

Meal Plan - 3200 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

3084 cals ● 223g protein (29%) ● 48g fat (14%) ● 382g carbs (49%) ● 59g fiber (8%)

Lunch

1260 cals, 49g protein, 221g net carbs, 8g fat



[Bbq cauliflower wings](#)
803 cals



[Fruit juice](#)
4 cup(s)- 458 cals

Protein Supplement(s)

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



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

Dinner

1440 cals, 89g protein, 158g net carbs, 38g fat



[Simple mixed greens and tomato salad](#)
302 cals



[Chik'n stir fry](#)
1140 cals

Day 2

3175 cals ● 220g protein (28%) ● 107g fat (30%) ● 280g carbs (35%) ● 53g fiber (7%)

Lunch

1350 cals, 46g protein, 119g net carbs, 67g fat



[Naan bread](#)
1 piece(s)- 262 cals



[Spiced coconut lentil soup](#)
1089 cals

Protein Supplement(s)

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



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

Dinner

1440 cals, 89g protein, 158g net carbs, 38g fat



[Simple mixed greens and tomato salad](#)
302 cals



[Chik'n stir fry](#)
1140 cals

Day 3

3173 cals ● 215g protein (27%) ● 104g fat (29%) ● 293g carbs (37%) ● 51g fiber (6%)

Lunch

1350 cals, 46g protein, 119g net carbs, 67g fat



Naan bread

1 piece(s)- 262 cals



Spiced coconut lentil soup

1089 cals

Dinner

1440 cals, 84g protein, 171g net carbs, 35g fat



Fruit juice

2 1/4 cup(s)- 258 cals



Vegan sausage & veggie sheet pan

720 cals



Lentils

463 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Day 4

3149 cals ● 228g protein (29%) ● 69g fat (20%) ● 360g carbs (46%) ● 44g fiber (6%)

Lunch

1360 cals, 61g protein, 203g net carbs, 20g fat



Lentils

260 cals



Veggie burger

4 burger- 1100 cals

Dinner

1405 cals, 82g protein, 154g net carbs, 47g fat



Simple mixed greens salad

102 cals



Seitan Philly vegan cheesesteak

2 1/2 sub(s)- 1306 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Day 5

3190 cals ● 212g protein (27%) ● 133g fat (37%) ● 229g carbs (29%) ● 58g fiber (7%)

Lunch

1400 cals, 45g protein, 71g net carbs, 84g fat



Avocado

703 cals



Tempeh bacon & avocado bagel sandwich

1 bagel(s)- 698 cals

Dinner

1405 cals, 82g protein, 154g net carbs, 47g fat



Simple mixed greens salad

102 cals



Seitan Philly vegan cheesesteak

2 1/2 sub(s)- 1306 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Day 6

3042 calsgreen211g protein (28%)yellow106g fat (31%)blue244g carbs (32%)grey66g fiber (9%)

Lunch

1335 calsgreen76g protein, 121g net carbs, 51g fat



Brown rice
1 cup brown rice, cooked- 229 calsgreen



Pumpkin seeds
366 calsgreen



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

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 calsgreen

Dinner

1325 calsgreen50g protein, 120g net carbs, 53g fat



Lentils
174 calsgreen



Lemony chickpea & zucchini bowl
1068 calsgreen



Simple kale salad
1 1/2 cup(s)- 83 calsgreen

Day 7

3042 calsgreen211g protein (28%)yellow106g fat (31%)blue244g carbs (32%)grey66g fiber (9%)

Lunch

1335 calsgreen76g protein, 121g net carbs, 51g fat



Brown rice
1 cup brown rice, cooked- 229 calsgreen



Pumpkin seeds
366 calsgreen



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

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 calsgreen

Dinner

1325 calsgreen50g protein, 120g net carbs, 53g fat



Lentils
174 calsgreen



Lemony chickpea & zucchini bowl
1068 calsgreen



Simple kale salad
1 1/2 cup(s)- 83 calsgreen

Soups, Sauces, and Gravies

- ☐ barbecue sauce
3/4 cup (215g)
- ☐ chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)

Spices and Herbs

- ☐ salt
1/2 tbsp (10g)
- ☐ paprika
4 dash (1g)
- ☐ curry powder
2 tbsp (13g)
- ☐ onion powder
1 dash (0g)
- ☐ ground cumin
1 dash (0g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ basil, dried
1 1/4 tsp, leaves (1g)

Other

- ☐ nutritional yeast
3/4 cup (45g)
- ☐ mixed greens
4 package (5.5 oz) (608g)
- ☐ vegan chik'n strips
1 1/4 lbs (567g)
- ☐ diced tomatoes
1 can(s) (420g)
- ☐ italian seasoning
2 tsp (7g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ sub roll(s)
5 roll(s) (425g)
- ☐ vegan cheese, sliced
5 slice(s) (101g)
- ☐ veggie burger patty
4 patty (284g)

