

# Meal Plan - 3400 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

3352 cals ● 224g protein (27%) ● 85g fat (23%) ● 372g carbs (44%) ● 52g fiber (6%)

### Lunch

1240 cals, 40g protein, 144g net carbs, 46g fat



[Asparagus](#)  
219 cals



[Veggie burger with 'cheese'](#)  
3 burger- 1019 cals

### Protein Supplement(s)

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



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

### Dinner

1680 cals, 87g protein, 225g net carbs, 36g fat



[Raisins](#)  
1/2 cup- 275 cals



[Vegan meatball sub](#)  
3 sub(s)- 1403 cals

## Day 2

3385 cals ● 246g protein (29%) ● 67g fat (18%) ● 398g carbs (47%) ● 53g fiber (6%)

### Lunch

1420 cals, 84g protein, 153g net carbs, 42g fat



[Nectarine](#)  
2 nectarine(s)- 140 cals



[Simple plant-based deli wrap](#)  
3 wrap(s)- 1279 cals

### Protein Supplement(s)

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



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

### Dinner

1530 cals, 65g protein, 242g net carbs, 23g fat



[Soy milk](#)  
3 cup(s)- 254 cals



[Pasta with store-bought sauce](#)  
1276 cals

## Day 3

3427 cals ● 220g protein (26%) ● 137g fat (36%) ● 293g carbs (34%) ● 36g fiber (4%)

### Lunch

1510 cals, 54g protein, 194g net carbs, 53g fat



[Naan bread](#)

1 piece(s)- 262 cals



[Tofu curry with rice](#)

1247 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Dinner

1485 cals, 69g protein, 95g net carbs, 83g fat



[Crispy chik'n tenders](#)

15 tender(s)- 857 cals



[Tomato and avocado salad](#)

626 cals

## Day 4

3427 cals ● 220g protein (26%) ● 137g fat (36%) ● 293g carbs (34%) ● 36g fiber (4%)

### Lunch

1510 cals, 54g protein, 194g net carbs, 53g fat



[Naan bread](#)

1 piece(s)- 262 cals



[Tofu curry with rice](#)

1247 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Dinner

1485 cals, 69g protein, 95g net carbs, 83g fat



[Crispy chik'n tenders](#)

15 tender(s)- 857 cals



[Tomato and avocado salad](#)

626 cals

## Day 5

3383 cals ● 265g protein (31%) ● 149g fat (40%) ● 170g carbs (20%) ● 76g fiber (9%)

### Lunch

1480 cals, 88g protein, 107g net carbs, 67g fat



[Vegan sausage & veggie sheet pan](#)

1199 cals



[Tomato cucumber salad](#)

282 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Dinner

1465 cals, 80g protein, 59g net carbs, 80g fat



[Tomato and avocado salad](#)

469 cals



[Carrot & grounds stir fry](#)

996 cals

Day 6

3413 cals ● 248g protein (29%) ● 81g fat (21%) ● 326g carbs (38%) ● 96g fiber (11%)

Lunch

1545 cals, 67g protein, 154g net carbs, 60g fat



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



Broccoli & hummus flatbread  
2 flatbread(s)- 1260 cals

Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

Dinner

1435 cals, 85g protein, 168g net carbs, 19g fat



Simple salad with celery, cucumber & tomato  
256 cals



Lentil pasta  
1178 cals

Day 7

3413 cals ● 248g protein (29%) ● 81g fat (21%) ● 326g carbs (38%) ● 96g fiber (11%)

Lunch

1545 cals, 67g protein, 154g net carbs, 60g fat



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



Broccoli & hummus flatbread  
2 flatbread(s)- 1260 cals

Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

Dinner

1435 cals, 85g protein, 168g net carbs, 19g fat



Simple salad with celery, cucumber & tomato  
256 cals



Lentil pasta  
1178 cals

## Vegetables and Vegetable Products

- ☐ asparagus  
1/2 lbs (198g)
- ☐ ketchup  
2/3 cup (179g)
- ☐ tomatoes  
8 1/2 medium whole (2-3/5" dia) (1033g)
- ☐ onion  
2 1/2 medium (2-1/2" dia) (260g)
- ☐ fresh cilantro  
3 tbsp, chopped (9g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ carrots  
7 1/4 medium (441g)
- ☐ broccoli  
8 1/2 cup chopped (774g)
- ☐ potatoes  
2 1/2 small (1-3/4" to 2-1/4" dia.) (230g)
- ☐ cucumber  
3 cucumber (8-1/4") (903g)
- ☐ red onion  
1 small (70g)
- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)

