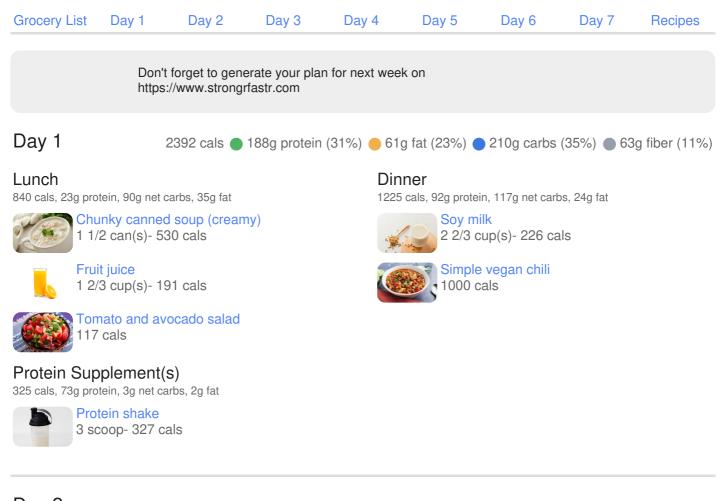
Meal Plan - 2400 calorie intermittent fasting vegan meal plan





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



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

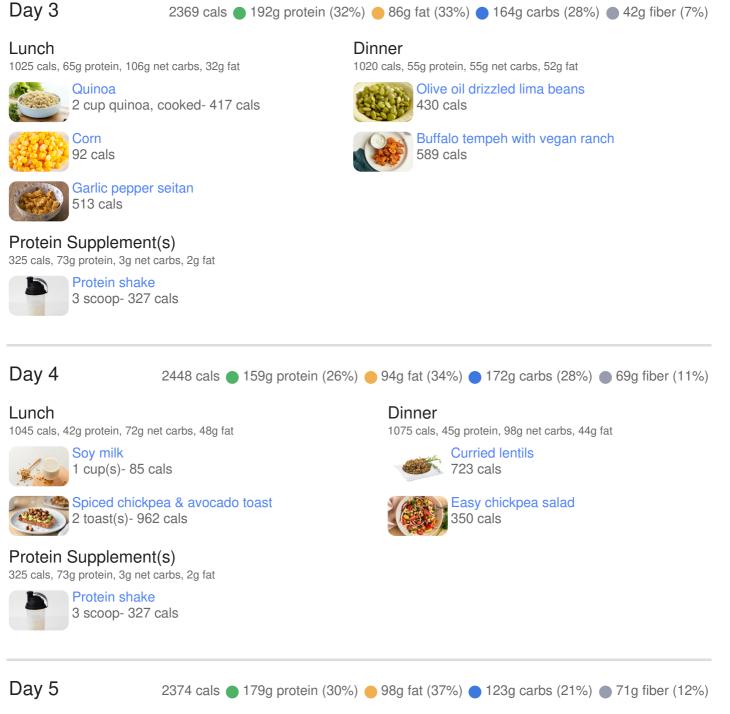
1020 cals, 55g protein, 55g net carbs, 52g fat



Olive oil drizzled lima beans 430 cals



Buffalo tempeh with vegan ranch 589 cals



Lunch

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

S 1

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



Lunch

1025 cals, 30g protein, 199g net carbs, 7g fat



Pasta with store-bought sauce 766 cals

Fruit juice 2 1/4 cup(s)- 258 cals

Protein Supplement(s)

Protein Supplement(s) 325 cals, 73g protein, 3g net carbs, 2g fat Protein shake 3 scoop- 327 cals

