

# Meal Plan - 2200 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

2235 cals ● 143g protein (26%) ● 60g fat (24%) ● 229g carbs (41%) ● 52g fiber (9%)

### Lunch

1005 cals, 45g protein, 127g net carbs, 26g fat



**Milk**

1 1/3 cup(s)- 199 cals



**Chipotle sweet potato & lentil salad**

806 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

### Dinner

1010 cals, 49g protein, 100g net carbs, 33g fat



**White bean cassoulet**

770 cals



**Simple mozzarella and tomato salad**

242 cals

## Day 2

2246 cals ● 145g protein (26%) ● 57g fat (23%) ● 234g carbs (42%) ● 54g fiber (10%)

### Lunch

1015 cals, 48g protein, 132g net carbs, 23g fat



**Greek veggie burger**

2 burger(s)- 576 cals



**Lentils**

289 cals



**Simple mixed greens and tomato salad**

151 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

### Dinner

1010 cals, 49g protein, 100g net carbs, 33g fat



**White bean cassoulet**

770 cals



**Simple mozzarella and tomato salad**

242 cals

## Day 3

2165 cals ● 150g protein (28%) ● 68g fat (28%) ● 201g carbs (37%) ● 37g fiber (7%)

### Lunch

940 cals, 33g protein, 110g net carbs, 34g fat



Pear

2 pear(s)- 226 cals



Lowfat yogurt

2 container(s)- 362 cals



Cheese and guac tacos

2 taco(s)- 350 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

1010 cals, 69g protein, 89g net carbs, 33g fat



Lentils

289 cals



Vegan sausage & veggie sheet pan

720 cals

## Day 4

2176 cals ● 149g protein (27%) ● 69g fat (29%) ● 192g carbs (35%) ● 48g fiber (9%)

### Lunch

950 cals, 32g protein, 101g net carbs, 35g fat



White bean succotash

647 cals



Simple mixed greens and tomato salad

302 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

1010 cals, 69g protein, 89g net carbs, 33g fat



Lentils

289 cals



Vegan sausage & veggie sheet pan

720 cals

## Day 5

2242 cals ● 138g protein (25%) ● 88g fat (35%) ● 174g carbs (31%) ● 51g fiber (9%)

### Lunch

940 cals, 47g protein, 102g net carbs, 31g fat



**Buffalo tofu**  
355 cals



**Mashed sweet potatoes**  
183 cals



**Lentils**  
405 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

1080 cals, 43g protein, 70g net carbs, 56g fat



**Curried lentils**  
723 cals



**Garlic collard greens**  
358 cals

## Day 6

2152 cals ● 147g protein (27%) ● 76g fat (32%) ● 191g carbs (36%) ● 29g fiber (5%)

### Lunch

940 cals, 47g protein, 102g net carbs, 31g fat



**Buffalo tofu**  
355 cals



**Mashed sweet potatoes**  
183 cals



**Lentils**  
405 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

990 cals, 52g protein, 88g net carbs, 44g fat



**Chik'n nuggets**  
13 nuggets- 717 cals



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



**Simple mixed greens and tomato salad**  
76 cals

Lunch

970 calsgreen53g protein, 86g net carbs, 39g fat



Chunky canned soup (creamy)  
2 can(s)- 707 calsgreen



Cottage cheese & fruit cup  
2 container- 261 calsgreen

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 calsgreen

Dinner

990 calsgreen52g protein, 88g net carbs, 44g fat



Chik'n nuggets  
13 nuggets- 717 calsgreen



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



Simple mixed greens and tomato salad  
76 calsgreen

# Grocery List



## Beverages

- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ water  
25 2/3 cup(s) (6084mL)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1 cup(s) (mL)
- ☐ Frank's Red Hot sauce  
1/3 cup (79mL)
- ☐ chunky canned soup (creamy varieties)  
2 can (~19 oz) (1066g)

## Fats and Oils

- ☐ oil  
4 oz (121mL)
- ☐ balsamic vinaigrette  
2 tbsp (31mL)
- ☐ salad dressing  
3/4 cup (180mL)
- ☐ ranch dressing  
4 tbsp (60mL)

