

# Meal Plan - 1400 calorie intermittent fasting vegetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1353 cals ● 111g protein (33%) ● 49g fat (32%) ● 102g carbs (30%) ● 17g fiber (5%)

### Lunch

560 cals, 15g protein, 63g net carbs, 23g fat



**Banana**

2 banana(s)- 233 cals



**Mixed nuts**

1/4 cup(s)- 218 cals



**Chik'n nuggets**

2 nuggets- 110 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

630 cals, 59g protein, 38g net carbs, 25g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Farro**

1/4 cups, cooked- 93 cals

## Day 2

1410 cals ● 125g protein (35%) ● 46g fat (30%) ● 105g carbs (30%) ● 18g fiber (5%)

### Lunch

620 cals, 30g protein, 67g net carbs, 21g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Grilled cheese with mushrooms**

323 cals



**Nectarine**

2 nectarine(s)- 140 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

630 cals, 59g protein, 38g net carbs, 25g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Farro**

1/4 cups, cooked- 93 cals

## Day 3

1399 cals ● 110g protein (32%) ● 51g fat (33%) ● 97g carbs (28%) ● 29g fiber (8%)

### Lunch

605 cals, 31g protein, 71g net carbs, 19g fat



**Simple mixed greens salad**  
68 cals



**White rice**  
1/2 cup rice, cooked- 109 cals



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

635 cals, 43g protein, 24g net carbs, 32g fat



**Crack slaw with tempeh**  
633 cals

## Day 4

1425 cals ● 103g protein (29%) ● 59g fat (37%) ● 88g carbs (25%) ● 32g fiber (9%)

### Lunch

630 cals, 23g protein, 62g net carbs, 27g fat



**Simple mixed greens and tomato salad**  
76 cals



**Hummus cheesesteak sub**  
1 sub(s)- 554 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

635 cals, 43g protein, 24g net carbs, 32g fat



**Crack slaw with tempeh**  
633 cals

## Day 5

1412 cals ● 90g protein (25%) ● 44g fat (28%) ● 135g carbs (38%) ● 30g fiber (9%)

### Lunch

630 cals, 23g protein, 62g net carbs, 27g fat



**Simple mixed greens and tomato salad**  
76 cals



**Hummus cheesesteak sub**  
1 sub(s)- 554 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

620 cals, 30g protein, 71g net carbs, 16g fat



**Simple mixed greens salad**  
203 cals



**Lentil and veggie soup**  
416 cals

## Day 6

1439 cals ● 112g protein (31%) ● 46g fat (29%) ● 121g carbs (34%) ● 24g fiber (7%)

### Lunch

655 cals, 45g protein, 49g net carbs, 29g fat



Fruit juice

1 cup(s)- 115 cals



Vegan bangers and cauliflower mash

1 1/2 sausage link(s)- 541 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Dinner

620 cals, 30g protein, 71g net carbs, 16g fat



Simple mixed greens salad

203 cals



Lentil and veggie soup

416 cals

## Day 7

1356 cals ● 103g protein (30%) ● 47g fat (31%) ● 107g carbs (32%) ● 23g fiber (7%)

### Lunch

655 cals, 45g protein, 49g net carbs, 29g fat



Fruit juice

1 cup(s)- 115 cals



Vegan bangers and cauliflower mash

1 1/2 sausage link(s)- 541 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Dinner

535 cals, 21g protein, 57g net carbs, 17g fat



White bean cassoulet

385 cals



Simple mixed greens and tomato salad

151 cals

## Other

- ☐ **vegan sausage**  
7 sausage (700g)
- ☐ **farro**  
4 tbsp (52g)
- ☐ **vegan chik'n nuggets**  
2 nuggets (43g)
- ☐ **coleslaw mix**  
6 cup (540g)
- ☐ **mixed greens**  
17 cup (510g)
- ☐ **plant-based deli slices**  
7 slices (73g)
- ☐ **sub roll(s)**  
2 roll(s) (170g)
- ☐ **nutritional yeast**  
1 1/2 tbsp (6g)
- ☐ **frozen cauliflower**  
2 1/4 cup (255g)

## Beverages

- ☐ **water**  
13 cup(s) (3041mL)
- ☐ **protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

