

# Meal Plan - 2600 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

2623 cals ● 197g protein (30%) ● 88g fat (30%) ● 187g carbs (28%) ● 74g fiber (11%)

### Lunch

1200 cals, 85g protein, 96g net carbs, 39g fat



[Lentils](#)  
521 cals



[Roasted tomatoes](#)  
1 1/2 tomato(es)- 89 cals



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

### Dinner

1150 cals, 52g protein, 89g net carbs, 48g fat



[Roasted almonds](#)  
3/8 cup(s)- 333 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

## Day 2

2623 cals ● 197g protein (30%) ● 88g fat (30%) ● 187g carbs (28%) ● 74g fiber (11%)

### Lunch

1200 cals, 85g protein, 96g net carbs, 39g fat



[Lentils](#)  
521 cals



[Roasted tomatoes](#)  
1 1/2 tomato(es)- 89 cals



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

### Dinner

1150 cals, 52g protein, 89g net carbs, 48g fat



[Roasted almonds](#)  
3/8 cup(s)- 333 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

## Day 3

2593 cals ● 192g protein (30%) ● 107g fat (37%) ● 177g carbs (27%) ● 38g fiber (6%)

### Lunch

1190 cals, 55g protein, 88g net carbs, 62g fat



**Mediterranean chick'n wrap**  
2 wrap(s)- 813 cals



**Pistachios**  
375 cals

### Dinner

1135 cals, 77g protein, 87g net carbs, 44g fat



**Lentils**  
174 cals



**Vegan sausage & veggie sheet pan**  
959 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 4

2593 cals ● 192g protein (30%) ● 107g fat (37%) ● 177g carbs (27%) ● 38g fiber (6%)

### Lunch

1190 cals, 55g protein, 88g net carbs, 62g fat



**Mediterranean chick'n wrap**  
2 wrap(s)- 813 cals



**Pistachios**  
375 cals

### Dinner

1135 cals, 77g protein, 87g net carbs, 44g fat



**Lentils**  
174 cals



**Vegan sausage & veggie sheet pan**  
959 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 5

2634 cals ● 196g protein (30%) ● 65g fat (22%) ● 274g carbs (42%) ● 41g fiber (6%)

### Lunch

1190 cals, 87g protein, 98g net carbs, 44g fat



**Garlic pepper seitan**  
913 cals



**Mashed sweet potatoes**  
275 cals

### Dinner

1175 cals, 49g protein, 175g net carbs, 20g fat



**Lowfat yogurt**  
2 container(s)- 362 cals



**Teriyaki chickpea stir fry**  
554 cals



**Brown rice**  
1 cup brown rice, cooked- 258 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 6

2567 cals ● 185g protein (29%) ● 72g fat (25%) ● 241g carbs (38%) ● 54g fiber (8%)

### Lunch

1120 cals, 76g protein, 64g net carbs, 51g fat



**Lentils**  
289 cals



**Buffalo tempeh with tzatziki**  
471 cals



**Sunflower seeds**  
361 cals

### Dinner

1175 cals, 49g protein, 175g net carbs, 20g fat



**Lowfat yogurt**  
2 container(s)- 362 cals



**Teriyaki chickpea stir fry**  
554 cals



**Brown rice**  
1 cup brown rice, cooked- 258 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 7

2561 cals ● 197g protein (31%) ● 61g fat (21%) ● 239g carbs (37%) ● 68g fiber (11%)

### Lunch

1120 cals, 76g protein, 64g net carbs, 51g fat



**Lentils**  
289 cals



**Buffalo tempeh with tzatziki**  
471 cals



**Sunflower seeds**  
361 cals

### Dinner

1165 cals, 61g protein, 172g net carbs, 8g fat



**Bbq cauliflower wings**  
1070 cals



**Mixed vegetables**  
1 cup(s)- 97 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

# Grocery List



## Nut and Seed Products

- almonds**  
3/4 cup, whole (107g)
- pistachios, shelled**  
1 cup (123g)
- sunflower kernels**  
4 oz (113g)

