

Meal Plan - 1700 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

1659 cals ● 129g protein (31%) ● 56g fat (31%) ● 128g carbs (31%) ● 31g fiber (8%)

Lunch

815 cals, 44g protein, 106g net carbs, 19g fat



[Vegan meatball sub](#)
1 1/2 sub(s)- 702 cals



[Fruit juice](#)
1 cup(s)- 115 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Dinner

680 cals, 49g protein, 20g net carbs, 37g fat



[Basic tempeh](#)
8 oz- 590 cals



[Roasted tomatoes](#)
1 1/2 tomato(es)- 89 cals

Day 2

1711 cals ● 107g protein (25%) ● 46g fat (24%) ● 197g carbs (46%) ● 21g fiber (5%)

Lunch

815 cals, 44g protein, 106g net carbs, 19g fat



[Vegan meatball sub](#)
1 1/2 sub(s)- 702 cals



[Fruit juice](#)
1 cup(s)- 115 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Dinner

730 cals, 27g protein, 89g net carbs, 27g fat



[Spinach parmesan pasta](#)
731 cals

Day 3

1669 cals ● 146g protein (35%) ● 92g fat (49%) ● 44g carbs (11%) ● 20g fiber (5%)

Lunch

755 cals, 49g protein, 14g net carbs, 52g fat



Broccoli caesar salad with hard boiled eggs
390 cals



Pumpkin seeds
366 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

750 cals, 62g protein, 29g net carbs, 39g fat



Buttered sugar snap peas
214 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 4

1700 cals ● 108g protein (25%) ● 75g fat (40%) ● 127g carbs (30%) ● 23g fiber (5%)

Lunch

755 cals, 49g protein, 14g net carbs, 52g fat



Broccoli caesar salad with hard boiled eggs
390 cals



Pumpkin seeds
366 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

780 cals, 23g protein, 111g net carbs, 23g fat



Simple mixed greens salad
271 cals



Pasta with store-bought sauce
510 cals

Day 5

1704 cals ● 112g protein (26%) ● 50g fat (26%) ● 173g carbs (41%) ● 29g fiber (7%)

Lunch

730 cals, 37g protein, 49g net carbs, 39g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals



Celery sticks
1 celery stalk- 7 cals



Simple mixed greens and tomato salad
113 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

810 cals, 39g protein, 123g net carbs, 10g fat



Naan bread
1 1/2 piece(s)- 393 cals



Lentil and veggie soup
416 cals

Day 6

1632 cals ● 117g protein (29%) ● 86g fat (47%) ● 70g carbs (17%) ● 29g fiber (7%)

Lunch

730 cals, 37g protein, 49g net carbs, 39g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals



Celery sticks
1 celery stalk- 7 cals



Simple mixed greens and tomato salad
113 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

735 cals, 44g protein, 20g net carbs, 46g fat



Crack slaw with tempeh
422 cals



Sunflower seeds
316 cals

Day 7

1702 cals ● 115g protein (27%) ● 72g fat (38%) ● 119g carbs (28%) ● 30g fiber (7%)

Lunch

800 cals, 35g protein, 97g net carbs, 25g fat



Simple mozzarella and tomato salad
121 cals



Cheese ravioli
680 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

735 cals, 44g protein, 20g net carbs, 46g fat



Crack slaw with tempeh
422 cals



Sunflower seeds
316 cals

Legumes and Legume Products

- ☐ tempeh
1 lbs (454g)
- ☐ lentils, raw
6 tbsp (72g)

Fats and Oils

- ☐ oil
3 tbsp (48mL)
- ☐ salad dressing
2/3 cup (158mL)
- ☐ balsamic vinaigrette
1/2 tbsp (7mL)

Vegetables and Vegetable Products

- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (317g)
- ☐ fresh spinach
1/2 10oz package (142g)
- ☐ garlic
3 3/4 clove(s) (11g)
- ☐ frozen sugar snap peas
1 1/3 cup (192g)
- ☐ romaine lettuce
6 cup shredded (282g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ mushrooms
1/4 lbs (128g)
- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ kale leaves
3/4 cup, chopped (30g)
- ☐ frozen mixed veggies
1 cup (152g)

Other

- ☐ sub roll(s)
3 roll(s) (255g)
- ☐ nutritional yeast
1/4 oz (7g)
- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ mixed greens
12 cup (360g)

Fruits and Fruit Juices

- ☐ fruit juice
16 fl oz (480mL)
- ☐ lemon juice
1 1/2 tbsp (23mL)

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
10 2/3 cup(s) (2529mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (228g)

Dairy and Egg Products

- ☐ butter
1/3 stick (39g)
- ☐ parmesan cheese
1 1/2 oz (40g)
- ☐ eggs
6 large (300g)
- ☐ nonfat greek yogurt, plain
3 tbsp (53g)
- ☐ cheese
1 1/2 cup, shredded (170g)
- ☐ fresh mozzarella cheese
1 oz (28g)