## Fruits and Fruit Juices

- ☐ **banana**  
2 medium (7" to 7-7/8" long) (236g)
- ☐ **nectarine**  
2 medium (2-1/2" dia) (284g)
- ☐ **fruit juice**  
16 fl oz (480mL)

## Nut and Seed Products

- ☐ **mixed nuts**  
4 tbsp (34g)
- ☐ **sunflower kernels**  
3 tbsp (36g)

## Vegetables and Vegetable Products

- ☐ **ketchup**  
1/2 tbsp (9g)
- ☐ **mushrooms**  
1/2 cup, chopped (35g)
- ☐ **garlic**  
7 1/2 clove(s) (23g)

## Dairy and Egg Products

- ☐ **lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)
- ☐ **sliced cheese**  
2 3/4 oz (77g)

## Fats and Oils

- ☐ **olive oil**  
1/2 tbsp (8mL)
- ☐ **oil**  
2 1/4 oz (69mL)
- ☐ **salad dressing**  
1 cup (248mL)

## Spices and Herbs

- ☐ **thyme, dried**  
1 tsp, ground (1g)
- ☐ **crushed red pepper**  
1 tsp (2g)

## Baked Products

- ☐ **bread**  
2 slice(s) (64g)
- ☐ **flour tortillas**  
1 tortilla (approx 10" dia) (72g)

## Soups, Sauces, and Gravies

- ☐ **hot sauce**  
1 tbsp (15mL)
- ☐ **vegetable broth**  
3 1/4 cup(s) (mL)

## Legumes and Legume Products

- ☐ **tempeh**  
3/4 lbs (340g)
- ☐ **hummus**  
1/3 lbs (153g)
- ☐ **lentils, raw**  
3/4 cup (144g)
- ☐ **white beans, canned**  
1/2 can(s) (220g)

## Cereal Grains and Pasta

- ☐ **long-grain white rice**  
2 3/4 tbsp (31g)

- ☐ **tomatoes**  
1 1/2 medium whole (2-3/5" dia) (179g)
  - ☐ **onion**  
3 medium (2-1/2" dia) (310g)
  - ☐ **bell pepper**  
2 medium (238g)
  - ☐ **kale leaves**  
1 1/2 cup, chopped (60g)
  - ☐ **frozen mixed veggies**  
2 1/4 cup (304g)
  - ☐ **raw celery**  
1/2 stalk, medium (7-1/2" - 8" long) (20g)
  - ☐ **carrots**  
1 large (72g)
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## Lunch 1 [↗](#)

Eat on day 1

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



Makes 2 banana(s)

#### banana

2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

#### mixed nuts

4 tbsp (34g)

1. The recipe has no instructions.

### Chik'n nuggets

2 nuggets - 110 cals ● 6g protein ● 5g fat ● 10g carbs ● 1g fiber



Makes 2 nuggets

#### ketchup

1/2 tbsp (9g)

#### vegan chik'n nuggets

2 nuggets (43g)

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

## Lunch 2 [↗](#)

Eat on day 2

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

#### lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.

### Grilled cheese with mushrooms

323 cal ● 14g protein ● 16g fat ● 25g carbs ● 5g fiber



#### mushrooms

1/2 cup, chopped (35g)

#### olive oil

1/2 tbsp (8mL)

#### thyme, dried

1 tsp, ground (1g)

#### bread

2 slice(s) (64g)

#### sliced cheese

1 slice (3/4 oz ea) (21g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

### 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.



## Lunch 3 [↗](#)

Eat on day 3

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



#### **mixed greens**

1 1/2 cup (45g)

#### **salad dressing**

1 1/2 tbsp (23mL)

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

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### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



Makes 1/2 cup rice, cooked

#### **water**

1/3 cup(s) (79mL)

#### **long-grain white rice**

2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

#### **plant-based deli slices**

7 slices (73g)

#### **flour tortillas**

1 tortilla (approx 10" dia) (72g)

#### **mixed greens**

1/2 cup (15g)

#### **tomatoes**

2 slice(s), thin/small (30g)

#### **hummus**

2 tbsp (30g)

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.
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## Lunch 4 [↗](#)

