

Meal Plan - 1500 calorie intermittent fasting vegetarian 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

1535 cals ● 129g protein (34%) ● 61g fat (36%) ● 97g carbs (25%) ● 21g fiber (6%)

Lunch

670 cals, 34g protein, 68g net carbs, 23g fat



[Simple plant-based deli wrap](#)

1 wrap(s)- 426 cals



[Peach](#)

2 peach(es)- 132 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

700 cals, 59g protein, 27g net carbs, 37g fat



[Vegan sausage](#)

2 sausage(s)- 536 cals



[Pan roasted zucchini](#)

166 cals

Day 2

1535 cals ● 129g protein (34%) ● 61g fat (36%) ● 97g carbs (25%) ● 21g fiber (6%)

Lunch

670 cals, 34g protein, 68g net carbs, 23g fat



[Simple plant-based deli wrap](#)

1 wrap(s)- 426 cals



[Peach](#)

2 peach(es)- 132 cals



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1/8 cup(s)- 111 cals

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[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

700 cals, 59g protein, 27g net carbs, 37g fat



[Vegan sausage](#)

2 sausage(s)- 536 cals



[Pan roasted zucchini](#)

166 cals

Day 3

1454 cals ● 99g protein (27%) ● 39g fat (24%) ● 154g carbs (42%) ● 24g fiber (7%)

Lunch

695 cals, 27g protein, 101g net carbs, 15g fat



Black bean and corn quesadillas
1/2 quesadilla(s)- 332 cals



Cucumber slices
1 cucumber- 60 cals



Couscous
301 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

600 cals, 36g protein, 51g net carbs, 23g fat



Peanut tempeh
4 oz tempeh- 434 cals



White rice
3/4 cup rice, cooked- 164 cals

Day 4

1460 cals ● 100g protein (28%) ● 39g fat (24%) ● 144g carbs (39%) ● 32g fiber (9%)

Lunch

655 cals, 28g protein, 75g net carbs, 17g fat



White bean cassoulet
577 cals



Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

645 cals, 36g protein, 67g net carbs, 22g fat



Vegan sausage & veggie sheet pan
480 cals



White rice
3/4 cup rice, cooked- 164 cals

Day 5

1528 cals ● 110g protein (29%) ● 50g fat (30%) ● 134g carbs (35%) ● 25g fiber (7%)

Lunch

720 cals, 37g protein, 65g net carbs, 28g fat



Celery and peanut butter
218 cals



Peach
2 peach(es)- 132 cals



Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

645 cals, 36g protein, 67g net carbs, 22g fat



Vegan sausage & veggie sheet pan
480 cals



White rice
3/4 cup rice, cooked- 164 cals

Day 6

1528 cals ● 103g protein (27%) ● 53g fat (31%) ● 132g carbs (34%) ● 28g fiber (7%)

Lunch

645 cals, 27g protein, 63g net carbs, 23g fat



Garlic collard greens
239 cals



Cheese ravioli
408 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

715 cals, 40g protein, 67g net carbs, 29g fat



Chik'n nuggets
13 nuggets- 717 cals

Day 7

1528 cals ● 103g protein (27%) ● 53g fat (31%) ● 132g carbs (34%) ● 28g fiber (7%)

Lunch

645 cals, 27g protein, 63g net carbs, 23g fat



Garlic collard greens
239 cals



Cheese ravioli
408 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

715 cals, 40g protein, 67g net carbs, 29g fat



Chik'n nuggets
13 nuggets- 717 cals

Other

- ☐ **vegan sausage**
6 sausage (600g)
- ☐ **plant-based deli slices**
14 slices (146g)
- ☐ **mixed greens**
2 1/2 cup (75g)
- ☐ **nutritional yeast**
1/2 tbsp (2g)
- ☐ **italian seasoning**
1 tsp (4g)
- ☐ **vegan chik'n nuggets**
26 nuggets (559g)

Vegetables and Vegetable Products

- ☐ **zucchini**
2 medium (392g)
- ☐ **tomatoes**
3/4 medium whole (2-3/5" dia) (97g)
- ☐ **whole kernel corn**
1/8 11oz can (24g)
- ☐ **cucumber**
1 cucumber (8-1/4") (301g)
- ☐ **raw celery**
2 3/4 stalk, medium (7-1/2" - 8" long) (110g)
- ☐ **carrots**
3 3/4 medium (230g)
- ☐ **onion**
3/4 medium (2-1/2" dia) (83g)
- ☐ **garlic**
6 clove(s) (18g)
- ☐ **broccoli**
2 cup chopped (182g)
- ☐ **potatoes**
2 small (1-3/4" to 2-1/4" dia.) (184g)
- ☐ **ketchup**
6 1/2 tbsp (111g)
- ☐ **collard greens**
1 1/2 lbs (680g)

Spices and Herbs

- ☐ **black pepper**
1 tbsp, ground (7g)
- ☐ **oregano, dried**
1 tsp, ground (2g)
- ☐ **garlic powder**
1 tsp (3g)
- ☐ **salt**
1/2 tbsp (8g)

Baked Products

- ☐ **flour tortillas**
4 tortilla (approx 7-8" dia) (193g)

Legumes and Legume Products

- ☐ **hummus**
4 tbsp (60g)
- ☐ **tempeh**
4 oz (113g)
- ☐ **peanut butter**
2 1/4 oz (64g)
- ☐ **soy sauce**
1 tsp (5mL)
- ☐ **black beans**
1/8 can(s) (55g)
- ☐ **white beans, canned**
3/4 can(s) (329g)

