

Meal Plan - 2900 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

2865 cals ● 186g protein (26%) ● 84g fat (27%) ● 309g carbs (43%) ● 31g fiber (4%)

Lunch

1310 cals, 63g protein, 142g net carbs, 48g fat



Protein greek yogurt
1 container- 139 cals



High-protein granola bar
2 bar(s)- 408 cals



Peanut butter and jelly sandwich
2 sandwich(es)- 763 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1280 cals, 62g protein, 165g net carbs, 35g fat



Milk
2 2/3 cup(s)- 397 cals



Spaghetti and meatless meatballs
885 cals

Day 2

2848 cals ● 218g protein (31%) ● 91g fat (29%) ● 250g carbs (35%) ● 39g fiber (5%)

Lunch

1310 cals, 63g protein, 142g net carbs, 48g fat



Protein greek yogurt
1 container- 139 cals



High-protein granola bar
2 bar(s)- 408 cals



Peanut butter and jelly sandwich
2 sandwich(es)- 763 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1265 cals, 94g protein, 105g net carbs, 42g fat



Lentils
521 cals



Vegan sausage
2 sausage(s)- 536 cals



Roasted tomatoes
3 1/2 tomato(es)- 208 cals

Day 3

2871 cals ● 197g protein (27%) ● 122g fat (38%) ● 207g carbs (29%) ● 39g fiber (5%)

Lunch

1335 cals, 43g protein, 99g net carbs, 79g fat



Flatbread margherita pizza
792 cals



Tomato and avocado salad
293 cals



Milk
1 2/3 cup(s)- 248 cals

Dinner

1265 cals, 94g protein, 105g net carbs, 42g fat



Lentils
521 cals



Vegan sausage
2 sausage(s)- 536 cals



Roasted tomatoes
3 1/2 tomato(es)- 208 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2958 cals ● 183g protein (25%) ● 127g fat (39%) ● 195g carbs (26%) ● 77g fiber (10%)

Lunch

1355 cals, 56g protein, 65g net carbs, 91g fat



Tomato and avocado salad
117 cals



Grilled cheese sandwich
2 1/2 sandwich(es)- 1238 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1330 cals, 67g protein, 127g net carbs, 35g fat



Black bean vegetable soup
1047 cals



Caprese salad
284 cals

Day 5

2952 cals ● 184g protein (25%) ● 179g fat (54%) ● 112g carbs (15%) ● 40g fiber (5%)

Lunch

1355 cals, 56g protein, 65g net carbs, 91g fat



Tomato and avocado salad
117 cals



Grilled cheese sandwich
2 1/2 sandwich(es)- 1238 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1325 cals, 68g protein, 45g net carbs, 87g fat



Edamame & beet salad
342 cals




Low carb asian tofu bowl
982 cals

Day 6

2944 calsgreen190g protein (26%)orange116g fat (35%)blue211g carbs (29%)grey75g fiber (10%)

Lunch

1345 calsgreen62g protein, 164g net carbs, 28g fat




White bean cassoulet

1347 calsgreen


Dinner

1325 calsgreen68g protein, 45g net carbs, 87g fat



Edamame & beet salad

342 calsgreen




Low carb asian tofu bowl

982 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake


2 1/2 scoop- 273 calsgreen

Day 7

2867 calsgreen204g protein (28%)orange90g fat (28%)blue241g carbs (34%)grey70g fiber (10%)

Lunch

1345 calsgreen62g protein, 164g net carbs, 28g fat




White bean cassoulet

1347 calsgreen


Dinner

1245 calsgreen82g protein, 75g net carbs, 61g fat




Vegan sausage & veggie sheet pan

959 calsgreen



Milk

1/2 cup(s)- 75 calsgreen




Caprese salad

213 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 calsgreen

Grocery List



Dairy and Egg Products

- ☐ whole milk
5 cup(s) (1159mL)
- ☐ mozzarella cheese, shredded
10 tbsp (54g)
- ☐ butter
5 tbsp (71g)
- ☐ sliced cheese
10 slice (1 oz ea) (280g)
- ☐ fresh mozzarella cheese
1/4 lbs (99g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/3 jar (24 oz) (224g)
- ☐ vegetable broth
4 3/4 cup(s) (mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/3 lbs (152g)

Other

- ☐ vegan meatballs, frozen
4 meatball(s) (120g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ vegan sausage
6 sausage (600g)
- ☐ mixed greens
2 package (5.5 oz) (301g)
- ☐ frozen riced cauliflower
3 3/4 cup, prepared (638g)
- ☐ italian seasoning
1 tsp (4g)