## Fruits and Fruit Juices

- ☐ lemon juice  
3 1/3 tbsp (50mL)
- ☐ raisins  
1/2 cup, packed (83g)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)
- ☐ lime juice  
4 fl oz (125mL)
- ☐ avocados  
3 2/3 avocado(s) (737g)

## Spices and Herbs

- ☐ salt  
3/4 tbsp (14g)
- ☐ black pepper  
3/4 tbsp, ground (5g)
- ☐ garlic powder  
2 tsp (6g)
- ☐ crushed red pepper  
1/2 tbsp (3g)

## Fats and Oils

## Baked Products

- ☐ hamburger buns  
3 bun(s) (153g)
- ☐ flour tortillas  
3 tortilla (approx 10" dia) (216g)
- ☐ naan bread  
1 1/2 lbs (684g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
2 jar (24 oz) (1399g)

## Beverages

- ☐ water  
1 3/4 gallon (6720mL)
- ☐ protein powder  
28 scoop (1/3 cup ea) (868g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
10 oz (285g)
- ☐ long-grain white rice  
1 2/3 cup (308g)

## Legumes and Legume Products

- ☐ hummus  
3/4 lbs (336g)
- ☐ firm tofu  
1 2/3 lbs (756g)
- ☐ soy sauce  
3 tbsp (45mL)
- ☐ vegetarian burger crumbles  
3/4 lbs (340g)

- ☐ olive oil  
3 tbsp (47mL)
- ☐ oil  
1/4 lbs (109mL)
- ☐ salad dressing  
5 oz (150mL)

## Other

- ☐ veggie burger patty  
3 patty (213g)
  - ☐ mixed greens  
3 1/2 package (5.5 oz) (553g)
  - ☐ vegan cheese, sliced  
3 slice(s) (60g)
  - ☐ vegan meatballs, frozen  
12 meatball(s) (360g)
  - ☐ nutritional yeast  
1 tbsp (4g)
  - ☐ sub roll(s)  
3 roll(s) (255g)
  - ☐ soy milk, unsweetened  
9 2/3 cup (2321mL)
  - ☐ plant-based deli slices  
21 slices (218g)
  - ☐ curry sauce  
1 2/3 jar (15 oz) (708g)
  - ☐ meatless chik'n tenders  
30 pieces (765g)
  - ☐ italian seasoning  
1 1/4 tsp (5g)
  - ☐ vegan sausage  
2 1/2 sausage (250g)
  - ☐ lentil pasta  
18 2/3 oz (529g)
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## Lunch 1 [↗](#)

Eat on day 1

### Asparagus

219 cal ● 5g protein ● 18g fat ● 5g carbs ● 5g fiber



**asparagus**  
1/2 lbs (198g)  
**lemon juice**  
4 tsp (20mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**olive oil**  
4 tsp (20mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

### Veggie burger with 'cheese'

3 burger - 1019 cal ● 36g protein ● 28g fat ● 139g carbs ● 17g fiber



Makes 3 burger  
**veggie burger patty**  
3 patty (213g)  
**mixed greens**  
3 oz (85g)  
**ketchup**  
3 tbsp (51g)  
**hamburger buns**  
3 bun(s) (153g)  
**vegan cheese, sliced**  
3 slice(s) (60g)

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

## Lunch 2 [↗](#)

Eat on day 2

### Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)  
**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Simple plant-based deli wrap

3 wrap(s) - 1279 cal ● 81g protein ● 41g fat ● 128g carbs ● 19g fiber



Makes 3 wrap(s)

- hummus**  
6 tbsp (90g)
- tomatoes**  
6 slice(s), thin/small (90g)
- mixed greens**  
1 1/2 cup (45g)
- flour tortillas**  
3 tortilla (approx 10" dia) (216g)
- plant-based deli slices**  
21 slices (218g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

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.