## Soups, Sauces, and Gravies

- vegetable broth**  
12 cup(s) (mL)
- Frank's Red Hot sauce**  
6 tbsp (91mL)
- barbecue sauce**  
1 cup (286g)

## Fats and Oils

- oil**  
1/4 lbs (140mL)
- olive oil**  
2 3/4 tbsp (41mL)

## Vegetables and Vegetable Products

- kale leaves**  
6 cup, chopped (240g)
- garlic**  
9 1/3 clove(s) (28g)
- tomatoes**  
2 3/4 medium whole (2-3/5" dia) (333g)
- carrots**  
4 medium (244g)
- broccoli**  
4 cup chopped (364g)
- potatoes**  
4 small (1-3/4" to 2-1/4" dia.) (368g)
- cucumber**  
1 cup slices (104g)
- onion**  
1/3 cup, chopped (53g)
- green pepper**  
2 3/4 tbsp, chopped (25g)
- sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)
- frozen mixed veggies**  
1 1/4 lbs (561g)
- cauliflower**  
4 head small (4" dia.) (1060g)

## Beverages

- water**  
2 gallon (7296mL)
- protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

## Spices and Herbs

- salt**  
2 1/2 tsp (15g)
- black pepper**  
1 tsp, ground (2g)

## Other

- italian seasoning**  
2 tsp (7g)
- vegan sausage**  
4 sausage (400g)
- mixed greens**  
1 cup (30g)
- meatless chik'n tenders**  
10 oz (284g)
- teriyaki sauce**  
6 tbsp (91mL)
- tzatziki**  
3/8 cup(s) (84g)
- nutritional yeast**  
1 cup (60g)

## Dairy and Egg Products

- feta cheese**  
1/2 cup (75g)
- lowfat flavored yogurt**  
4 container (6 oz) (680g)

## Baked Products

- flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)

## Cereal Grains and Pasta

- seitan**  
2/3 lbs (302g)
- brown rice**  
3/4 cup (143g)

## Legumes and Legume Products

- chickpeas, canned  
4 1/2 can(s) (2016g)
- lentils, raw  
3 cup (544g)
- tempeh  
1 3/4 lbs (794g)
- hummus  
1/2 cup (120g)

---

## Lunch 1 ↗

Eat on day 1 and day 2

### 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.

### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia)  
(137g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**tomatoes**  
3 small whole (2-2/5" dia) (273g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### 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.

---

## Lunch 2 ↗

Eat on day 3 and day 4

### Mediterranean chik'n wrap

2 wrap(s) - 813 cals ● 42g protein ● 34g fat ● 77g carbs ● 8g fiber



For single meal:

**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)

For all 2 meals:

**feta cheese**  
1/2 cup (75g)  
**hummus**  
1/2 cup (120g)  
**mixed greens**  
1 cup (30g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**meatless chik'n tenders**  
10 oz (284g)  
**tomatoes, chopped**  
4 slice(s), thin/small (60g)  
**cucumber, chopped**  
1 cup slices (104g)

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.

---

### Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

**pistachios, shelled**  
1/2 cup (62g)

For all 2 meals:

**pistachios, shelled**  
1 cup (123g)

1. The recipe has no instructions.

---

## Lunch 3

Eat on day 5

---

### Garlic pepper seitan

913 cals ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber



**olive oil**  
2 2/3 tbsp (40mL)  
**onion**  
1/3 cup, chopped (53g)  
**green pepper**  
2 2/3 tbsp, chopped (25g)  
**black pepper**  
1/3 tsp, ground (1g)  
**water**  
4 tsp (20mL)  
**salt**  
1 1/3 dash (1g)  
**seitan, chicken style**  
2/3 lbs (302g)  
**garlic, minced**  
3 1/3 clove(s) (10g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

---

### Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

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.

