

Meal Plan - 2500 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

2486 cals ● 208g protein (33%) ● 97g fat (35%) ● 161g carbs (26%) ● 34g fiber (6%)

Lunch

1065 cals, 39g protein, 77g net carbs, 59g fat



[Spiced tofu & pesto sandwich](#)

2 sandwich(es)- 760 cals



[Simple mixed greens and tomato salad](#)

302 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

1150 cals, 108g protein, 82g net carbs, 37g fat



[Vegan sausage](#)

3 sausage(s)- 804 cals



[Lentils](#)

347 cals

Day 2

2524 cals ● 155g protein (25%) ● 121g fat (43%) ● 163g carbs (26%) ● 41g fiber (7%)

Lunch

1065 cals, 39g protein, 77g net carbs, 59g fat



[Spiced tofu & pesto sandwich](#)

2 sandwich(es)- 760 cals



[Simple mixed greens and tomato salad](#)

302 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Dinner

1190 cals, 55g protein, 84g net carbs, 61g fat



[Lentil kale salad](#)

649 cals



[Lentils](#)

174 cals



[Pumpkin seeds](#)

366 cals

Day 3

2491 cals ● 159g protein (26%) ● 110g fat (40%) ● 161g carbs (26%) ● 54g fiber (9%)

Lunch

1030 cals, 43g protein, 75g net carbs, 49g fat



Simple kale & avocado salad
345 cals



Spinach artichoke grilled cheese sandwich
2 sandwich(es)- 685 cals

Dinner

1190 cals, 55g protein, 84g net carbs, 61g fat



Lentil kale salad
649 cals



Lentils
174 cals



Pumpkin seeds
366 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2481 cals ● 178g protein (29%) ● 81g fat (29%) ● 214g carbs (35%) ● 46g fiber (7%)

Lunch

1030 cals, 43g protein, 75g net carbs, 49g fat



Simple kale & avocado salad
345 cals



Spinach artichoke grilled cheese sandwich
2 sandwich(es)- 685 cals

Dinner

1180 cals, 74g protein, 137g net carbs, 31g fat



Crispy chik'n tenders
13 1/3 tender(s)- 762 cals



Lentils
260 cals



Clementine
4 clementine(s)- 156 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

2522 cals ● 157g protein (25%) ● 113g fat (40%) ● 172g carbs (27%) ● 47g fiber (7%)

Lunch

1095 cals, 50g protein, 88g net carbs, 44g fat



Roasted almonds

1/3 cup(s)- 277 cals



Chickpea & kale soup

818 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1155 cals, 47g protein, 81g net carbs, 68g fat



Flatbread margherita pizza

792 cals



Simple mozzarella and tomato salad

363 cals

Day 6

2471 cals ● 157g protein (25%) ● 81g fat (29%) ● 216g carbs (35%) ● 63g fiber (10%)

Lunch

1085 cals, 53g protein, 118g net carbs, 27g fat



Simple kale & avocado salad

345 cals



Lentil and veggie soup

740 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1115 cals, 43g protein, 96g net carbs, 53g fat



Sesame orange tofu

10 1/2 oz tofu- 566 cals



Tortilla chips

282 cals



Garlic collard greens

266 cals

Day 7

2471 cals ● 157g protein (25%) ● 81g fat (29%) ● 216g carbs (35%) ● 63g fiber (10%)

Lunch

1085 cals, 53g protein, 118g net carbs, 27g fat



Simple kale & avocado salad
345 cals



Lentil and veggie soup
740 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1115 cals, 43g protein, 96g net carbs, 53g fat



Sesame orange tofu
10 1/2 oz tofu- 566 cals



Tortilla chips
282 cals



Garlic collard greens
266 cals



Grocery List



Other

- ☐ **vegan sausage**
3 sausage (300g)
- ☐ **mixed greens**
14 cup (420g)
- ☐ **meatless chik'n tenders**
13 1/3 pieces (340g)
- ☐ **sriracha chili sauce**
1 1/2 tbsp (23g)
- ☐ **sesame oil**
1 1/2 tbsp (23mL)
- ☐ **nutritional yeast**
2 2/3 tbsp (10g)

Beverages

- ☐ **water**
26 1/3 cup(s) (6240mL)
- ☐ **protein powder**
17 1/2 scoop (1/3 cup ea) (543g)

Spices and Herbs

- ☐ **salt**
5 g (5g)
- ☐ **ground cumin**
2 tbsp (12g)
- ☐ **chili powder**
2 tsp (5g)
- ☐ **crushed red pepper**
1 tbsp (5g)
- ☐ **fresh basil**
1/4 oz (8g)
- ☐ **balsamic vinegar**
2 tbsp (28mL)
- ☐ **black pepper**
1 1/4 dash (0g)

Legumes and Legume Products

- ☐ **lentils, raw**
3 1/2 cup (680g)
- ☐ **firm tofu**
2 lbs (936g)
- ☐ **chickpeas, canned**
1 1/2 can(s) (672g)
- ☐ **soy sauce**
3 tbsp (45mL)

