

# Meal Plan - 2000 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

2006 cals ● 150g protein (30%) ● 69g fat (31%) ● 158g carbs (31%) ● 39g fiber (8%)

### Lunch

860 cals, 53g protein, 51g net carbs, 43g fat



[Chunky canned soup \(non-creamy\)](#)

2 can(s)- 494 cals



[Pumpkin seeds](#)

366 cals

### Dinner

930 cals, 48g protein, 104g net carbs, 25g fat



[Lentils](#)

405 cals



[Olive oil drizzled lima beans](#)

161 cals



[Curried lentils](#)

362 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

## Day 2

1956 cals ● 128g protein (26%) ● 80g fat (37%) ● 151g carbs (31%) ● 30g fiber (6%)

### Lunch

810 cals, 31g protein, 45g net carbs, 54g fat



[Dinner roll](#)

2 roll(s)- 154 cals



[Buffalo tofu](#)

532 cals



[Sauteed peppers and onions](#)

125 cals

### Dinner

930 cals, 48g protein, 104g net carbs, 25g fat



[Lentils](#)

405 cals



[Olive oil drizzled lima beans](#)

161 cals



[Curried lentils](#)

362 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)


2 scoop- 218 cals

Day 3

1986 calsgreen139g protein (28%)orange69g fat (31%)blue167g carbs (34%)grey37g fiber (7%)


Lunch

940 calsgreen44g protein, 88g net carbs, 42g fat




Naan bread

1 piece(s)- 262 calsgreen



Rosemary mushroom cheese sandwich

1 1/2 sandwich(es)- 612 calsgreen




Simple mixed greens salad

68 calsgreen


Dinner

825 calsgreen46g protein, 78g net carbs, 26g fat



Bean & tofu goulash

656 calsgreen




Edamame & beet salad

171 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake


2 scoop- 218 calsgreen

Day 4

1979 calsgreen130g protein (26%)orange59g fat (27%)blue195g carbs (39%)grey37g fiber (7%)


Lunch

940 calsgreen44g protein, 88g net carbs, 42g fat




Naan bread

1 piece(s)- 262 calsgreen



Rosemary mushroom cheese sandwich

1 1/2 sandwich(es)- 612 calsgreen




Simple mixed greens salad

68 calsgreen


Dinner

820 calsgreen37g protein, 106g net carbs, 17g fat



Lentils

174 calsgreen




White bean succotash

647 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 calsgreen

## Day 5

1969 cals ● 134g protein (27%) ● 55g fat (25%) ● 197g carbs (40%) ● 37g fiber (8%)

### Lunch

930 cals, 48g protein, 90g net carbs, 38g fat



**Dinner roll**

2 roll(s)- 154 cals



**Grilled cheese with mushrooms**

646 cals



**Cottage cheese & fruit cup**

1 container- 131 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Dinner

820 cals, 37g protein, 106g net carbs, 17g fat



**Lentils**

174 cals



**White bean succotash**

647 cals

## Day 6

1955 cals ● 127g protein (26%) ● 73g fat (34%) ● 155g carbs (32%) ● 43g fiber (9%)

### Lunch

820 cals, 34g protein, 51g net carbs, 44g fat



**Simple mixed greens salad**

68 cals



**Roasted peanuts**

3/8 cup(s)- 383 cals



**Teriyaki chickpea stir fry**

369 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Dinner

915 cals, 45g protein, 101g net carbs, 28g fat



**Caprese pasta salad**

485 cals



**Milk**

1 1/3 cup(s)- 199 cals



**Easy chickpea salad**

234 cals

Day 7

1955 cals ● 127g protein (26%) ● 73g fat (34%) ● 155g carbs (32%) ● 43g fiber (9%)

Lunch

820 cals, 34g protein, 51g net carbs, 44g fat



Simple mixed greens salad  
68 cals



Roasted peanuts  
3/8 cup(s)- 383 cals



Teriyaki chickpea stir fry  
369 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake  
2 scoop- 218 cals

Dinner

915 cals, 45g protein, 101g net carbs, 28g fat



Caprese pasta salad  
485 cals



Milk  
1 1/3 cup(s)- 199 cals



Easy chickpea salad  
234 cals



## Beverages

- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ water  
21 2/3 cup(s) (5136mL)

## Spices and Herbs

- ☐ salt  
1 tsp (5g)
- ☐ black pepper  
1 1/2 dash, ground (0g)
- ☐ rosemary, dried  
1/4 tbsp (1g)
- ☐ paprika  
3/4 tbsp (5g)
- ☐ fresh thyme  
3 dash (0g)
- ☐ thyme, dried  
2 tsp, ground (3g)
- ☐ balsamic vinegar  
1 tbsp (15mL)

