL)

For all 2 meals:
soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Spiced chickpea & avocado toast

2 toast(s) - 962 cals ● 35g protein ● 44g fat ● 70g carbs ● 38g fiber



For single meal:

oil
1/2 tsp (3mL)
crushed red pepper
2 dash (0g)
ground cumin
2 tsp (4g)
lemon juice
1 tsp (5mL)
avocados, peeled & pitted
1 avocado(s) (201g)
chickpeas, canned, drained and rinsed
1 can (448g)
bread
2 slice(s) (64g)

For all 2 meals:

oil
1 tsp (5mL)
crushed red pepper
4 dash (1g)
ground cumin
4 tsp (8g)
lemon juice
2 tsp (10mL)
avocados, peeled & pitted
2 avocado(s) (402g)
chickpeas, canned, drained and rinsed
2 can (896g)
bread
4 slice(s) (128g)

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil, cumin, and a dash of salt. Place on a baking sheet and roast in the oven for 10-15 minutes, until golden.
3. Meanwhile, mash avocado in a bowl with the back of a fork. Add in lemon juice and a pinch of salt/pepper. Mash until well combined.
4. Toast bread.
5. Assemble by spreading avocado mash on the bread and top with a heaping pile of spiced chickpeas and the crushed red pepper flakes. Serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

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

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber



For single meal:

fruit juice

18 fl oz (540mL)

For all 2 meals:

fruit juice

36 fl oz (1080mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Soy milk

2 2/3 cup(s) - 226 cal ● 19g protein ● 12g fat ● 5g carbs ● 5g fiber



Makes 2 2/3 cup(s)

soy milk, unsweetened

2 2/3 cup (640mL)

1. This recipe has no instructions.

Simple vegan chili

1000 cal ● 74g protein ● 12g fat ● 112g carbs ● 38g fiber



vegetarian burger crumbles

5/8 package (12 oz) (198g)

white beans, canned, drained

5/8 can(s) (256g)

taco seasoning mix

5/8 packet (20g)

chili beans, with liquid

5/8 can (~16 oz) (261g)

onion, diced

5/8 small (41g)

diced tomatoes

5/8 28oz can (463g)

1. Mix the tomatoes, onion, white beans, chili beans, and taco seasoning mix in a large pot over medium heat. Bring to a boil.
 2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Olive oil drizzled lima beans

430 cals ● 18g protein ● 14g fat ● 41g carbs ● 16g fiber



For single meal:

black pepper
2 dash, ground (1g)
salt
4 dash (3g)
lima beans, frozen
1 package (10 oz) (284g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
4 dash, ground (1g)
salt
1 tsp (6g)
lima beans, frozen
2 package (10 oz) (568g)
olive oil
2 tbsp (30mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Buffalo tempeh with vegan ranch

589 cals ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



For single meal:

vegan ranch
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
Frank's Red Hot sauce
3 tbsp (45mL)
oil
3/4 tbsp (11mL)

For all 2 meals:

vegan ranch
6 tbsp (90mL)
tempeh, roughly chopped
3/4 lbs (340g)
Frank's Red Hot sauce
6 tbsp (90mL)
oil
1 1/2 tbsp (23mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Dinner 3 [↗](#)

Eat on day 4

Curried lentils

723 cals ● 27g protein ● 37g fat ● 60g carbs ● 10g fiber



lentils, raw

1/2 cup (96g)

water

1 cup(s) (237mL)

salt

1 dash (1g)

coconut milk, canned

3/4 cup (180mL)

curry paste

1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

1. Add all ingredients to a bowl and toss. Serve!

Dinner 4 [↗](#)

Eat on day 5, day 6

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

mixed greens

3 3/4 cup (113g)

salad dressing

1/4 cup (56mL)

For all 2 meals:

mixed greens

7 1/2 cup (225g)

salad dressing

1/2 cup (113mL)

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

Carrot & grounds stir fry

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



For single meal:

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)

For all 2 meals:

fresh cilantro, chopped

5 tbsp, chopped (15g)

oil

1/4 cup (50mL)

lime juice

5 tsp (25mL)

crushed red pepper

1/4 tbsp (2g)

water

1/4 cup (50mL)

soy sauce

5 tbsp (75mL)

onion, chopped

1 2/3 large (250g)

garlic, minced

3 1/3 clove(s) (10g)

vegetarian burger crumbles

1 1/4 lbs (567g)

carrots

6 2/3 large (480g)

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 5 [↗](#)

Eat on day 7

Soy milk

2 1/2 cup(s) - 212 cals ● 18g protein ● 11g fat ● 5g carbs ● 5g fiber



Makes 2 1/2 cup(s)

soy milk, unsweetened

2 1/2 cup (600mL)

1. This recipe has no instructions.

Tofu lo-mein

790 cals ● 39g protein ● 37g fat ● 61g carbs ● 14g fiber



frozen mixed veggies
9 1/3 oz (265g)
olive oil
3 1/2 tsp (17mL)
water
7/8 cup(s) (207mL)
soy sauce
1 3/4 tsp (9mL)
oriental flavored ramen
5/8 package with flavor packet (50g)
extra firm tofu
9 1/3 oz (265g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:
water
3 cup(s) (711mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:
water
21 cup(s) (4977mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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