

Meal Plan - 2800 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

2842 cals ● 181g protein (25%) ● 72g fat (23%) ● 313g carbs (44%) ● 53g fiber (8%)

Lunch

1295 cals, 75g protein, 159g net carbs, 32g fat



[Flavored rice mix](#)
287 cals



[Simple plant-based deli wrap](#)
2 wrap(s)- 853 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Dinner

1275 cals, 45g protein, 152g net carbs, 39g fat



[Milk](#)
2 cup(s)- 298 cals



[Chickpea stuffed sweet potato](#)
2 sweet potato(es)- 977 cals

Protein Supplement(s)

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



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

Day 2

2751 cals ● 182g protein (26%) ● 79g fat (26%) ● 277g carbs (40%) ● 53g fiber (8%)

Lunch

1260 cals, 58g protein, 163g net carbs, 25g fat



[Lentils](#)
289 cals



[White bean succotash](#)
970 cals

Dinner

1220 cals, 63g protein, 112g net carbs, 52g fat



[Sesame orange tofu](#)
21 oz tofu- 1132 cals



[Broccoli](#)
3 cup(s)- 87 cals

Protein Supplement(s)

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



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

Day 3

2751 cals ● 182g protein (26%) ● 79g fat (26%) ● 277g carbs (40%) ● 53g fiber (8%)

Lunch

1260 cals, 58g protein, 163g net carbs, 25g fat



Lentils
289 cals



White bean succotash
970 cals

Dinner

1220 cals, 63g protein, 112g net carbs, 52g fat



Sesame orange tofu
21 oz tofu- 1132 cals



Broccoli
3 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2671 cals ● 170g protein (26%) ● 93g fat (31%) ● 260g carbs (39%) ● 27g fiber (4%)

Lunch

1100 cals, 56g protein, 130g net carbs, 34g fat



Protein greek yogurt
1 container- 139 cals



Bbq tofu & sweet potato wrap
2 wrap(s)- 963 cals

Dinner

1295 cals, 54g protein, 127g net carbs, 58g fat



Spinach parmesan pasta
974 cals



Simple mozzarella and tomato salad
322 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

2775 cals ● 181g protein (26%) ● 73g fat (24%) ● 274g carbs (39%) ● 74g fiber (11%)

Lunch

1290 cals, 56g protein, 123g net carbs, 47g fat



Orange
2 orange(s)- 170 cals



Chickpea & sweet potato salad
874 cals



String cheese
3 stick(s)- 248 cals

Dinner

1210 cals, 65g protein, 148g net carbs, 25g fat



Easy chickpea salad
467 cals



Rice pilaf with meatless meatballs
744 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

2775 cals ● 181g protein (26%) ● 73g fat (24%) ● 274g carbs (39%) ● 74g fiber (11%)

Lunch

1290 cals, 56g protein, 123g net carbs, 47g fat



Orange

2 orange(s)- 170 cals



Chickpea & sweet potato salad

874 cals



String cheese

3 stick(s)- 248 cals

Dinner

1210 cals, 65g protein, 148g net carbs, 25g fat



Easy chickpea salad

467 cals



Rice pilaf with meatless meatballs

744 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 7

2777 cals ● 205g protein (29%) ● 75g fat (24%) ● 277g carbs (40%) ● 44g fiber (6%)

Lunch

1230 cals, 80g protein, 105g net carbs, 44g fat



Rice cakes with peanut butter

1 cake(s)- 240 cals



Chunky canned soup (non-creamy)

4 can(s)- 988 cals

Dinner

1275 cals, 65g protein, 169g net carbs, 30g fat



Spaghetti and meatless meatballs

996 cals



Simple Greek cucumber salad

281 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Grocery List



Dairy and Egg Products

- whole milk
2 cup(s) (480mL)
- lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
- nonfat greek yogurt, plain
1 container (175g)
- butter
2 tbsp (28g)
- parmesan cheese
1/3 cup (33g)
- fresh mozzarella cheese
2 2/3 oz (76g)
- string cheese
6 stick (168g)

Fats and Oils

- oil
3 1/4 oz (100mL)
- balsamic vinaigrette
4 tsp (19mL)
- olive oil
1 tbsp (15mL)

Other

- balsamic glaze
1 tbsp (15mL)
- plant-based deli slices
14 slices (146g)
- mixed greens
1 cup (30g)
- sriracha chili sauce
3 tbsp (45g)
- sesame oil
3 tbsp (45mL)
- protein greek yogurt, flavored
1 container (150g)
- coleslaw mix
4 oz (113g)
- vegan meatballs, frozen
16 1/2 meatball(s) (495g)
- snow peas
1/2 cup (43g)

Vegetables and Vegetable Products

- shallots
4 clove(s) (227g)

