

Meal Plan - 2100 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

2141 cals ● 138g protein (26%) ● 91g fat (38%) ● 169g carbs (32%) ● 24g fiber (5%)

Lunch

990 cals, 45g protein, 53g net carbs, 62g fat



Walnuts
3/8 cup(s)- 291 cals



Brussels sprouts & broccoli salad
438 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

930 cals, 45g protein, 114g net carbs, 28g fat



Green mac and cheese
858 cals



Milk
1/2 cup(s)- 75 cals

Day 2

2100 cals ● 136g protein (26%) ● 87g fat (37%) ● 152g carbs (29%) ● 42g fiber (8%)

Lunch

990 cals, 45g protein, 53g net carbs, 62g fat



Walnuts
3/8 cup(s)- 291 cals



Brussels sprouts & broccoli salad
438 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

890 cals, 42g protein, 97g net carbs, 24g fat



White bean cassoulet
770 cals



Simple mozzarella and tomato salad
121 cals

Day 3

2090 cals ● 135g protein (26%) ● 46g fat (20%) ● 225g carbs (43%) ● 60g fiber (11%)

Lunch

980 cals, 44g protein, 126g net carbs, 21g fat



White bean succotash

808 cals



Lentils

174 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

890 cals, 42g protein, 97g net carbs, 24g fat



White bean cassoulet

770 cals



Simple mozzarella and tomato salad

121 cals

Day 4

2111 cals ● 132g protein (25%) ● 49g fat (21%) ● 246g carbs (47%) ● 41g fiber (8%)

Lunch

980 cals, 44g protein, 126g net carbs, 21g fat



White bean succotash

808 cals



Lentils

174 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

910 cals, 39g protein, 118g net carbs, 27g fat



Caprese salad

178 cals



Milk

1 1/2 cup(s)- 224 cals



Pasta with store-bought sauce

510 cals

Day 5

2138 cals ● 132g protein (25%) ● 54g fat (23%) ● 230g carbs (43%) ● 52g fiber (10%)

Lunch

930 cals, 47g protein, 104g net carbs, 22g fat



Tomato and avocado salad
235 cals



Lentil and veggie soup
694 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

990 cals, 37g protein, 124g net carbs, 31g fat



Naan bread
1 piece(s)- 262 cals



Edamame & beet salad
257 cals



Spinach & hummus pasta
473 cals

Day 6

2073 cals ● 149g protein (29%) ● 46g fat (20%) ● 212g carbs (41%) ● 53g fiber (10%)

Lunch

895 cals, 55g protein, 99g net carbs, 17g fat



Lentil pasta
673 cals



Milk
1 1/2 cup(s)- 224 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

960 cals, 46g protein, 111g net carbs, 28g fat



Chickpea bowl with spicy yogurt sauce
677 cals



Simple Greek cucumber salad
281 cals

Day 7

2073 cals ● 149g protein (29%) ● 46g fat (20%) ● 212g carbs (41%) ● 53g fiber (10%)

Lunch

895 cals, 55g protein, 99g net carbs, 17g fat



Lentil pasta
673 cals



Milk
1 1/2 cup(s)- 224 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

960 cals, 46g protein, 111g net carbs, 28g fat



Chickpea bowl with spicy yogurt sauce
677 cals



Simple Greek cucumber salad
281 cals

Grocery List



Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
16 cup(s) (3792mL)

Spices and Herbs

- ☐ nutmeg
1 1/2 dash (0g)
- ☐ dijon mustard
1 1/2 tbsp (23g)
- ☐ fresh basil
1/4 oz (8g)
- ☐ salt
3 dash (2g)
- ☐ garlic powder
2 dash (1g)
- ☐ black pepper
2 dash, ground (1g)
- ☐ dried dill weed
2 tsp (2g)
- ☐ red wine vinegar
2 tsp (10mL)

Cereal Grains and Pasta

- ☐ all-purpose flour
1 tsp (3g)
- ☐ uncooked dry pasta
2/3 lbs (303g)
- ☐ long-grain white rice
3/4 cup (139g)