---

## Lunch 4 ↗

Eat on day 6 and day 7

---

### 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.

---

### Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



For single meal:

**Frank's Red Hot sauce**  
3 tbsp (45mL)  
**tzatziki**  
1/6 cup(s) (42g)  
**oil**  
3/4 tbsp (11mL)  
**tempeh, roughly chopped**  
6 oz (170g)

For all 2 meals:

**Frank's Red Hot sauce**  
6 tbsp (90mL)  
**tzatziki**  
3/8 cup(s) (84g)  
**oil**  
1 1/2 tbsp (23mL)  
**tempeh, roughly chopped**  
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

## Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**  
2 oz (57g)

For all 2 meals:

**sunflower kernels**  
4 oz (113g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

**almonds**  
6 tbsp, whole (54g)

For all 2 meals:

**almonds**  
3/4 cup, whole (107g)

1. The recipe has no instructions.

## Chickpea & kale soup

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



For single meal:

**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)

For all 2 meals:

**vegetable broth**  
12 cup(s) (mL)  
**oil**  
1 tbsp (15mL)  
**kale leaves, chopped**  
6 cup, chopped (240g)  
**garlic, minced**  
6 clove(s) (18g)  
**chickpeas, canned, drained**  
3 can(s) (1344g)

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.

---

## Dinner 2 ↗

Eat on day 3 and day 4

---

### 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.

---

## Vegan sausage & veggie sheet pan

959 cals ● 65g protein ● 43g fat ● 62g carbs ● 16g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**italian seasoning**  
1 tsp (4g)  
**carrots, sliced**  
2 medium (122g)  
**broccoli, chopped**  
2 cup chopped (182g)  
**vegan sausage, cut into bite sized pieces**  
2 sausage (200g)  
**potatoes, cut into wedges**  
2 small (1-3/4" to 2-1/4" dia.) (184g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**italian seasoning**  
2 tsp (7g)  
**carrots, sliced**  
4 medium (244g)  
**broccoli, chopped**  
4 cup chopped (364g)  
**vegan sausage, cut into bite sized pieces**  
4 sausage (400g)  
**potatoes, cut into wedges**  
4 small (1-3/4" to 2-1/4" dia.) (368g)

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 and day 6

---

### Lowfat yogurt

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



For single meal:

**lowfat flavored yogurt**  
2 container (6 oz) (340g)

For all 2 meals:

**lowfat flavored yogurt**  
4 container (6 oz) (680g)

1. The recipe has no instructions.

---

### Teriyaki chickpea stir fry

554 cals ● 27g protein ● 13g fat ● 59g carbs ● 23g fiber



For single meal:

**frozen mixed veggies**  
3/4 10oz package (213g)  
**oil**  
1 tsp (6mL)  
**teriyaki sauce**  
3 tbsp (45mL)  
**chickpeas, canned, drained and rinsed**  
3/4 can(s) (336g)

For all 2 meals:

**frozen mixed veggies**  
1 1/2 10oz package (426g)  
**oil**  
3/4 tbsp (11mL)  
**teriyaki sauce**  
6 tbsp (90mL)  
**chickpeas, canned, drained and rinsed**  
1 1/2 can(s) (672g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

## Brown rice

1 cup brown rice, cooked - 258 cals ● 5g protein ● 2g fat ● 52g carbs ● 2g fiber



For single meal:

**salt**  
1/4 tsp (2g)  
**water**  
3/4 cup(s) (178mL)  
**black pepper**  
1/4 tsp, ground (1g)  
**brown rice**  
6 tbsp (71g)

For all 2 meals:

**salt**  
1/2 tsp (3g)  
**water**  
1 1/2 cup(s) (356mL)  
**black pepper**  
1/2 tsp, ground (1g)  
**brown rice**  
3/4 cup (143g)

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.

## Dinner 4 ↗

Eat on day 7

### Bbq cauliflower wings

1070 cals ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



#### 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.

### Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

#### frozen mixed veggies

1 cup (135g)

1. Prepare according to instructions on package.

## 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.