Snacks

- ☐ high-protein granola bar
4 bar (160g)

Legumes and Legume Products

- ☐ peanut butter
4 tbsp (64g)
- ☐ lentils, raw
1 1/2 cup (288g)

Spices and Herbs

- ☐ salt
1/4 oz (6g)
- ☐ fresh basil
3/4 oz (18g)
- ☐ balsamic vinegar
2 tbsp (28mL)
- ☐ black pepper
2 g (2g)
- ☐ garlic powder
1/2 tsp (2g)
- ☐ chili powder
1/2 tbsp (4g)
- ☐ ground cumin
1/4 tbsp (2g)

Fats and Oils

- ☐ oil
1/2 lbs (229mL)
- ☐ olive oil
2 1/2 tbsp (37mL)
- ☐ balsamic vinaigrette
6 1/3 tbsp (95mL)

Vegetables and Vegetable Products

- ☐ tomatoes
9 medium whole (2-3/5" dia) (1103g)
- ☐ garlic
16 1/2 clove(s) (50g)
- ☐ onion
4 1/2 medium (2-1/2" dia) (501g)
- ☐ canned stewed tomatoes
3/4 can (~14.5 oz) (304g)
- ☐ whole kernel corn
3/4 11oz can (143g)
- ☐ carrots
11 3/4 medium (718g)
- ☐ edamame, frozen, shelled
2 cup (236g)
- ☐ beets, precooked (canned or refrigerated)
8 beet(s) (400g)
- ☐ broccoli
4 1/2 cup chopped (410g)
- ☐ fresh ginger
5 tsp (10g)
- ☐ raw celery
3 1/2 stalk, medium (7-1/2" - 8" long) (140g)
- ☐ potatoes
2 small (1-3/4" to 2-1/4" dia.) (184g)

- ☐ **black beans**
1 1/2 can(s) (659g)
- ☐ **soy sauce**
10 tbsp (150mL)
- ☐ **firm tofu**
1 1/2 lbs (709g)
- ☐ **white beans, canned**
3 1/2 can(s) (1537g)

Baked Products

- ☐ **bread**
18 slice (576g)
- ☐ **naan bread**
1 1/4 piece(s) (113g)

Sweets

- ☐ **jelly**
1/2 cup (168g)

Beverages

- ☐ **protein powder**
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ **water**
23 1/2 cup(s) (5570mL)

Fruits and Fruit Juices

- ☐ **lime juice**
2 1/4 tbsp (34mL)
- ☐ **avocados**
1 avocado(s) (226g)

Nut and Seed Products

- ☐ **sesame seeds**
5 tsp (15g)



Lunch 1 [↗](#)

Eat on day 1 and day 2

Protein greek yogurt

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



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

high-protein granola bar
2 bar (80g)

For all 2 meals:

high-protein granola bar
4 bar (160g)

1. The recipe has no instructions.

Peanut butter and jelly sandwich

2 sandwich(es) - 763 cals ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



For single meal:

peanut butter
2 tbsp (32g)
bread
4 slice (128g)
jelly
4 tbsp (84g)

For all 2 meals:

peanut butter
4 tbsp (64g)
bread
8 slice (256g)
jelly
1/2 cup (168g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Lunch 2 [🔗](#)

Eat on day 3

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.

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

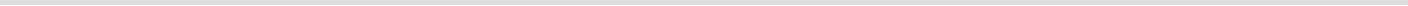
Milk

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



Makes 1 2/3 cup(s)
whole milk
1 2/3 cup(s) (400mL)

1. The recipe has no instructions.



Lunch 3 [↗](#)

Eat on day 4 and day 5

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia)
(31g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Grilled cheese sandwich

2 1/2 sandwich(es) - 1238 cals ● 54g protein ● 82g fat ● 62g carbs ● 10g fiber



For single meal:

bread
5 slice (160g)
butter
2 1/2 tbsp (36g)
sliced cheese
5 slice (1 oz ea) (140g)

For all 2 meals:

bread
10 slice (320g)
butter
5 tbsp (71g)
sliced cheese
10 slice (1 oz ea) (280g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 4 [↗](#)

