Meal Plan - 2500 calorie intermittent fasting vegan meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

2516 cals ● 171g protein (27%) ● 118g fat (42%) ● 152g carbs (24%) ● 42g fiber (7%)

Lunch

1280 cals, 54g protein, 77g net carbs, 80g fat

Walnut crusted tofu (vegan)
995 cals

Flavored rice mix
287 cals

Dinner

910 cals, 44g protein, 73g net carbs, 36g fat

Chickpea & kale soup
682 cals

Sunflower seeds
226 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 2

2463 cals ● 179g protein (29%) ● 86g fat (31%) ● 175g carbs (28%) ● 69g fiber (11%)

Lunch

1125 cals, 73g protein, 59g net carbs, 46g fat

Carrot & grounds stir fry
830 cals

Simple salad with tomatoes and carrots
294 cals

Dinner

1010 cals, 34g protein, 113g net carbs, 38g fat

Lentil kale salad
779 cals

Banana
2 banana(s)- 233 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 3

2491 cals 181g protein (29%) 86g fat (31%) 173g carbs (28%) 74g fiber (12%)

Lunch

1125 cals, 73g protein, 59g net carbs, 46g fat

Carrot & grounds stir fry
830 cals

Simple salad with tomatoes and carrots
294 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1040 cals, 36g protein, 111g net carbs, 39g fat

Herby chickpeas over rice
762 cals

Roasted almonds
1/3 cup(s)- 277 cals

Day 4

2488 cals 155g protein (25%) 73g fat (26%) 258g carbs (41%) 46g fiber (7%)

Lunch

1120 cals, 47g protein, 144g net carbs, 33g fat

Banana
3 banana(s)- 350 cals

Chik'n nuggets
14 nuggets- 772 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1040 cals, 36g protein, 111g net carbs, 39g fat

Herby chickpeas over rice
762 cals

Roasted almonds
1/3 cup(s)- 277 cals

Day 5

2426 cals 187g protein (31%) 80g fat (30%) 200g carbs (33%) 40g fiber (7%)

Lunch

1120 cals, 47g protein, 144g net carbs, 33g fat

Banana
3 banana(s)- 350 cals

Chik'n nuggets
14 nuggets- 772 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

980 cals, 68g protein, 54g net carbs, 45g fat

White rice
1/2 cup rice, cooked- 110 cals

Peanut tempeh
8 oz tempeh- 868 cals

Day 6

2497 cals 210g protein (34%) 62g fat (22%) 229g carbs (37%) 47g fiber (7%)

Lunch

1120 cals, 44g protein, 178g net carbs, 16g fat

Spiced chickpea tabbouleh bowl
728 cals

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

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1050 cals, 94g protein, 49g net carbs, 44g fat

Vegan sausage
3 sausage(s)- 804 cals

Simple salad with tomatoes and carrots
245 cals

Day 7

2497 cals 210g protein (34%) 62g fat (22%) 229g carbs (37%) 47g fiber (7%)

Lunch

1120 cals, 44g protein, 178g net carbs, 16g fat

Spiced chickpea tabbouleh bowl
728 cals

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

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1050 cals, 94g protein, 49g net carbs, 44g fat

Vegan sausage
3 sausage(s)- 804 cals

Simple salad with tomatoes and carrots
245 cals

Grocery List

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Legumes and Legume Products

- [ ] firm tofu
  14 oz (397g)
- [ ] chickpeas, canned
  4 1/3 can (1941g)
- [ ] lentils, raw
  1/2 cup (96g)
- [ ] soy sauce
  1/4 lbs (85mL)
- [ ] vegetarian burger crumbles
  1 1/4 lbs (567g)
- [ ] peanut butter
  4 tbsp (65g)
- [ ] tempeh
  1/2 lbs (227g)

Nut and Seed Products

- [ ] walnuts
  9 1/4 tbsp, chopped (68g)
- [ ] sunflower kernels
  1 1/4 oz (35g)
- [ ] almonds
  1/4 lbs (103g)

Fruits and Fruit Juices

- [ ] lemon juice
  2 fl oz (64mL)
- [ ] banana
  8 medium (7" to 7-7/8" long) (944g)
- [ ] lime juice
  5 tsp (25mL)

