

Meal Plan - 3300 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

3285 cals ● 208g protein (25%) ● 113g fat (31%) ● 297g carbs (36%) ● 63g fiber (8%)

Lunch

1620 cals, 80g protein, 219g net carbs, 32g fat



[Simple salad with tomatoes and carrots](#)
294 cals



[Tofu alfredo pasta with broccoli](#)
1325 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1230 cals, 31g protein, 74g net carbs, 79g fat



[Roasted cabbage steaks with dressing](#)
641 cals



[Soy milk](#)
1 cup(s)- 85 cals



[Simple vegan garlic bread](#)
4 slice(s)- 504 cals

Day 2

3341 cals ● 252g protein (30%) ● 107g fat (29%) ● 292g carbs (35%) ● 51g fiber (6%)

Lunch

1450 cals, 62g protein, 166g net carbs, 48g fat



[Vegan grilled cheese](#)
2 1/2 sandwich(es)- 827 cals



[Lentils](#)
521 cals



[Simple mixed greens salad](#)
102 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1455 cals, 93g protein, 122g net carbs, 57g fat



[Sweet potato wedges](#)
652 cals



[Vegan sausage](#)
3 sausage(s)- 804 cals

Day 3

3341 cals ● 252g protein (30%) ● 107g fat (29%) ● 292g carbs (35%) ● 51g fiber (6%)

Lunch

1450 cals, 62g protein, 166g net carbs, 48g fat



[Vegan grilled cheese](#)
2 1/2 sandwich(es)- 827 cals



[Lentils](#)
521 cals



[Simple mixed greens salad](#)
102 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1455 cals, 93g protein, 122g net carbs, 57g fat



[Sweet potato wedges](#)
652 cals



[Vegan sausage](#)
3 sausage(s)- 804 cals

Day 4

3336 cals ● 236g protein (28%) ● 67g fat (18%) ● 317g carbs (38%) ● 131g fiber (16%)

Lunch

1445 cals, 67g protein, 176g net carbs, 22g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



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



[Black bean & sweet potato stew](#)
1141 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1455 cals, 72g protein, 137g net carbs, 43g fat



[Simple salad with tomatoes and carrots](#)
147 cals



[Vegan chickpea & chickpea pasta](#)
1308 cals

Day 5

3309 cals ● 227g protein (27%) ● 85g fat (23%) ● 312g carbs (38%) ● 97g fiber (12%)

Lunch

1420 cals, 58g protein, 171g net carbs, 40g fat



[Creamy lentils and sweet potato](#)
1229 cals



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

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1455 cals, 72g protein, 137g net carbs, 43g fat



[Simple salad with tomatoes and carrots](#)
147 cals



[Vegan chickpea & chickpea pasta](#)
1308 cals

Day 6

3323 cals ● 211g protein (25%) ● 112g fat (30%) ● 292g carbs (35%) ● 76g fiber (9%)

Lunch

1420 cals, 58g protein, 171g net carbs, 40g fat



[Creamy lentils and sweet potato](#)
1229 cals



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

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1470 cals, 57g protein, 117g net carbs, 70g fat



[Ginger coconut chickpea soup](#)
1371 cals



[Simple salad with tomatoes and carrots](#)
98 cals

Day 7

3254 cals ● 211g protein (26%) ● 120g fat (33%) ● 264g carbs (32%) ● 69g fiber (8%)

Lunch

1350 cals, 57g protein, 143g net carbs, 48g fat



[Lemony lentil & mushroom salad](#)
719 cals



[Simple vegan garlic bread](#)
5 slice(s)- 630 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Dinner

1470 cals, 57g protein, 117g net carbs, 70g fat



[Ginger coconut chickpea soup](#)
1371 cals



[Simple salad with tomatoes and carrots](#)
98 cals

Fats and Oils

- ☐ salad dressing
1 cup (270mL)
- ☐ ranch dressing
3 tbsp (45mL)
- ☐ oil
1/2 lbs (234mL)
- ☐ olive oil
3 tbsp (45mL)

Vegetables and Vegetable Products

- ☐ tomatoes
7 medium whole (2-3/5" dia) (882g)
- ☐ carrots
2 medium (122g)
- ☐ romaine lettuce
4 hearts (2000g)
- ☐ frozen broccoli
3/4 package (213g)
- ☐ garlic
28 1/3 clove(s) (85g)
- ☐ cabbage
3/4 head, small (about 4-1/2" dia) (536g)
- ☐ sweet potatoes
8 1/2 sweetpotato, 5" long (1803g)
- ☐ onion
7 medium (2-1/2" dia) (783g)
- ☐ tomato paste
2 tbsp (29g)
- ☐ kale leaves
1 1/2 cup, chopped (55g)
- ☐ fresh spinach
5 1/3 cup(s) (160g)
- ☐ fresh ginger
1 slices (1" dia) (2g)
- ☐ shallots
1 shallot (113g)
- ☐ mushrooms
1/2 lbs (227g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (257g)

Legumes and Legume Products

- ☐ firm tofu
3/4 package (16 oz) (340g)

