

Meal Plan - 2700 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

2694 cals ● 183g protein (27%) ● 41g fat (14%) ● 319g carbs (47%) ● 79g fiber (12%)

Lunch

1185 cals, 63g protein, 173g net carbs, 15g fat



[Spiced chickpea tabbouleh bowl](#)
819 cals



[Apple](#)
1 apple(s)- 105 cals



[Cottage cheese & fruit cup](#)
2 container- 261 cals

Protein Supplement(s)

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



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

Dinner

1235 cals, 59g protein, 144g net carbs, 25g fat



[White bean cassoulet](#)
770 cals



[Easy chickpea salad](#)
467 cals

Day 2

2694 cals ● 183g protein (27%) ● 41g fat (14%) ● 319g carbs (47%) ● 79g fiber (12%)

Lunch

1185 cals, 63g protein, 173g net carbs, 15g fat



[Spiced chickpea tabbouleh bowl](#)
819 cals



[Apple](#)
1 apple(s)- 105 cals



[Cottage cheese & fruit cup](#)
2 container- 261 cals

Protein Supplement(s)

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



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

Dinner

1235 cals, 59g protein, 144g net carbs, 25g fat



[White bean cassoulet](#)
770 cals




[Easy chickpea salad](#)
467 cals

Day 3

2700 cals172g protein (25%)109g fat (36%)230g carbs (34%)28g fiber (4%)


Lunch

1190 cals, 57g protein, 120g net carbs, 47g fat




Flatbread broccoli pizza

469 cals



Lentils

347 cals




Milk

2 1/2 cup(s)- 373 cals

Protein Supplement(s)

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




Protein shake

2 1/2 scoop- 273 cals


Dinner

1240 cals, 54g protein, 108g net carbs, 60g fat




Naan bread

1 1/2 piece(s)- 393 cals



Curried lentils

362 cals



Simple mozzarella and tomato salad


484 cals

Day 4

2700 cals172g protein (25%)109g fat (36%)230g carbs (34%)28g fiber (4%)


Lunch

1190 cals, 57g protein, 120g net carbs, 47g fat




Flatbread broccoli pizza

469 cals



Lentils

347 cals




Milk

2 1/2 cup(s)- 373 cals

Protein Supplement(s)

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




Protein shake

2 1/2 scoop- 273 cals


Dinner

1240 cals, 54g protein, 108g net carbs, 60g fat




Naan bread

1 1/2 piece(s)- 393 cals



Curried lentils

362 cals



Simple mozzarella and tomato salad

484 cals

Day 5

2682 cals ● 226g protein (34%) ● 90g fat (30%) ● 210g carbs (31%) ● 33g fiber (5%)

Lunch

1235 cals, 97g protein, 119g net carbs, 38g fat



Flavored rice mix
430 cals



Vegan sausage
3 sausage(s)- 804 cals

Dinner

1175 cals, 68g protein, 90g net carbs, 51g fat



Crack slaw with tempeh
633 cals



Sunflower seeds
180 cals



Lowfat yogurt
2 container(s)- 362 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

2733 cals ● 193g protein (28%) ● 75g fat (25%) ● 281g carbs (41%) ● 40g fiber (6%)

Lunch

1235 cals, 97g protein, 119g net carbs, 38g fat



Flavored rice mix
430 cals



Vegan sausage
3 sausage(s)- 804 cals

Dinner

1225 cals, 36g protein, 160g net carbs, 36g fat



Pasta with store-bought sauce
766 cals



Simple kale & avocado salad
460 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1190 cals, 88g protein, 115g net carbs, 40g fat



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



Milk
1/2 cup(s)- 75 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1225 cals, 36g protein, 160g net carbs, 36g fat



Pasta with store-bought sauce
766 cals



Simple kale & avocado salad
460 cals

Grocery List



Soups, Sauces, and Gravies

- ☐ vegetable broth
1 cup(s) (mL)
- ☐ apple cider vinegar
2 tbsp (2mL)
- ☐ pizza sauce
6 tbsp (95g)
- ☐ hot sauce
1/2 tbsp (8mL)
- ☐ pasta sauce
3/4 jar (24 oz) (504g)

