

Meal Plan - 2400 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

2443 cals ● 168g protein (27%) ● 83g fat (31%) ● 212g carbs (35%) ● 44g fiber (7%)

Lunch

1115 cals, 44g protein, 54g net carbs, 77g fat



[Pesto grilled cheese sandwich](#)
2 sandwich(es)- 1115 cals

Dinner

1055 cals, 64g protein, 156g net carbs, 5g fat



[Bbq cauliflower wings](#)
535 cals



[Lentils](#)
521 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 2

2443 cals ● 168g protein (27%) ● 83g fat (31%) ● 212g carbs (35%) ● 44g fiber (7%)

Lunch

1115 cals, 44g protein, 54g net carbs, 77g fat



[Pesto grilled cheese sandwich](#)
2 sandwich(es)- 1115 cals

Dinner

1055 cals, 64g protein, 156g net carbs, 5g fat



[Bbq cauliflower wings](#)
535 cals



[Lentils](#)
521 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 3

2442 cals ● 151g protein (25%) ● 49g fat (18%) ● 296g carbs (48%) ● 53g fiber (9%)

Lunch

1080 cals, 41g protein, 172g net carbs, 18g fat



Bean & tofu goulash
437 cals



Naan bread
1 piece(s)- 262 cals



White rice
1 3/4 cup rice, cooked- 382 cals

Dinner

1090 cals, 50g protein, 122g net carbs, 30g fat



Three sisters salad
1088 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 4

2427 cals ● 173g protein (28%) ● 80g fat (30%) ● 217g carbs (36%) ● 37g fiber (6%)

Lunch

1080 cals, 41g protein, 172g net carbs, 18g fat



Bean & tofu goulash
437 cals



Naan bread
1 piece(s)- 262 cals



White rice
1 3/4 cup rice, cooked- 382 cals

Dinner

1075 cals, 71g protein, 43g net carbs, 61g fat



Seitan salad
898 cals



Walnuts
1/4 cup(s)- 175 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 5

2371 cals ● 154g protein (26%) ● 54g fat (20%) ● 276g carbs (46%) ● 42g fiber (7%)

Lunch

1080 cals, 43g protein, 151g net carbs, 24g fat



Fruit juice

2 1/3 cup(s)- 267 cals



Lentil Soup

812 cals

Dinner

1020 cals, 50g protein, 122g net carbs, 29g fat



Milk

1 2/3 cup(s)- 248 cals



Tofu alfredo pasta with broccoli

589 cals



Tossed salad

182 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 6

2371 cals ● 154g protein (26%) ● 54g fat (20%) ● 276g carbs (46%) ● 42g fiber (7%)

Lunch

1080 cals, 43g protein, 151g net carbs, 24g fat



Fruit juice

2 1/3 cup(s)- 267 cals



Lentil Soup

812 cals

Dinner

1020 cals, 50g protein, 122g net carbs, 29g fat



Milk

1 2/3 cup(s)- 248 cals



Tofu alfredo pasta with broccoli

589 cals



Tossed salad

182 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 7

2369 cals ● 160g protein (27%) ● 42g fat (16%) ● 300g carbs (51%) ● 37g fiber (6%)

Lunch

1060 cals, 44g protein, 153g net carbs, 25g fat



Green mac and cheese

858 cals



Fruit juice

1 3/4 cup(s)- 201 cals

Dinner

1040 cals, 55g protein, 145g net carbs, 16g fat



Lowfat Greek yogurt

2 container(s)- 310 cals



Spiced chickpea tabbouleh bowl

728 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Grocery List



Soups, Sauces, and Gravies

- barbecue sauce
1 cup (286g)
- pesto sauce
4 tbsp (64g)

Spices and Herbs

- salt
1/2 oz (13g)
- thyme, dried
1 1/4 tsp, leaves (1g)
- paprika
1 tbsp (7g)
- fresh thyme
4 dash (0g)
- oregano, dried
1/4 tbsp, leaves (1g)
- black pepper
3 dash, ground (1g)
- basil, dried
2 1/4 g (2g)
- ground cumin
1/4 tbsp (1g)
- nutmeg
1 1/2 dash (0g)

Other

- nutritional yeast
2 1/4 oz (63g)
- vinaigrette, store-bought, any flavor
1/4 cup (56mL)

Vegetables and Vegetable Products

- cauliflower
4 head small (4" dia.) (1060g)
- tomatoes
4 1/2 medium whole (2-3/5" dia) (565g)
- fresh spinach
10 1/3 cup(s) (310g)
- frozen corn kernels
10 tbsp (85g)
- zucchini
1 1/4 medium (245g)
- garlic
6 1/3 clove(s) (19g)
- onion
1 3/4 medium (2-1/2" dia) (193g)

Beverages

- water
32 cup(s) (7544mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- almond milk, unsweetened
1/3 cup (79mL)