Fruits and Fruit Juices

- ☐ **peach**
6 medium (2-2/3" dia) (900g)
- ☐ **lemon juice**
1/2 tbsp (8mL)

Nut and Seed Products

- ☐ **almonds**
4 tbsp, whole (36g)

Beverages

- ☐ **protein powder**
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ **water**
12 cup(s) (2844mL)

Cereal Grains and Pasta

- ☐ **long-grain white rice**
3/4 cup (139g)
- ☐ **instant couscous, flavored**
1/2 box (5.8 oz) (82g)

Dairy and Egg Products

- ☐ **mexican blend cheese**
3 tbsp shredded (21g)
- ☐ **butter**
1/4 tbsp (4g)

Fats and Oils

- ☐ olive oil
1 oz (31mL)
- ☐ oil
1 3/4 oz (53mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)

Soups, Sauces, and Gravies

- ☐ salsa
1/2 tbsp (8g)
- ☐ vegetable broth
3/8 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
- ☐ pasta sauce
1/2 jar (24 oz) (336g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
3/4 lbs (340g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Simple plant-based deli wrap

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



For single meal:

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)

For all 2 meals:

plant-based deli slices

14 slices (146g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

mixed greens

1 cup (30g)

tomatoes

4 slice(s), thin/small (60g)

hummus

4 tbsp (60g)

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.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

peach

2 medium (2-2/3" dia) (300g)

For all 2 meals:

peach

4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3

Black bean and corn quesadillas

1/2 quesadilla(s) - 332 cals ● 13g protein ● 14g fat ● 31g carbs ● 6g fiber



Makes 1/2 quesadilla(s)

mexican blend cheese

3 tbsp shredded (21g)

olive oil

1/4 tsp (1mL)

salsa

1/2 tbsp (8g)

butter

1/4 tbsp (4g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

whole kernel corn, drained

1/8 11oz can (24g)

black beans, rinsed and drained

1/8 can(s) (55g)

1. Heat oil in a large saucepan over medium heat. Stir in beans and corn, then add the salsa; mix well. Cook until heated through, about 3 minutes.
2. Melt some of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.
3. Note: For leftovers, store the bean mixture in the fridge in an airtight container. When ready to eat, reheat bean mixture in microwave and start at Step 2.

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



Makes 1 cucumber

cucumber

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

1. Slice cucumber into rounds and serve.

Couscous

301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



instant couscous, flavored

1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

Lunch 3 [↗](#)

Eat on day 4

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



vegetable broth

3/8 cup(s) (mL)

oil

3/4 tbsp (11mL)

raw celery, thinly sliced

3/4 stalk, medium (7-1/2" - 8" long) (30g)

carrots, peeled & slices

1 1/2 large (108g)

onion, diced

3/4 medium (2-1/2" dia) (83g)

garlic, minced

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

white beans, canned, drained & rinsed

3/4 can(s) (329g)

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

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



mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

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

Lunch 4 [🔗](#)

Eat on day 5

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
peanut butter
2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)

peach
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

collard greens
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
salt
1 1/2 dash (1g)
garlic, minced
2 1/4 clove(s) (7g)

For all 2 meals:

collard greens
1 1/2 lbs (680g)
oil
1 1/2 tbsp (23mL)
salt
3 dash (2g)
garlic, minced
4 1/2 clove(s) (14g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



For single meal:

pasta sauce
1/4 jar (24 oz) (168g)
frozen cheese ravioli
6 oz (170g)

For all 2 meals:

pasta sauce
1/2 jar (24 oz) (336g)
frozen cheese ravioli
3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

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.

Pan roasted zucchini

166 cal ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 medium (196g)
black pepper
1/2 tbsp, ground (3g)
oregano, dried
4 dash, ground (1g)
garlic powder
4 dash (2g)
salt
4 dash (3g)
olive oil
1 tbsp (15mL)

For all 2 meals:

zucchini
2 medium (392g)
black pepper
1 tbsp, ground (7g)
oregano, dried
1 tsp, ground (2g)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
olive oil
2 tbsp (30mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Dinner 2 [↗](#)

Eat on day 3

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

tempeh

4 oz (113g)

peanut butter

2 tbsp (32g)

lemon juice

1/2 tbsp (8mL)

soy sauce

1 tsp (5mL)

nutritional yeast

1/2 tbsp (2g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber



Makes 3/4 cup rice, cooked

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

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.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Vegan sausage & veggie sheet pan

480 cals ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
italian seasoning
4 dash (2g)
carrots, sliced
1 medium (61g)
broccoli, chopped
1 cup chopped (91g)
vegan sausage, cut into bite sized pieces
1 sausage (100g)
potatoes, cut into wedges
1 small (1-3/4" to 2-1/4" dia.) (92g)

For all 2 meals:

oil
4 tsp (20mL)
italian seasoning
1 tsp (4g)
carrots, sliced
2 medium (122g)
broccoli, chopped
2 cup chopped (182g)
vegan sausage, cut into bite sized pieces
2 sausage (200g)
potatoes, cut into wedges
2 small (1-3/4" to 2-1/4" dia.) (184g)

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.

White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

For all 2 meals:

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

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.

Dinner 4 [🔗](#)

Eat on day 6 and day 7

Chik'n nuggets

13 nuggets - 717 cal ● 40g protein ● 29g fat ● 67g carbs ● 7g fiber



For single meal:

ketchup
3 1/4 tbsp (55g)
vegan chik'n nuggets
13 nuggets (280g)

For all 2 meals:

ketchup
6 1/2 tbsp (111g)
vegan chik'n nuggets
26 nuggets (559g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Protein Supplement(s)

Eat every day

Protein shake

1 1/2 scoop - 164 cal● 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.
