

Meal Plan - 1600 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

1581 cals ● 117g protein (29%) ● 28g fat (16%) ● 181g carbs (46%) ● 35g fiber (9%)

Lunch

650 cals, 36g protein, 66g net carbs, 23g fat



Brown rice

3/4 cup brown rice, cooked- 172 cals



Vegan sausage & veggie sheet pan

480 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

765 cals, 44g protein, 114g net carbs, 4g fat



Bbq cauliflower wings

535 cals



Lentils

231 cals

Day 2

1550 cals ● 108g protein (28%) ● 55g fat (32%) ● 122g carbs (32%) ● 33g fiber (9%)

Lunch

620 cals, 28g protein, 7g net carbs, 50g fat



Cheese and guac tacos

2 taco(s)- 350 cals



Sunflower seeds

271 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

765 cals, 44g protein, 114g net carbs, 4g fat



Bbq cauliflower wings

535 cals



Lentils




231 cals

Day 3

1596 calsgreen110g protein (28%)orange64g fat (36%)blue123g carbs (31%)grey21g fiber (5%)


Lunch

760 calsgreen39g protein, 55g net carbs, 39g fat

- String cheese
2 stick(s)- 165 calsgreen
- Peach
2 peach(es)- 132 calsgreen
- Caprese sandwich
1 sandwich(es)- 461 calsgreen



Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat

- Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

675 calsgreen35g protein, 67g net carbs, 25g fat




- Chik'n nuggets
11 nuggets- 607 calsgreen
- Carrot sticks
2 1/2 carrot(s)- 68 calsgreen

Day 4

1596 calsgreen110g protein (28%)orange64g fat (36%)blue123g carbs (31%)grey21g fiber (5%)


Lunch

760 calsgreen39g protein, 55g net carbs, 39g fat

- String cheese
2 stick(s)- 165 calsgreen
- Peach
2 peach(es)- 132 calsgreen
- Caprese sandwich
1 sandwich(es)- 461 calsgreen



Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat

- Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

675 calsgreen35g protein, 67g net carbs, 25g fat

- Chik'n nuggets
11 nuggets- 607 calsgreen
- Carrot sticks
2 1/2 carrot(s)- 68 calsgreen

Day 5

1583 cals ● 110g protein (28%) ● 53g fat (30%) ● 133g carbs (34%) ● 35g fiber (9%)

Lunch

710 cals, 24g protein, 97g net carbs, 17g fat



Roasted carrots

3 carrots(s)- 158 cals



Veggie burger

2 burger- 550 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

710 cals, 50g protein, 34g net carbs, 35g fat



Basic tempeh

8 oz- 590 cals



Buttery white rice

121 cals

Day 6

1588 cals ● 119g protein (30%) ● 35g fat (20%) ● 175g carbs (44%) ● 24g fiber (6%)

Lunch

710 cals, 24g protein, 97g net carbs, 17g fat



Roasted carrots

3 carrots(s)- 158 cals



Veggie burger

2 burger- 550 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

715 cals, 59g protein, 77g net carbs, 17g fat



Dinner roll

2 roll(s)- 154 cals



Chicken tortellini soup

562 cals

Day 7

1641 cals ● 123g protein (30%) ● 33g fat (18%) ● 193g carbs (47%) ● 21g fiber (5%)

Lunch

760 cals, 27g protein, 115g net carbs, 15g fat



White rice

3/4 cup rice, cooked- 164 cals



Spiced lentil tacos

3 taco(s)- 597 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

715 cals, 59g protein, 77g net carbs, 17g fat



Dinner roll

2 roll(s)- 154 cals



Chicken tortellini soup

562 cals

Grocery List



Soups, Sauces, and Gravies

- ☐ barbecue sauce
1 cup (286g)
- ☐ pesto sauce
4 tbsp (64g)
- ☐ vegetable broth
3 3/4 cup(s) (mL)
- ☐ salsa
3 tbsp (54g)