Eat on day 6 and day 7

White bean cassoulet

1347 cals ● 62g protein ● 28g fat ● 164g carbs ● 49g fiber



For single meal:

vegetable broth
7/8 cup(s) (mL)
oil
1 3/4 tbsp (26mL)
raw celery, thinly sliced
1 3/4 stalk, medium (7-1/2" - 8" long) (70g)
carrots, peeled & slices
3 1/2 large (252g)
onion, diced
1 3/4 medium (2-1/2" dia) (193g)
garlic, minced
3 1/2 clove(s) (11g)
white beans, canned, drained & rinsed
1 3/4 can(s) (768g)

For all 2 meals:

vegetable broth
1 3/4 cup(s) (mL)
oil
1/4 cup (53mL)
raw celery, thinly sliced
3 1/2 stalk, medium (7-1/2" - 8" long) (140g)
carrots, peeled & slices
7 large (504g)
onion, diced
3 1/2 medium (2-1/2" dia) (385g)
garlic, minced
7 clove(s) (21g)
white beans, canned, drained & rinsed
3 1/2 can(s) (1537g)

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.

Dinner 1 [↗](#)

Eat on day 1

Milk

2 2/3 cup(s) - 397 cals ● 21g protein ● 21g fat ● 31g carbs ● 0g fiber



Makes 2 2/3 cup(s)

whole milk
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

Spaghetti and meatless meatballs

885 cals ● 42g protein ● 14g fat ● 134g carbs ● 14g fiber



pasta sauce
1/3 jar (24 oz) (224g)
uncooked dry pasta
1/3 lbs (152g)
vegan meatballs, frozen
4 meatball(s) (120g)

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

Dinner 2 [🔗](#)

Eat on day 2 and day 3

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.

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

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

Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

oil
3 1/2 tsp (18mL)
tomatoes
3 1/2 small whole (2-2/5" dia)
(319g)

For all 2 meals:

oil
2 1/3 tbsp (35mL)
tomatoes
7 small whole (2-2/5" dia) (637g)

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.

Dinner 3 [↗](#)

Eat on day 4

Black bean vegetable soup

1047 cal ● 50g protein ● 17g fat ● 118g carbs ● 57g fiber



oil
3/4 tbsp (11mL)
chili powder
1/2 tbsp (4g)
ground cumin
1/4 tbsp (2g)
vegetable broth
3 cup(s) (mL)
black beans
1 1/2 can(s) (659g)
canned stewed tomatoes
3/4 can (~14.5 oz) (304g)
whole kernel corn
3/4 11oz can (143g)
black pepper
1 1/2 dash, ground (0g)
onion, chopped
3/4 medium (2-1/2" dia) (83g)
garlic, minced
3/4 clove (2g)
carrots, chopped
1 1/2 medium (92g)

1. In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add broth, 1 can of the beans, corn, and pepper; bring to boil.
2. Meanwhile, in food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

Caprese salad

284 cal ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



fresh mozzarella cheese
2 oz (57g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh basil
1/3 cup leaves, whole (8g)
balsamic vinaigrette
4 tsp (20mL)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

For all 2 meals:

mixed greens
4 cup (120g)
balsamic vinaigrette
4 tbsp (60mL)
edamame, frozen, shelled
2 cup (236g)
beets, precooked (canned or refrigerated), chopped
8 beet(s) (400g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Low carb asian tofu bowl

982 cals ● 50g protein ● 73g fat ● 20g carbs ● 13g fiber



For single meal:

broccoli
1 1/4 cup chopped (114g)
frozen riced cauliflower
2 cup, prepared (319g)
soy sauce
5 tbsp (75mL)
oil
1/4 cup (56mL)
sesame seeds
2 1/2 tsp (8g)
firm tofu, drained and patted dry
3/4 lbs (354g)
garlic, minced
2 1/2 clove (8g)
fresh ginger, minced
2 1/2 tsp (5g)

For all 2 meals:

broccoli
2 1/2 cup chopped (228g)
frozen riced cauliflower
3 3/4 cup, prepared (638g)
soy sauce
10 tbsp (150mL)
oil
1/2 cup (113mL)
sesame seeds
5 tsp (15g)
firm tofu, drained and patted dry
1 1/2 lbs (709g)
garlic, minced
5 clove (15g)
fresh ginger, minced
5 tsp (10g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Vegan sausage & veggie sheet pan

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



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)

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.

Milk

1/2 cup(s) - 75 cals ● 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.

Caprese salad

213 cal ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



fresh mozzarella cheese

1 1/2 oz (43g)

mixed greens

1/2 package (5.5 oz) (78g)

fresh basil

4 tbsp leaves, whole (6g)

balsamic vinaigrette

1 tbsp (15mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

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.