

# Meal Plan - 3000 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

2979 cals ● 195g protein (26%) ● 118g fat (36%) ● 228g carbs (31%) ● 56g fiber (7%)

### Lunch

1490 cals, 66g protein, 138g net carbs, 57g fat



[Simple vegan garlic bread](#)  
6 slice(s)- 756 cals



[Soy milk](#)  
3 1/3 cup(s)- 282 cals



[Zoodles marinara](#)  
450 cals

### Protein Supplement(s)

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



[Protein shake](#)  
3 1/2 scoop- 382 cals

### Dinner

1110 cals, 45g protein, 87g net carbs, 59g fat



[Roasted peanuts](#)  
1/2 cup(s)- 460 cals



[Bbq tofu & pineapple bowl](#)  
649 cals

## Day 2

2979 cals ● 195g protein (26%) ● 118g fat (36%) ● 228g carbs (31%) ● 56g fiber (7%)

### Lunch

1490 cals, 66g protein, 138g net carbs, 57g fat



[Simple vegan garlic bread](#)  
6 slice(s)- 756 cals



[Soy milk](#)  
3 1/3 cup(s)- 282 cals



[Zoodles marinara](#)  
450 cals

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1110 cals, 45g protein, 87g net carbs, 59g fat



[Roasted peanuts](#)  
1/2 cup(s)- 460 cals



[Bbq tofu & pineapple bowl](#)  
649 cals

## Day 3

3017 cals ● 263g protein (35%) ● 108g fat (32%) ● 192g carbs (25%) ● 56g fiber (7%)

### Lunch

1330 cals, 63g protein, 140g net carbs, 40g fat



Simple mixed greens salad  
102 cals



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



Lentil chili  
1015 cals

### Protein Supplement(s)

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



Protein shake  
3 1/2 scoop- 382 cals

### Dinner

1305 cals, 115g protein, 49g net carbs, 66g fat



Tomato and avocado salad  
235 cals



Vegan sausage  
4 sausage(s)- 1072 cals

## Day 4

2991 cals ● 226g protein (30%) ● 131g fat (39%) ● 180g carbs (24%) ● 48g fiber (6%)

### Lunch

1305 cals, 91g protein, 151g net carbs, 22g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Chunky canned soup (non-creamy)  
3 can(s)- 741 cals



Lentils  
521 cals

### Protein Supplement(s)

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



Protein shake  
3 1/2 scoop- 382 cals

### Dinner

1305 cals, 50g protein, 26g net carbs, 107g fat



Tomato and avocado salad  
293 cals



Buffalo tofu with vegan ranch  
1013 cals

## Day 5

2991 cals ● 226g protein (30%) ● 131g fat (39%) ● 180g carbs (24%) ● 48g fiber (6%)

### Lunch

1305 cals, 91g protein, 151g net carbs, 22g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Chunky canned soup (non-creamy)

3 can(s)- 741 cals



Lentils

521 cals

### Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

### Dinner

1305 cals, 50g protein, 26g net carbs, 107g fat



Tomato and avocado salad

293 cals



Buffalo tofu with vegan ranch

1013 cals

## Day 6

3042 cals ● 215g protein (28%) ● 81g fat (24%) ● 293g carbs (39%) ● 71g fiber (9%)

### Lunch

1350 cals, 72g protein, 101g net carbs, 59g fat



Vegan deli smashed avocado sandwich

3 sandwich(es)- 1160 cals



Simple mixed greens and tomato salad

189 cals

### Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

### Dinner

1310 cals, 58g protein, 189g net carbs, 21g fat



Veggie burger

4 burger- 1100 cals



Peas

212 cals

## Day 7

3042 cals ● 215g protein (28%) ● 81g fat (24%) ● 293g carbs (39%) ● 71g fiber (9%)

### Lunch

1350 cals, 72g protein, 101g net carbs, 59g fat



Vegan deli smashed avocado sandwich

3 sandwich(es)- 1160 cals



Simple mixed greens and tomato salad

189 cals

### Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

### Dinner

1310 cals, 58g protein, 189g net carbs, 21g fat



Veggie burger

4 burger- 1100 cals



Peas

212 cals

## Vegetables and Vegetable Products

- ☐ garlic  
14 1/3 clove(s) (43g)
- ☐ zucchini  
8 medium (1568g)
- ☐ broccoli  
2 1/2 cup chopped (228g)
- ☐ onion  
1 medium (2-1/2" dia) (117g)
- ☐ canned whole tomatoes  
56 tsp (280g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (810g)
- ☐ ketchup  
1/2 cup (136g)
- ☐ frozen peas  
4 cup (536g)

## Fats and Oils

- ☐ olive oil  
2 1/3 oz (73mL)
- ☐ oil  
1/3 cup (81mL)
- ☐ salad dressing  
9 3/4 tbsp (146mL)