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

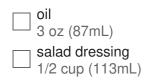


Carrot & grounds stir fry 830 cals





Soups, Sauces, and Gravies	Other
chunky canned soup (creamy varieties)	soy milk, unsweetened
1 1/2 can (~19 oz) (800g)	1/2 gallon (1721mL)
Frank's Red Hot sauce	diced tomatoes
6 tbsp (91mL)	5/8 28oz can (463g)
apple cider vinegar	☐ vegan ranch
3/4 tbsp (1mL)	6 tbsp (91mL)
pasta sauce	vegan cheese, sliced
3/4 jar (24 oz) (504g)	4 slice(s) (80g)
oriental flavored ramen	□ curry paste
5/8 package with flavor packet (50g)	1 tbsp (15g)
Fruits and Fruit Juices	mixed greens 7 1/2 cup (225g)
fruit juice 49 1/3 fl oz (1480mL)	Legumes and Legume Products
☐ lime juice	vegetarian burger crumbles
1 fl oz (33mL)	2 1/4 package (12 oz) (765g)
avocados 3 1/4 avocado(s) (653g)	white beans, canned 5/8 can(s) (256g)
☐ lemon juice	☐ chili beans
1 tbsp (15mL)	5/8 can (~16 oz) (261g)
Vegetables and Vegetable Products	tempeh 3/4 lbs (340g)
onion	Intils, raw
3 1/4 medium (2-1/2" dia) (355g)	1/2 cup (96g)
tomatoes	Chickpeas, canned
3 medium whole (2-3/5" dia) (347g)	2 3/4 can (1232g)
lima beans, frozen	soy sauce
2 package (10 oz) (568g)	1/3 cup (84mL)
frozen corn kernels 2/3 cup (91g)	9 1/3 oz (265g)
☐ garlic 5 1/4 clove(s) (16g)	Beverages
green pepper	☐ water
1 1/2 tbsp, chopped (14g)	1 1/2 gallon (5875mL)
fresh parsley	protein powder
2 1/4 sprigs (2g)	21 scoop (1/3 cup ea) (651g)
fresh cilantro 5 tbsp, chopped (15g)	Baked Products
Carrots	bread
6 2/3 large (480g)	9 oz (256g)
frozen mixed veggies 9 1/3 oz (265g)	Cereal Grains and Pasta
Fats and Oils	
□ olive oil	uinoa, uncooked 2/3 cup (113g)
└──┘ 2 1/4 oz (72mL)	☐ seitan 6 oz (170g)



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)

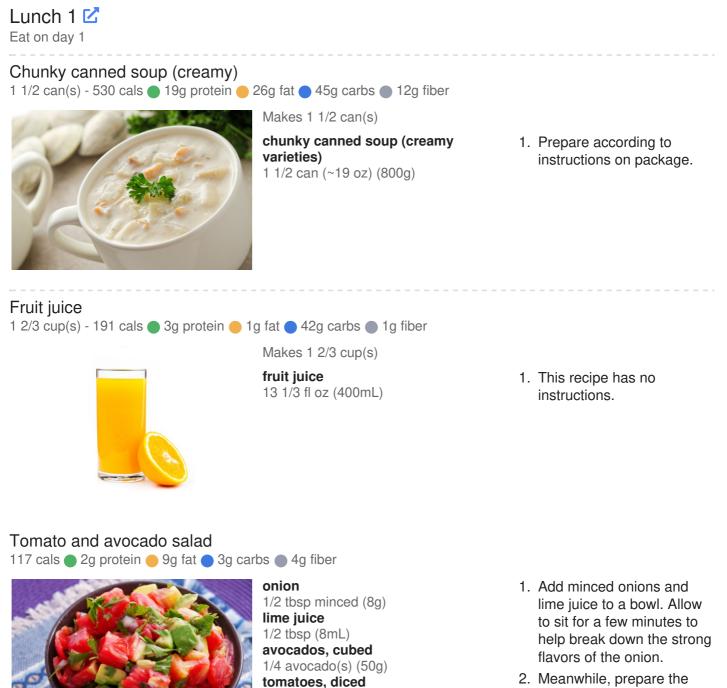
uncooked dry pasta 3/4 lbs (342g)

Nut and Seed Products

coconut milk, canne 3/4 cup (180mL)	
	3/4 cup (180mL)

Recipes





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

olive oil

salt

3/8 tsp (2mL)

1 dash (0g)

1 dash (1g) **black pepper** 1 dash, ground (0g)

garlic powder

- 2. Meanwhile, prepare the avocado and tomato.
- 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 mediumlow 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 brownedremove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

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)

- (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.
- Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
- Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
- 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) (6q)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



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)



 Dinner 1 ☑

 Eat on day 1

 Soy milk

 2 2/3 cup(s) - 226 cals ● 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 cals
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.



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) 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.

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



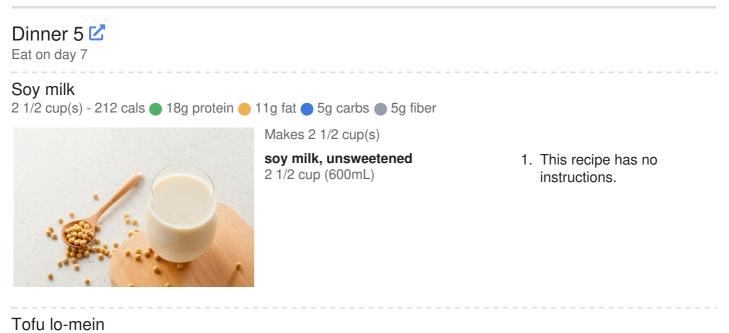
For single meal:

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,





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)

- Press tofu between paper towels to remove some of the water; cut into bitesized 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.
- 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 cals 🔵 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.