Legumes and Legume Products

- chickpeas, canned
5 can(s) (2240g)
- hummus
3/4 cup (180g)
- lentils, raw
13 1/4 tbsp (160g)
- white beans, canned
3 cup (786g)
- soy sauce
6 tbsp (90mL)
- firm tofu
3 lbs (1418g)
- peanut butter
2 tbsp (32g)

Meals, Entrees, and Side Dishes

- flavored rice mix
2 pouch (~5.6 oz) (305g)

Baked Products

- flour tortillas
4 tortilla (approx 10" dia) (288g)

Beverages

- protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- water
21 cup(s) (4991mL)

Spices and Herbs

- salt
1/2 tsp (3g)
- black pepper
1/2 tbsp, ground (3g)
- fresh basil
4 tsp, chopped (4g)
- ground cumin
4 tsp (8g)
- garlic powder
2 tsp (6g)
- balsamic vinegar
2 tbsp (30mL)
- dried dill weed
1 tsp (1g)
- red wine vinegar
1 tsp (5mL)

- sweet potatoes**
4 1/2 sweetpotato, 5" long (945g)
- tomatoes**
6 medium whole (2-3/5" dia) (744g)
- frozen corn kernels**
3 cup (408g)
- bell pepper**
3 medium (357g)
- garlic**
7 1/3 clove(s) (22g)
- frozen broccoli**
6 cup (546g)
- pickles**
8 slices (56g)
- fresh spinach**
1 10oz package (309g)
- onion**
1 small (70g)
- fresh parsley**
6 sprigs (6g)
- red onion**
1/4 medium (2-1/2" dia) (28g)
- cucumber**
1 cucumber (8-1/4") (301g)

Fruits and Fruit Juices

- lemon juice**
2 1/2 fl oz (73mL)
- orange**
5 1/2 orange (826g)

Sweets

- sugar**
6 tbsp (78g)

Cereal Grains and Pasta

- cornstarch**
1/2 cup (72g)
- uncooked dry pasta**
2/3 lbs (323g)

Nut and Seed Products

- sesame seeds**
2 tbsp (18g)

Soups, Sauces, and Gravies

- barbecue sauce**
4 tbsp (72g)
- apple cider vinegar**
2 tbsp (2mL)
- pasta sauce**
3/8 jar (24 oz) (252g)
- chunky canned soup (non-creamy varieties)**
4 can (~19 oz) (2104g)

Snacks

- rice cakes, any flavor**
1 cakes (9g)

Lunch 1 ↗

Eat on day 1

Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Simple plant-based deli wrap

2 wrap(s) - 853 cals ● 54g protein ● 27g fat ● 85g carbs ● 13g fiber



Makes 2 wrap(s)

plant-based deli slices
14 slices (146g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
mixed greens
1 cup (30g)
tomatoes
4 slice(s), thin/small (60g)
hummus
4 tbsp (60g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

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.

White bean succotash

970 cals ● 38g protein ● 24g fat ● 121g carbs ● 29g fiber



For single meal:

lemon juice
1 1/2 tbsp (23mL)
oil
1 1/2 tbsp (23mL)
white beans, canned, drained & rinsed
1 1/2 cup (393g)
frozen corn kernels, defrosted
1 1/2 cup (204g)
bell pepper, finely chopped
1 1/2 medium (179g)
shallots, minced
1 1/2 clove(s) (85g)

For all 2 meals:

lemon juice
3 tbsp (45mL)
oil
3 tbsp (45mL)
white beans, canned, drained & rinsed
3 cup (786g)
frozen corn kernels, defrosted
3 cup (408g)
bell pepper, finely chopped
3 medium (357g)
shallots, minced
3 clove(s) (170g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.

Lunch 3 ↗

Eat on day 4

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Bbq tofu & sweet potato wrap

2 wrap(s) - 963 cals ● 36g protein ● 31g fat ● 122g carbs ● 12g fiber



Makes 2 wrap(s)

coleslaw mix
4 oz (113g)
nonfat greek yogurt, plain
2 tbsp (35g)
oil
2 tsp (10mL)
flour tortillas
2 tortilla (approx 10" dia) (144g)
barbecue sauce
4 tbsp (72g)
pickles
8 slices (56g)
firm tofu, cubed
1/2 lbs (227g)
sweet potatoes, cut into small cubes
1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 450°F (230°C).
2. Combine tofu, sweet potato, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake 12-15 minutes until tofu is crispy and potatoes are soft. Add barbecue sauce and toss to evenly coat. Cook another 3-5 minutes until sticky.
4. Combine coleslaw, greek yogurt, and some salt and pepper to a small bowl. Toss.
5. Place barbecued tofu and sweet potato on a tortilla. Top with slaw and pickles. Roll up and serve.

Lunch 4 ↗

Eat on day 5 and day 6

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. The recipe has no instructions.