Vegetables and Vegetable Products

- ☐ cauliflower
3 head small (4" dia.) (795g)
- ☐ tomatoes
2 cup cherry tomatoes (298g)

Fruits and Fruit Juices

- ☐ fruit juice
50 fl oz (1500mL)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ lemon juice
5 1/4 fl oz (160mL)

Fats and Oils

- ☐ salad dressing
1 1/4 cup (293mL)
- ☐ oil
1/3 lbs (159mL)

Beverages

- ☐ water
40 cup(s) (9480mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Legumes and Legume Products

- ☐ soy sauce
6 2/3 tbsp (100mL)
- ☐ lentils, raw
2 1/2 cup (488g)
- ☐ tempeh
4 oz (113g)
- ☐ chickpeas, canned
2 1/2 can (1120g)

Cereal Grains and Pasta

- ☐ brown rice
2 cup (412g)
- ☐ seitan
15 oz (425g)

Baked Products

- ☐ naan bread
2 piece (180g)
- ☐ hamburger buns
4 bun(s) (204g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

Nut and Seed Products

- ☐ carrots
8 medium (492g)
 - ☐ bell pepper
4 large (661g)
 - ☐ onion
7 1/2 medium (2-1/2" dia) (838g)
 - ☐ garlic
10 clove(s) (30g)
 - ☐ fresh ginger
2 slices (1" dia) (4g)
 - ☐ frozen chopped spinach
1 10 oz package (284g)
 - ☐ broccoli
1 1/2 cup chopped (137g)
 - ☐ potatoes
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)
 - ☐ ketchup
4 tbsp (68g)
 - ☐ zucchini
2 1/2 large (808g)
 - ☐ fresh parsley
25 sprigs (25g)
 - ☐ kale leaves
3 cup, chopped (120g)
 - ☐ coconut milk, canned
1 can (451mL)
 - ☐ roasted pumpkin seeds, unsalted
1 cup (118g)
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Lunch 1 [↗](#)

Eat on day 1

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Fruit juice

4 cup(s) - 458 cals ● 7g protein ● 2g fat ● 101g carbs ● 2g fiber



Makes 4 cup(s)

fruit juice

32 fl oz (960mL)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2, day 3

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece (90g)

For all 2 meals:

naan bread
2 piece (180g)

1. This recipe has no instructions.

Spiced coconut lentil soup

1089 cals ● 37g protein ● 62g fat ● 76g carbs ● 20g fiber



For single meal:

onion, diced
1/2 large (75g)
garlic, diced
2 1/2 clove(s) (8g)
fresh ginger, diced
1 slices (1" dia) (2g)
diced tomatoes
1/2 can(s) (210g)
water
2 1/2 cup(s) (593mL)
lentils, raw, rinsed
1/2 cup (96g)
frozen chopped spinach
1/2 10 oz package (142g)
coconut milk, canned
1/2 can (226mL)
paprika
2 dash (1g)
curry powder
1 tbsp (6g)
oil
1 tbsp (15mL)

For all 2 meals:

onion, diced
1 large (150g)
garlic, diced
5 clove(s) (15g)
fresh ginger, diced
2 slices (1" dia) (4g)
diced tomatoes
1 can(s) (420g)
water
5 cup(s) (1185mL)
lentils, raw, rinsed
1 cup (192g)
frozen chopped spinach
1 10 oz package (284g)
coconut milk, canned
1 can (451mL)
paprika
4 dash (1g)
curry powder
2 tbsp (13g)
oil
2 tbsp (30mL)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

Lunch 3 [↗](#)

Eat on day 4

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.

Veggie burger

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



Makes 4 burger

veggie burger patty

4 patty (284g)

hamburger buns

4 bun(s) (204g)

ketchup

4 tbsp (68g)

mixed greens

4 oz (113g)

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.

Lunch 4 [↗](#)

Eat on day 5

Avocado

703 cals ● 8g protein ● 59g fat ● 8g carbs ● 27g fiber



avocados

2 avocado(s) (402g)

lemon juice

2 tsp (10mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Tempeh bacon & avocado bagel sandwich

1 bagel(s) - 698 cals ● 37g protein ● 25g fat ● 63g carbs ● 17g fiber



Makes 1 bagel(s)

onion powder

1 dash (0g)

oil

1/2 tsp (3mL)

ground cumin

1 dash (0g)

tempeh, cut into strips

4 oz (113g)

avocados, sliced

1/2 avocado(s) (101g)

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Brown rice

1 cup brown rice, cooked - 229 cal ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



For single meal:

brown rice

1/3 cup (63g)

salt

2 dash (1g)

water

2/3 cup(s) (158mL)

black pepper

2 dash, ground (1g)

For all 2 meals:

brown rice

2/3 cup (127g)

salt

4 dash (3g)

water

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

black pepper

4 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1 cup (118g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

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



For single meal:	For all 2 meals:
chunky canned soup (non-creamy varieties)	chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)	6 can (~19 oz) (3156g)

- 1. Prepare according to instructions on package.

