

Meal Plan - 2700 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

2659 cals ● 188g protein (28%) ● 77g fat (26%) ● 250g carbs (38%) ● 54g fiber (8%)

Lunch

1290 cals, 73g protein, 85g net carbs, 62g fat



[Tofu lo-mein](#)
1016 cals



[Soy milk](#)
3 1/4 cup(s)- 275 cals

Protein Supplement(s)

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



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

Dinner

1040 cals, 43g protein, 162g net carbs, 13g fat



[Spiced chickpea tabbouleh bowl](#)
910 cals



[Naan bread](#)
1/2 piece(s)- 131 cals

Day 2

2659 cals ● 188g protein (28%) ● 77g fat (26%) ● 250g carbs (38%) ● 54g fiber (8%)

Lunch

1290 cals, 73g protein, 85g net carbs, 62g fat



[Tofu lo-mein](#)
1016 cals



[Soy milk](#)
3 1/4 cup(s)- 275 cals

Protein Supplement(s)

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



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

Dinner

1040 cals, 43g protein, 162g net carbs, 13g fat



[Spiced chickpea tabbouleh bowl](#)
910 cals



[Naan bread](#)
1/2 piece(s)- 131 cals

Day 3

2680 cals ● 205g protein (31%) ● 93g fat (31%) ● 200g carbs (30%) ● 57g fiber (8%)

Lunch

1205 cals, 46g protein, 73g net carbs, 63g fat



[Spiced chickpea & avocado toast](#)
2 toast(s)- 962 cals



[Sunflower seeds](#)
240 cals

Protein Supplement(s)

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



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

Dinner

1150 cals, 87g protein, 125g net carbs, 28g fat



[Simple mixed greens salad](#)
136 cals



[Teriyaki seitan with veggies and rice](#)
1015 cals

Day 4

2696 cals ● 191g protein (28%) ● 52g fat (17%) ● 331g carbs (49%) ● 36g fiber (5%)

Lunch

1190 cals, 52g protein, 187g net carbs, 19g fat



[Dinner roll](#)
4 roll- 308 cals



[Spaghetti and meatless meatballs](#)
885 cals

Protein Supplement(s)

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



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

Dinner

1175 cals, 66g protein, 141g net carbs, 31g fat



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



[Tofu alfredo pasta with broccoli](#)
883 cals



[Simple mixed greens salad](#)
68 cals

Day 5

2646 cals ● 197g protein (30%) ● 87g fat (29%) ● 219g carbs (33%) ● 51g fiber (8%)

Lunch

1140 cals, 59g protein, 75g net carbs, 54g fat



[Vegan deli smashed avocado sandwich](#)
2 1/2 sandwich(es)- 966 cals



[Avocado](#)
176 cals

Protein Supplement(s)

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



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

Dinner

1175 cals, 66g protein, 141g net carbs, 31g fat



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



[Tofu alfredo pasta with broccoli](#)
883 cals



[Simple mixed greens salad](#)
68 cals

Day 6

2667 cals ● 177g protein (27%) ● 116g fat (39%) ● 178g carbs (27%) ● 52g fiber (8%)

Lunch

1140 cals, 59g protein, 75g net carbs, 54g fat



[Vegan deli smashed avocado sandwich](#)

2 1/2 sandwich(es)- 966 cals



[Avocado](#)

176 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Dinner

1200 cals, 46g protein, 100g net carbs, 60g fat



[Simple mixed greens and tomato salad](#)

113 cals



[Tofu marsala](#)

1085 cals

Day 7

2673 cals ● 183g protein (27%) ● 124g fat (42%) ● 168g carbs (25%) ● 39g fiber (6%)

Lunch

1150 cals, 64g protein, 65g net carbs, 62g fat



[Lima beans](#)

193 cals



[Walnut crusted tofu \(vegan\)](#)

711 cals



[Protein bar](#)

1 bar- 245 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Dinner

1200 cals, 46g protein, 100g net carbs, 60g fat



[Simple mixed greens and tomato salad](#)

113 cals



[Tofu marsala](#)

1085 cals

Vegetables and Vegetable Products

- ☐ frozen mixed veggies
2 lbs (896g)
- ☐ fresh parsley
6 2/3 sprigs (7g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (245g)
- ☐ cucumber
5/6 cucumber (8-1/4") (251g)
- ☐ frozen broccoli
1 package (284g)
- ☐ garlic
9 1/2 clove(s) (29g)
- ☐ shallots
2 1/2 shallot (283g)
- ☐ mushrooms
3/4 lbs (354g)
- ☐ potatoes
1 1/2 lbs (709g)
- ☐ lima beans, frozen
5/8 package (10 oz) (178g)

Fats and Oils

- ☐ olive oil
3 tbsp (45mL)
- ☐ oil
3 oz (93mL)
- ☐ salad dressing
2/3 cup (158mL)
- ☐ vegan mayonnaise
2 1/2 tbsp (38g)

Beverages

- ☐ water
23 1/4 cup(s) (5510mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ almond milk, unsweetened
1/2 cup (120mL)

