

Meal Plan - 2300 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

2347 cals ● 216g protein (37%) ● 81g fat (31%) ● 156g carbs (27%) ● 33g fiber (6%)

Lunch

1040 cals, 113g protein, 66g net carbs, 35g fat



[Teriyaki seitan wings](#)
14 oz seitan- 1041 cals

Dinner

1090 cals, 55g protein, 88g net carbs, 45g fat



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



[Mashed sweet potatoes with butter](#)
498 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 2

2347 cals ● 216g protein (37%) ● 81g fat (31%) ● 156g carbs (27%) ● 33g fiber (6%)

Lunch

1040 cals, 113g protein, 66g net carbs, 35g fat



[Teriyaki seitan wings](#)
14 oz seitan- 1041 cals

Dinner

1090 cals, 55g protein, 88g net carbs, 45g fat



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



[Mashed sweet potatoes with butter](#)
498 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 3

2260 cals ● 147g protein (26%) ● 67g fat (27%) ● 242g carbs (43%) ● 26g fiber (5%)

Lunch

1040 cals, 41g protein, 134g net carbs, 34g fat



Mediterranean chik'n wrap
1 wrap(s)- 406 cals



Naan bread
2 piece(s)- 524 cals



Simple kale salad
2 cup(s)- 110 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1000 cals, 58g protein, 106g net carbs, 32g fat



Seitan Philly cheesesteak
1 1/2 sub(s)- 856 cals



Grapes
145 cals

Day 4

2260 cals ● 147g protein (26%) ● 67g fat (27%) ● 242g carbs (43%) ● 26g fiber (5%)

Lunch

1040 cals, 41g protein, 134g net carbs, 34g fat



Mediterranean chik'n wrap
1 wrap(s)- 406 cals



Naan bread
2 piece(s)- 524 cals



Simple kale salad
2 cup(s)- 110 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1000 cals, 58g protein, 106g net carbs, 32g fat



Seitan Philly cheesesteak
1 1/2 sub(s)- 856 cals



Grapes
145 cals

Day 5

2272 cals ● 158g protein (28%) ● 99g fat (39%) ● 150g carbs (26%) ● 37g fiber (6%)

Lunch

1045 cals, 52g protein, 35g net carbs, 69g fat



[Avocado egg salad sandwich](#)
1 sandwich(es)- 562 cals



[Sunflower seeds](#)
481 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

1010 cals, 58g protein, 113g net carbs, 29g fat



[Simple mixed greens and tomato salad](#)
76 cals



[Vegan meatball sub](#)
2 sub(s)- 936 cals

Day 6

2259 cals ● 168g protein (30%) ● 93g fat (37%) ● 142g carbs (25%) ● 46g fiber (8%)

Lunch

1045 cals, 52g protein, 35g net carbs, 69g fat



[Avocado egg salad sandwich](#)
1 sandwich(es)- 562 cals



[Sunflower seeds](#)
481 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

1000 cals, 68g protein, 105g net carbs, 22g fat



[Simple mixed greens and tomato salad](#)
113 cals



[Tempeh & mushroom stir fry](#)
885 cals

Day 7

2340 cals ● 167g protein (29%) ● 77g fat (30%) ● 204g carbs (35%) ● 41g fiber (7%)

Lunch

1125 cals, 51g protein, 97g net carbs, 53g fat



[Brown rice](#)
3/4 cup brown rice, cooked- 172 cals



[Simple mixed greens salad](#)
136 cals



[Rosemary mushroom cheese sandwich](#)
2 sandwich(es)- 815 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

1000 cals, 68g protein, 105g net carbs, 22g fat



[Simple mixed greens and tomato salad](#)
113 cals



[Tempeh & mushroom stir fry](#)
885 cals

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
14 1/2 cup(s) (3437mL)

Legumes and Legume Products

- ☐ tempeh
2 lbs (907g)
- ☐ hummus
4 tbsp (60g)
- ☐ soy sauce
4 tbsp (60mL)

Fats and Oils

- ☐ oil
1/4 lbs (114mL)
- ☐ salad dressing
13 tbsp (195mL)

Vegetables and Vegetable Products

- ☐ sweet potatoes
4 sweetpotato, 5" long (840g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (291g)
- ☐ cucumber
1/2 cup slices (52g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ onion
3/4 medium (2-1/2" dia) (83g)
- ☐ bell pepper
2 2/3 large (439g)
- ☐ mushrooms
13 oz (365g)

Dairy and Egg Products

- ☐ butter
2 2/3 tbsp (36g)
- ☐ feta cheese
4 tbsp (38g)
- ☐ cheese
7 oz (197g)
- ☐ eggs
6 large (300g)

Cereal Grains and Pasta

Other

- ☐ teriyaki sauce
14 tbsp (210mL)
- ☐ mixed greens
10 1/2 cup (315g)
- ☐ meatless chik'n tenders
5 oz (142g)
- ☐ sub roll(s)
5 roll(s) (425g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ vegan meatballs, frozen
8 meatball(s) (240g)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)
- ☐ naan bread
4 piece(s) (360g)
- ☐ bread
9 oz (256g)

Fruits and Fruit Juices

- ☐ grapes
5 cup (460g)
- ☐ avocados
1 avocado(s) (201g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 cup (130g)