Tofu curry with rice

1247 cals ● 45g protein ● 48g fat ● 151g carbs ● 8g fiber



For single meal:

- curry sauce**  
5/6 jar (15 oz) (354g)
- oil**  
1/2 tbsp (8mL)
- firm tofu**  
13 1/3 oz (378g)
- long-grain white rice**  
13 1/3 tbsp (154g)

For all 2 meals:

- curry sauce**  
1 2/3 jar (15 oz) (708g)
- oil**  
1 tbsp (17mL)
- firm tofu**  
1 2/3 lbs (756g)
- long-grain white rice**  
1 2/3 cup (308g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.



## Lunch 4 [↗](#)

Eat on day 5

### Vegan sausage & veggie sheet pan

1199 cals ● 82g protein ● 54g fat ● 77g carbs ● 20g fiber



#### italian seasoning

1 1/4 tsp (5g)

#### oil

5 tsp (25mL)

#### broccoli, chopped

2 1/2 cup chopped (228g)

#### carrots, sliced

2 1/2 medium (153g)

#### potatoes, cut into wedges

2 1/2 small (1-3/4" to 2-1/4" dia.) (230g)

#### vegan sausage, cut into bite sized pieces

2 1/2 sausage (250g)

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.

### Tomato cucumber salad

282 cals ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



#### tomatoes, thinly sliced

2 medium whole (2-3/5" dia) (246g)

#### cucumber, thinly sliced

1 cucumber (8-1/4") (301g)

#### red onion, thinly sliced

1 small (70g)

#### salad dressing

4 tbsp (60mL)

1. Mix ingredients together in a bowl and serve.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### 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.

### Broccoli & hummus flatbread

2 flatbread(s) - 1260 cals ● 44g protein ● 45g fat ● 148g carbs ● 22g fiber





For single meal:

**oil**  
4 tsp (20mL)  
**crushed red pepper**  
4 dash (1g)  
**hummus**  
1/2 cup (123g)  
**mixed greens**  
2 oz (57g)  
**garlic, minced**  
2 clove (6g)  
**lemon juice**  
1 tbsp (15mL)  
**naan bread**  
2 large (252g)  
**broccoli, sliced**  
3 cup chopped (273g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**crushed red pepper**  
1 tsp (2g)  
**hummus**  
1 cup (246g)  
**mixed greens**  
4 oz (113g)  
**garlic, minced**  
4 clove (12g)  
**lemon juice**  
2 tbsp (30mL)  
**naan bread**  
4 large (504g)  
**broccoli, sliced**  
6 cup chopped (546g)

1. Preheat oven to 450°F (230°C).
2. Combine chopped broccoli, garlic, just half of the oil, and some salt and pepper on a baking sheet. Toss. Roast 10-15 minutes until broccoli is tender.
3. Place naan directly on oven rack and bake until crisp, 4-5 minutes.
4. Toss greens with lemon juice, remaining oil, and some salt and pepper.
5. Spread hummus on naan. Top with broccoli, greens, a sprinkle of crushed red pepper. Slice naan flatbread and serve.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Raisins

1/2 cup - 275 cal ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



Makes 1/2 cup

**raisins**  
1/2 cup, packed (83g)

1. This recipe has no instructions.

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### Vegan meatball sub

3 sub(s) - 1403 cal ● 84g protein ● 36g fat ● 162g carbs ● 23g fiber



Makes 3 sub(s)

**vegan meatballs, frozen**  
12 meatball(s) (360g)

**pasta sauce**  
3/4 cup (195g)

**nutritional yeast**  
1 tbsp (4g)

**sub roll(s)**  
3 roll(s) (255g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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## Dinner 2 [🔗](#)

Eat on day 2

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**Soy milk**  
3 cup(s) - 254 cals ● 21g protein ● 14g fat ● 6g carbs ● 6g fiber



Makes 3 cup(s)

**soy milk, unsweetened**  
3 cup (720mL)

1. This recipe has no instructions.

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**Pasta with store-bought sauce**  
1276 cals ● 44g protein ● 9g fat ● 236g carbs ● 19g fiber



