

Meal Plan - 2900 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

2923 cals ● 208g protein (28%) ● 89g fat (27%) ● 266g carbs (36%) ● 57g fiber (8%)

Lunch

1500 cals, 90g protein, 173g net carbs, 38g fat



[Soy milk yogurt](#)

3 container- 407 cals



[Chunky canned soup \(non-creamy\)](#)

4 can(s)- 988 cals



[Apple](#)

1 apple(s)- 105 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cals

Dinner

1040 cals, 33g protein, 90g net carbs, 49g fat



[Vegan cheesy portabella pizzas](#)

7 mushroom cap(s)- 1020 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Day 2

2923 cals ● 208g protein (28%) ● 89g fat (27%) ● 266g carbs (36%) ● 57g fiber (8%)

Lunch

1500 cals, 90g protein, 173g net carbs, 38g fat



[Soy milk yogurt](#)

3 container- 407 cals



[Chunky canned soup \(non-creamy\)](#)

4 can(s)- 988 cals



[Apple](#)

1 apple(s)- 105 cals

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Dinner

1040 cals, 33g protein, 90g net carbs, 49g fat



[Vegan cheesy portabella pizzas](#)

7 mushroom cap(s)- 1020 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Day 3

2876 cals ● 193g protein (27%) ● 78g fat (24%) ● 287g carbs (40%) ● 64g fiber (9%)

Lunch

1235 cals, 53g protein, 194g net carbs, 19g fat



Soy milk
2 1/2 cup(s)- 212 cals



Pasta with store-bought sauce
1021 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1260 cals, 55g protein, 90g net carbs, 57g fat



Chickpea & kale soup
818 cals



Roasted almonds
1/2 cup(s)- 443 cals

Day 4

2927 cals ● 202g protein (28%) ● 106g fat (33%) ● 228g carbs (31%) ● 63g fiber (9%)

Lunch

1285 cals, 62g protein, 134g net carbs, 47g fat



Mediterranean vegan chik'n wrap
3 wrap(s)- 1070 cals



Simple salad with celery, cucumber & tomato
213 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1260 cals, 55g protein, 90g net carbs, 57g fat



Chickpea & kale soup
818 cals



Roasted almonds
1/2 cup(s)- 443 cals

Day 5

2887 cals ● 210g protein (29%) ● 82g fat (26%) ● 218g carbs (30%) ● 108g fiber (15%)

Lunch

1215 cals, 73g protein, 98g net carbs, 36g fat



Vegan chili con 'carne'
872 cals



Simple salad with tomatoes and carrots
343 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1290 cals, 53g protein, 117g net carbs, 45g fat



Simple salad with celery, cucumber & tomato
171 cals



Spanish chickpeas
1120 cals

Day 6

2923 calsgreen242g protein (33%)yellow95g fat (29%)blue227g carbs (31%)grey48g fiber (7%)

Lunch

1280 calsgreen98g protein, 97g net carbs, 51g fat



Maple seitan lettuce cups with vegan ranch
4 lettuce cup(s)- 1110 calsgreen



Simple mixed greens salad
170 calsgreen

Protein Supplement(s)

380 calsgreen85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 calsgreen

Dinner

1260 calsgreen60g protein, 126g net carbs, 42g fat



Hearty tomato soup
1040 calsgreen



Roasted almonds
1/4 cup(s)- 222 calsgreen

Day 7

2923 calsgreen242g protein (33%)yellow95g fat (29%)blue227g carbs (31%)grey48g fiber (7%)

Lunch

1280 calsgreen98g protein, 97g net carbs, 51g fat



Maple seitan lettuce cups with vegan ranch
4 lettuce cup(s)- 1110 calsgreen



Simple mixed greens salad
170 calsgreen

Protein Supplement(s)

380 calsgreen85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 calsgreen

Dinner

1260 calsgreen60g protein, 126g net carbs, 42g fat



Hearty tomato soup
1040 calsgreen



Roasted almonds
1/4 cup(s)- 222 calsgreen

Other

- ☐ soy milk yogurt
6 container(s) (902g)
- ☐ vegan cheese, shredded
3 1/2 cup (392g)
- ☐ soy milk, unsweetened
2 1/2 cup (600mL)
- ☐ mixed greens
3 package (5.5 oz) (480g)
- ☐ meatless chik'n tenders
1/2 lbs (213g)
- ☐ vegan ranch
4 tbsp (60mL)
- ☐ smoked paprika
2 tsp (5g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
8 can (~19 oz) (4208g)
- ☐ pasta sauce
1 1/6 jar (24 oz) (791g)
- ☐ vegetable broth
17 1/2 cup(s) (mL)

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (364g)

Vegetables and Vegetable Products

- ☐ portabella cap
14 piece whole (1974g)
- ☐ tomatoes
5 1/4 medium whole (2-3/5" dia) (649g)
- ☐ garlic
12 1/2 clove(s) (38g)
- ☐ kale leaves
6 cup, chopped (240g)
- ☐ cucumber
2 1/3 cucumber (8-1/4") (698g)
- ☐ raw celery
3 stalk, medium (7-1/2" - 8" long) (120g)
- ☐ fresh spinach
6 oz (170g)
- ☐ tomato paste
1/3 cup (88g)
- ☐ bell pepper
2 1/4 large (365g)