Chickpea & sweet potato salad

874 cals ● 33g protein ● 30g fat ● 87g carbs ● 32g fiber



For single meal:

fresh spinach
2 cup(s) (60g)
hummus
4 tbsp (60g)
lemon juice
2 tsp (10mL)
oil
1 tbsp (15mL)
ground cumin
2 tsp (4g)
garlic powder
1 tsp (3g)
sweet potatoes, cubed
1 sweetpotato, 5" long (210g)
chickpeas, canned, rinsed & drained
1 can(s) (448g)

For all 2 meals:

fresh spinach
4 cup(s) (120g)
hummus
1/2 cup (120g)
lemon juice
4 tsp (20mL)
oil
2 tbsp (30mL)
ground cumin
4 tsp (8g)
garlic powder
2 tsp (6g)
sweet potatoes, cubed
2 sweetpotato, 5" long (420g)
chickpeas, canned, rinsed & drained
2 can(s) (896g)

1. Preheat oven to 400°F (200°C) and line a baking tray with parchment paper; set aside.
2. Toss cubed sweet potatoes with half of the oil and season with some salt and pepper. Spread them in the baking sheet and bake for 10 minutes.
3. Meanwhile, toss the chickpeas in the remaining half of the oil and season with the cumin, garlic powder and some salt.
4. When sweet potato timer is up, remove them from the oven and toss them and move them over to one side of the baking sheet. Add the chickpeas to the open side of the baking sheet and bake for 10 minutes until sweet potatoes are soft and chickpeas are golden. Set aside to slightly cool.
5. Prepare the dressing by mixing together the hummus with the lemon juice and some salt/pepper to taste. Add a splash of water, if desired, to make it more of a dressing-like consistency.
6. Assemble salad by tossing spinach with sweet potatoes and chickpeas. Drizzle hummus dressing on top and serve.

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. The recipe has no instructions.

Lunch 5

Eat on day 7

Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



Makes 1 cake(s)

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Dinner 1 ↗

Eat on day 1

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber

Makes 2 cup(s)



whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Chickpea stuffed sweet potato

2 sweet potato(es) - 977 cals ● 30g protein ● 23g fat ● 128g carbs ● 34g fiber



Makes 2 sweet potato(es)

oil
1 tbsp (15mL)
balsamic glaze
1 tbsp (15mL)
shallots, chopped
1 clove(s) (57g)
sweet potatoes, halved lengthwise
2 sweetpotato, 5" long (420g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

Dinner 2 ↗

Eat on day 2 and day 3

Sesame orange tofu

21 oz tofu - 1132 cals ● 55g protein ● 52g fat ● 106g carbs ● 5g fiber



For single meal:

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)

For all 2 meals:

soy sauce
6 tbsp (90mL)
sugar
6 tbsp (78g)
sriracha chili sauce
3 tbsp (45g)
cornstarch
1/2 cup (72g)
sesame seeds
2 tbsp (18g)
sesame oil
3 tbsp (45mL)
garlic, minced
6 clove(s) (18g)
orange, juiced
1 1/2 fruit (2-7/8" dia) (210g)
firm tofu, patted dry & cubed
2 1/2 lbs (1191g)

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.

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



For single meal:

frozen broccoli
3 cup (273g)

For all 2 meals:

frozen broccoli
6 cup (546g)

1. Prepare according to instructions on package.

Dinner 3 ↗

Eat on day 4

Spinach parmesan pasta

974 cals ● 35g protein ● 35g fat ● 118g carbs ● 10g fiber



uncooked dry pasta

1/3 lbs (152g)
butter
2 tbsp (28g)
fresh spinach
2/3 10oz package (189g)
parmesan cheese
1/3 cup (33g)
salt
1/3 tsp (2g)
black pepper
1/2 tbsp, ground (3g)
water
1/4 cup(s) (53mL)
garlic, minced
1 1/3 clove(s) (4g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



balsamic vinaigrette

4 tsp (20mL)
fresh basil
4 tsp, chopped (4g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
tomatoes, sliced
1 large whole (3" dia) (182g)

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

Dinner 4 ↗

Eat on day 5 and day 6

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!

Rice pilaf with meatless meatballs

744 cals ● 41g protein ● 16g fat ● 98g carbs ● 11g fiber



For single meal:

flavored rice mix
1/2 box (8 oz) (113g)
vegan meatballs, frozen
6 meatball(s) (180g)
tomatoes
6 cherry tomatoes (102g)
snow peas, ends trimmed
1/4 cup (21g)

For all 2 meals:

flavored rice mix
1 box (8 oz) (226g)
vegan meatballs, frozen
12 meatball(s) (360g)
tomatoes
12 cherry tomatoes (204g)
snow peas, ends trimmed
1/2 cup (43g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Dinner 5 ↗

Eat on day 7

Spaghetti and meatless meatballs

996 cals ● 47g protein ● 16g fat ● 151g carbs ● 16g fiber



pasta sauce
3/8 jar (24 oz) (252g)
uncooked dry pasta
6 oz (171g)
vegan meatballs, frozen
4 1/2 meatball(s) (135g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

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.