

Meal Plan - 2600 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 2619 cals ● 171g protein (26%) ● 61g fat (21%) ● 298g carbs (46%) ● 48g fiber (7%)

Lunch

1330 cals, 68g protein, 177g net carbs, 25g fat



[Chunky canned soup \(non-creamy\)](#)
3 1/2 can(s)- 865 cals



[Banana](#)
4 banana(s)- 466 cals

Protein Supplement(s)

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



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

Dinner

960 cals, 31g protein, 119g net carbs, 34g fat



[Simple vegan garlic bread](#)
2 slice(s)- 252 cals



[Spinach & hummus pasta](#)
709 cals

Day 2 2564 cals ● 186g protein (29%) ● 95g fat (33%) ● 213g carbs (33%) ● 30g fiber (5%)

Lunch

1275 cals, 83g protein, 91g net carbs, 59g fat



[Brown rice](#)
344 cals



[Chik'n satay with peanut sauce](#)
8 skewers- 932 cals

Protein Supplement(s)

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



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

Dinner

960 cals, 31g protein, 119g net carbs, 34g fat



[Simple vegan garlic bread](#)
2 slice(s)- 252 cals



[Spinach & hummus pasta](#)
709 cals

Day 3

2614 cals ● 172g protein (26%) ● 70g fat (24%) ● 263g carbs (40%) ● 60g fiber (9%)

Lunch

1165 cals, 49g protein, 97g net carbs, 47g fat



Pistachios
375 cals



Carrot sticks
4 carrot(s)- 108 cals



Chickpea & kale soup
682 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1120 cals, 51g protein, 163g net carbs, 22g fat



Spaghetti and meatless meatballs
996 cals



Simple vegan garlic bread
1 slice(s)- 126 cals

Day 4

2575 cals ● 219g protein (34%) ● 80g fat (28%) ● 217g carbs (34%) ● 27g fiber (4%)

Lunch

1125 cals, 95g protein, 52g net carbs, 57g fat



Garlic pepper seitan
1027 cals



Simple sauteed spinach
100 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1120 cals, 51g protein, 163g net carbs, 22g fat



Spaghetti and meatless meatballs
996 cals



Simple vegan garlic bread
1 slice(s)- 126 cals

Day 5

2632 cals ● 165g protein (25%) ● 62g fat (21%) ● 302g carbs (46%) ● 51g fiber (8%)

Lunch

1180 cals, 59g protein, 158g net carbs, 25g fat



Carrot sticks
1/2 carrot(s)- 14 cals



Vegan meatball sub
2 sub(s)- 936 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

Dinner

1125 cals, 33g protein, 141g net carbs, 35g fat



Grapes
116 cals



Hummus vegan cheesesteak sub
2 sub(s)- 1007 cals

Day 6

2606 cals ● 219g protein (34%) ● 85g fat (29%) ● 201g carbs (31%) ● 40g fiber (6%)

Lunch

1180 cals, 59g protein, 158g net carbs, 25g fat



Carrot sticks
1/2 carrot(s)- 14 cals



Vegan meatball sub
2 sub(s)- 936 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

Dinner

1095 cals, 88g protein, 40g net carbs, 59g fat



Vegan sausage
3 sausage(s)- 804 cals



Tomato and avocado salad
293 cals

Day 7

2627 cals ● 217g protein (33%) ● 135g fat (46%) ● 96g carbs (15%) ● 40g fiber (6%)

Lunch

1205 cals, 57g protein, 54g net carbs, 75g fat



Easy chickpea salad
350 cals



Walnut crusted tofu (vegan)
853 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1095 cals, 88g protein, 40g net carbs, 59g fat



Vegan sausage
3 sausage(s)- 804 cals



Tomato and avocado salad
293 cals

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
3 1/2 can (~19 oz) (1841g)
- vegetable broth
5 cup(s) (mL)
- pasta sauce
1 jar (24 oz) (764g)
- apple cider vinegar
3/4 tbsp (1mL)

Fruits and Fruit Juices

- banana
8 medium (7" to 7-7/8" long) (944g)
- lemon juice
3/4 fl oz (23mL)
- lime juice
1/4 cup (68mL)
- grapes
2 cup (184g)
- avocados
1 1/4 avocado(s) (251g)