**uncooked dry pasta**  
10 oz (285g)

**pasta sauce**  
5/8 jar (24 oz) (420g)

1. Cook the pasta as directed on the package.
  2. Top with sauce and enjoy.
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## Dinner 3 [🔗](#)

Eat on day 3, day 4

### Crispy chik'n tenders

15 tender(s) - 857 cal ● 61g protein ● 34g fat ● 77g carbs ● 0g fiber



For single meal:

**ketchup**

1/4 cup (64g)

**meatless chik'n tenders**

15 pieces (383g)

For all 2 meals:

**ketchup**

1/2 cup (128g)

**meatless chik'n tenders**

30 pieces (765g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

### Tomato and avocado salad

626 cal ● 8g protein ● 49g fat ● 18g carbs ● 21g fiber



For single meal:

**onion**

2 2/3 tbsp minced (40g)

**lime juice**

2 2/3 tbsp (40mL)

**avocados, cubed**

1 1/3 avocado(s) (268g)

**tomatoes, diced**

1 1/3 medium whole (2-3/5" dia)  
(164g)

**olive oil**

2 tsp (10mL)

**garlic powder**

1/4 tbsp (2g)

**salt**

1/4 tbsp (4g)

**black pepper**

1/4 tbsp, ground (2g)

For all 2 meals:

**onion**

1/3 cup minced (80g)

**lime juice**

1/3 cup (80mL)

**avocados, cubed**

2 2/3 avocado(s) (536g)

**tomatoes, diced**

2 2/3 medium whole (2-3/5" dia)  
(328g)

**olive oil**

4 tsp (20mL)

**garlic powder**

1/2 tbsp (4g)

**salt**

1/2 tbsp (8g)

**black pepper**

1/2 tbsp, ground (3g)

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.

## Dinner 4 [↗](#)

Eat on day 5

### Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



#### onion

2 tbsp minced (30g)

#### lime juice

2 tbsp (30mL)

#### avocados, cubed

1 avocado(s) (201g)

#### tomatoes, diced

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

#### olive oil

1/2 tbsp (8mL)

#### garlic powder

4 dash (2g)

#### salt

4 dash (3g)

#### black pepper

4 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.

### Carrot & grounds stir fry

996 cals ● 74g protein ● 44g fat ● 46g carbs ● 31g fiber



#### fresh cilantro, chopped

3 tbsp, chopped (9g)

#### oil

2 tbsp (30mL)

#### lime juice

1 tbsp (15mL)

#### crushed red pepper

4 dash (1g)

#### water

2 tbsp (30mL)

#### soy sauce

3 tbsp (45mL)

#### onion, chopped

1 large (150g)

#### garlic, minced

2 clove(s) (6g)

#### vegetarian burger crumbles

3/4 lbs (340g)

#### carrots

4 large (288g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,



## Dinner 5 [🔗](#)

Eat on day 6, day 7

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### Simple salad with celery, cucumber & tomato

256 cal ● 9g protein ● 10g fat ● 26g carbs ● 8g fiber



For single meal:

**mixed greens**

1 package (5.5 oz) (155g)

**salad dressing**

3 tbsp (45mL)

**tomatoes, diced**

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

**cucumber, sliced**

1 cucumber (8-1/4") (301g)

**raw celery, chopped**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**mixed greens**

2 package (5.5 oz) (310g)

**salad dressing**

6 tbsp (90mL)

**tomatoes, diced**

2 medium whole (2-3/5" dia) (246g)

**cucumber, sliced**

2 cucumber (8-1/4") (602g)

**raw celery, chopped**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

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

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### Lentil pasta

1178 cal ● 76g protein ● 9g fat ● 142g carbs ● 56g fiber



For single meal:

**pasta sauce**

5/8 jar (24 oz) (392g)

**lentil pasta**

9 1/3 oz (265g)

For all 2 meals:

**pasta sauce**

1 1/6 jar (24 oz) (784g)

**lentil pasta**

18 2/3 oz (529g)

1. Cook lentil pasta according to package.
  2. Top with sauce and serve.
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# 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.