

# Meal Plan - 2800 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

2756 cals ● 189g protein (27%) ● 65g fat (21%) ● 273g carbs (40%) ● 81g fiber (12%)

### Lunch

1080 cals, 70g protein, 81g net carbs, 35g fat



[Quinoa](#)

2 cup quinoa, cooked- 417 cals



[Garlic collard greens](#)

372 cals



[Vegan crumbles](#)

2 cup(s)- 292 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1350 cals, 47g protein, 189g net carbs, 28g fat



[Herby chickpeas over rice](#)

1306 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

## Day 2

2762 cals ● 187g protein (27%) ● 82g fat (27%) ● 249g carbs (36%) ● 69g fiber (10%)

### Lunch

1080 cals, 70g protein, 81g net carbs, 35g fat



[Quinoa](#)

2 cup quinoa, cooked- 417 cals



[Garlic collard greens](#)

372 cals



[Vegan crumbles](#)

2 cup(s)- 292 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1355 cals, 45g protein, 166g net carbs, 46g fat



[Blueberries](#)

1 cup(s)- 95 cals



[Broccoli & hummus flatbread](#)

2 flatbread(s)- 1260 cals

## Day 3

2852 cals ● 194g protein (27%) ● 96g fat (30%) ● 266g carbs (37%) ● 37g fiber (5%)

### Lunch

1170 cals, 77g protein, 98g net carbs, 49g fat



[Vegan bangers and cauliflower mash](#)

2 1/2 sausage link(s)- 902 cals



[Fruit juice](#)

2 1/3 cup(s)- 267 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1355 cals, 45g protein, 166g net carbs, 46g fat



[Blueberries](#)

1 cup(s)- 95 cals



[Broccoli & hummus flatbread](#)

2 flatbread(s)- 1260 cals

## Day 4

2758 cals ● 189g protein (27%) ● 124g fat (40%) ● 192g carbs (28%) ● 29g fiber (4%)

### Lunch

1170 cals, 77g protein, 98g net carbs, 49g fat



[Vegan bangers and cauliflower mash](#)

2 1/2 sausage link(s)- 902 cals



[Fruit juice](#)

2 1/3 cup(s)- 267 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1260 cals, 39g protein, 91g net carbs, 74g fat



[Sautéed garlic & herb tomatoes](#)

297 cals



[Curried lentils](#)

964 cals

## Day 5

2780 cals ● 203g protein (29%) ● 90g fat (29%) ● 227g carbs (33%) ● 63g fiber (9%)

### Lunch

1260 cals, 74g protein, 147g net carbs, 19g fat



[Lentil pasta](#)

1010 cals



[Simple vegan garlic bread](#)

2 slice(s)- 252 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1190 cals, 57g protein, 77g net carbs, 70g fat



[Sweet potato medallions](#)

1 sweet potato- 309 cals



[Lemon pepper tofu](#)


24 1/2 oz- 882 cals


Day 6

2778 calsgreen180g protein (26%)orange108g fat (35%)blue205g carbs (30%)grey66g fiber (10%)

Lunch


1260 calsgreen50g protein, 126g net carbs, 37g fat

Quinoa and black beans  
908 calsgreen

Tomato and avocado salad  
352 calsgreen


Protein Supplement(s)

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

Protein shake  
3 scoop- 327 calsgreen

Dinner

1190 calsgreen57g protein, 77g net carbs, 70g fat

Sweet potato medallions  
1 sweet potato- 309 calsgreen


Lemon pepper tofu  
24 1/2 oz- 882 calsgreen


Day 7

2800 calsgreen187g protein (27%)orange79g fat (25%)blue240g carbs (34%)grey96g fiber (14%)

Lunch


1260 calsgreen50g protein, 126g net carbs, 37g fat

Quinoa and black beans  
908 calsgreen

Tomato and avocado salad  
352 calsgreen


Protein Supplement(s)

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


Protein shake  
3 scoop- 327 calsgreen

Dinner

1215 calsgreen64g protein, 111g net carbs, 40g fat

Sunflower seeds  
271 calsgreen

Lentils  
260 calsgreen

Chickpea & kale soup  
682 calsgreen

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
2 1/4 cup (375g)
- ☐ long-grain white rice  
3/4 cup (139g)
- ☐ cornstarch  
1/2 cup (56g)

## Beverages

- ☐ water  
26 1/2 cup(s) (6281mL)
- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)

## Vegetables and Vegetable Products

- ☐ collard greens  
2 1/3 lbs (1058g)
- ☐ garlic  
20 clove(s) (60g)
- ☐ fresh parsley  
6 tbsp chopped (23g)
- ☐ onion  
4 2/3 medium (2-1/2" dia) (513g)
- ☐ tomatoes  
6 medium whole (2-3/5" dia) (736g)
- ☐ broccoli  
6 cup chopped (546g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ frozen corn kernels  
56 tsp (159g)
- ☐ kale leaves  
2 1/2 cup, chopped (100g)

## Fats and Oils

- ☐ oil  
1/2 lbs (220mL)
- ☐ olive oil  
1 1/2 oz (48mL)