## Vegetables and Vegetable Products

- ☐ raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ carrots  
7 3/4 medium (471g)
- ☐ onion  
2 medium (2-1/2" dia) (220g)
- ☐ garlic  
7 1/2 clove(s) (22g)
- ☐ tomatoes  
5 1/4 medium whole (2-3/5" dia) (651g)
- ☐ sweet potatoes  
4 sweetpotato, 5" long (840g)
- ☐ broccoli  
3 cup chopped (273g)
- ☐ potatoes  
3 small (1-3/4" to 2-1/4" dia.) (276g)
- ☐ frozen corn kernels  
1 cup (136g)
- ☐ bell pepper  
1 medium (119g)
- ☐ shallots  
1 clove(s) (57g)

## Spices and Herbs

- ☐ fresh basil  
2 tbsp, chopped (5g)
- ☐ chipotle seasoning  
4 dash (1g)
- ☐ salt  
1 tsp (6g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
4 oz (113g)
- ☐ whole milk  
4 cup(s) (960mL)
- ☐ nonfat greek yogurt, plain  
6 tbsp (105g)
- ☐ lowfat flavored yogurt  
2 container (6 oz) (340g)
- ☐ cheddar cheese  
1/2 cup, shredded (57g)

## Other

- ☐ mixed greens  
14 cup (420g)
- ☐ veggie burger patty  
2 patty (142g)
- ☐ tzatziki  
1/4 cup(s) (56g)
- ☐ guacamole, store-bought  
4 tbsp (62g)
- ☐ italian seasoning  
1/2 tbsp (5g)
- ☐ vegan sausage  
3 sausage (300g)
- ☐ curry paste  
1 tbsp (15g)
- ☐ vegan chik'n nuggets  
26 nuggets (559g)
- ☐ cottage cheese & fruit cup  
2 container (340g)

## Baked Products

- ☐ hamburger buns  
2 bun(s) (102g)

## Fruits and Fruit Juices

- ☐ pears  
2 medium (356g)

- ☐ collard greens  
18 oz (510g)
- ☐ ketchup  
6 1/2 tbsp (111g)

### **Legumes and Legume Products**

- ☐ white beans, canned  
2 1/2 can(s) (1140g)
- ☐ lentils, raw  
3 1/4 cup (623g)
- ☐ firm tofu  
14 oz (397g)

- ☐ lemon juice  
1 tbsp (15mL)

### **Nut and Seed Products**

- ☐ coconut milk, canned  
3/4 cup (180mL)
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## Lunch 1 [↗](#)

Eat on day 1

### Milk

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

Makes 1 1/3 cup(s)

**whole milk**

1 1/3 cup(s) (320mL)



1. The recipe has no instructions.

## Chipotle sweet potato & lentil salad

806 cal ● 35g protein ● 15g fat ● 112g carbs ● 21g fiber



**oil**

1 tbsp (15mL)

**nonfat greek yogurt, plain**

6 tbsp (105g)

**mixed greens**

2 cup (60g)

**chipotle seasoning**

4 dash (1g)

**water**

1 cup(s) (237mL)

**lentils, raw**

1/3 cup (63g)

**sweet potatoes, cut into wedges**

2 sweetpotato, 5" long (420g)

1. Preheat the oven to 425°F (220°C).
2. Toss the sweet potato wedges with oil and some salt and pepper. Arrange them on a baking sheet and bake for about 25 minutes, or until golden.
3. While the sweet potatoes are baking, combine lentils, water, and salt in a saucepan. Bring to a simmer over medium heat, cover, and cook for 20-30 minutes, or until the lentils are soft. Drain any excess water.
4. In a small bowl, mix Greek yogurt with chipotle seasoning.
5. To serve, plate a bed of mixed greens. Top with the roasted sweet potatoes and cooked lentils, and dollop with the chipotle yogurt sauce.