Legumes and Legume Products

- lentils, raw
3 cup (576g)
- white beans, canned
2 1/4 can(s) (988g)
- firm tofu
17 2/3 oz (500g)
- chickpeas, canned
2/3 can(s) (299g)

Baked Products

- bread
8 slice (256g)
- naan bread
2 piece(s) (180g)

Dairy and Egg Products

- cheese
8 slice (1 oz each) (224g)
- butter
1/4 cup (62g)
- whole milk
4 cup(s) (991mL)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- mozzarella cheese, shredded
9 1/2 tbsp (52g)

Fats and Oils

- oil
1 1/3 oz (41mL)
- salad dressing
3 oz (82mL)
- olive oil
3 tbsp (46mL)

Cereal Grains and Pasta

- canned crushed tomatoes**
3/4 can (304g)
- raw celery**
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- carrots**
2 3/4 medium (167g)
- frozen broccoli**
2/3 package (189g)
- romaine lettuce**
1 1/2 hearts (750g)
- red onion**
3/8 medium (2-1/2" dia) (41g)
- cucumber**
3/4 cucumber (8-1/4") (213g)
- fresh parsley**
2 2/3 sprigs (3g)
- frozen peas**
6 1/2 tbsp (54g)
- broccoli**
1 1/2 cup chopped (146g)
- long-grain white rice**
56 tsp (216g)
- seitan**
1/2 lbs (213g)
- uncooked dry pasta**
3/4 lbs (341g)
- instant couscous, flavored**
2/3 box (5.8 oz) (110g)
- all-purpose flour**
1 tsp (3g)

Fruits and Fruit Juices

- avocados**
5/8 avocado(s) (126g)
- fruit juice**
51 1/3 fl oz (1540mL)
- lemon juice**
1 tsp (5mL)

Nut and Seed Products

- walnuts**
4 tbsp, shelled (25g)

Lunch 1 ↗

Eat on day 1 and day 2

Pesto grilled cheese sandwich

2 sandwich(es) - 1115 cals ● 44g protein ● 77g fat ● 54g carbs ● 9g fiber



For single meal:

bread
4 slice (128g)
pesto sauce
2 tbsp (32g)
cheese
4 slice (1 oz each) (112g)
tomatoes
4 slice(s), thin/small (60g)
butter, softened
2 tbsp (28g)

For all 2 meals:

bread
8 slice (256g)
pesto sauce
4 tbsp (64g)
cheese
8 slice (1 oz each) (224g)
tomatoes
8 slice(s), thin/small (120g)
butter, softened
4 tbsp (57g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 2 ↗

Eat on day 3 and day 4

Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



For single meal:

oil
1/2 tbsp (8mL)
paprika
1/2 tbsp (3g)
fresh thyme
2 dash (0g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1/2 clove (2g)
firm tofu, drained and diced
1/4 lbs (99g)

For all 2 meals:

oil
1 tbsp (15mL)
paprika
1 tbsp (7g)
fresh thyme
4 dash (0g)
white beans, canned, drained & rinsed
1 can(s) (439g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
1 clove (3g)
firm tofu, drained and diced
1/2 lbs (198g)

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.

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.

White rice

1 3/4 cup rice, cooked - 382 cals ● 8g protein ● 1g fat ● 85g carbs ● 1g fiber



For single meal:

water
1 1/6 cup(s) (276mL)
long-grain white rice
9 1/3 tbsp (108g)

For all 2 meals:

water
2 1/3 cup(s) (553mL)
long-grain white rice
56 tsp (216g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 3 ↗

Eat on day 5 and day 6

Fruit juice

2 1/3 cup(s) - 267 cals ● 4g protein ● 1g fat ● 59g carbs ● 1g fiber



For single meal:

fruit juice
18 2/3 fl oz (560mL)

For all 2 meals:

fruit juice
37 1/3 fl oz (1120mL)

1. The recipe has no instructions.

Lentil Soup

812 cals ● 39g protein ● 23g fat ● 92g carbs ● 21g fiber



For single meal:

oregano, dried
3 dash, leaves (0g)
lentils, raw
3/4 cup (144g)
water
3 cup(s) (711mL)
black pepper
1 1/2 dash, ground (0g)
basil, dried
3 dash, leaves (0g)
canned crushed tomatoes
3/8 can (152g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
onion, chopped
3/8 medium (2-1/2" dia) (41g)
raw celery, chopped
3/4 stalk, medium (7-1/2" - 8" long)
(30g)
garlic, minced
3/4 clove(s) (2g)
carrots, diced
3/4 medium (46g)
fresh spinach, thinly sliced
1/6 cup(s) (6g)

For all 2 meals:

oregano, dried
1/4 tbsp, leaves (1g)
lentils, raw
1 1/2 cup (288g)
water
6 cup(s) (1422mL)
black pepper
3 dash, ground (1g)
basil, dried
1/4 tbsp, leaves (1g)
canned crushed tomatoes
3/4 can (304g)
salt
1/4 tbsp (5g)
olive oil
3 tbsp (45mL)
onion, chopped
3/4 medium (2-1/2" dia) (83g)
raw celery, chopped
1 1/2 stalk, medium (7-1/2" - 8" long)
(60g)
garlic, minced
1 1/2 clove(s) (5g)
carrots, diced
1 1/2 medium (92g)
fresh spinach, thinly sliced
3/8 cup(s) (11g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Lunch 4 ↗

Eat on day 7

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.

Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber

Makes 1 3/4 cup(s)

fruit juice
14 fl oz (420mL)



1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



For single meal:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

For all 2 meals:

water
6 cup(s) (1422mL)
salt
3 dash (2g)
lentils, raw, rinsed
1 1/2 cup (288g)

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.

Dinner 2 ↗

Eat on day 3

Three sisters salad

1088 cals ● 50g protein ● 30g fat ● 122g carbs ● 34g fiber



fresh spinach
3 3/4 cup(s) (113g)
frozen corn kernels
10 tbsp (85g)
thyme, dried
1 1/4 tsp, leaves (1g)
vinaigrette, store-bought, any flavor
1/4 cup (56mL)
oil
2 1/2 tsp (13mL)
zucchini, diced
1 1/4 medium (245g)
garlic, minced
2 1/2 clove(s) (8g)
white beans, canned, drained & rinsed
1 1/4 can(s) (549g)

1. Heat oil in a skillet over medium heat.
2. Add the zucchini, corn, garlic, thyme, and a pinch of salt and pepper. Cook for about 5 minutes, or until the vegetables are fork-tender and corn is warmed through.
3. Stir in the beans and cook for another 2-3 minutes, until warmed through.
4. Turn off the heat and let the mixture cool slightly.
5. Serve over a bed of spinach and drizzle with vinaigrette.
6. Meal Prep Tip: Store the cooked vegetable and bean mixture separately from the spinach and vinaigrette. Assemble just before eating to keep the greens fresh and crisp.

Dinner 3 ↗

Eat on day 4

Seitan salad

898 cals ● 67g protein ● 44g fat ● 41g carbs ● 17g fiber



oil
2 1/2 tsp (13mL)
nutritional yeast
2 1/2 tsp (3g)
salad dressing
2 1/2 tbsp (38mL)
fresh spinach
5 cup(s) (150g)
seitan, crumbled or sliced
1/2 lbs (213g)
tomatoes, halved
15 cherry tomatoes (255g)
avocados, chopped
5/8 avocado(s) (126g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber

Makes 1/4 cup(s)

walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.



Dinner 4 ↗

Eat on day 5 and day 6

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 2/3 cup(s) (400mL)

For all 2 meals:

whole milk

3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

Tofu alfredo pasta with broccoli

589 cals ● 30g protein ● 10g fat ● 88g carbs ● 7g fiber



For single meal:

uncooked dry pasta
4 oz (114g)
firm tofu
1/3 package (16 oz) (151g)
frozen broccoli
1/3 package (95g)
garlic
2/3 clove(s) (2g)
salt
1/6 dash (0g)
almond milk, unsweetened
2 2/3 tbsp (40mL)
basil, dried
1/4 tbsp, ground (1g)

For all 2 meals:

uncooked dry pasta
1/2 lbs (228g)
firm tofu
2/3 package (16 oz) (302g)
frozen broccoli
2/3 package (189g)
garlic
1 1/3 clove(s) (4g)
salt
1/3 dash (0g)
almond milk, unsweetened
1/3 cup (80mL)
basil, dried
1/2 tbsp, ground (2g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



For single meal:

romaine lettuce, shredded
3/4 hearts (375g)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
salad dressing
1 1/2 tbsp (23mL)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)

For all 2 meals:

romaine lettuce, shredded
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 small whole (2-2/5" dia) (137g)
salad dressing
3 tbsp (45mL)
red onion, sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced or diced
3/8 cucumber (8-1/4") (113g)
carrots, peeled and shredded or sliced
1 1/2 small (5-1/2" long) (75g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 5 ↗

Eat on day 7

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber

Makes 2 container(s)



lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Spiced chickpea tabbouleh bowl

728 cals ● 31g protein ● 8g fat ● 112g carbs ● 20g fiber



instant couscous, flavored
2/3 box (5.8 oz) (110g)
oil
1/3 tsp (2mL)
ground cumin
1/4 tbsp (1g)
lemon juice
1 tsp (5mL)
cucumber, chopped
1/3 cucumber (8-1/4") (100g)
chickpeas, canned, drained & rinsed
2/3 can(s) (299g)
tomatoes, chopped
2/3 roma tomato (53g)
fresh parsley, chopped
2 2/3 sprigs (3g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

water

2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

water

17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.