## Spices and Herbs

- ☐ salt  
1 tbsp (17g)
- ☐ crushed red pepper  
1 tsp (2g)
- ☐ black pepper  
1 tsp, ground (3g)

## Fruits and Fruit Juices

- ☐ blueberries  
2 cup (296g)
- ☐ lemon juice  
2 tbsp (30mL)
- ☐ fruit juice  
37 1/3 fl oz (1120mL)
- ☐ lemon  
3 1/2 small (203g)
- ☐ lime juice  
3 tbsp (45mL)
- ☐ avocados  
1 1/2 avocado(s) (302g)

## Other

- ☐ mixed greens  
4 oz (113g)
- ☐ vegan sausage  
5 sausage (500g)
- ☐ frozen cauliflower  
3 3/4 cup (425g)
- ☐ italian seasoning  
1 3/4 tsp (6g)
- ☐ curry paste  
4 tsp (20g)
- ☐ lentil pasta  
1/2 lbs (227g)

## Baked Products

- ☐ naan bread  
4 large (504g)
- ☐ bread  
2 slice (64g)

## Nut and Seed Products

- ☐ coconut milk, canned  
1 cup (240mL)
- ☐ sunflower kernels  
1 1/2 oz (43g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/2 jar (24 oz) (336g)
- ☐ vegetable broth  
6 3/4 cup(s) (mL)

- ☐ lemon pepper  
1 3/4 tsp (4g)
- ☐ cayenne pepper  
1/4 tsp (1g)
- ☐ ground cumin  
1 tsp (2g)
- ☐ garlic powder  
1/4 tbsp (2g)

## **Legumes and Legume Products**

- ☐ vegetarian burger crumbles  
4 cup (400g)
  - ☐ chickpeas, canned  
2 3/4 can (1232g)
  - ☐ hummus  
1 cup (246g)
  - ☐ lentils, raw  
1 cup (200g)
  - ☐ firm tofu  
3 lbs (1389g)
  - ☐ black beans  
2 1/3 can(s) (1024g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Quinoa

2 cup quinoa, cooked - 417 cal ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



For single meal:

**quinoa, uncooked**

2/3 cup (113g)

**water**

1 1/3 cup(s) (316mL)

For all 2 meals:

**quinoa, uncooked**

1 1/3 cup (227g)

**water**

2 2/3 cup(s) (632mL)

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.

### Garlic collard greens

372 cal ● 17g protein ● 20g fat ● 11g carbs ● 21g fiber



For single meal:

**collard greens**

18 2/3 oz (529g)

**oil**

3 1/2 tsp (17mL)

**garlic, minced**

3 1/2 clove(s) (10g)

**salt**

1/4 tsp (2g)

For all 2 meals:

**collard greens**

2 1/3 lbs (1058g)

**oil**

2 1/3 tbsp (35mL)

**garlic, minced**

7 clove(s) (21g)

**salt**

1/2 tsp (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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## Lunch 2 [🔗](#)

Eat on day 3, day 4

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### Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



For single meal:

**onion, thinly sliced**  
1 1/4 small (88g)  
**vegan sausage**  
2 1/2 sausage (250g)  
**oil**  
1 1/4 tbsp (19mL)  
**frozen cauliflower**  
2 cup (213g)

For all 2 meals:

**onion, thinly sliced**  
2 1/2 small (175g)  
**vegan sausage**  
5 sausage (500g)  
**oil**  
2 1/2 tbsp (38mL)  
**frozen cauliflower**  
3 3/4 cup (425g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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### Fruit juice

2 1/3 cup(s) - 267 cals ● 4g protein ● 1g fat ● 59g carbs ● 1g fiber



For single meal:

**fruit juice**  
18 2/3 fl oz (560mL)

For all 2 meals:

**fruit juice**  
37 1/3 fl oz (1120mL)

1. This recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 5

### Lentil pasta

1010 cals ● 65g protein ● 8g fat ● 122g carbs ● 48g fiber



#### **pasta sauce**

1/2 jar (24 oz) (336g)

#### **lentil pasta**

1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

### Simple vegan garlic bread

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



Makes 2 slice(s)

#### **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.

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Quinoa and black beans

908 cals ● 45g protein ● 10g fat ● 116g carbs ● 44g fiber





For single meal:

**black pepper**

1 dash, ground (0g)

**salt**

1/4 tsp (2g)

**cayenne pepper**

1 dash (0g)

**vegetable broth**

7/8 cup(s) (mL)

**garlic, chopped**

1 3/4 clove(s) (5g)

**oil**

1/2 tsp (3mL)

**onion, chopped**

5/8 medium (2-1/2" dia) (64g)

**quinoa, uncooked**

7 tbsp (74g)

**ground cumin**

1/2 tsp (1g)

**frozen corn kernels**

9 1/3 tbsp (79g)

**black beans, rinsed and drained**

1 1/6 can(s) (512g)

For all 2 meals:

**black pepper**

1/4 tsp, ground (1g)