Fats and Oils

- ☐ oil
2 oz (59mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ olive oil
2 1/4 tbsp (34mL)

Vegetables and Vegetable Products

- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ carrots
4 large (288g)
- ☐ onion
3 medium (2-1/2" dia) (331g)
- ☐ garlic
10 clove(s) (30g)
- ☐ tomatoes
8 medium whole (2-3/5" dia) (964g)
- ☐ fresh parsley
12 sprigs (12g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ broccoli
3/4 cup chopped (68g)
- ☐ kale leaves
2 bunch (340g)
- ☐ bell pepper
3/4 small (56g)

Legumes and Legume Products

- ☐ white beans, canned
2 can(s) (878g)
- ☐ chickpeas, canned
3 1/2 can(s) (1568g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1 1/2 box (5.8 oz) (247g)
- ☐ uncooked dry pasta
3/4 lbs (342g)
- ☐ seitan
1/4 lbs (128g)

Fruits and Fruit Juices

- ☐ lemon juice
3/4 tbsp (11mL)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ avocados
2 avocado(s) (402g)
- ☐ lemon
2 small (116g)

Other

- ☐ cottage cheese & fruit cup
6 container (1020g)
- ☐ curry paste
1 tbsp (15g)
- ☐ vegan sausage
6 sausage (600g)
- ☐ coleslaw mix
3 cup (270g)
- ☐ sub roll(s)
1 1/2 roll(s) (128g)

Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
22 1/2 cup(s) (5333mL)

Baked Products

- ☐ naan bread
4 1/2 piece(s) (405g)

Nut and Seed Products

- ☐ coconut milk, canned
3/4 cup (180mL)
- ☐ sunflower kernels
1 1/2 oz (46g)

- ☐ **lentils, raw**
1 1/2 cup (288g)
- ☐ **tempeh**
6 oz (170g)

Spices and Herbs

- ☐ **balsamic vinegar**
2 tbsp (30mL)
 - ☐ **ground cumin**
1/2 tbsp (3g)
 - ☐ **salt**
3 g (3g)
 - ☐ **fresh basil**
4 tbsp, chopped (11g)
 - ☐ **black pepper**
1 1/2 dash (0g)
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Dairy and Egg Products

- ☐ **fresh mozzarella cheese**
1/2 lbs (227g)
- ☐ **cheese**
3 oz (84g)
- ☐ **whole milk**
5 1/2 cup(s) (1320mL)
- ☐ **lowfat flavored yogurt**
2 container (6 oz) (340g)

Meals, Entrees, and Side Dishes

- ☐ **flavored rice mix**
1 1/2 pouch (~5.6 oz) (237g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Spiced chickpea tabbouleh bowl

819 cals ● 34g protein ● 9g fat ● 126g carbs ● 23g fiber



For single meal:

instant couscous, flavored
3/4 box (5.8 oz) (123g)
oil
3/8 tsp (2mL)
ground cumin
1/4 tbsp (2g)
lemon juice
1 tsp (6mL)
cucumber, chopped
3/8 cucumber (8-1/4") (113g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)
tomatoes, chopped
3/4 roma tomato (60g)
fresh parsley, chopped
3 sprigs (3g)

For all 2 meals:

instant couscous, flavored
1 1/2 box (5.8 oz) (247g)
oil
1/4 tbsp (4mL)
ground cumin
1/2 tbsp (3g)
lemon juice
3/4 tbsp (11mL)
cucumber, chopped
3/4 cucumber (8-1/4") (226g)
chickpeas, canned, drained & rinsed
1 1/2 can(s) (672g)
tomatoes, chopped
1 1/2 roma tomato (120g)
fresh parsley, chopped
6 sprigs (6g)

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.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