Vegetables and Vegetable Products

- [ ] garlic
  11 1/3 clove(s) (34g)
- [ ] kale leaves
  5 1/2 cup, chopped (220g)
- [ ] fresh cilantro
  5 tbsp, chopped (15g)
- [ ] onion
  4 medium (2-1/2" dia) (443g)
- [ ] carrots
  10 1/2 medium (648g)
- [ ] tomatoes
  6 1/2 medium whole (2-3/5" dia) (783g)
- [ ] romaine lettuce
  5 1/2 hearts (2750g)

Spices and Herbs

- [ ] dijon mustard
  1 3/4 tbsp (26g)
- [ ] ground cumin
  3/4 tbsp (5g)
- [ ] crushed red pepper
  2 tsp (3g)
- [ ] salt
  1 1/2 dash (1g)
- [ ] black pepper
  1 dash, ground (0g)

Fats and Oils

- [ ] vegan mayonnaise
  1/4 cup (53g)
- [ ] oil
  1/4 lbs (106mL)
- [ ] salad dressing
  1/2 cup (124mL)

Meals, Entrees, and Side Dishes

- [ ] flavored rice mix
  1/2 pouch (~5.6 oz) (79g)

Soups, Sauces, and Gravies

- [ ] vegetable broth
  5 cup(s) (mL)

Beverages

- [ ] water
  1 1/2 gallon (5645mL)
- [ ] protein powder
  21 scoop (1/3 cup ea) (651g)

Cereal Grains and Pasta

- [ ] long-grain white rice
  1 cup (193g)
- [ ] instant couscous, flavored
  1 1/3 box (5.8 oz) (219g)

Other

- [ ] vegan chik'n nuggets
  28 nuggets (602g)
- [ ] nutritional yeast
  1 tbsp (4g)

- [ ] fresh parsley
  1 1/2 bunch (32g)
- [ ] ketchup
  1/2 cup (119g)
- [ ] cucumber
  2/3 cucumber (8-1/4") (201g)
- [ ] vegan sausage
  6 sausage (600g)

Baked Products

- [ ] naan bread
  3 piece (270g)

Recipes

Lunch 1

Eat on day 1

Walnut crusted tofu (vegan)

995 cals 46g protein 79g fat 19g carbs 7g fiber

firm tofu, drained
14 oz (397g)
walnuts
9 1/4 tbsp, chopped (68g)
lemon juice
1 3/4 tsp (9mL)
garlic, diced
3 1/2 clove(s) (11g)
dijon mustard
1 3/4 tbsp (26g)
vegan mayonnaise
1/4 cup (53g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Flavored rice mix

287 cals 8g protein 1g fat 58g carbs 2g fiber

flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Lunch 2

Eat on day 2, day 3

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,

Simple salad with tomatoes and carrots

294 cals 11g protein 10g fat 21g carbs 19g fiber

For single meal:

salad dressing
2 1/4 tbsp (34mL)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
tomatoes, diced
3 medium whole (2-3/5" dia) (369g)
carrots, sliced
1 1/2 medium (92g)
romaine lettuce, roughly chopped
3 hearts (1500g)

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

Lunch 3

Eat on day 4, day 5

Banana

3 banana(s) - 350 cals 4g protein 1g fat 72g carbs 9g fiber

For single meal:

banana
3 medium (7" to 7-7/8" long) (354g)

For all 2 meals:

banana
6 medium (7" to 7-7/8" long) (708g)

1. This recipe has no instructions.

Chik'n nuggets

14 nuggets - 772 cals 43g protein 32g fat 72g carbs 7g fiber

For single meal:

vegan chik'n nuggets
14 nuggets (301g)
ketchup
1/4 cup (60g)

For all 2 meals:

vegan chik'n nuggets
28 nuggets (602g)
ketchup
1/2 cup (119g)

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

Lunch 4

Eat on day 6, day 7

Spiced chickpea tabbouleh bowl

728 cals 31g protein 8g fat 112g carbs 20g fiber

For single meal:

lemon juice
1 tsp (5mL)
fresh parsley, chopped
2 2/3 sprigs (3g)
tomatoes, chopped
2/3 roma tomato (53g)
cucumber, chopped
1/3 cucumber (8-1/4") (100g)
ground cumin
1/4 tbsp (1g)
oil
1/3 tsp (2mL)
chickpeas, canned, drained & rinsed
2/3 can (299g)
instant couscous, flavored
2/3 box (5.8 oz) (110g)