## Lunch 2 [↗](#)

Eat on day 2

### Greek veggie burger

2 burger(s) - 576 cal ● 25g protein ● 13g fat ● 79g carbs ● 11g fiber



Makes 2 burger(s)

#### **hamburger buns**

2 bun(s) (102g)

#### **veggie burger patty**

2 patty (142g)

#### **tomatoes**

4 slice, medium (1/4" thick) (80g)

#### **tzatziki**

1/4 cup(s) (56g)

1. Cook the veggie burger according to the package instructions.
2. Toast the buns if desired.
3. Place the cooked veggie burger on the bottom bun and top with tomato slices.
4. Spread tzatziki sauce on the top bun, then close the burger.
5. Serve.

### Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



#### **water**

1 2/3 cup(s) (395mL)

#### **salt**

1 dash (1g)

#### **lentils, raw, rinsed**

6 2/3 tbsp (80g)

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.

### Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



#### **mixed greens**

3 cup (90g)

#### **tomatoes**

1/2 cup cherry tomatoes (75g)

#### **salad dressing**

3 tbsp (45mL)

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



## Lunch 3 [↗](#)

Eat on day 3

### Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

**pears**

2 medium (356g)

1. The recipe has no instructions.

### Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



Makes 2 container(s)

**lowfat flavored yogurt**

2 container (6 oz) (340g)

1. The recipe has no instructions.

### 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.

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## Lunch 4 [↗](#)

Eat on day 4

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### White bean succotash

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



**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)

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.

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### Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

**salad dressing**

6 tbsp (90mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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## Lunch 5 [↗](#)

Eat on day 5 and day 6

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### Buffalo tofu

355 cals ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
2 1/2 tbsp (40mL)  
**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1/2 tbsp (8mL)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**ranch dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (15mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

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.
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### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**  
2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

### 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.

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## Lunch 6 [↗](#)

Eat on day 7

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### Chunky canned soup (creamy)

2 can(s) - 707 cals ● 25g protein ● 34g fat ● 60g carbs ● 16g fiber



Makes 2 can(s)

**chunky canned soup (creamy varieties)**  
2 can (~19 oz) (1066g)

1. Prepare according to instructions on package.

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### Cottage cheese & fruit cup

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



Makes 2 container

**cottage cheese & fruit cup**  
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### White bean cassoulet

770 cals ● 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

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

**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)

For all 2 meals:

**balsamic vinaigrette**  
2 tbsp (30mL)  
**fresh basil**  
2 tbsp, chopped (5g)  
**fresh mozzarella cheese, sliced**  
4 oz (113g)  
**tomatoes, sliced**  
1 1/2 large whole (3" dia) (273g)

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

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**water**  
1 2/3 cup(s) (395mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**water**  
3 1/3 cup(s) (790mL)  
**salt**  
1/4 tsp (1g)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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.

### Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**italian seasoning**  
1/4 tbsp (3g)  
**carrots, sliced**  
1 1/2 medium (92g)  
**broccoli, chopped**  
1 1/2 cup chopped (137g)  
**vegan sausage, cut into bite sized pieces**  
1 1/2 sausage (150g)  
**potatoes, cut into wedges**  
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**italian seasoning**  
1/2 tbsp (5g)  
**carrots, sliced**  
3 medium (183g)  
**broccoli, chopped**  
3 cup chopped (273g)  
**vegan sausage, cut into bite sized pieces**  
3 sausage (300g)  
**potatoes, cut into wedges**  
3 small (1-3/4" to 2-1/4" dia.) (276g)

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.

## Dinner 3 [↗](#)

Eat on day 5

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### Curried lentils

723 cals ● 27g protein ● 37g fat ● 60g carbs ● 10g fiber



**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.

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### Garlic collard greens

358 cals ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



**collard greens**  
18 oz (510g)  
**oil**  
1 tbsp (17mL)  
**salt**  
1/4 tsp (2g)  
**garlic, minced**  
3 1/2 clove(s) (10g)

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.
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## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Chik'n nuggets

13 nuggets - 717 cals ● 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.

### Milk

1 1/3 cup(s) - 199 cals ● 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.

### Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

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



# Protein Supplement(s) [↗](#)

Eat every day

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## Protein shake

2 scoop - 218 cals ● 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.
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