Eat on day 4 and day 5

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

**salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

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

### Hummus cheesesteak sub

1 sub(s) - 554 cals ● 22g protein ● 22g fat ● 57g carbs ● 9g fiber



For single meal:

**oil**

1 tsp (5mL)

**crushed red pepper**

4 dash (1g)

**hummus**

4 tbsp (62g)

**sliced cheese**

1 slice (1 oz ea) (28g)

**garlic, minced**

1 clove (3g)

**onion, sliced into thin strips**

1/2 large (75g)

**sub roll(s), split**

1 roll(s) (85g)

**bell pepper, deseeded and sliced**

**into thin strips**

1 medium (119g)

For all 2 meals:

**oil**

2 tsp (10mL)

**crushed red pepper**

1 tsp (2g)

**hummus**

1/2 cup (123g)

**sliced cheese**

2 slice (1 oz ea) (56g)

**garlic, minced**

2 clove (6g)

**onion, sliced into thin strips**

1 large (150g)

**sub roll(s), split**

2 roll(s) (170g)

**bell pepper, deseeded and sliced**

**into thin strips**

2 medium (238g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

## Lunch 5 [🔗](#)

Eat on day 6 and day 7

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### Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**  
8 fl oz (240mL)

For all 2 meals:

**fruit juice**  
16 fl oz (480mL)

1. The recipe has no instructions.
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### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cal ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

**frozen cauliflower**  
1 cup (128g)  
**oil**  
3/4 tbsp (11mL)  
**vegan sausage**  
1 1/2 sausage (150g)  
**onion, thinly sliced**  
3/4 small (53g)

For all 2 meals:

**frozen cauliflower**  
2 1/4 cup (255g)  
**oil**  
1 1/2 tbsp (23mL)  
**vegan sausage**  
3 sausage (300g)  
**onion, thinly sliced**  
1 1/2 small (105g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
  2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
  3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
  4. When all elements are done, plate and serve.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

### Farro

1/4 cups, cooked - 93 cal ● 3g protein ● 1g fat ● 17g carbs ● 3g fiber



For single meal:

**farro**  
2 tbsp (26g)  
**water**  
1 cup(s) (237mL)

For all 2 meals:

**farro**  
4 tbsp (52g)  
**water**  
2 cup(s) (474mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

**coleslaw mix**  
3 cup (270g)  
**hot sauce**  
1/2 tbsp (8mL)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 1/2 clove (5g)  
**tempeh, cubed**  
6 oz (170g)

For all 2 meals:

**coleslaw mix**  
6 cup (540g)  
**hot sauce**  
1 tbsp (15mL)  
**sunflower kernels**  
3 tbsp (36g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
3 clove (9g)  
**tempeh, cubed**  
3/4 lbs (340g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Dinner 3 [↗](#)

Eat on day 5 and day 6

### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

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

## Lentil and veggie soup

416 cals ● 26g protein ● 2g fat ● 58g carbs ● 15g fiber



For single meal:

**lentils, raw**  
6 tbsp (72g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**kale leaves**  
3/4 cup, chopped (30g)  
**nutritional yeast**  
3/4 tbsp (3g)  
**garlic**  
3/4 clove(s) (2g)  
**frozen mixed veggies**  
1 cup (152g)

For all 2 meals:

**lentils, raw**  
3/4 cup (144g)  
**vegetable broth**  
3 cup(s) (mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**nutritional yeast**  
1 1/2 tbsp (6g)  
**garlic**  
1 1/2 clove(s) (5g)  
**frozen mixed veggies**  
2 1/4 cup (304g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

## Dinner 4 [🔗](#)

Eat on day 7

### White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



**vegetable broth**  
1/4 cup(s) (mL)  
**oil**  
1/2 tbsp (8mL)  
**raw celery, thinly sliced**  
1/2 stalk, medium (7-1 1/2" - 8" long) (20g)  
**carrots, peeled & slices**  
1 large (72g)  
**onion, diced**  
1/2 medium (2-1 1/2" dia) (55g)  
**garlic, minced**  
1 clove(s) (3g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber





**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

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

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)  
**water**  
1 1/2 cup(s) (356mL)

For all 7 meals:  
**protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)  
**water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
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