Legumes and Legume Products

- ☐ soy sauce
1 1/2 tbsp (23mL)
- ☐ extra firm tofu
1 1/2 lbs (680g)
- ☐ chickpeas, canned
2 2/3 can (1195g)

Fruits and Fruit Juices

- ☐ lemon juice
1 fl oz (29mL)
- ☐ avocados
3 2/3 avocado(s) (737g)

Spices and Herbs

- ☐ ground cumin
1 1/4 tbsp (8g)
- ☐ crushed red pepper
2 dash (0g)
- ☐ salt
2 g (2g)
- ☐ basil, dried
2 tsp, ground (3g)
- ☐ balsamic vinegar
2 1/2 tbsp (38mL)
- ☐ black pepper
1 1/4 dash, ground (0g)
- ☐ dijon mustard
1 1/4 tbsp (19g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1 2/3 box (5.8 oz) (274g)
- ☐ seitan
1/2 lbs (255g)
- ☐ long-grain white rice
6 tbsp (69g)
- ☐ uncooked dry pasta
17 1/3 oz (494g)
- ☐ cornstarch
5 tsp (13g)

Baked Products

- ☐ naan bread
1 piece (90g)
- ☐ bread
12 slice(s) (384g)
- ☐ Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/3 oz (38g)
- ☐ walnuts
6 1/2 tbsp, chopped (48g)

- ☐ firm tofu
3 lbs (1445g)

Soups, Sauces, and Gravies

- ☐ oriental flavored ramen
1 1/2 package with flavor packet (128g)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)
- ☐ hot sauce
5 tsp (25mL)
- ☐ vegetable broth
2 1/2 cup(s) (mL)

Other

- ☐ soy milk, unsweetened
3/4 gallon (2839mL)
 - ☐ mixed greens
13 cup (390g)
 - ☐ teriyaki sauce
4 tbsp (60mL)
 - ☐ vegan meatballs, frozen
4 meatball(s) (120g)
 - ☐ plant-based deli slices
25 slices (260g)
 - ☐ vegan butter
5 tbsp (70g)
 - ☐ protein bar (20g protein)
1 bar (50g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Tofu lo-mein

1016 cals ● 50g protein ● 47g fat ● 79g carbs ● 19g fiber



For single meal:

frozen mixed veggies

3/4 lbs (340g)

olive oil

1 1/2 tbsp (23mL)

water

1 cup(s) (267mL)

soy sauce

3/4 tbsp (11mL)

oriental flavored ramen

3/4 package with flavor packet (64g)

extra firm tofu

3/4 lbs (340g)

For all 2 meals:

frozen mixed veggies

1 1/2 lbs (680g)

olive oil

3 tbsp (45mL)

water

2 1/4 cup(s) (533mL)

soy sauce

1 1/2 tbsp (23mL)

oriental flavored ramen

1 1/2 package with flavor packet (128g)

extra firm tofu

1 1/2 lbs (680g)

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.

Soy milk

3 1/4 cup(s) - 275 cals ● 23g protein ● 15g fat ● 7g carbs ● 7g fiber



For single meal:

soy milk, unsweetened

3 1/4 cup (780mL)

For all 2 meals:

soy milk, unsweetened

6 1/2 cup (1560mL)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 3

Spiced chickpea & avocado toast

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



Makes 2 toast(s)

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)

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.

Sunflower seeds

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



sunflower kernels

1 1/3 oz (38g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Dinner roll

4 roll - 308 cal ● 11g protein ● 5g fat ● 53g carbs ● 2g fiber



Makes 4 roll

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Spaghetti and meatless meatballs

885 cal ● 42g protein ● 14g fat ● 134g carbs ● 14g fiber



vegan meatballs, frozen

4 meatball(s) (120g)

uncooked dry pasta

1/3 lbs (152g)

pasta sauce

1/3 jar (24 oz) (224g)

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

Lunch 4 [🔗](#)

Eat on day 5, day 6

Vegan deli smashed avocado sandwich

2 1/2 sandwich(es) - 966 cal ● 57g protein ● 39g fat ● 73g carbs ● 24g fiber



For single meal:

mixed greens

1 1/4 cup (37g)

hot sauce

2 1/2 tsp (12mL)

avocados, peeled & deseeded

5/6 avocado(s) (167g)

bread

5 slice(s) (160g)

plant-based deli slices

12 1/2 slices (130g)

For all 2 meals:

mixed greens

2 1/2 cup (75g)

hot sauce

5 tsp (25mL)

avocados, peeled & deseeded

1 2/3 avocado(s) (335g)

bread

10 slice(s) (320g)

plant-based deli slices

25 slices (260g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

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.