Spices and Herbs

- ☐ garlic powder
1 tbsp (9g)
- ☐ ground ginger
1 tsp (2g)
- ☐ salt
1 1/2 dash (1g)
- ☐ black pepper
1 1/2 dash, ground (0g)
- ☐ rosemary, dried
4 dash (1g)

Nut and Seed Products

☐ **seitan**
2 1/3 lbs (1049g)

☐ **brown rice**
1 1/4 cup (238g)

☐ **sunflower kernels**
1/3 lbs (151g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Teriyaki seitan wings

14 oz seitan - 1041 cal ● 113g protein ● 35g fat ● 66g carbs ● 2g fiber



For single meal:

seitan
14 oz (397g)
oil
1 3/4 tbsp (26mL)
teriyaki sauce
1/2 cup (105mL)

For all 2 meals:

seitan
1 3/4 lbs (794g)
oil
1/4 cup (53mL)
teriyaki sauce
14 tbsp (210mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Mediterranean chik'n wrap

1 wrap(s) - 406 cal ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



For single meal:

feta cheese
2 tbsp (19g)
hummus
2 tbsp (30g)
mixed greens
4 tbsp (8g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
meatless chik'n tenders
2 1/2 oz (71g)
tomatoes, chopped
1 slice(s), thin/small (15g)
cucumber, chopped
4 tbsp slices (26g)

For all 2 meals:

feta cheese
4 tbsp (38g)
hummus
4 tbsp (60g)
mixed greens
1/2 cup (15g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
meatless chik'n tenders
5 oz (142g)
tomatoes, chopped
2 slice(s), thin/small (30g)
cucumber, chopped
1/2 cup slices (52g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

naan bread
2 piece(s) (180g)

For all 2 meals:

naan bread
4 piece(s) (360g)

1. The recipe has no instructions.

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

For all 2 meals:

kale leaves
4 cup, chopped (160g)
salad dressing
4 tbsp (60mL)

1. Toss kale in dressing of your choice and serve.
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Lunch 3 [↗](#)

Eat on day 5 and day 6

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

eggs, hard-boiled and chilled

3 large (150g)

For all 2 meals:

garlic powder

1 tsp (3g)

avocados

1 avocado(s) (201g)

bread

4 slice (128g)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

eggs, hard-boiled and chilled

6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Sunflower seeds

481 cals ● 23g protein ● 38g fat ● 6g carbs ● 6g fiber



For single meal:

sunflower kernels

2 2/3 oz (76g)

For all 2 meals:

sunflower kernels

1/3 lbs (151g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

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.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Rosemary mushroom cheese sandwich

2 sandwich(es) - 815 cals ● 45g protein ● 43g fat ● 54g carbs ● 9g fiber



Makes 2 sandwich(es)

- bread**
4 slice(s) (128g)
- cheese**
1 cup, shredded (113g)
- mushrooms**
3 oz (85g)
- rosemary, dried**
4 dash (1g)
- mixed greens**
1 cup (30g)

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Basic tempeh

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



For single meal:

- tempeh**
1/2 lbs (227g)
- oil**
4 tsp (20mL)

For all 2 meals:

- tempeh**
1 lbs (454g)
- oil**
2 2/3 tbsp (40mL)

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.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes

2 sweetpotato, 5" long (420g)

butter

4 tsp (18g)

For all 2 meals:

sweet potatoes

4 sweetpotato, 5" long (840g)

butter

2 2/3 tbsp (36g)

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, top with butter, and serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Seitan Philly cheesesteak

1 1/2 sub(s) - 856 cal ● 56g protein ● 31g fat ● 83g carbs ● 5g fiber



For single meal:

sub roll(s)

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

oil

3/4 tbsp (11mL)

cheese

1 1/2 slice (1 oz each) (42g)

seitan, cut into strips

1/4 lbs (128g)

onion, chopped

3/8 medium (2-1/2" dia) (41g)

bell pepper, sliced

3/4 small (56g)

For all 2 meals:

sub roll(s)

3 roll(s) (255g)

oil

1 1/2 tbsp (23mL)

cheese

3 slice (1 oz each) (84g)

seitan, cut into strips

1/2 lbs (255g)

onion, chopped

3/4 medium (2-1/2" dia) (83g)

bell pepper, sliced

1 1/2 small (111g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Grapes

145 cal ● 2g protein ● 1g fat ● 23g carbs ● 9g fiber



For single meal:

grapes
2 1/2 cup (230g)

For all 2 meals:

grapes
5 cup (460g)

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5

Simple mixed greens and tomato salad

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



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

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

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



Makes 2 sub(s)
sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

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.

Dinner 4 [↗](#)

Eat on day 6 and day 7

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.

Tempeh & mushroom stir fry

885 cals ● 65g protein ● 15g fat ● 97g carbs ● 24g fiber



For single meal:

brown rice
1/2 cup (95g)
soy sauce
2 tbsp (30mL)
garlic powder
1 tsp (3g)
ground ginger
4 dash (1g)
mushrooms, chopped
2 cup, chopped (140g)
tempeh, sliced
1/2 lbs (227g)
bell pepper, sliced
1 large (164g)

For all 2 meals:

brown rice
1 cup (190g)
soy sauce
4 tbsp (60mL)
garlic powder
2 tsp (6g)
ground ginger
1 tsp (2g)
mushrooms, chopped
4 cup, chopped (280g)
tempeh, sliced
1 lbs (454g)
bell pepper, sliced
2 large (328g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Protein Supplement(s) [↗](#)

Eat every day

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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