Dairy and Egg Products

- ☐ butter
1 tsp (6g)
- ☐ mozzarella cheese, shredded
9 1/2 tbsp (52g)
- ☐ whole milk
6 cup(s) (1392mL)
- ☐ parmesan cheese
1 tbsp (5g)
- ☐ fresh mozzarella cheese
3 1/4 oz (92g)
- ☐ nonfat greek yogurt, plain
2 1/4 container (385g)

Vegetables and Vegetable Products

Nut and Seed Products

- ☐ walnuts
13 1/4 tbsp, shelled (83g)
- ☐ almonds
1/4 cup, slivered (30g)

Sweets

- ☐ honey
1 1/2 tbsp (32g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/2 tbsp (1mL)
- ☐ vegetable broth
3 1/2 cup(s) (mL)
- ☐ pasta sauce
1 jar (24 oz) (616g)

Fats and Oils

- ☐ olive oil
1/3 cup (79mL)
- ☐ oil
3 oz (92mL)
- ☐ balsamic vinaigrette
1 3/4 oz (50mL)

Other

- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ mixed greens
3/4 package (5.5 oz) (110g)
- ☐ nutritional yeast
1 1/4 tbsp (5g)
- ☐ lentil pasta
2/3 lbs (302g)
- ☐ sriracha chili sauce
1 tbsp (15g)

Legumes and Legume Products

- ☐ white beans, canned
3 1/2 can(s) (1533g)
- ☐ lentils, raw
1 cup (216g)
- ☐ hummus
1 2/3 oz (47g)

- ☐ **frozen peas**
6 1/2 tbsp (54g)
- ☐ **broccoli**
4 1/2 cup chopped (419g)
- ☐ **fresh spinach**
2 cup(s) (56g)
- ☐ **brussels sprouts**
3 cup, shredded (150g)
- ☐ **raw celery**
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ **carrots**
4 large (288g)
- ☐ **onion**
3 1/3 medium (2-1/2" dia) (363g)
- ☐ **garlic**
6 clove(s) (18g)
- ☐ **tomatoes**
2 1/2 medium whole (2-3/5" dia) (301g)
- ☐ **frozen corn kernels**
2 1/2 cup (340g)
- ☐ **bell pepper**
2 1/2 medium (298g)
- ☐ **shallots**
2 1/2 clove(s) (142g)
- ☐ **edamame, frozen, shelled**
3/4 cup (89g)
- ☐ **beets, precooked (canned or refrigerated)**
3 beet(s) (150g)
- ☐ **kale leaves**
1 1/4 cup, chopped (50g)
- ☐ **frozen mixed veggies**
2 cup (253g)
- ☐ **fresh parsley**
6 tbsp chopped (23g)
- ☐ **red onion**
1/2 medium (2-1/2" dia) (55g)
- ☐ **cucumber**
2 cucumber (8-1/4") (602g)

- ☐ **chickpeas, canned**
1 1/2 can(s) (672g)

Fruits and Fruit Juices

- ☐ **lemon juice**
4 tbsp (57mL)
- ☐ **lime juice**
1 tbsp (15mL)
- ☐ **avocados**
1/2 avocado(s) (101g)

Baked Products

- ☐ **naan bread**
1 piece(s) (90g)



Lunch 1 [↗](#)

Eat on day 1 and day 2

Walnuts

3/8 cup(s) - 291 cal ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 2/3 tbsp, shelled (42g)

For all 2 meals:

walnuts

13 1/3 tbsp, shelled (83g)

1. The recipe has no instructions.

Brussels sprouts & broccoli salad

438 cal ● 11g protein ● 29g fat ● 24g carbs ● 9g fiber



For single meal:

almonds

2 1/4 tbsp, slivered (15g)

honey

3/4 tbsp (16g)

apple cider vinegar

3/4 tbsp (1mL)

dijon mustard

3/4 tbsp (11g)

olive oil

1 1/2 tbsp (23mL)

parmesan cheese

1/2 tbsp (2g)

brussels sprouts, sliced

1 1/2 cup, shredded (75g)

broccoli, chopped

1 1/2 cup chopped (137g)

For all 2 meals:

almonds

1/4 cup, slivered (30g)

honey

1 1/2 tbsp (32g)

apple cider vinegar

1 1/2 tbsp (1mL)

dijon mustard

1 1/2 tbsp (23g)

olive oil

3 tbsp (45mL)

parmesan cheese

1 tbsp (5g)

brussels sprouts, sliced

3 cup, shredded (150g)

broccoli, chopped

3 cup chopped (273g)

1. Make dressing by mixing olive oil, dijon, honey, apple cider vinegar and some salt and pepper in a small bowl. Set aside.
2. Toss brussel sprouts, broccoli, and almonds in a bowl. Sprinkle parmesan and drizzle dressing on top. Serve.

