

# Meal Plan - 3500 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

3456 cal ● 248g protein (29%) ● 120g fat (31%) ● 302g carbs (35%) ● 43g fiber (5%)

### Lunch

1755 cal, 70g protein, 176g net carbs, 77g fat



[Pistachios](#)  
563 cal



[Fruit juice](#)  
3 1/3 cup(s)- 382 cal



[Chik'n nuggets](#)  
14 2/3 nuggets- 809 cal

### Protein Supplement(s)

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



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

### Dinner

1265 cal, 82g protein, 122g net carbs, 41g fat



[Lentils](#)  
636 cal



[Lemon pepper tofu](#)  
17 1/2 oz- 630 cal

## Day 2

3489 cal ● 251g protein (29%) ● 133g fat (34%) ● 257g carbs (29%) ● 66g fiber (8%)

### Lunch

1515 cal, 47g protein, 160g net carbs, 69g fat



[Dal with rice](#)  
1254 cal



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

### Protein Supplement(s)

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



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

### Dinner

1535 cal, 106g protein, 94g net carbs, 62g fat



[Quinoa](#)  
1 cup quinoa, cooked- 208 cal



[Carrot & grounds stir fry](#)  
1328 cal

## Day 3

3489 cals ● 251g protein (29%) ● 133g fat (34%) ● 257g carbs (29%) ● 66g fiber (8%)

### Lunch

1515 cals, 47g protein, 160g net carbs, 69g fat



Dal with rice

1254 cals



Naan bread

1 piece(s)- 262 cals

### Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

### Dinner

1535 cals, 106g protein, 94g net carbs, 62g fat



Quinoa

1 cup quinoa, cooked- 208 cals



Carrot & grounds stir fry

1328 cals

## Day 4

3511 cals ● 222g protein (25%) ● 140g fat (36%) ● 249g carbs (28%) ● 90g fiber (10%)

### Lunch

1550 cals, 58g protein, 124g net carbs, 73g fat



Curried lentils

1205 cals



Simple salad with tomatoes and carrots

343 cals

### Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

### Dinner

1525 cals, 67g protein, 122g net carbs, 65g fat



Chickpea & kale soup

1091 cals



Mixed nuts

1/2 cup(s)- 435 cals

## Day 5

3469 cals ● 245g protein (28%) ● 98g fat (26%) ● 298g carbs (34%) ● 103g fiber (12%)

### Lunch

1495 cals, 67g protein, 147g net carbs, 55g fat



Easy chickpea salad

584 cals



Soy milk yogurt

4 container- 542 cals



Roasted almonds

3/8 cup(s)- 370 cals

### Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

### Dinner

1535 cals, 81g protein, 148g net carbs, 41g fat



Sunflower seeds

361 cals



Lentils

347 cals



Black bean & sweet potato stew

830 cals

Day 6

3477 calsgreen237g protein (27%)orange30g fat (8%)blue463g carbs (53%)grey101g fiber (12%)

Lunch

1510 calsgreen91g protein, 170g net carbs, 18g fat



Simple salad with tomatoes and carrots  
245 calsgreen



Lentil pasta  
1262 calsgreen

Protein Supplement(s)

435 calsgreen97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 calsgreen

Dinner

1535 calsgreen49g protein, 290g net carbs, 11g fat



Fruit juice  
1 1/2 cup(s)- 172 calsgreen



Pasta with store-bought sauce  
1361 calsgreen

Day 7

3477 calsgreen237g protein (27%)orange30g fat (8%)blue463g carbs (53%)grey101g fiber (12%)

Lunch

1510 calsgreen91g protein, 170g net carbs, 18g fat



Simple salad with tomatoes and carrots  
245 calsgreen



Lentil pasta  
1262 calsgreen

Protein Supplement(s)

435 calsgreen97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 calsgreen

Dinner

1535 calsgreen49g protein, 290g net carbs, 11g fat



Fruit juice  
1 1/2 cup(s)- 172 calsgreen



Pasta with store-bought sauce  
1361 calsgreen

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
3/4 cup (92g)
- ☐ coconut milk, canned  
1/4 gallon (859mL)
- ☐ mixed nuts  
1/2 cup (67g)
- ☐ sunflower kernels  
2 oz (57g)
- ☐ almonds  
6 3/4 tbsp, whole (60g)