Spices and Herbs

- ☐ salt
3/4 oz (22g)
- ☐ basil, dried
1/2 tbsp, ground (2g)
- ☐ black pepper
2 tsp, ground (5g)
- ☐ ground cumin
1/4 oz (7g)
- ☐ turmeric, ground
4 dash (2g)
- ☐ curry powder
2 tbsp (13g)

Beverages

- ☐ almond milk, unsweetened
6 tbsp (91mL)
- ☐ water
41 3/4 cup(s) (9895mL)
- ☐ protein powder
28 scoop (1/3 cup ea) (868g)

Other

- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ soy milk, unsweetened
1 cup (240mL)
- ☐ vegan sausage
6 sausage (600g)
- ☐ vegan cheese, sliced
10 slice(s) (201g)
- ☐ mixed greens
14 cup (420g)
- ☐ vegan butter
2 1/2 tbsp (35g)
- ☐ chickpea pasta
10 oz (284g)
- ☐ nutritional yeast
5 tsp (6g)

Baked Products

- ☐ bread
19 slice (608g)
- ☐ naan bread
1 piece (90g)

Fruits and Fruit Juices

- ☐ lentils, raw
5 1/4 cup (1013g)
- ☐ chickpeas, canned
3 1/2 can (1568g)
- ☐ black beans
2 can(s) (805g)

- ☐ lemon juice
3 tbsp (44mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
7 cup(s) (mL)

Nut and Seed Products

- ☐ coconut milk, canned
1 1/3 can (609mL)
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Lunch 1 [↗](#)

Eat on day 1

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



salad dressing

2 1/4 tbsp (34mL)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia) (185g)

carrots, sliced

3/4 medium (46g)

romaine lettuce, roughly chopped

1 1/2 hearts (750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Tofu alfredo pasta with broccoli

1325 cals ● 68g protein ● 22g fat ● 198g carbs ● 16g fiber



uncooked dry pasta

1/2 lbs (257g)

firm tofu

3/4 package (16 oz) (340g)

frozen broccoli

3/4 package (213g)

garlic

1 1/2 clove(s) (5g)

salt

3/8 dash (0g)

almond milk, unsweetened

6 tbsp (90mL)

basil, dried

1/2 tbsp, ground (2g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Lunch 2 [↗](#)

Eat on day 2, day 3

Vegan grilled cheese

2 1/2 sandwich(es) - 827 cals ● 25g protein ● 39g fat ● 84g carbs ● 10g fiber



For single meal:

vegan cheese, sliced
5 slice(s) (101g)
bread
5 slice (160g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

vegan cheese, sliced
10 slice(s) (201g)
bread
10 slice (320g)
oil
5 tsp (25mL)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

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.

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.

Lunch 3 [↗](#)

Eat on day 4

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.

Naan bread

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



Makes 1 piece(s)

naan bread

1 piece (90g)

1. This recipe has no instructions.

Black bean & sweet potato stew

1141 cals ● 56g protein ● 17g fat ● 127g carbs ● 65g fiber



tomato paste

2 tbsp (29g)

oil

1 tbsp (14mL)

kale leaves

1 1/2 cup, chopped (55g)

lemon juice

1 tbsp (14mL)

ground cumin

1/2 tbsp (3g)

garlic, diced

2 clove(s) (6g)

onion, chopped

1 small (64g)

sweet potatoes, cubed

1 sweetpotato, 5" long (193g)

water

2 3/4 cup(s) (652mL)

black beans, drained

2 can(s) (805g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Creamy lentils and sweet potato

1229 cals ● 54g protein ● 29g fat ● 158g carbs ● 31g fiber



For single meal:

lentils, raw

14 tbsp (170g)

sweet potatoes, chopped into bite-sized pieces

1 1/3 sweetpotato, 5" long (280g)

vegetable broth

2 2/3 cup(s) (mL)

fresh spinach

2 2/3 cup(s) (80g)

onion, diced

1 1/3 medium (2-1/2" dia) (147g)

coconut milk, canned

1/3 cup (80mL)

oil

2 tsp (10mL)

ground cumin

1 tsp (2g)

For all 2 meals:

lentils, raw

1 3/4 cup (341g)

sweet potatoes, chopped into bite-sized pieces

2 2/3 sweetpotato, 5" long (560g)

vegetable broth

5 1/3 cup(s) (mL)

fresh spinach

5 1/3 cup(s) (160g)

onion, diced

2 2/3 medium (2-1/2" dia) (293g)

coconut milk, canned

2/3 cup (160mL)

oil

4 tsp (20mL)

ground cumin

2 tsp (4g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

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.

