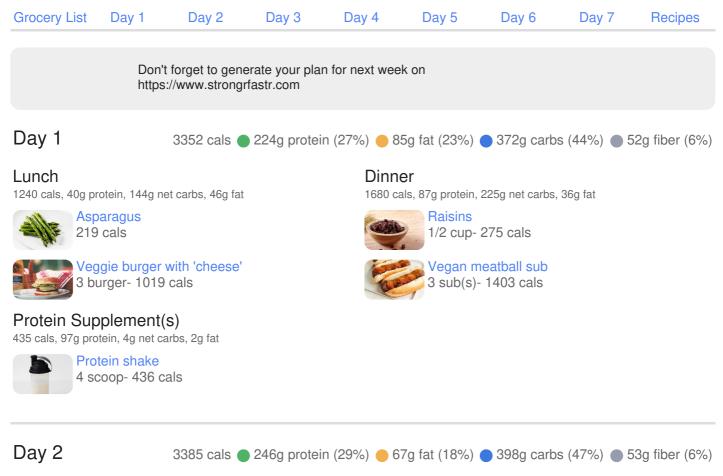
Meal Plan - 3400 calorie intermittent fasting vegan meal plan





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

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

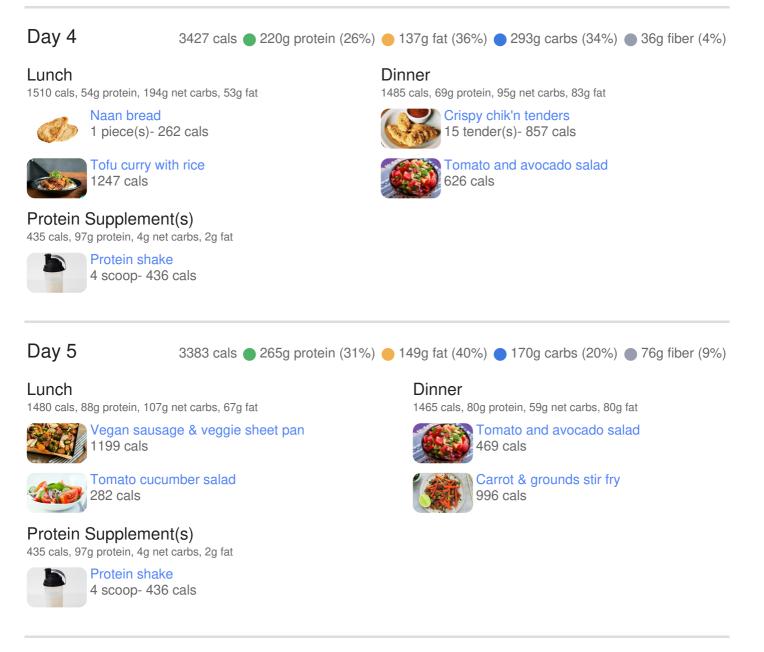
1485 cals, 69g protein, 95g net carbs, 83g fat



Crispy chik'n tenders 15 tender(s)- 857 cals



Tomato and avocado salad 626 cals



Day 6

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





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

Lunch

Day 7

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

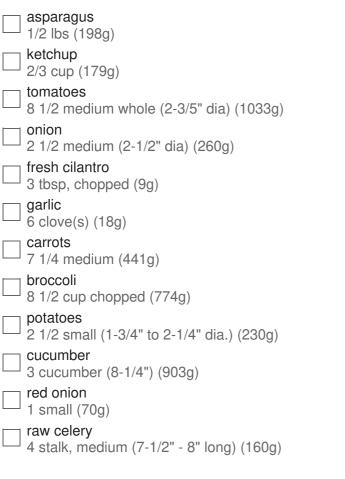


Simple salad with celery, cucumber & tomato 256 cals

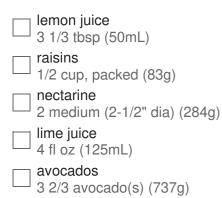




Vegetables and Vegetable Products



Fruits and Fruit Juices



Spices and Herbs



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)
ę	Soups, Sauces, and Gravies
[pasta sauce ⊇ 2 jar (24 oz) (1399g)
I	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)
I	Legumes and Legume Products
[hummus 3/4 lbs (336g)
[☐ firm tofu ☐ 1 2/3 lbs (756g)
[\rightarrow soy sauce \rightarrow 3 then (45mL)

→ 3 tbsp (45mL) vegetarian burger crumbles

3/4 lbs (340g)

□ olive oil 3 tbsp (47mL)	
□	
salad dressing 5 oz (150mL)	

Other

	veggie burger patty 3 patty (213g)
1 1	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)
1 1	meatless chik'n tenders 30 pieces (765g)
1 1	italian seasoning 1 1/4 tsp (5g)
	vegan sausage 2 1/2 sausage (250g)
	lentil pasta 18 2/3 oz (529g)

Recipes



Lunch 1 🗹

Eat on day 1

Asparagus

219 cals Sg protein Sg fat Sg 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 cals 🌑 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 cals
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 cals
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

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)

- 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.
- 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 all 2 meals:

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

1. This recipe has no instructions.

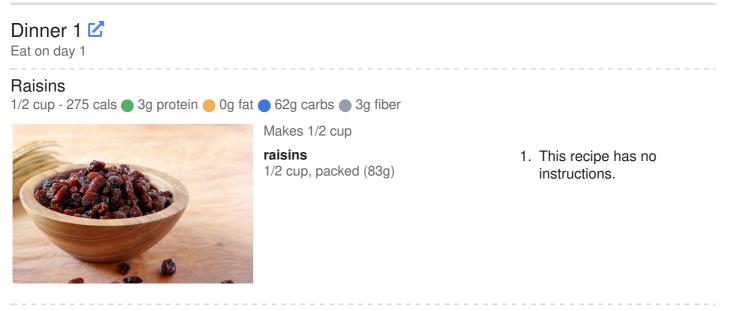


For single meal: oil 4 tsp (20mL) crushed red pepper 4 dash (1g) hummus 1/2 cup (123g) mixed greens 2 oz (57g) garlic, minced 2 clove (6g) lemon juice 1 tbsp (15mL) naan bread 2 large (252g) broccoli, sliced 3 cup chopped (273g)

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.



Vegan meatball sub 3 sub(s) - 1403 cals 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.

 Dinner 2 Z

 Eat on day 2

 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.

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.

Dinner 3 🗹

Eat on day 3, day 4

Crispy chik'n tenders

15 tender(s) - 857 cals
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 cals
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
7g 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)

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 (340a) carrots 4 large (288g)

- 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.
- Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
- 4. Serve chilled.
- 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,

Eat on day 6, day 7

Simple salad with celery, cucumber & tomato

256 cals
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.

Lentil pasta 1178 cals
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.

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.