Spices and Herbs

- ☐ salt
1/2 tbsp (9g)
- ☐ black pepper
2 dash, ground (1g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ crushed red pepper
2 dash (0g)

Other

- ☐ nutritional yeast
1 cup (60g)
- ☐ italian seasoning
4 dash (2g)
- ☐ vegan sausage
1 sausage (100g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ vegan chik'n nuggets
22 nuggets (473g)
- ☐ mixed greens
4 oz (113g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ diced tomatoes
3/4 can(s) (315g)

Vegetables and Vegetable Products

- ☐ cauliflower
4 head small (4" dia.) (1060g)
- ☐ carrots
13 1/2 medium (823g)
- ☐ broccoli
1 cup chopped (91g)
- ☐ potatoes
1 small (1-3/4" to 2-1/4" dia.) (92g)

Beverages

- ☐ water
15 cup(s) (3595mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Legumes and Legume Products

- ☐ lentils, raw
2/3 cup (128g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ red lentils, raw
6 tbsp (72g)

Cereal Grains and Pasta

- ☐ brown rice
4 tbsp (48g)
- ☐ long-grain white rice
6 tbsp (69g)

Fats and Oils

- ☐ oil
2 oz (67mL)

Dairy and Egg Products

- ☐ cheddar cheese
1/2 cup, shredded (57g)
- ☐ string cheese
4 stick (112g)
- ☐ fresh mozzarella cheese
4 slices (113g)
- ☐ butter
1 tsp (5g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)

Fruits and Fruit Juices

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

Baked Products

- ☐ **ketchup**
9 1/2 tbsp (162g)
- ☐ **tomatoes**
4 slice(s), thick/large (1/2" thick) (108g)
- ☐ **kale leaves**
1 1/2 cup, chopped (60g)
- ☐ **tomato paste**
3/4 tbsp (12g)
- ☐ **onion**
1 1/4 medium (2-1/2" dia) (140g)
- ☐ **garlic**
4 1/2 clove(s) (14g)

- ☐ **bread**
4 slice(s) (128g)
- ☐ **hamburger buns**
4 bun(s) (204g)
- ☐ **Roll**
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ **corn tortillas**
3 tortilla, medium (approx 6" dia) (78g)

Meals, Entrees, and Side Dishes

- ☐ **frozen cheese tortellini**
6 3/4 oz (191g)

Poultry Products

- ☐ **boneless skinless chicken breast, raw**
2/3 lbs (298g)
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Lunch 1 [↗](#)

Eat on day 1

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

salt

1 1/2 dash (1g)

water

1/2 cup(s) (119mL)

black pepper

1 1/2 dash, ground (0g)

brown rice

4 tbsp (48g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Vegan sausage & veggie sheet pan

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



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)

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.

Lunch 2 [↗](#)

Eat on day 2

Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. The recipe has no instructions.

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.

Caprese sandwich

1 sandwich(es) - 461 cals ● 22g protein ● 27g fat ● 28g carbs ● 5g fiber



For single meal:

bread
2 slice(s) (64g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
fresh mozzarella cheese
2 slices (57g)
pesto sauce
2 tbsp (32g)

For all 2 meals:

bread
4 slice(s) (128g)
tomatoes
4 slice(s), thick/large (1/2" thick) (108g)
fresh mozzarella cheese
4 slices (113g)
pesto sauce
4 tbsp (64g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:

oil
1/2 tbsp (8mL)
carrots, sliced
3 large (216g)

For all 2 meals:

oil
1 tbsp (15mL)
carrots, sliced
6 large (432g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)

For all 2 meals:

hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)
veggie burger patty
4 patty (284g)

1. Cook patty according to instructions on package.
 2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.
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Lunch 5 [↗](#)

Eat on day 7

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.