Spices and Herbs

- ☐ oregano, dried
1 3/4 tsp, ground (3g)
- ☐ garlic powder
1 3/4 tsp (5g)
- ☐ ground cumin
1/3 oz (10g)
- ☐ paprika
2 tbsp (13g)
- ☐ chili powder
1 tbsp (8g)
- ☐ apple cider vinegar
2 1/2 tbsp (37g)

Fats and Oils

- ☐ olive oil
1 3/4 tsp (9mL)
- ☐ oil
1/4 lbs (128mL)
- ☐ salad dressing
1 cup (219mL)

Beverages

- ☐ water
26 cup(s) (6162mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (228g)
- ☐ seitan
1 1/2 lbs (680g)

Legumes and Legume Products

- ☐ chickpeas, canned
4 1/2 can (2016g)
- ☐ hummus
6 tbsp (90g)
- ☐ kidney beans
1/2 can (224g)
- ☐ lentils, raw
1 1/2 cup (288g)
- ☐ vegetarian burger crumbles
7/8 package (12 oz) (295g)

Nut and Seed Products

- ☐ onion
6 medium (2-1/2" dia) (655g)
- ☐ canned stewed tomatoes
3 can (~14.5 oz) (1215g)
- ☐ carrots
4 medium (233g)
- ☐ romaine lettuce
1 1/2 head (923g)
- ☐ shallots
2 shallot (227g)

- ☐ almonds
1 1/2 cup, whole (215g)

Baked Products

- ☐ flour tortillas
3 tortilla (approx 7-8" dia) (147g)

Sweets

- ☐ maple syrup
4 tbsp (60mL)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Soy milk yogurt

3 container - 407 cals ● 18g protein ● 11g fat ● 59g carbs ● 1g fiber



For single meal:

soy milk yogurt
3 container(s) (451g)

For all 2 meals:

soy milk yogurt
6 container(s) (902g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



For single meal:

chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
8 can (~19 oz) (4208g)

1. Prepare according to instructions on package.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3

Soy milk

2 1/2 cup(s) - 212 cals ● 18g protein ● 11g fat ● 5g carbs ● 5g fiber



Makes 2 1/2 cup(s)

soy milk, unsweetened

2 1/2 cup (600mL)

1. This recipe has no instructions.

Pasta with store-bought sauce

1021 cals ● 35g protein ● 7g fat ● 189g carbs ● 15g fiber



uncooked dry pasta

1/2 lbs (228g)

pasta sauce

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

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Lunch 3 [↗](#)

Eat on day 4

Mediterranean vegan chik'n wrap

3 wrap(s) - 1070 cals ● 54g protein ● 39g fat ● 113g carbs ● 12g fiber



Makes 3 wrap(s)

tomatoes, chopped

3 slice(s), thin/small (45g)

cucumber, chopped

3/4 cup slices (78g)

hummus

6 tbsp (90g)

mixed greens

3/4 cup (23g)

flour tortillas

3 tortilla (approx 7-8" dia) (147g)

meatless chik'n tenders

1/2 lbs (213g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Simple salad with celery, cucumber & tomato

213 cals ● 7g protein ● 8g fat ● 21g carbs ● 7g fiber



mixed greens
5/6 package (5.5 oz) (129g)
salad dressing
2 1/2 tbsp (37mL)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (102g)
cucumber, sliced
5/6 cucumber (8-1/4") (251g)
raw celery, chopped
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Lunch 4 [🔗](#)

Eat on day 5

Vegan chili con 'carne'

872 cals ● 59g protein ● 24g fat ● 74g carbs ● 30g fiber



oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove(s) (5g)
kidney beans, drained and rinsed
1/2 can (224g)
lentils, raw
4 tbsp (48g)
vegetarian burger crumbles
1/2 package (12 oz) (170g)
canned stewed tomatoes
1/2 can (~14.5 oz) (203g)
ground cumin
4 dash (1g)
chili powder
4 dash (1g)
vegetable broth
1/2 cup(s) (mL)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
bell pepper, chopped
1 medium (119g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



salad dressing
2 1/2 tbsp (39mL)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia) (215g)
carrots, sliced
7/8 medium (53g)
romaine lettuce, roughly chopped
1 3/4 hearts (875g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
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Lunch 5 [🔗](#)

Eat on day 6, day 7

Maple seitan lettuce cups with vegan ranch

4 lettuce cup(s) - 1110 cals ● 94g protein ● 40g fat ● 87g carbs ● 7g fiber



For single meal:

vegan ranch
2 tbsp (30mL)
seitan, crumbled
3/4 lbs (340g)
shallots, sliced
1 shallot (113g)
maple syrup
2 tbsp (30mL)
cucumber, diced
12 slices (84g)
romaine lettuce
4 leaf inner (24g)
oil
4 tsp (20mL)
smoked paprika
1 tsp (2g)

For all 2 meals:

vegan ranch
4 tbsp (60mL)
seitan, crumbled
1 1/2 lbs (680g)
shallots, sliced
2 shallot (227g)
maple syrup
4 tbsp (60mL)
cucumber, diced
24 slices (168g)
romaine lettuce
8 leaf inner (48g)
oil
2 2/3 tbsp (40mL)
smoked paprika
2 tsp (5g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and top with cucumber and a drizzle of vegan ranch. Serve.