Vegetables and Vegetable Products

- garlic
19 3/4 clove(s) (59g)
- onion
3 medium (2-1/2" dia) (344g)
- fresh spinach
6 cup(s) (180g)
- tomatoes
3 medium whole (2-3/5" dia) (389g)
- fresh ginger
1 1/3 1 inch cube (7g)
- carrots
5 medium (305g)
- kale leaves
2 1/2 cup, chopped (100g)
- green pepper
3 tbsp, chopped (28g)
- bell pepper
2 medium (238g)
- fresh parsley
2 1/4 sprigs (2g)

Fats and Oils

- olive oil
3 oz (92mL)

Legumes and Legume Products

- hummus
9 1/3 oz (265g)
- peanut butter
2 2/3 tbsp (43g)
- chickpeas, canned
2 can (896g)
- firm tofu
3/4 lbs (340g)

Beverages

- water
1 1/2 gallon (5299mL)
- protein powder
21 scoop (1/3 cup ea) (651g)

Spices and Herbs

- salt
1 1/3 tsp (8g)
- black pepper
1/2 tbsp, ground (3g)
- crushed red pepper
1 tsp (2g)
- garlic powder
5 dash (2g)
- balsamic vinegar
3/4 tbsp (11mL)
- dijon mustard
1 1/2 tbsp (23g)

Other

- skewer(s)
8 skewer(s) (8g)
- vegan chik'n strips
2/3 lbs (302g)
- sesame oil
4 tsp (20mL)
- vegan meatballs, frozen
25 meatball(s) (750g)
- sub roll(s)
6 roll(s) (510g)
- vegan cheese, sliced
2 slice(s) (40g)
- nutritional yeast
4 tsp (5g)
- vegan sausage
6 sausage (600g)

- oil
1 1/2 oz (46mL)
- vegan mayonnaise
3 tbsp (45g)

Baked Products

- bread
6 slice (192g)

Cereal Grains and Pasta

- uncooked dry pasta
1 1/4 lbs (570g)
 - brown rice
1/2 cup (95g)
 - seitan
3/4 lbs (340g)
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Nut and Seed Products

- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- walnuts
1/2 cup, chopped (58g)

Lunch 1 [↗](#)

Eat on day 1

Chunky canned soup (non-creamy)

3 1/2 can(s) - 865 cal ● 63g protein ● 24g fat ● 81g carbs ● 19g fiber



Makes 3 1/2 can(s)

chunky canned soup (non-creamy varieties)

3 1/2 can (~19 oz) (1841g)

1. Prepare according to instructions on package.

Banana

4 banana(s) - 466 cal ● 5g protein ● 2g fat ● 96g carbs ● 12g fiber



Makes 4 banana(s)

banana

4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.
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Lunch 2 [↗](#)

Eat on day 2

Brown rice

344 cal ● 7g protein ● 3g fat ● 70g carbs ● 3g fiber



brown rice

1/2 cup (95g)

salt

3 dash (2g)

water

1 cup(s) (237mL)

black pepper

3 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

Chik'n satay with peanut sauce

8 skewers - 932 cal ● 76g protein ● 56g fat ● 22g carbs ● 9g fiber



Makes 8 skewers

skewer(s)

8 skewer(s) (8g)

fresh ginger, grated or minced

1 1/3 1 inch cube (7g)

vegan chik'n strips

2/3 lbs (302g)

sesame oil

4 tsp (20mL)

lime juice

2 tbsp (30mL)

peanut butter

2 2/3 tbsp (43g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Lunch 3 [↗](#)

Eat on day 3

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



Makes 4 carrot(s)

carrots

4 medium (244g)

1. Cut carrots into strips and serve.

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.
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Lunch 4 [↗](#)

Eat on day 4

Garlic pepper seitan

1027 cal ● 92g protein ● 50g fat ● 49g carbs ● 4g fiber



olive oil
3 tbsp (45mL)
onion
6 tbsp, chopped (60g)
garlic, minced
3 3/4 clove(s) (11g)
green pepper
3 tbsp, chopped (28g)
seitan, chicken style
3/4 lbs (340g)
black pepper
3 dash, ground (1g)
water
1 1/2 tbsp (23mL)
salt
1 1/2 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.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

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.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Carrot sticks

1/2 carrot(s) - 14 cals ● 0g protein ● 0g fat ● 2g carbs ● 1g fiber



For single meal:

carrots
1/2 medium (31g)

For all 2 meals:

carrots
1 medium (61g)

1. Cut carrots into strips and serve.

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

For all 2 meals:

sub roll(s)
4 roll(s) (340g)
nutritional yeast
4 tsp (5g)
pasta sauce
1 cup (260g)
vegan meatballs, frozen
16 meatball(s) (480g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Banana

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



For single meal:

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

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.