Baked Products

Vegetables and Vegetable Products

- ☐ **tomatoes**
5 1/3 medium whole (2-3/5" dia) (657g)
- ☐ **kale leaves**
2 lbs (937g)
- ☐ **garlic**
20 3/4 clove(s) (62g)
- ☐ **artichokes, canned**
1 can, drained (240g)
- ☐ **fresh spinach**
1/2 lbs (227g)
- ☐ **ketchup**
3 1/3 tbsp (57g)
- ☐ **collard greens**
1 2/3 lbs (756g)
- ☐ **frozen mixed veggies**
4 cup (540g)

Fruits and Fruit Juices

- ☐ **lemon juice**
3 1/3 tbsp (50mL)
- ☐ **avocados**
3 avocado(s) (603g)
- ☐ **lemon**
3 small (174g)
- ☐ **clementines**
4 fruit (296g)
- ☐ **orange**
3/4 fruit (2-7/8" dia) (105g)

Nut and Seed Products

- ☐ **almonds**
2 1/2 oz (67g)
- ☐ **roasted pumpkin seeds, unsalted**
1 cup (118g)
- ☐ **sesame seeds**
1 tbsp (9g)

Dairy and Egg Products

- ☐ **mozzarella cheese, shredded**
6 oz (167g)
- ☐ **fresh mozzarella cheese**
3 oz (85g)

Sweets

- ☐ **sugar**
3 tbsp (39g)

- ☐ bread
16 slice(s) (512g)
- ☐ naan bread
1 1/4 piece(s) (113g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
6 tbsp (96g)
- ☐ vegetable broth
11 1/3 cup(s) (mL)

Fats and Oils

- ☐ oil
4 oz (121mL)
 - ☐ salad dressing
3/4 cup (180mL)
 - ☐ olive oil
2 tbsp (28mL)
 - ☐ balsamic vinaigrette
1 1/2 tbsp (22mL)
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Cereal Grains and Pasta

- ☐ cornstarch
1/4 cup (36g)

Snacks

- ☐ tortilla chips
4 oz (113g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Spiced tofu & pesto sandwich

2 sandwich(es) - 760 cals ● 33g protein ● 40g fat ● 56g carbs ● 11g fiber



For single meal:

bread
4 slice(s) (128g)
pesto sauce
3 tbsp (48g)
oil
2 tsp (10mL)
ground cumin
2 tsp (4g)
chili powder
1 tsp (3g)
mixed greens
1 cup (30g)
crushed red pepper
4 dash (1g)
firm tofu
6 oz (170g)

For all 2 meals:

bread
8 slice(s) (256g)
pesto sauce
6 tbsp (96g)
oil
4 tsp (20mL)
ground cumin
4 tsp (8g)
chili powder
2 tsp (5g)
mixed greens
2 cup (60g)
crushed red pepper
1 tsp (2g)
firm tofu
3/4 lbs (340g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Simple mixed greens and tomato salad

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



For single meal:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

For all 2 meals:

mixed greens
12 cup (360g)
tomatoes
2 cup cherry tomatoes (298g)
salad dressing
3/4 cup (180mL)

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

Lunch 2 [↗](#)

Eat on day 3 and day 4

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

kale leaves, chopped
3/4 bunch (128g)
avocados, chopped
3/4 avocado(s) (151g)
lemon, juiced
3/4 small (44g)

For all 2 meals:

kale leaves, chopped
1 1/2 bunch (255g)
avocados, chopped
1 1/2 avocado(s) (302g)
lemon, juiced
1 1/2 small (87g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Spinach artichoke grilled cheese sandwich

2 sandwich(es) - 685 cals ● 36g protein ● 26g fat ● 61g carbs ● 17g fiber



For single meal:

oil
2 tsp (10mL)
artichokes, canned
1/2 can, drained (120g)
fresh spinach
4 oz (113g)
bread
4 slice(s) (128g)
mozzarella cheese, shredded
2 oz (57g)

For all 2 meals:

oil
4 tsp (20mL)
artichokes, canned
1 can, drained (240g)
fresh spinach
1/2 lbs (227g)
bread
8 slice(s) (256g)
mozzarella cheese, shredded
4 oz (113g)

1. Heat just half of the oil in a non-stick skillet over medium heat. Add the artichokes and cook until they start to brown in places, about 5-6 minutes.
2. Add spinach and some salt and pepper to the skillet and stir until spinach wilts, about 2 minutes.
3. Transfer spinach artichoke mixture to a bowl and wipe the skillet clean.
4. Add the spinach artichoke mixture and the cheese to a slice of bread and top with other slice of bread.
5. Heat remaining oil in the skillet over medium heat. Add sandwich and cook until golden brown, 2-3 minutes per side.
6. Cut sandwich in half and serve.

Lunch 3 [↗](#)

Eat on day 5

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. The recipe has no instructions.