**salt**

1/2 tsp (3g)

**cayenne pepper**

1/4 tsp (1g)

**vegetable broth**

1 3/4 cup(s) (mL)

**garlic, chopped**

3 1/2 clove(s) (10g)

**oil**

1 tsp (6mL)

**onion, chopped**

1 1/6 medium (2-1/2" dia) (128g)

**quinoa, uncooked**

14 tbsp (149g)

**ground cumin**

1 tsp (2g)

**frozen corn kernels**

56 tsp (159g)

**black beans, rinsed and drained**

2 1/3 can(s) (1024g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

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## Tomato and avocado salad

352 cal ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)

For all 2 meals:

**onion**  
3 tbsp minced (45g)  
**lime juice**  
3 tbsp (45mL)  
**avocados, cubed**  
1 1/2 avocado(s) (302g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia) (185g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)

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.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Herby chickpeas over rice

1306 cals ● 45g protein ● 28g fat ● 184g carbs ● 35g fiber



**oil**  
1 tbsp (15mL)  
**fresh parsley, chopped**  
6 tbsp chopped (23g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**long-grain white rice**  
3/4 cup (139g)  
**chickpeas, canned, rinsed & drained**  
1 1/2 can (672g)

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.

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### 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.

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Dinner 2 [↗](#)

Eat on day 2, day 3

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**Blueberries**

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

**blueberries**

1 cup (148g)

For all 2 meals:

**blueberries**

2 cup (296g)

1. Rinse off blueberries and serve.

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**Broccoli & hummus flatbread**

2 flatbread(s) - 1260 cals ● 44g protein ● 45g fat ● 148g carbs ● 22g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**crushed red pepper**  
4 dash (1g)  
**hummus**  
1/2 cup (123g)  
**mixed greens**  
2 oz (57g)  
**garlic, minced**  
2 clove (6g)  
**lemon juice**  
1 tbsp (15mL)  
**naan bread**  
2 large (252g)  
**broccoli, sliced**  
3 cup chopped (273g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**crushed red pepper**  
1 tsp (2g)  
**hummus**  
1 cup (246g)  
**mixed greens**  
4 oz (113g)  
**garlic, minced**  
4 clove (12g)  
**lemon juice**  
2 tbsp (30mL)  
**naan bread**  
4 large (504g)  
**broccoli, sliced**  
6 cup chopped (546g)

1. Preheat oven to 450°F (230°C).
2. Combine chopped broccoli, garlic, just half of the oil, and some salt and pepper on a baking sheet. Toss. Roast 10-15 minutes until broccoli is tender.
3. Place naan directly on oven rack and bake until crisp, 4-5 minutes.
4. Toss greens with lemon juice, remaining oil, and some salt and pepper.
5. Spread hummus on naan. Top with broccoli, greens, a sprinkle of crushed red pepper. Slice naan flatbread and serve.

# Dinner 3 [🔗](#)

Eat on day 4

## Sauteed garlic & herb tomatoes

297 cals ● 3g protein ● 24g fat ● 12g carbs ● 4g fiber



**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 3/4 tbsp (26mL)  
**garlic, minced**  
1 1/6 clove(s) (3g)  
**tomatoes**  
1 1/6 pint, cherry tomatoes (348g)  
**italian seasoning**  
1 3/4 tsp (6g)  
**salt**  
1/2 tsp (3g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Curried lentils

964 cals ● 36g protein ● 50g fat ● 80g carbs ● 14g fiber



**lentils, raw**  
2/3 cup (128g)  
**water**  
1 1/3 cup(s) (316mL)  
**salt**  
1 1/3 dash (1g)  
**coconut milk, canned**  
16 tbsp (240mL)  
**curry paste**  
4 tsp (20g)

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.

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## Dinner 4 [🔗](#)

Eat on day 5, day 6

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### Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes, sliced**  
1 sweetpotato, 5" long (210g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**sweet potatoes, sliced**  
2 sweetpotato, 5" long (420g)  
**oil**  
2 tbsp (30mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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### Lemon pepper tofu

24 1/2 oz - 882 cals ● 54g protein ● 55g fat ● 41g carbs ● 1g fiber





For single meal:

**lemon pepper**  
1 tsp (2g)  
**oil**  
1 3/4 tbsp (26mL)  
**cornstarch**  
1/4 cup (28g)  
**lemon, zested**  
1 3/4 small (102g)  
**firm tofu, patted dry & cubed**  
1 1/2 lbs (695g)

For all 2 meals:

**lemon pepper**  
1 3/4 tsp (4g)  
**oil**  
1/4 cup (53mL)  
**cornstarch**  
1/2 cup (56g)  
**lemon, zested**  
3 1/2 small (203g)  
**firm tofu, patted dry & cubed**  
3 lbs (1389g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

## Dinner 5 [↗](#)

Eat on day 7

### Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



**sunflower kernels**  
1 1/2 oz (43g)

1. This recipe has no instructions.

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. 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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## Protein Supplement(s) [🔗](#)

Eat every day

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### 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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