Lunch 6 [↗](#)

Eat on day 7

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!

Walnut crusted tofu (vegan)

853 cals ● 39g protein ● 68g fat ● 16g carbs ● 6g fiber



firm tofu, drained

3/4 lbs (340g)

walnuts

1/2 cup, chopped (58g)

lemon juice

1/2 tbsp (8mL)

garlic, diced

3 clove(s) (9g)

dijon mustard

1 1/2 tbsp (23g)

vegan mayonnaise

3 tbsp (45g)

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

For all 2 meals:

garlic, minced

4 clove(s) (12g)

olive oil

4 tsp (20mL)

bread

4 slice (128g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.
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Spinach & hummus pasta

709 cals ● 23g protein ● 23g fat ● 94g carbs ● 10g fiber



For single meal:

uncooked dry pasta

4 oz (114g)

lemon juice

1/2 tbsp (8mL)

onion, diced

1/2 small (35g)

fresh spinach

1 cup(s) (30g)

tomatoes, chopped

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

oil

1 tbsp (15mL)

garlic, diced

1 clove(s) (3g)

hummus

2 1/2 oz (71g)

For all 2 meals:

uncooked dry pasta

1/2 lbs (228g)

lemon juice

1 tbsp (15mL)

onion, diced

1 small (70g)

fresh spinach

2 cup(s) (60g)

tomatoes, chopped

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

oil

2 tbsp (30mL)

garlic, diced

2 clove(s) (6g)

hummus

5 oz (142g)

1. Cook pasta according to directions on package.
 2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
 3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
 4. Add in hummus and mix well. Add a splash of water if needed.
 5. Mix in pasta and season with salt/pepper to taste. Serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Spaghetti and meatless meatballs

996 cal ● 47g protein ● 16g fat ● 151g carbs ● 16g fiber



For single meal:

vegan meatballs, frozen
4 1/2 meatball(s) (135g)
uncooked dry pasta
6 oz (171g)
pasta sauce
3/8 jar (24 oz) (252g)

For all 2 meals:

vegan meatballs, frozen
9 meatball(s) (270g)
uncooked dry pasta
3/4 lbs (342g)
pasta sauce
3/4 jar (24 oz) (504g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Simple vegan garlic bread

1 slice(s) - 126 cal ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

garlic, minced
1 clove(s) (3g)
olive oil
1 tsp (5mL)
bread
1 slice (32g)

For all 2 meals:

garlic, minced
2 clove(s) (6g)
olive oil
2 tsp (10mL)
bread
2 slice (64g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Dinner 3 [↗](#)

Eat on day 5

Grapes

116 cal ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



grapes
2 cup (184g)

1. This recipe has no instructions.

Hummus vegan cheesesteak sub

2 sub(s) - 1007 cal ● 32g protein ● 35g fat ● 123g carbs ● 19g fiber



Makes 2 sub(s)

sub roll(s)

2 roll(s) (170g)

vegan cheese, sliced

2 slice(s) (40g)

oil

2 tsp (10mL)

onion, sliced into thin strips

1 large (150g)

bell pepper, deseeded and sliced into thin strips

2 medium (238g)

garlic, minced

2 clove (6g)

crushed red pepper

1 tsp (2g)

hummus

1/2 cup (123g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

Dinner 4 [↗](#)

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.

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



For single meal:

onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

onion
2 1/2 tbsp minced (38g)
lime juice
2 1/2 tbsp (38mL)
avocados, cubed
1 1/4 avocado(s) (251g)
tomatoes, diced
1 1/4 medium whole (2-3/5" dia) (154g)
olive oil
2 tsp (9mL)
garlic powder
5 dash (2g)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)

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.

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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