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.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Vegan cheesy portabella pizzas

7 mushroom cap(s) - 1020 cal ● 32g protein ● 49g fat ● 87g carbs ● 26g fiber



For single meal:

portabella cap, stems pulled out

7 piece whole (987g)

pasta sauce

14 tbsp (228g)

oregano, dried

1 tsp, ground (2g)

olive oil

1 tsp (4mL)

vegan cheese, shredded

1 3/4 cup (196g)

garlic powder

1 tsp (3g)

For all 2 meals:

portabella cap, stems pulled out

14 piece whole (1974g)

pasta sauce

1 3/4 cup (455g)

oregano, dried

1 3/4 tsp, ground (3g)

olive oil

1 3/4 tsp (9mL)

vegan cheese, shredded

3 1/2 cup (392g)

garlic powder

1 3/4 tsp (5g)

1. Preheat oven to 400 F (200 C) and line a baking sheet with foil and grease the foil with the olive oil.
2. Place the mushroom caps on the sheet top-side down, and spoon the tomato sauce into each mushroom cap evenly.
3. Top each with the cheese and spices.
4. Bake 25 minutes until cheese melts.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

oil

1/2 tbsp (8mL)

garlic, minced

3 clove(s) (9g)

vegetable broth

6 cup(s) (mL)

kale leaves, chopped

3 cup, chopped (120g)

chickpeas, canned, drained

1 1/2 can (672g)

For all 2 meals:

oil

1 tbsp (15mL)

garlic, minced

6 clove(s) (18g)

vegetable broth

12 cup(s) (mL)

kale leaves, chopped

6 cup, chopped (240g)

chickpeas, canned, drained

3 can (1344g)

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.

Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

almonds

1/2 cup, whole (72g)

For all 2 meals:

almonds

1 cup, whole (143g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5

Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber

**mixed greens**

2/3 package (5.5 oz) (103g)

salad dressing

2 tbsp (30mL)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

cucumber, sliced

2/3 cucumber (8-1/4") (201g)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Spanish chickpeas

1120 cals ● 47g protein ● 38g fat ● 100g carbs ● 47g fiber

**ground cumin**

1 1/2 tbsp (9g)

paprika

1 tbsp (7g)

oil

1 1/2 tbsp (23mL)

water

1 1/2 cup(s) (356mL)

fresh spinach

6 oz (170g)

chickpeas, canned, drained & rinsed

1 1/2 can (672g)

tomato paste

3 tbsp (48g)

bell pepper, deseeded & sliced

1 1/2 large (246g)

onion, sliced

1 1/2 large (225g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
 2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
 3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
 4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Hearty tomato soup

1040 cals ● 52g protein ● 24g fat ● 123g carbs ● 30g fiber



For single meal:

chili powder
1 1/4 tsp (3g)
paprika
1 1/4 tsp (3g)
apple cider vinegar
1 1/4 tbsp (19g)
garlic, minced
2 1/2 clove(s) (8g)
vegetable broth
2 1/2 cup(s) (mL)
canned stewed tomatoes
1 1/4 can (~14.5 oz) (506g)
tomato paste
1 1/4 tbsp (20g)
lentils, raw
10 tbsp (120g)
vegetarian burger crumbles
10 tbsp (63g)
onion, diced
1 1/4 large (188g)
carrots, chopped
1 1/4 large (90g)
oil
1 1/4 tbsp (19mL)

For all 2 meals:

chili powder
2 1/2 tsp (7g)
paprika
2 1/2 tsp (6g)
apple cider vinegar
2 1/2 tbsp (37g)
garlic, minced
5 clove(s) (15g)
vegetable broth
5 cup(s) (mL)
canned stewed tomatoes
2 1/2 can (~14.5 oz) (1013g)
tomato paste
2 1/2 tbsp (40g)
lentils, raw
1 1/4 cup (240g)
vegetarian burger crumbles
1 1/4 cup (125g)
onion, diced
2 1/2 large (375g)
carrots, chopped
2 1/2 large (180g)
oil
2 1/2 tbsp (38mL)

1. Heat oil in a thick-walled pot over medium heat. Add in carrots and onion and saute for about 8 minutes until softened.
2. Stir in tomato paste. Then stir in garlic, crumbles, and lentils and cook mixture for about 3 minutes.
3. Stir in broth, tomatoes, spices, and a hefty pinch of salt. Bring to a simmer and cover, cooking for about 15 minutes or until lentils are soft. Turn off heat and stir in apple cider vinegar. Serve.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

- water**
3 1/2 cup(s) (830mL)
- protein powder**
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

- water**
24 1/2 cup(s) (5807mL)
- protein powder**
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.