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



vegetable broth

6 cup(s) (mL)

oil

1/2 tbsp (8mL)

kale leaves, chopped

3 cup, chopped (120g)

garlic, minced

3 clove(s) (9g)

chickpeas, canned, drained

1 1/2 can(s) (672g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
 2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
 3. Crack a hefty amount of pepper on top and serve.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

kale leaves, chopped
3/4 bunch (128g)
avocados, chopped
3/4 avocado(s) (151g)
lemon, juiced
3/4 small (44g)

For all 2 meals:

kale leaves, chopped
1 1/2 bunch (255g)
avocados, chopped
1 1/2 avocado(s) (302g)
lemon, juiced
1 1/2 small (87g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lentil and veggie soup

740 cals ● 46g protein ● 4g fat ● 104g carbs ● 27g fiber



For single meal:

lentils, raw
2/3 cup (128g)
vegetable broth
2 2/3 cup(s) (mL)
kale leaves
1 1/3 cup, chopped (53g)
nutritional yeast
4 tsp (5g)
garlic
1 1/3 clove(s) (4g)
frozen mixed veggies
2 cup (270g)

For all 2 meals:

lentils, raw
1 1/3 cup (256g)
vegetable broth
5 1/3 cup(s) (mL)
kale leaves
2 2/3 cup, chopped (107g)
nutritional yeast
2 2/3 tbsp (10g)
garlic
2 2/3 clove(s) (8g)
frozen mixed veggies
4 cup (540g)

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.

Dinner 1 [↗](#)

Eat on day 1

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage

3 sausage (300g)

1. Prepare according to package instructions.
2. Serve.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



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.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Lentil kale salad

649 cals ● 26g protein ● 31g fat ● 54g carbs ● 13g fiber



For single meal:

lentils, raw
6 2/3 tbsp (80g)
lemon juice
5 tsp (25mL)
almonds
5 tsp, slivered (11g)
oil
5 tsp (25mL)
kale leaves
2 1/2 cup, chopped (100g)
crushed red pepper
1 tsp (2g)
water
1 2/3 cup(s) (395mL)
ground cumin
1 tsp (2g)
garlic, diced
1 2/3 clove(s) (5g)

For all 2 meals:

lentils, raw
13 1/3 tbsp (160g)
lemon juice
1/4 cup (50mL)
almonds
1/4 cup, slivered (23g)
oil
1/4 cup (50mL)
kale leaves
5 cup, chopped (200g)
crushed red pepper
1/2 tbsp (3g)
water
3 1/3 cup(s) (790mL)
ground cumin
1/2 tbsp (4g)
garlic, diced
3 1/3 clove(s) (10g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss 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.

Pumpkin seeds

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



For single meal:

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

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. The recipe has no instructions.

Dinner 3 [↗](#)
Eat on day 4

Crispy chik'n tenders

13 1/3 tender(s) - 762 cals ● 54g protein ● 30g fat ● 69g carbs ● 0g fiber



Makes 13 1/3 tender(s)

meatless chik'n tenders
13 1/3 pieces (340g)
ketchup
3 1/3 tbsp (57g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

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.

Clementine

4 clementine(s) - 156 cals ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



Makes 4 clementine(s)

clementines
4 fruit (296g)

1. The recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5

Flatbread margherita pizza

792 cals ● 26g protein ● 43g fat ● 71g carbs ● 5g fiber



naan bread
1 1/4 piece(s) (113g)
mozzarella cheese, shredded
10 tbsp (54g)
fresh basil
7 1/2 leaves (4g)
olive oil
2 tbsp (28mL)
balsamic vinegar
2 tbsp (28mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
tomatoes, thinly sliced
1 1/4 medium whole (2-3/5" dia) (154g)
garlic, finely diced
3 3/4 clove(s) (11g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



balsamic vinaigrette
1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, sliced
1 large whole (3" dia) (205g)

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

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Sesame orange tofu

10 1/2 oz tofu - 566 cal ● 27g protein ● 26g fat ● 53g carbs ● 2g fiber



For single meal:

soy sauce
1 1/2 tbsp (23mL)
sugar
1 1/2 tbsp (20g)
sriracha chili sauce
3/4 tbsp (11g)
cornstarch
2 1/4 tbsp (18g)
sesame seeds
1/2 tbsp (5g)
sesame oil
3/4 tbsp (11mL)
garlic, minced
1 1/2 clove(s) (5g)
orange, juiced
3/8 fruit (2-7/8" dia) (53g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

soy sauce
3 tbsp (45mL)
sugar
3 tbsp (39g)
sriracha chili sauce
1 1/2 tbsp (23g)
cornstarch
1/4 cup (36g)
sesame seeds
1 tbsp (9g)
sesame oil
1 1/2 tbsp (23mL)
garlic, minced
3 clove(s) (9g)
orange, juiced
3/4 fruit (2-7/8" dia) (105g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Tortilla chips

282 cal ● 4g protein ● 13g fat ● 36g carbs ● 3g fiber



For single meal:

tortilla chips
2 oz (57g)

For all 2 meals:

tortilla chips
4 oz (113g)

1. The recipe has no instructions.

Garlic collard greens

266 cal ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

collard greens
1 2/3 lbs (756g)
oil
5 tsp (25mL)
salt
1/2 tsp (3g)
garlic, minced
5 clove(s) (15g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 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.