Lunch 5 [🔗](#)

Eat on day 7

Lemony lentil & mushroom salad

719 cals ● 36g protein ● 20g fat ● 80g carbs ● 18g fiber

**mixed greens**

2 cup (60g)

lemon juice

2 tbsp (30mL)

garlic, minced

2 clove(s) (6g)

shallots, minced

1 shallot (113g)

oil

4 tsp (20mL)

mushrooms, sliced

1/2 lbs (227g)

vegetable broth

1 1/2 cup(s) (mL)

lentils, raw

1/2 cup (96g)

1. Add lentils and broth to a saucepan over medium heat. Cover and cook for 15-25 minutes or until soft. If there is excess liquid, drain, then set aside to cool.
2. Meanwhile, in a skillet over medium heat, add the oil, shallot, and garlic and cook 1-2 minutes until fragrant.
3. Add the mushrooms to the skillet and cook for 5-7 minutes until mushrooms are softened.
4. Turn off the heat and add the lemon juice and a hefty pinch of salt and pepper. Set aside to cool.
5. Once everything has cooled down, mix lentils in with the mushroom mixture and serve over a bed of greens.

Simple vegan garlic bread

5 slice(s) - 630 cals ● 21g protein ● 28g fat ● 63g carbs ● 10g fiber



Makes 5 slice(s)

garlic, minced

5 clove(s) (15g)

olive oil

5 tsp (25mL)

bread

5 slice (160g)

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

Dinner 1 [↗](#)

Eat on day 1

Roasted cabbage steaks with dressing

641 cals ● 8g protein ● 52g fat ● 22g carbs ● 14g fiber



ranch dressing

3 tbsp (45mL)

italian seasoning

1/4 tbsp (3g)

black pepper

1/4 tbsp, ground (2g)

salt

1/4 tbsp (5g)

oil

2 1/4 tbsp (34mL)

cabbage

3/4 head, small (about 4-1/2" dia)
(536g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)

soy milk, unsweetened

1 cup (240mL)

1. This recipe has no instructions.

Simple vegan garlic bread

4 slice(s) - 504 cals ● 17g protein ● 23g fat ● 51g carbs ● 8g fiber



Makes 4 slice(s)

garlic, minced

4 clove(s) (12g)

olive oil

4 tsp (20mL)

bread

4 slice (128g)

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

Dinner 2 [🔗](#)

Eat on day 2, day 3

Sweet potato wedges

652 cals ● 9g protein ● 21g fat ● 91g carbs ● 16g fiber



For single meal:

oil

2 tbsp (28mL)

sweet potatoes, cut into wedges

2 1/2 sweetpotato, 5" long (525g)

salt

1 1/4 tsp (8g)

black pepper

5 dash, ground (1g)

For all 2 meals:

oil

1/4 cup (56mL)

sweet potatoes, cut into wedges

5 sweetpotato, 5" long (1050g)

salt

2 1/2 tsp (15g)

black pepper

1 1/4 tsp, ground (3g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
 2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
 3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.
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Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage

3 sausage (300g)

For all 2 meals:

vegan sausage

6 sausage (600g)

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

Eat on day 4, day 5

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Vegan chickpea & chickpea pasta

1308 cal ● 67g protein ● 38g fat ● 127g carbs ● 48g fiber



For single meal:

vegan butter
1 1/4 tbsp (18g)
onion, thinly sliced
1 1/4 medium (2-1/2" dia) (138g)
chickpea pasta
5 oz (142g)
chickpeas, canned, drained & rinsed
1 1/4 can (560g)
garlic, minced
5 clove(s) (15g)
oil
1 1/4 tbsp (19mL)
nutritional yeast
2 1/2 tsp (3g)

For all 2 meals:

vegan butter
2 1/2 tbsp (35g)
onion, thinly sliced
2 1/2 medium (2-1/2" dia) (275g)
chickpea pasta
10 oz (284g)
chickpeas, canned, drained & rinsed
2 1/2 can (1120g)
garlic, minced
10 clove(s) (30g)
oil
2 1/2 tbsp (38mL)
nutritional yeast
5 tsp (6g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Ginger coconut chickpea soup

1371 cals ● 53g protein ● 66g fat ● 110g carbs ● 30g fiber



For single meal:

turmeric, ground

2 dash (1g)

water

2 1/2 cup(s) (593mL)

lentils, raw, rinsed

3/4 cup (144g)

coconut milk, canned

1/2 can (226mL)

chickpeas, canned, drained

1/2 can (224g)

curry powder

1 tbsp (6g)

fresh ginger, diced

1/2 slices (1" dia) (1g)

garlic, diced

2 clove(s) (6g)

onion, diced

1/2 large (75g)

oil

1 tbsp (15mL)

For all 2 meals:

turmeric, ground

4 dash (2g)

water

5 cup(s) (1185mL)

lentils, raw, rinsed

1 1/2 cup (288g)

coconut milk, canned

1 can (451mL)

chickpeas, canned, drained

1 can (448g)

curry powder

2 tbsp (13g)

fresh ginger, diced

1 slices (1" dia) (2g)

garlic, diced

4 clove(s) (12g)

onion, diced

1 large (150g)

oil

2 tbsp (30mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing

3/4 tbsp (11mL)

tomatoes, diced

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

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

For all 2 meals:

salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

carrots, sliced

1/2 medium (31g)

romaine lettuce, roughly chopped

1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

- water**
4 cup(s) (948mL)
- protein powder**
4 scoop (1/3 cup ea) (124g)

For all 7 meals:

- water**
28 cup(s) (6636mL)
- protein powder**
28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.