## Legumes and Legume Products

- ☐ lentils, raw  
2 cup (416g)
- ☐ firm tofu  
15 3/4 oz (447g)
- ☐ white beans, canned  
2 1/2 can(s) (1073g)
- ☐ roasted peanuts  
13 1/4 tbsp (122g)
- ☐ chickpeas, canned  
2 can(s) (896g)

## Vegetables and Vegetable Products

- ☐ lima beans, frozen  
3/4 package (10 oz) (213g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (173g)
- ☐ bell pepper  
2 1/2 large (402g)
- ☐ mushrooms  
7 oz (198g)
- ☐ garlic  
3/4 clove (2g)
- ☐ edamame, frozen, shelled  
1/2 cup (59g)

## Fats and Oils

- ☐ olive oil  
1 3/4 tbsp (26mL)
- ☐ ranch dressing  
3 tbsp (45mL)
- ☐ oil  
1/4 cup (68mL)
- ☐ salad dressing  
6 tbsp (90mL)
- ☐ balsamic vinaigrette  
1 tbsp (15mL)

## Nut and Seed Products

- ☐ coconut milk, canned  
3/4 cup (180mL)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Other

- ☐ curry paste  
1 tbsp (15g)
- ☐ mixed greens  
8 1/2 cup (255g)
- ☐ cottage cheese & fruit cup  
1 container (170g)
- ☐ teriyaki sauce  
4 tbsp (60mL)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)
- ☐ pesto sauce  
2 tbsp (31g)
- ☐ apple cider vinegar  
1 tbsp (1mL)

## Baked Products

- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ naan bread  
2 piece(s) (180g)
- ☐ bread  
10 slice(s) (320g)

## Dairy and Egg Products

- ☐ **beets, precooked (canned or refrigerated)**  
2 beet(s) (100g)
- ☐ **frozen corn kernels**  
2 cup (272g)
- ☐ **shallots**  
2 clove(s) (113g)
- ☐ **frozen mixed veggies**  
1 10oz package (284g)
- ☐ **tomatoes**  
1 1/2 cup cherry tomatoes (224g)
- ☐ **fresh parsley**  
3 sprigs (3g)

- ☐ **cheese**  
1 1/2 cup, shredded (170g)
- ☐ **sliced cheese**  
2 slice (3/4 oz ea) (42g)
- ☐ **fresh mozzarella cheese**  
2 oz (57g)
- ☐ **whole milk**  
2 2/3 cup(s) (641mL)

### **Fruits and Fruit Juices**

- ☐ **lemon juice**  
2 tbsp (30mL)

### **Cereal Grains and Pasta**

- ☐ **uncooked dry pasta**  
4 oz (113g)
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# Recipes



## Lunch 1 [↗](#)

Eat on day 1

### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

**chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Pumpkin seeds

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



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

1. The recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2

### Dinner roll

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



Makes 2 roll(s)

**Roll**

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

1. Enjoy.

### Buffalo tofu

532 cals ● 24g protein ● 44g fat ● 10g carbs ● 0g fiber



**Frank's Red Hot sauce**  
4 tbsp (59mL)  
**ranch dressing**  
3 tbsp (45mL)  
**oil**  
3/4 tbsp (11mL)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

## Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



**oil**  
1/2 tbsp (8mL)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced into strips**  
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

**naan bread**  
1 piece(s) (90g)

For all 2 meals:

**naan bread**  
2 piece(s) (180g)

1. The recipe has no instructions.

## 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.

Simple mixed greens salad

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



For single meal:

- mixed greens**  
1 1/2 cup (45g)
- salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

- mixed greens**  
3 cup (90g)
- salad dressing**  
3 tbsp (45mL)

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

Lunch 4 [↗](#)  
Eat on day 5

Dinner roll

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



Makes 2 roll(s)

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

1. Enjoy.

Grilled cheese with mushrooms

646 cals ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



**mushrooms**  
1 cup, chopped (70g)  
**olive oil**  
1 tbsp (15mL)  
**thyme, dried**  
2 tsp, ground (3g)  
**bread**  
4 slice(s) (128g)  
**sliced cheese**  
2 slice (3/4 oz ea) (42g)

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.

## Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

**cottage cheese & fruit cup**  
1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.

## Lunch 5 [🔗](#)

Eat on day 6 and day 7

### Simple mixed greens salad

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



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

## Roasted peanuts

3/8 cup(s) - 383 cal ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



For single meal:

**roasted peanuts**  
6 2/3 tbsp (61g)

For all 2 meals:

**roasted peanuts**  
13 1/3 tbsp (122g)

1. The recipe has no instructions.

### Teriyaki chickpea stir fry

369 cal ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

**frozen mixed veggies**  
1/2 10oz package (142g)  
**oil**  
1/4 tbsp (4mL)  
**teriyaki sauce**  
2 tbsp (30mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)

For all 2 meals:

**frozen mixed veggies**  
1 10oz package (284g)  
**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
4 tbsp (60mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
  2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
  3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

**water**  
2 1/3 cup(s) (553mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

For all 2 meals:

**water**  
4 2/3 cup(s) (1106mL)  
**salt**  
1/4 tsp (2g)  
**lentils, raw, rinsed**  
56 tsp (224g)

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.

### Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



For single meal:

**black pepper**  
3/4 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
3/8 package (10 oz) (107g)  
**olive oil**  
1 tsp (6mL)

For all 2 meals:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
3 dash (2g)  
**lima beans, frozen**  
3/4 package (10 oz) (213g)  
**olive oil**  
3/4 tbsp (11mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

### Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



For single meal:

**lentils, raw**  
4 tbsp (48g)  
**water**  
1/2 cup(s) (119mL)  
**salt**  
1/2 dash (0g)  
**coconut milk, canned**  
6 tbsp (90mL)  
**curry paste**  
1/2 tbsp (8g)

For all 2 meals:

**lentils, raw**  
1/2 cup (96g)  
**water**  
1 cup(s) (237mL)  
**salt**  
1 dash (1g)  
**coconut milk, canned**  
3/4 cup (180mL)  
**curry paste**  
1 tbsp (15g)

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.

## Dinner 2 [↗](#)

Eat on day 3

### Bean & tofu goulash

656 cals ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



**oil**  
3/4 tbsp (11mL)  
**paprika**  
3/4 tbsp (5g)  
**fresh thyme**  
3 dash (0g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
3/4 clove (2g)  
**firm tofu, drained and diced**  
1/3 lbs (149g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



**mixed greens**  
1 cup (30g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**beets, precooked (canned or refrigerated), chopped**  
2 beet(s) (100g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**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.

### White bean succotash

647 cals ● 26g protein ● 16g fat ● 80g carbs ● 19g fiber



For single meal:

**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**white beans, canned, drained & rinsed**  
1 cup (262g)  
**frozen corn kernels, defrosted**  
1 cup (136g)  
**bell pepper, finely chopped**  
1 medium (119g)  
**shallots, minced**  
1 clove(s) (57g)

For all 2 meals:

**lemon juice**  
2 tbsp (30mL)  
**oil**  
2 tbsp (30mL)  
**white beans, canned, drained & rinsed**  
2 cup (524g)  
**frozen corn kernels, defrosted**  
2 cup (272g)  
**bell pepper, finely chopped**  
2 medium (238g)  
**shallots, minced**  
2 clove(s) (113g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Caprese pasta salad

485 cal ● 23g protein ● 13g fat ● 61g carbs ● 8g fiber



For single meal:

**uncooked dry pasta**  
2 oz (57g)  
**pesto sauce**  
1 tbsp (16g)  
**fresh mozzarella cheese, torn into pieces**  
1 oz (28g)  
**white beans, canned, drained & rinsed**  
1/4 can(s) (110g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

**uncooked dry pasta**  
4 oz (113g)  
**pesto sauce**  
2 tbsp (31g)  
**fresh mozzarella cheese, torn into pieces**  
2 oz (57g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

1. Cook the pasta according to the package instructions. Drain and set aside.
2. Optional: While the pasta cooks, roast halved cherry tomatoes on a baking sheet in a 400°F (200°C) oven for 10–15 minutes, until soft and bursting.
3. In a large bowl, combine the cooked pasta, tomatoes, white beans, mozzarella, and pesto. Season with salt and pepper to taste. Enjoy!

### Milk

1 1/3 cup(s) - 199 cal ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/3 cup(s) (320mL)

For all 2 meals:

**whole milk**  
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

### Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

- balsamic vinegar**  
1/2 tbsp (8mL)
- apple cider vinegar**  
1/2 tbsp (0mL)
- chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)
- onion, thinly sliced**  
1/4 small (18g)
- tomatoes, halved**  
1/2 cup cherry tomatoes (75g)
- fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 2 meals:

- balsamic vinegar**  
1 tbsp (15mL)
- apple cider vinegar**  
1 tbsp (1mL)
- chickpeas, canned, drained and rinsed**  
1 can(s) (448g)
- onion, thinly sliced**  
1/2 small (35g)
- tomatoes, halved**  
1 cup cherry tomatoes (149g)
- fresh parsley, chopped**  
3 sprigs (3g)

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

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 scoop - 218 cal● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

- protein powder**  
2 scoop (1/3 cup ea) (62g)
- water**  
2 cup(s) (474mL)

For all 7 meals:

- protein powder**  
14 scoop (1/3 cup ea) (434g)
- water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.