

# Meal Plan - 3200 calorie intermittent fasting vegan meal plan



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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

3156 cal ● 214g protein (27%) ● 107g fat (31%) ● 267g carbs (34%) ● 67g fiber (9%)

### Lunch

1450 cal, 79g protein, 144g net carbs, 52g fat



**Brown rice**  
344 cal



**Pumpkin seeds**  
366 cal



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

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

### Dinner

1325 cal, 50g protein, 120g net carbs, 53g fat



**Lentils**  
174 cal



**Lemony chickpea & zucchini bowl**  
1068 cal



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

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## Day 7

3156 cal ● 214g protein (27%) ● 107g fat (31%) ● 267g carbs (34%) ● 67g fiber (9%)

### Lunch

1450 cal, 79g protein, 144g net carbs, 52g fat



**Brown rice**  
344 cal



**Pumpkin seeds**  
366 cal



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

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

### Dinner

1325 cal, 50g protein, 120g net carbs, 53g fat



**Lentils**  
174 cal



**Lemony chickpea & zucchini bowl**  
1068 cal



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

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## 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  
2 tsp (11g)
- paprika  
4 dash (1g)
- curry powder  
2 tbsp (13g)
- onion powder  
1 dash (0g)
- ground cumin  
1 dash (0g)
- black pepper  
1/4 tbsp, ground (2g)
- basil  
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 2/3 cup(s) (9639mL)
- 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 1/2 cup (475g)
- seitan  
1 lbs (425g)

## Baked Products

- naan bread  
2 piece (180g)
- hamburger buns  
4 bun (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 cal ● 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 cal ● 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

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### 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.
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### 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.
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## 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 (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

344 cal ● 7g protein ● 3g fat ● 70g carbs ● 3g fiber



For single meal:

**brown rice**

1/2 cup (95g)

**salt**

3 dash (2g)

**water**

1 cup(s) (237mL)

**black pepper**

3 dash, ground (1g)

For all 2 meals:

**brown rice**

1 cup (190g)

**salt**

1/4 tbsp (5g)

**water**

2 cup(s) (474mL)

**black pepper**

1/4 tbsp, ground (2g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

### 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:

### 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.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Simple mixed greens and tomato salad

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



For single meal:

#### salad dressing

6 tbsp (90mL)

#### mixed greens

6 cup (180g)

#### tomatoes

1 cup cherry tomatoes (149g)

For all 2 meals:

#### salad dressing

3/4 cup (180mL)

#### mixed greens

12 cup (360g)

#### tomatoes

2 cup cherry tomatoes (298g)

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

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## 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 cal ● 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 cal ● 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.

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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### 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.

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## 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**  
1 lbs (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!

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### 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.

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### 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**  
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**  
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 cal ● 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.
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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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