## Fruits and Fruit Juices

- ☐ fruit juice  
50 2/3 fl oz (1520mL)
- ☐ lemon  
1 1/4 small (73g)
- ☐ lime juice  
2 2/3 tbsp (40mL)
- ☐ lemon juice  
2 tsp (10mL)

## Other

- ☐ vegan chik'n nuggets  
14 2/3 nuggets (315g)
- ☐ curry paste  
5 tsp (25g)
- ☐ soy milk yogurt  
4 container(s) (601g)
- ☐ lentil pasta  
1 1/4 lbs (567g)

## Vegetables and Vegetable Products

- ☐ ketchup  
1/4 cup (62g)
- ☐ fresh cilantro  
1/2 cup, chopped (24g)
- ☐ onion  
5 medium (2-1/2" dia) (572g)
- ☐ garlic  
15 1/3 clove(s) (46g)
- ☐ carrots  
14 3/4 medium (898g)
- ☐ kale leaves  
5 cup, chopped (200g)
- ☐ tomatoes  
5 3/4 medium whole (2-3/5" dia) (709g)

## Beverages

- ☐ water  
2 1/2 gallon (9638mL)
- ☐ protein powder  
28 scoop (1/3 cup ea) (868g)

## Legumes and Legume Products

- ☐ lentils, raw  
3 1/2 cup (656g)
- ☐ firm tofu  
17 1/2 oz (496g)
- ☐ soy sauce  
1/2 cup (120mL)
- ☐ vegetarian burger crumbles  
2 lbs (907g)
- ☐ chickpeas, canned  
3 1/4 can (1456g)
- ☐ black beans  
1 1/3 can(s) (585g)

## Fats and Oils

- ☐ oil  
1/4 lbs (130mL)
- ☐ salad dressing  
6 1/2 tbsp (96mL)

## Cereal Grains and Pasta

- ☐ cornstarch  
2 1/2 tbsp (20g)
- ☐ quinoa, uncooked  
2/3 cup (113g)
- ☐ long-grain white rice  
9 1/4 tbsp (108g)
- ☐ uncooked dry pasta  
1 1/3 lbs (608g)

## Baked Products

- ☐ naan bread  
2 piece (180g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
8 cup(s) (mL)
- ☐ apple cider vinegar  
1 1/4 tbsp (1mL)

☐ romaine lettuce  
4 1/4 hearts (2125g)

☐ tomato paste  
4 tsp (21g)

☐ sweet potatoes  
2/3 sweetpotato, 5" long (140g)

☐ fresh parsley  
3 3/4 sprigs (4g)

☐ pasta sauce  
2 1/2 jar (24 oz) (1736g)

## Spices and Herbs

☐ salt  
1/2 tsp (3g)

☐ lemon pepper  
5 dash (1g)

☐ crushed red pepper  
1/2 tbsp (2g)

☐ garlic powder  
1 tsp (4g)

☐ ground cumin  
1 tbsp (7g)

☐ curry powder  
1 3/4 tsp (4g)

☐ balsamic vinegar  
1 1/4 tbsp (19mL)

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## Lunch 1 [↗](#)

Eat on day 1

### Pistachios

563 cals ● 20g protein ● 42g fat ● 17g carbs ● 10g fiber



**pistachios, dry roasted, without shells or salt added**

3/4 cup (92g)

1. This recipe has no instructions.

### Fruit juice

3 1/3 cup(s) - 382 cals ● 6g protein ● 2g fat ● 84g carbs ● 2g fiber



Makes 3 1/3 cup(s)

**fruit juice**

26 2/3 fl oz (800mL)

1. This recipe has no instructions.

### Chik'n nuggets

14 2/3 nuggets - 809 cals ● 45g protein ● 33g fat ● 76g carbs ● 8g fiber



Makes 14 2/3 nuggets

**vegan chik'n nuggets**

14 2/3 nuggets (315g)

**ketchup**

1/4 cup (62g)

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

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Dal with rice

1254 cals ● 39g protein ● 64g fat ● 116g carbs ● 15g fiber



For single meal:

**lentils, raw**  
9 1/3 tbsp (112g)  
**coconut milk, canned**  
56 tsp (280mL)  
**water**  
5/8 cup(s) (138mL)  
**onion, chopped**  
5/8 small (41g)  
**oil**  
1 tsp (6mL)  
**garlic, minced**  
2 1/3 clove(s) (7g)  
**garlic powder**  
1/2 tsp (2g)  
**ground cumin**  
1 tsp (2g)  
**curry powder**  
1 tsp (2g)  
**long-grain white rice**  
1/4 cup (54g)

For all 2 meals:

**lentils, raw**  
56 tsp (224g)  
**coconut milk, canned**  
2 1/3 cup (560mL)  
**water**  
1 1/6 cup(s) (276mL)  
**onion, chopped**  
1 1/6 small (82g)  
**oil**  
3/4 tbsp (12mL)  
**garlic, minced**  
4 2/3 clove(s) (14g)  
**garlic powder**  
1 tsp (4g)  
**ground cumin**  
3/4 tbsp (5g)  
**curry powder**  
1 3/4 tsp (4g)  
**long-grain white rice**  
9 1/3 tbsp (108g)

1. Cook rice according to package.
2. In a saucepan, add the water and coconut milk and bring to a simmer. Add the lentils and let cook for 20 minutes, covered. Add more water if needed.
3. Meanwhile, in a skillet, heat the oil and add in the oil and garlic and cook until soft. Add in the spices and stir for a minute or two. Set aside.
4. When lentils are done, add in onion mixture and stir until well-combined.
5. Serve over rice.

### 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.



## Lunch 3 [↗](#)

Eat on day 4

### Curried lentils

1205 cals ● 45g protein ● 62g fat ● 100g carbs ● 17g fiber



#### **lentils, raw**

13 1/3 tbsp (160g)

#### **water**

1 2/3 cup(s) (395mL)

#### **salt**

1/4 tsp (1g)

#### **coconut milk, canned**

1 1/4 cup (300mL)

#### **curry paste**

5 tsp (25g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

### Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



#### **salad dressing**

2 1/2 tbsp (39mL)

#### **tomatoes, diced**

1 3/4 medium whole (2-3/5" dia) (215g)

#### **carrots, sliced**

7/8 medium (53g)

#### **romaine lettuce, roughly chopped**

1 3/4 hearts (875g)

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

## Lunch 4 [↗](#)

Eat on day 5

### Easy chickpea salad

584 cals ● 30g protein ● 11g fat ● 63g carbs ● 28g fiber



#### **fresh parsley, chopped**

3 3/4 sprigs (4g)

#### **apple cider vinegar**

1 1/4 tbsp (1mL)

#### **balsamic vinegar**

1 1/4 tbsp (19mL)

#### **tomatoes, halved**

1 1/4 cup cherry tomatoes (186g)

#### **onion, thinly sliced**

5/8 small (44g)

#### **chickpeas, canned, drained and rinsed**

1 1/4 can (560g)

1. Add all ingredients to a bowl and toss. Serve!

### Soy milk yogurt

4 container - 542 cals ● 24g protein ● 14g fat ● 79g carbs ● 1g fiber





Makes 4 container

### soy milk yogurt

4 container(s) (601g)

1. This recipe has no instructions.

### Roasted almonds

3/8 cup(s) - 370 cal ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

### almonds

6 2/3 tbsp, whole (60g)

1. This recipe has no instructions.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Simple salad with tomatoes and carrots

245 cal ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



For single meal:

#### salad dressing

2 tbsp (28mL)

#### tomatoes, diced

1 1/4 medium whole (2-3/5" dia)  
(154g)

#### carrots, sliced

5/8 medium (38g)

#### romaine lettuce, roughly chopped

1 1/4 hearts (625g)

For all 2 meals:

#### salad dressing

1/4 cup (56mL)

#### tomatoes, diced

2 1/2 medium whole (2-3/5" dia)  
(308g)

#### carrots, sliced

1 1/4 medium (76g)

#### romaine lettuce, roughly chopped

2 1/2 hearts (1250g)

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

### Lentil pasta

1262 cal ● 82g protein ● 10g fat ● 152g carbs ● 60g fiber



For single meal:

**pasta sauce**  
5/8 jar (24 oz) (420g)  
**lentil pasta**  
10 oz (284g)

For all 2 meals:

**pasta sauce**  
1 1/4 jar (24 oz) (840g)  
**lentil pasta**  
1 1/4 lbs (567g)

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

## Dinner 1 [↗](#)

Eat on day 1

### Lentils

636 cals ● 43g protein ● 2g fat ● 93g carbs ● 19g fiber



**salt**  
2 dash (1g)  
**water**  
3 2/3 cup(s) (869mL)  
**lentils, raw, rinsed**  
1 cup (176g)

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.

### Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



Makes 17 1/2 oz  
**lemon pepper**  
5 dash (1g)  
**oil**  
1 1/4 tbsp (19mL)  
**cornstarch**  
2 1/2 tbsp (20g)  
**lemon, zested**  
1 1/4 small (73g)  
**firm tofu, patted dry & cubed**  
17 1/2 oz (496g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



For single meal:

**quinoa, uncooked**

1/3 cup (57g)

**water**

2/3 cup(s) (158mL)

For all 2 meals:

**quinoa, uncooked**

2/3 cup (113g)

**water**

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

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

### Carrot & grounds stir fry

1328 cal ● 98g protein ● 58g fat ● 61g carbs ● 41g fiber



For single meal:

**fresh cilantro, chopped**

4 tbsp, chopped (12g)

**oil**

2 2/3 tbsp (40mL)

**lime juice**

4 tsp (20mL)

**crushed red pepper**

1/4 tbsp (1g)

**water**

2 2/3 tbsp (40mL)

**soy sauce**

4 tbsp (60mL)

**onion, chopped**

1 1/3 large (200g)

**garlic, minced**

2 2/3 clove(s) (8g)

**vegetarian burger crumbles**

16 oz (454g)

**carrots**

5 1/3 large (384g)

For all 2 meals:

**fresh cilantro, chopped**

1/2 cup, chopped (24g)

**oil**

1/3 cup (80mL)

**lime juice**

2 2/3 tbsp (40mL)

**crushed red pepper**

1/2 tbsp (2g)

**water**

1/3 cup (80mL)

**soy sauce**

1/2 cup (120mL)

**onion, chopped**

2 2/3 large (400g)

**garlic, minced**

5 1/3 clove(s) (16g)

**vegetarian burger crumbles**

32 oz (907g)

**carrots**

10 2/3 large (768g)

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,

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## Dinner 3 [↗](#)

Eat on day 4

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### Chickpea & kale soup

1091 cals ● 54g protein ● 29g fat ● 112g carbs ● 42g fiber



#### oil

2 tsp (10mL)

#### garlic, minced

4 clove(s) (12g)

#### vegetable broth

8 cup(s) (mL)

#### kale leaves, chopped

4 cup, chopped (160g)

#### chickpeas, canned, drained

2 can (896g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

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### Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



Makes 1/2 cup(s)

#### mixed nuts

1/2 cup (67g)

1. This recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 5

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### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



#### sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

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### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber





**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.

## Black bean & sweet potato stew

830 cals ● 41g protein ● 12g fat ● 93g carbs ● 47g fiber



**tomato paste**  
4 tsp (21g)  
**oil**  
2 tsp (10mL)  
**kale leaves**  
16 tbsp, chopped (40g)  
**lemon juice**  
2 tsp (10mL)  
**ground cumin**  
1 tsp (2g)  
**garlic, diced**  
1 1/3 clove(s) (4g)  
**onion, chopped**  
2/3 small (47g)  
**sweet potatoes, cubed**  
2/3 sweetpotato, 5" long (140g)  
**water**  
2 cup(s) (474mL)  
**black beans, drained**  
1 1/3 can(s) (585g)

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.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

#### **fruit juice**

12 fl oz (360mL)

For all 2 meals:

#### **fruit juice**

24 fl oz (720mL)

1. This recipe has no instructions.

### Pasta with store-bought sauce

1361 cals ● 47g protein ● 10g fat ● 252g carbs ● 20g fiber



For single meal:

#### **uncooked dry pasta**

2/3 lbs (304g)

#### **pasta sauce**

2/3 jar (24 oz) (448g)

For all 2 meals:

#### **uncooked dry pasta**

1 1/3 lbs (608g)

#### **pasta sauce**

1 1/3 jar (24 oz) (896g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

## 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.