Spices and Herbs

- ☐ salt
2 g (2g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ rosemary, dried
1/4 tbsp (1g)
- ☐ fresh basil
1/2 tbsp, chopped (1g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
5 oz (140g)

☐ coleslaw mix
4 cup (360g)

Soups, Sauces, and Gravies

☐ pasta sauce
1 jar (24 oz) (643g)

☐ vegetable broth
1 1/2 cup(s) (mL)

☐ hot sauce
2 tsp (10mL)

☐ sunflower kernels
1/4 lbs (123g)

Baked Products

☐ bread
6 slice(s) (192g)

☐ naan bread
1 1/2 piece(s) (135g)

Meals, Entrees, and Side Dishes

☐ frozen cheese ravioli
10 oz (284g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

sub roll(s)

1 1/2 roll(s) (128g)

nutritional yeast

1/2 tbsp (2g)

pasta sauce

6 tbsp (98g)

vegan meatballs, frozen

6 meatball(s) (180g)

For all 2 meals:

sub roll(s)

3 roll(s) (255g)

nutritional yeast

1 tbsp (4g)

pasta sauce

3/4 cup (195g)

vegan meatballs, frozen

12 meatball(s) (360g)

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.

Fruit juice

1 cup(s) - 115 cals ● 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.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Broccoli caesar salad with hard boiled eggs

390 cals ● 31g protein ● 23g fat ● 9g carbs ● 6g fiber



For single meal:

romaine lettuce
3 cup shredded (141g)
eggs
3 large (150g)
broccoli
3/4 cup chopped (68g)
nonfat greek yogurt, plain
1 1/2 tbsp (26g)
dijon mustard
1/2 tbsp (8g)
parmesan cheese
1 1/2 tbsp (8g)
roasted pumpkin seeds, unsalted
1 1/2 tbsp (11g)
lemon juice
3/4 tbsp (11mL)

For all 2 meals:

romaine lettuce
6 cup shredded (282g)
eggs
6 large (300g)
broccoli
1 1/2 cup chopped (137g)
nonfat greek yogurt, plain
3 tbsp (53g)
dijon mustard
1 tbsp (15g)
parmesan cheese
3 tbsp (15g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
lemon juice
1 1/2 tbsp (23mL)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. The recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 5 and day 6

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



For single meal:

bread
3 slice(s) (96g)
cheese
3/4 cup, shredded (85g)
mushrooms
2 1/4 oz (64g)
rosemary, dried
3 dash (0g)
mixed greens
3/4 cup (23g)

For all 2 meals:

bread
6 slice(s) (192g)
cheese
1 1/2 cup, shredded (170g)
mushrooms
1/4 lbs (128g)
rosemary, dried
1/4 tbsp (1g)
mixed greens
1 1/2 cup (45g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

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

1. Slice celery into sticks and serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

salad dressing

1/4 cup (68mL)

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

Lunch 4 [🔗](#)

Eat on day 7

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

fresh mozzarella cheese, sliced

1 oz (28g)

tomatoes, sliced

3/8 large whole (3" dia) (68g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Cheese ravioli

680 cals ● 28g protein ● 17g fat ● 94g carbs ● 10g fiber



pasta sauce

3/8 jar (24 oz) (280g)

frozen cheese ravioli

10 oz (284g)

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

Dinner 1 [↗](#)

Eat on day 1

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.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

oil

1/2 tbsp (8mL)

tomatoes

1 1/2 small whole (2-2/5" dia) (137g)

1. Preheat oven to 450°F (230°C).
 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
 3. Bake for 30-35 minutes until soft. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Spinach parmesan pasta

731 cals ● 27g protein ● 27g fat ● 89g carbs ● 7g fiber



uncooked dry pasta

4 oz (114g)

butter

1 1/2 tbsp (21g)

fresh spinach

1/2 10oz package (142g)

parmesan cheese

4 tbsp (25g)

salt

2 dash (2g)

black pepper

1 tsp, ground (2g)

water

1/6 cup(s) (39mL)

garlic, minced

1 clove(s) (3g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Dinner 3 [↗](#)

Eat on day 3

Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



black pepper

1 dash (0g)

salt

1 dash (0g)

butter

4 tsp (18g)

frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Vegan sausage

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



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

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

Dinner 4 [↗](#)

Eat on day 4

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

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

Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



uncooked dry pasta
4 oz (114g)
pasta sauce
1/4 jar (24 oz) (168g)

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

Dinner 5 [↗](#)

Eat on day 5

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)



naan bread
1 1/2 piece(s) (135g)

1. The recipe has no instructions.

Lentil and veggie soup

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



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)

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 6 [↗](#)

Eat on day 6 and day 7

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
garlic, minced
1 clove (3g)
tempeh, cubed
4 oz (113g)

For all 2 meals:

coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)
tempeh, cubed
1/2 lbs (227g)

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.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:
sunflower kernels
1 3/4 oz (50g)

For all 2 meals:
sunflower kernels
1/4 lbs (99g)

- 1. The recipe has no instructions.

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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