Spiced lentil tacos

3 taco(s) - 597 cals ● 24g protein ● 15g fat ● 78g carbs ● 14g fiber



Makes 3 taco(s)

red lentils, raw

6 tbsp (72g)

corn tortillas

3 tortilla, medium (approx 6" dia) (78g)

ground cumin

1/4 tbsp (2g)

salsa

3 tbsp (54g)

oil

3/4 tbsp (11mL)

water

3/4 cup(s) (178mL)

crushed red pepper

2 dash (0g)

onion, diced

1/4 medium (2-1/2" dia) (28g)

garlic, minced

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

carrots, peeled & grated

1/2 small (5-1/2" long) (25g)

1. Heat just half of the oil in a saucepan over medium heat. Add the onion, carrot, and garlic and cook for 5-7 minutes until the onion is translucent.
2. Stir in cumin and cook for about one minute, until fragrant.
3. Add water, salsa, lentils, and some salt. Bring to a boil, cover, reduce the heat to low, and cook 20-25 minutes or until lentils are soft.
4. Divide lentil mixture between tortillas and spread almost to the edge of each tortilla. Sprinkle crushed red pepper on top.
5. Heat the remaining oil in a nonstick skillet over medium heat. Add the tortilla lentil side up and toast for 3-5 minutes until edges begin to crisp.
6. Transfer the tacos to plate, fold, and serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Chik'n nuggets

11 nuggets - 607 cals ● 34g protein ● 25g fat ● 57g carbs ● 6g fiber



For single meal:

ketchup

2 3/4 tbsp (47g)

vegan chik'n nuggets

11 nuggets (237g)

For all 2 meals:

ketchup

1/3 cup (94g)

vegan chik'n nuggets

22 nuggets (473g)

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

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

carrots

2 1/2 medium (153g)

For all 2 meals:

carrots

5 medium (305g)

1. Cut carrots into strips and serve.
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Dinner 3 [↗](#)

Eat on day 5

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

tempeh

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



black pepper

1/2 dash, ground (0g)

butter

1 tsp (5g)

salt

1 dash (1g)

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
 2. Add rice and stir.
 3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
 4. Cook for 20 minutes.
 5. DO NOT LIFT LID!
 6. The steam that is trapped inside the pan is what allows the rice to cook properly.
 7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Chicken tortellini soup

562 cals ● 54g protein ● 15g fat ● 50g carbs ● 4g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
frozen cheese tortellini
1/4 lbs (96g)
kale leaves
3/4 cup, chopped (30g)
vegetable broth
2 cup(s) (mL)
boneless skinless chicken breast, raw
1/3 lbs (149g)
diced tomatoes
3/8 can(s) (158g)
tomato paste
1 tsp (6g)
oil
1 tsp (6mL)
onion, minced
3/8 large (56g)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
frozen cheese tortellini
6 3/4 oz (191g)
kale leaves
1 1/2 cup, chopped (60g)
vegetable broth
3 3/4 cup(s) (mL)
boneless skinless chicken breast, raw
2/3 lbs (298g)
diced tomatoes
3/4 can(s) (315g)
tomato paste
3/4 tbsp (12g)
oil
3/4 tbsp (11mL)
onion, minced
3/4 large (113g)
garlic, minced
3 clove(s) (9g)

1. Put chicken breasts into a pot and cover with water. Heat to a simmer and cook for about 10-15 minutes until chicken is cooked through. Remove chicken from the water and set aside to lightly cool then shred the chicken with two forks. Set aside.
 2. Meanwhile, heat oil in a large pot over medium heat, add the onion, garlic, and some salt and pepper. Cook for about 5-6 minutes until vegetables have softened somewhat.
 3. Stir in tomato paste and cook for about 2 minutes.
 4. Stir in diced tomatoes, shredded chicken, and broth. Bring to a simmer, reduce the heat, and cover. Simmer 15-20 minutes.
 5. Spoon some broth out of the pot and place into a bowl. Stir in greek yogurt. Once greek yogurt has been fully incorporated with the broth, return the mixture to the pot and stir.
 6. Stir in chopped kale and tortellini. Simmer for time listed on tortellini package. Season with salt and pepper to taste and serve.
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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.
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