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



For single meal:
cottage cheese & fruit cup
 2 container (340g)

For all 2 meals:
cottage cheese & fruit cup
 4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Flatbread broccoli pizza

469 cals ● 14g protein ● 27g fat ● 40g carbs ● 3g fiber



For single meal:
broccoli
 6 tbsp chopped (34g)
pizza sauce
 3 tbsp (47g)
black pepper
 3/4 dash (0g)
salt
 3/4 dash (0g)
olive oil
 1 tbsp (17mL)
naan bread
 3/4 piece(s) (68g)
cheese
 3 tbsp, shredded (21g)
garlic, finely diced
 2 1/4 clove(s) (7g)

For all 2 meals:
broccoli
 3/4 cup chopped (68g)
pizza sauce
 6 tbsp (95g)
black pepper
 1 1/2 dash (0g)
salt
 1 1/2 dash (1g)
olive oil
 2 1/4 tbsp (34mL)
naan bread
 1 1/2 piece(s) (135g)
cheese
 6 tbsp, shredded (42g)
garlic, finely diced
 4 1/2 clove(s) (14g)

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 spread pizza sauce over top, top with broccoli and cheese, and 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. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

Lentils

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



For single meal:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Milk

2 1/2 cup(s) - 373 cals ● 19g protein ● 20g fat ● 29g carbs ● 0g fiber



For single meal:

whole milk
2 1/2 cup(s) (600mL)

For all 2 meals:

whole milk
5 cup(s) (1200mL)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Flavored rice mix

430 cals ● 13g protein ● 2g fat ● 87g carbs ● 4g fiber



For single meal:

flavored rice mix
3/4 pouch (~5.6 oz) (119g)

For all 2 meals:

flavored rice mix
1 1/2 pouch (~5.6 oz) (237g)

1. Prepare according to instructions on package.

Vegan sausage

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



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Lunch 4 [🔗](#)

Eat on day 7

Seitan Philly cheesesteak

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



Makes 1 1/2 sub(s)

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)

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!

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

whole milk

1/2 cup(s) (120mL)

1. The recipe has no instructions.

Cottage cheese & fruit cup

2 container - 261 cal ● 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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

White bean cassoulet

770 cal ● 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.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

For all 2 meals:

balsamic vinegar
2 tbsp (30mL)
apple cider vinegar
2 tbsp (2mL)
chickpeas, canned, drained and rinsed
2 can(s) (896g)
onion, thinly sliced
1 small (70g)
tomatoes, halved
2 cup cherry tomatoes (298g)
fresh parsley, chopped
6 sprigs (6g)

1. Add all ingredients to a bowl and toss.
Serve!

Dinner 2 [↗](#)

Eat on day 3 and day 4

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread
1 1/2 piece(s) (135g)

For all 2 meals:

naan bread
3 piece(s) (270g)

1. The recipe has no instructions.

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



For single meal:

lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

For all 2 meals:

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.

Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

balsamic vinaigrette
4 tbsp (60mL)
fresh basil
4 tbsp, chopped (11g)
fresh mozzarella cheese, sliced
1/2 lbs (227g)
tomatoes, sliced
3 large whole (3" dia) (546g)

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

Dinner 3 [↗](#)

Eat on day 5

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)
tempeh, cubed
6 oz (170g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



sunflower kernels
1 oz (28g)

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.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Pasta with store-bought sauce

766 cals ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



For single meal:

uncooked dry pasta
6 oz (171g)
pasta sauce
3/8 jar (24 oz) (252g)

For all 2 meals:

uncooked dry pasta
3/4 lbs (342g)
pasta sauce
3/4 jar (24 oz) (504g)

1. Cook the pasta as directed on the package.
 2. Top with sauce and enjoy.
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Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



For single meal:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

For all 2 meals:

kale leaves, chopped
2 bunch (340g)
avocados, chopped
2 avocado(s) (402g)
lemon, juiced
2 small (116g)

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.
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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.
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