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:
cottage cheese & fruit cup
2 container (340g)

For all 2 meals:
cottage cheese & fruit cup
4 container (680g)

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

Lunch 2 [🔗](#)

Eat on day 3 and day 4

White bean succotash

808 cals ● 32g protein ● 20g fat ● 101g carbs ● 24g fiber



For single meal:
lemon juice
1 1/4 tbsp (19mL)
oil
1 1/4 tbsp (19mL)
white beans, canned, drained & rinsed
1 1/4 cup (328g)
frozen corn kernels, defrosted
1 1/4 cup (170g)
bell pepper, finely chopped
1 1/4 medium (149g)
shallots, minced
1 1/4 clove(s) (71g)

For all 2 meals:
lemon juice
2 1/2 tbsp (38mL)
oil
2 1/2 tbsp (38mL)
white beans, canned, drained & rinsed
2 1/2 cup (655g)
frozen corn kernels, defrosted
2 1/2 cup (340g)
bell pepper, finely chopped
2 1/2 medium (298g)
shallots, minced
2 1/2 clove(s) (142g)

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.

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.

Lunch 3 [↗](#)

Eat on day 5

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lentil and veggie soup

694 cals ● 44g protein ● 4g fat ● 97g carbs ● 25g fiber



lentils, raw
10 tbsp (120g)
vegetable broth
2 1/2 cup(s) (mL)
kale leaves
1 1/4 cup, chopped (50g)
nutritional yeast
1 1/4 tbsp (5g)
garlic
1 1/4 clove(s) (4g)
frozen mixed veggies
2 cup (253g)

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.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

- pasta sauce**
1/3 jar (24 oz) (224g)
- lentil pasta**
1/3 lbs (151g)

For all 2 meals:

- pasta sauce**
2/3 jar (24 oz) (448g)
- lentil pasta**
2/3 lbs (302g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

- whole milk**
1 1/2 cup(s) (360mL)

For all 2 meals:

- whole milk**
3 cup(s) (720mL)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Green mac and cheese

858 cals ● 41g protein ● 24g fat ● 108g carbs ● 11g fiber



nutmeg

1 1/2 dash (0g)

all-purpose flour

1 tsp (3g)

butter

1 tsp (6g)

mozzarella cheese, shredded

9 1/2 tbsp (52g)

frozen peas

6 1/2 tbsp (54g)

whole milk

5/6 cup(s) (192mL)

broccoli

1 1/2 cup chopped (146g)

uncooked dry pasta

4 oz (113g)

fresh spinach, chopped

1 1/3 cup(s) (36g)

1. Cook pasta according to package instructions. About 5 minutes before pasta is done, add just half of the chopped broccoli to the pot. Once done, drain the pasta and broccoli and transfer to a casserole dish. Set aside.
2. Make sauce by melting butter over medium heat. Add flour and whisk until it creates a paste. Whisk in small amounts of milk at a time until all of the milk has been incorporated.
3. Bring the sauce to a boil. Stirring frequently, mix in the chopped spinach, peas, remaining broccoli, and some salt and pepper. Simmer, uncovered, on low for 5-10 minutes. While simmering, preheat oven to 400°F (200°C).
4. Turn off heat and stir cheese and nutmeg into the sauce. Season with salt and pepper to taste.
5. Optional: Transfer all or part of the sauce to a blender and blend until smooth.
6. Pour sauce over pasta. Bake 20-25 minutes until golden. Serve.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber

Makes 1/2 cup(s)

whole milk

1/2 cup(s) (120mL)



1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2 and day 3

White bean cassoulet

770 cal ● 35g protein ● 16g fat ● 94g carbs ● 28g fiber



For single meal:

vegetable broth
1/2 cup(s) (mL)
oil
1 tbsp (15mL)
raw celery, thinly sliced
1 stalk, medium (7-1/2" - 8" long) (40g)
carrots, peeled & slices
2 large (144g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
2 clove(s) (6g)
white beans, canned, drained & rinsed
1 can(s) (439g)