## Baked Products

- ☐ bread  
1 2/3 lbs (768g)
- ☐ hamburger buns  
8 bun(s) (408g)

## Other

- ☐ soy milk, unsweetened  
9 cup (2201mL)
- ☐ mixed greens  
4 package (5.5 oz) (609g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ vegan ranch  
3/4 cup (180mL)
- ☐ plant-based deli slices  
30 slices (312g)
- ☐ veggie burger patty  
8 patty (568g)

## Soups, Sauces, and Gravies

## Legumes and Legume Products

- ☐ roasted peanuts  
1 cup (146g)
- ☐ firm tofu  
4 lbs (1758g)
- ☐ lentils, raw  
2 cup (400g)

## Fruits and Fruit Juices

- ☐ canned pineapple  
2 1/2 cup, chunks (453g)
- ☐ lime juice  
1/4 cup (53mL)
- ☐ avocados  
3 3/4 avocado(s) (754g)

## Beverages

- ☐ water  
30 1/2 cup(s) (7229mL)
- ☐ protein powder  
24 1/2 scoop (1/3 cup ea) (760g)

## Spices and Herbs

- ☐ chili powder  
3 1/2 tsp (9g)
- ☐ ground cumin  
1 3/4 tsp (3g)
- ☐ salt  
1/2 tbsp (9g)
- ☐ black pepper  
1 tsp, ground (2g)
- ☐ garlic powder  
1 tsp (3g)

## Cereal Grains and Pasta

- ☐ dry bulgur wheat  
9 1/4 tbsp (82g)

- ☐ pasta sauce  
4 cup (1040g)
  - ☐ barbecue sauce  
10 tbsp (174g)
  - ☐ vegetable broth  
1 3/4 cup(s) (mL)
  - ☐ Frank's Red Hot sauce  
1 cup (238mL)
  - ☐ chunky canned soup (non-creamy varieties)  
6 can (~19 oz) (3156g)
  - ☐ hot sauce  
2 tbsp (30mL)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Simple vegan garlic bread

6 slice(s) - 756 cals ● 25g protein ● 34g fat ● 76g carbs ● 12g fiber



For single meal:

**garlic, minced**  
6 clove(s) (18g)  
**olive oil**  
2 tbsp (30mL)  
**bread**  
6 slice (192g)

For all 2 meals:

**garlic, minced**  
12 clove(s) (36g)  
**olive oil**  
4 tbsp (60mL)  
**bread**  
12 slice (384g)

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

### Soy milk

3 1/3 cup(s) - 282 cals ● 23g protein ● 15g fat ● 7g carbs ● 7g fiber



For single meal:

**soy milk, unsweetened**  
3 1/3 cup (800mL)

For all 2 meals:

**soy milk, unsweetened**  
6 2/3 cup (1600mL)

1. This recipe has no instructions.

### Zoodles marinara

450 cals ● 18g protein ● 8g fat ● 56g carbs ● 20g fiber



For single meal:

**pasta sauce**  
2 cup (520g)  
**zucchini**  
4 medium (784g)

For all 2 meals:

**pasta sauce**  
4 cup (1040g)  
**zucchini**  
8 medium (1568g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

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## Lunch 2 [↗](#)

Eat on day 3

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### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



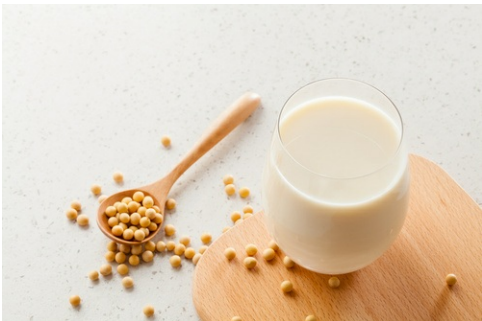
**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

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

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### 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.

### Lentil chili

1015 cals ● 44g protein ● 22g fat ● 129g carbs ● 32g fiber





**oil**  
3 1/2 tsp (17mL)  
**onion, chopped**  
5/8 medium (2-1/2" dia) (64g)  
**garlic, minced**  
2 1/3 clove(s) (7g)  
**lentils, raw**  
9 1/3 tbsp (112g)  
**chili powder**  
3 1/2 tsp (9g)  
**ground cumin**  
1 3/4 tsp (3g)  
**salt**  
1/4 tsp (2g)  
**black pepper**  
1 dash, ground (0g)  
**canned whole tomatoes, chopped**  
56 tsp (280g)  
**dry bulgur wheat**  
9 1/3 tbsp (82g)  
**vegetable broth**  
1 3/4 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

## Lunch 3 [🔗](#)

Eat on day 4, day 5

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)

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

### Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.



## Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



For single meal:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

For all 2 meals:

**salt**  
3 dash (2g)  
**water**  
6 cup(s) (1422mL)  
**lentils, raw, rinsed**  
1 1/2 cup (288g)

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.

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## Lunch 4 [🔗](#)

Eat on day 6, day 7

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### Vegan deli smashed avocado sandwich

3 sandwich(es) - 1160 cals ● 68g protein ● 47g fat ● 88g carbs ● 29g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**hot sauce**  
1 tbsp (15mL)  
**avocados, peeled & deseeded**  
1 avocado(s) (201g)  
**bread**  
6 slice(s) (192g)  
**plant-based deli slices**  
15 slices (156g)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**hot sauce**  
2 tbsp (30mL)  
**avocados, peeled & deseeded**  
2 avocado(s) (402g)  
**bread**  
12 slice(s) (384g)  
**plant-based deli slices**  
30 slices (312g)

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.

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### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**salad dressing**  
1/4 cup (56mL)  
**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)

For all 2 meals:

**salad dressing**  
1/2 cup (113mL)  
**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)

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

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## Dinner 1 [🔗](#)

Eat on day 1, day 2

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### Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber



For single meal:

**roasted peanuts**  
1/2 cup (73g)

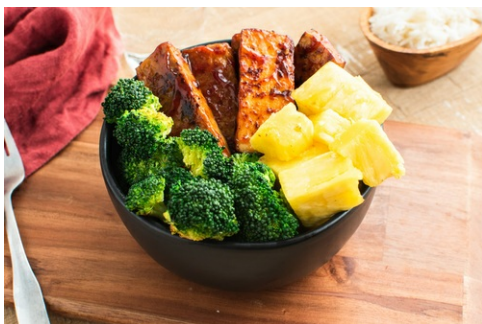
For all 2 meals:

**roasted peanuts**  
1 cup (146g)

1. This recipe has no instructions.
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### Bbq tofu & pineapple bowl

649 cals ● 27g protein ● 23g fat ● 78g carbs ● 7g fiber



For single meal:

**oil**  
2 tsp (9mL)  
**barbecue sauce**  
5 tbsp (87g)  
**canned pineapple**  
1 1/4 cup, chunks (226g)  
**firm tofu**  
10 oz (284g)  
**broccoli**  
1 1/4 cup chopped (114g)

For all 2 meals:

**oil**  
1 1/4 tbsp (19mL)  
**barbecue sauce**  
10 tbsp (174g)  
**canned pineapple**  
2 1/2 cup, chunks (453g)  
**firm tofu**  
1 1/4 lbs (567g)  
**broccoli**  
2 1/2 cup chopped (228g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
  2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
  3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
  4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.
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## Dinner 2 [↗](#)

Eat on day 3

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### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



#### onion

1 tbsp minced (15g)

#### lime juice

1 tbsp (15mL)

#### avocados, cubed

1/2 avocado(s) (101g)

#### tomatoes, diced

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

#### olive oil

1/4 tbsp (4mL)

#### garlic powder

2 dash (1g)

#### salt

2 dash (2g)

#### black pepper

2 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.

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### Vegan sausage

4 sausage(s) - 1072 cals ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



Makes 4 sausage(s)

#### vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
  2. Serve.
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## Dinner 3 [↗](#)

Eat on day 4, day 5

### 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.

### Buffalo tofu with vegan ranch

1013 cals ● 47g protein ● 84g fat ● 17g carbs ● 1g fiber



For single meal:

**vegan ranch**  
6 tbsp (90mL)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)  
**Frank's Red Hot sauce**  
1/2 cup (119mL)  
**oil**  
1 1/2 tbsp (23mL)

For all 2 meals:

**vegan ranch**  
3/4 cup (180mL)  
**firm tofu, patted dry & cubed**  
2 1/2 lbs (1191g)  
**Frank's Red Hot sauce**  
1 cup (238mL)  
**oil**  
3 tbsp (45mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Veggie burger

4 burger - 1100 cal● 44g protein ● 20g fat ● 165g carbs ● 22g fiber



For single meal:

**veggie burger patty**

4 patty (284g)

**hamburger buns**

4 bun(s) (204g)

**ketchup**

4 tbsp (68g)

**mixed greens**

4 oz (113g)

For all 2 meals:

**veggie burger patty**

8 patty (568g)

**hamburger buns**

8 bun(s) (408g)

**ketchup**

1/2 cup (136g)

**mixed greens**

1/2 lbs (227g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

### Peas

212 cal● 14g protein ● 1g fat ● 25g carbs ● 12g fiber



For single meal:

**frozen peas**

2 cup (268g)

For all 2 meals:

**frozen peas**

4 cup (536g)

1. Prepare according to instructions on package.



# 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.