For all 2 meals:

lemon juice
2 tsp (10mL)
fresh parsley, chopped
5 1/3 sprigs (5g)
tomatoes, chopped
1 1/3 roma tomato (107g)
cucumber, chopped
2/3 cucumber (8-1/4") (201g)
ground cumin
1/2 tbsp (3g)
oil
1/4 tbsp (3mL)
chickpeas, canned, drained & rinsed
1 1/3 can (597g)
instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Naan bread

1 1/2 piece(s) - 393 cals 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.

Dinner 1

Eat on day 1

Chickpea & kale soup

682 cals 34g protein 18g fat 70g carbs 27g fiber

oil
1 1/4 tsp (6mL)
garlic, minced
2 1/2 clove(s) (8g)
vegetable broth
5 cup(s) (mL)
kale leaves, chopped
2 1/2 cup, chopped (100g)
chickpeas, canned, drained
1 1/4 can (560g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Sunflower seeds

226 cals 11g protein 18g fat 3g carbs 3g fiber

sunflower kernels
1 1/4 oz (35g)

1. This recipe has no instructions.

Dinner 2

Eat on day 2

Lentil kale salad

779 cals 31g protein 37g fat 65g carbs 15g fiber

ground cumin
1 tsp (2g)
water
2 cup(s) (474mL)
crushed red pepper
1 tsp (2g)
garlic, diced
2 clove(s) (6g)
lemon juice
2 tbsp (30mL)
almonds
2 tbsp, slivered (14g)
oil
2 tbsp (30mL)
kale leaves
3 cup, chopped (120g)
lentils, raw
1/2 cup (96g)

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.

Banana

2 banana(s) - 233 cals 3g protein 1g fat 48g carbs 6g fiber

Makes 2 banana(s)

banana
2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Dinner 3

Eat on day 3, day 4

Herby chickpeas over rice

762 cals 26g protein 16g fat 107g carbs 20g fiber

For single meal:

oil
1 3/4 tsp (9mL)
fresh parsley, chopped
1/4 cup chopped (13g)
onion, diced
7/8 medium (2-1/2" dia) (96g)
long-grain white rice
1/2 cup (81g)
chickpeas, canned, rinsed & drained
7/8 can (392g)

For all 2 meals:

oil
3 1/2 tsp (18mL)
fresh parsley, chopped
1/2 cup chopped (26g)
onion, diced
1 3/4 medium (2-1/2" dia) (193g)
long-grain white rice
14 tbsp (162g)
chickpeas, canned, rinsed & drained
1 3/4 can (784g)

1. Cook rice according to package and set aside.
2. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
3. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
4. Turn off heat and stir in parsley
5. Serve chickpea mixture over rice.

Roasted almonds

1/3 cup(s) - 277 cals 10g protein 22g fat 4g carbs 6g fiber

For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. This recipe has no instructions.

Dinner 4

Eat on day 5

White rice

1/2 cup rice, cooked - 110 cals 2g protein 0g fat 24g carbs 1g fiber

Makes 1/2 cup rice, cooked

long-grain white rice
2 2/3 tbsp (31g)
water
1/3 cup(s) (79mL)
salt
1 1/3 dash (1g)
black pepper
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Peanut tempeh

8 oz tempeh - 868 cals 66g protein 45g fat 29g carbs 20g fiber

Makes 8 oz tempeh

nutritional yeast
1 tbsp (4g)
soy sauce
2 tsp (10mL)
lemon juice
1 tbsp (15mL)
peanut butter
4 tbsp (65g)
tempeh
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 5

Eat on day 6, day 7

Vegan sausage

3 sausage(s) - 804 cals 84g protein 36g fat 32g carbs 5g fiber

For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Simple salad with tomatoes and carrots

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

For single meal:

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)

For all 2 meals:

salad dressing
1/4 cup (56mL)
tomatoes, diced
2 1/2 medium whole (2-3/5" dia) (308g)
carrots, sliced
1 1/4 medium (76g)
romaine lettuce, roughly chopped
2 1/2 hearts (1250g)

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

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.