Dinner 1 [↗](#)

Eat on day 1, day 2

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



For single meal:	For all 2 meals:
salad dressing	salad dressing
6 tbsp (90mL)	3/4 cup (180mL)
mixed greens	mixed greens
6 cup (180g)	12 cup (360g)
tomatoes	tomatoes
1 cup cherry tomatoes (149g)	2 cup cherry tomatoes (298g)

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

Chik'n stir fry

1140 cals ● 83g protein ● 20g fat ● 137g carbs ● 22g fiber



For single meal:

vegan chik'n strips
10 oz (284g)
carrots, cut into thin strips
4 small (5-1/2" long) (200g)
water
1 1/2 cup(s) (356mL)
soy sauce
3 1/3 tbsp (50mL)
bell pepper, deseeded & cut into thin strips
2 medium (238g)
brown rice
3/4 cup (143g)

For all 2 meals:

vegan chik'n strips
1 1/4 lbs (567g)
carrots, cut into thin strips
8 small (5-1/2" long) (400g)
water
3 cup(s) (711mL)
soy sauce
6 2/3 tbsp (100mL)
bell pepper, deseeded & cut into thin strips
4 medium (476g)
brown rice
1 1/2 cup (285g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Dinner 2 [🔗](#)

Eat on day 3

Fruit juice

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber



Makes 2 1/4 cup(s)

fruit juice
18 fl oz (540mL)

1. This recipe has no instructions.

Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



italian seasoning
1/4 tbsp (3g)
oil
1 tbsp (15mL)
broccoli, chopped
1 1/2 cup chopped (137g)
carrots, sliced
1 1/2 medium (92g)
potatoes, cut into wedges
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)
vegan sausage, cut into bite sized pieces
1 1/2 sausage (150g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



salt

1 1/3 dash (1g)

water

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

lentils, raw, rinsed

2/3 cup (128g)

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.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Simple mixed greens salad

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



For single meal:

mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Seitan Philly vegan cheesesteak

2 1/2 sub(s) - 1306 cals ● 80g protein ● 40g fat ● 148g carbs ● 9g fiber



For single meal:

seitan, cut into strips
1/2 lbs (213g)
bell pepper, sliced
1 1/4 small (93g)
onion, chopped
5/8 medium (2-1/2" dia) (69g)
oil
1 1/4 tbsp (19mL)
sub roll(s)
2 1/2 roll(s) (213g)
vegan cheese, sliced
2 1/2 slice(s) (50g)

For all 2 meals:

seitan, cut into strips
15 oz (425g)
bell pepper, sliced
2 1/2 small (185g)
onion, chopped
1 1/4 medium (2-1/2" dia) (138g)
oil
2 1/2 tbsp (38mL)
sub roll(s)
5 roll(s) (425g)
vegan cheese, sliced
5 slice(s) (101g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Dinner 4 [🔗](#)

Eat on day 6, day 7

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Lemony chickpea & zucchini bowl

1068 cals ● 37g protein ● 48g fat ● 88g carbs ● 35g fiber



For single meal:

italian seasoning
5 dash (2g)
oil
2 1/2 tbsp (38mL)
garlic, minced
2 1/2 clove(s) (8g)
chickpeas, canned, rinsed and drained
1 1/4 can (560g)
zucchini, sliced into rounds
1 1/4 large (404g)
basil, dried
5 dash, leaves (0g)
fresh parsley, chopped
12 1/2 sprigs (13g)
lemon juice
5 tbsp (75mL)
onion, thinly sliced
2 1/2 medium (2-1/2" dia) (275g)

For all 2 meals:

italian seasoning
1 1/4 tsp (5g)
oil
5 tbsp (75mL)
garlic, minced
5 clove(s) (15g)
chickpeas, canned, rinsed and drained
2 1/2 can (1120g)
zucchini, sliced into rounds
2 1/2 large (808g)
basil, dried
1 1/4 tsp, leaves (1g)
fresh parsley, chopped
25 sprigs (25g)
lemon juice
10 tbsp (150mL)
onion, thinly sliced
5 medium (2-1/2" dia) (550g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
kale leaves
1 1/2 cup, chopped (60g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
kale leaves
3 cup, chopped (120g)

1. Toss kale in dressing of your choice and serve.

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.