Lunch 5 [↗](#)

Eat on day 7

Lima beans

193 cals ● 12g protein ● 1g fat ● 26g carbs ● 10g fiber



lima beans, frozen
5/8 package (10 oz) (178g)
salt
1/3 tsp (2g)
black pepper
1 1/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Walnut crusted tofu (vegan)

711 cals ● 33g protein ● 57g fat ● 13g carbs ● 5g fiber



firm tofu, drained
10 oz (284g)
walnuts
6 1/2 tbsp, chopped (48g)
lemon juice
1 1/4 tsp (6mL)
garlic, diced
2 1/2 clove(s) (8g)
dijon mustard
1 1/4 tbsp (19g)
vegan mayonnaise
2 1/2 tbsp (38g)

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.

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



Makes 1 bar

protein bar (20g protein)
1 bar (50g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Spiced chickpea tabbouleh bowl

910 cals ● 38g protein ● 11g fat ● 141g carbs ● 25g fiber



For single meal:

lemon juice

1 1/4 tsp (6mL)

fresh parsley, chopped

3 1/3 sprigs (3g)

tomatoes, chopped

5/6 roma tomato (67g)

cucumber, chopped

3/8 cucumber (8-1/4") (125g)

ground cumin

1/4 tbsp (2g)

oil

3/8 tsp (2mL)

chickpeas, canned, drained & rinsed

5/6 can (373g)

instant couscous, flavored

5/6 box (5.8 oz) (137g)

For all 2 meals:

lemon juice

2 1/2 tsp (13mL)

fresh parsley, chopped

6 2/3 sprigs (7g)

tomatoes, chopped

1 2/3 roma tomato (133g)

cucumber, chopped

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

ground cumin

1/2 tbsp (4g)

oil

1/4 tbsp (4mL)

chickpeas, canned, drained & rinsed

1 2/3 can (747g)

instant couscous, flavored

1 2/3 box (5.8 oz) (274g)

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

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

naan bread

1/2 piece (45g)

For all 2 meals:

naan bread

1 piece (90g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Teriyaki seitan with veggies and rice

1015 cals ● 84g protein ● 19g fat ● 116g carbs ● 11g fiber



seitan, cut into strips

1/2 lbs (255g)

oil

3/4 tbsp (11mL)

teriyaki sauce

4 tbsp (60mL)

frozen mixed veggies

3/4 package (10 oz ea) (216g)

long-grain white rice

6 tbsp (69g)

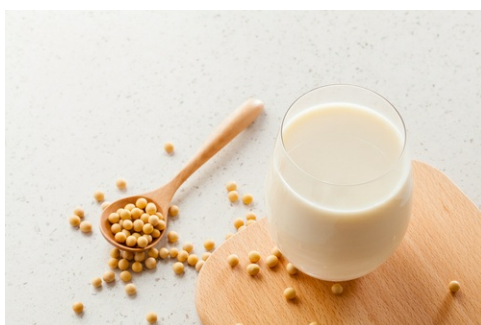
1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Dinner 3 [↗](#)

Eat on day 4, day 5

Soy milk

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



For single meal:

soy milk, unsweetened

2 2/3 cup (640mL)

For all 2 meals:

soy milk, unsweetened

1/3 gallon (1280mL)

1. This recipe has no instructions.

Tofu alfredo pasta with broccoli

883 cals ● 46g protein ● 15g fat ● 132g carbs ● 11g fiber



For single meal:

uncooked dry pasta

6 oz (171g)

firm tofu

1/2 package (16 oz) (227g)

frozen broccoli

1/2 package (142g)

garlic

1 clove(s) (3g)

salt

1/4 dash (0g)

almond milk, unsweetened

4 tbsp (60mL)

basil, dried

1 tsp, ground (1g)

For all 2 meals:

uncooked dry pasta

3/4 lbs (342g)

firm tofu

1 package (16 oz) (453g)

frozen broccoli

1 package (284g)

garlic

2 clove(s) (6g)

salt

1/2 dash (0g)

almond milk, unsweetened

1/2 cup (120mL)

basil, dried

2 tsp, ground (3g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)

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

Tofu marsala

1085 cal ● 44g protein ● 53g fat ● 92g carbs ● 16g fiber



For single meal:

balsamic vinegar
1 1/4 tbsp (19mL)
garlic, minced
2 1/2 clove(s) (8g)
shallots, minced
1 1/4 shallot (142g)
oil
2 1/2 tbsp (38mL)
mushrooms, sliced
6 1/4 oz (177g)
firm tofu, patted dry & cubed
3/4 lbs (354g)
vegetable broth, hot
1 1/4 cup(s) (mL)
cornstarch
2 1/2 tsp (7g)
vegan butter
2 1/2 tbsp (35g)
potatoes, peeled & quartered
3/4 lbs (354g)

For all 2 meals:

balsamic vinegar
2 1/2 tbsp (38mL)
garlic, minced
5 clove(s) (15g)
shallots, minced
2 1/2 shallot (283g)
oil
5 tbsp (75mL)
mushrooms, sliced
3/4 lbs (354g)
firm tofu, patted dry & cubed
1 1/2 lbs (709g)
vegetable broth, hot
2 1/2 cup(s) (mL)
cornstarch
5 tsp (13g)
vegan butter
5 tbsp (70g)
potatoes, peeled & quartered
1 1/2 lbs (709g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

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.
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