For all 2 meals:

vegetable broth
1 cup(s) (mL)
oil
2 tbsp (30mL)
raw celery, thinly sliced
2 stalk, medium (7-1/2" - 8" long) (80g)
carrots, peeled & slices
4 large (288g)
onion, diced
2 medium (2-1/2" dia) (220g)
garlic, minced
4 clove(s) (12g)
white beans, canned, drained & rinsed
2 can(s) (878g)

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 mozzarella and tomato salad

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



For single meal:

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)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Dinner 3 [↗](#)

Eat on day 4

Caprese salad

178 cal ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



fresh mozzarella cheese

1 1/4 oz (35g)

mixed greens

3/8 package (5.5 oz) (65g)

fresh basil

1/4 cup leaves, whole (5g)

balsamic vinaigrette

2 1/2 tsp (13mL)

tomatoes, halved

6 2/3 tbsp cherry tomatoes (62g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

whole milk

1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Pasta with store-bought sauce

510 cal ● 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.
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Dinner 4 [↗](#)

Eat on day 5

Naan bread

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

Makes 1 piece(s)

naan bread

1 piece(s) (90g)



1. The recipe has no instructions.

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



mixed greens

1 1/2 cup (45g)

balsamic vinaigrette

1 1/2 tbsp (23mL)

edamame, frozen, shelled

3/4 cup (89g)

beets, precooked (canned or refrigerated), chopped

3 beet(s) (150g)

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

Spinach & hummus pasta

473 cals ● 15g protein ● 15g fat ● 62g carbs ● 7g fiber



hummus

1 2/3 oz (47g)

oil

2 tsp (10mL)

fresh spinach

2/3 cup(s) (20g)

lemon juice

1 tsp (5mL)

uncooked dry pasta

2 2/3 oz (76g)

tomatoes, chopped

1/3 medium whole (2-3/5" dia) (41g)

garlic, diced

2/3 clove(s) (2g)

onion, diced

1/3 small (23g)

1. Cook pasta according to directions on package.
2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
4. Add in hummus and mix well. Add a splash of water if needed.
5. Mix in pasta and season with salt/pepper to taste. Serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Chickpea bowl with spicy yogurt sauce

677 cals ● 28g protein ● 14g fat ● 93g carbs ● 17g fiber



For single meal:

oil
1/2 tbsp (8mL)
long-grain white rice
6 tbsp (69g)
nonfat greek yogurt, plain
3 tbsp (53g)
sriracha chili sauce
1/2 tbsp (8g)
onion, diced
3/4 small (53g)
chickpeas, canned, rinsed & drained
3/4 can(s) (336g)
fresh parsley, chopped
3 tbsp chopped (11g)

For all 2 meals:

oil
1 tbsp (15mL)
long-grain white rice
3/4 cup (139g)
nonfat greek yogurt, plain
6 tbsp (105g)
sriracha chili sauce
1 tbsp (15g)
onion, diced
1 1/2 small (105g)
chickpeas, canned, rinsed & drained
1 1/2 can(s) (672g)
fresh parsley, chopped
6 tbsp chopped (23g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:	For all 2 meals:
nonfat greek yogurt, plain	nonfat greek yogurt, plain
1/2 cup (140g)	1 cup (280g)
lemon juice	lemon juice
1/2 tbsp (8mL)	1 tbsp (15mL)
dried dill weed	dried dill weed
1 tsp (1g)	2 tsp (2g)
red wine vinegar	red wine vinegar
1 tsp (5mL)	2 tsp (10mL)
olive oil	olive oil
1 tbsp (15mL)	2 tbsp (30mL)
red onion, thinly sliced	red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)	1/2 medium (2-1/2" dia) (55g)
cucumber, sliced into half moons	cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)	2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



For single meal:	For all 7 meals:
protein powder	protein powder
2 scoop (1/3 cup ea) (62g)	14 scoop (1/3 cup ea) (434g)
water	water
2 cup(s) (474mL)	14 cup(s) (3318mL)

1. The recipe has no instructions.
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