

Meal Plan - 3000 calorie intermittent fasting vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

3000 cals ● 253g protein (34%) ● 99g fat (30%) ● 240g carbs (32%) ● 35g fiber (5%)

Lunch

1390 cals, 65g protein, 116g net carbs, 67g fat



[Roast red pepper & spinach grilled cheese sandwich](#)
2 sandwich(es)- 714 cals



[Kefir](#)
300 cals



[Pistachios](#)
375 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Dinner

1285 cals, 115g protein, 122g net carbs, 30g fat



[Teriyaki seitan wings](#)
12 oz seitan- 892 cals



[White rice](#)
1 cup rice, cooked- 246 cals



[Roasted broccoli](#)
147 cals

Day 2

2961 cals ● 242g protein (33%) ● 109g fat (33%) ● 214g carbs (29%) ● 38g fiber (5%)

Lunch

1350 cals, 55g protein, 90g net carbs, 77g fat



[Grilled cheese with mushrooms](#)
1131 cals



[Walnuts](#)
1/3 cup(s)- 219 cals

Dinner

1285 cals, 115g protein, 122g net carbs, 30g fat



[Teriyaki seitan wings](#)
12 oz seitan- 892 cals



[White rice](#)
1 cup rice, cooked- 246 cals



[Roasted broccoli](#)
147 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Day 3

3000 cals ● 195g protein (26%) ● 136g fat (41%) ● 182g carbs (24%) ● 66g fiber (9%)

Lunch

1350 cals, 55g protein, 90g net carbs, 77g fat



Grilled cheese with mushrooms

1131 cals



Walnuts

1/3 cup(s)- 219 cals

Dinner

1325 cals, 68g protein, 89g net carbs, 57g fat



Tortilla chips

235 cals



Tempeh taco salad bowl

831 cals



Edamame & beet salad

257 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 4

2976 cals ● 277g protein (37%) ● 113g fat (34%) ● 154g carbs (21%) ● 59g fiber (8%)

Lunch

1325 cals, 85g protein, 44g net carbs, 74g fat



Crack slaw with tempeh

1054 cals



Sunflower seeds

271 cals

Dinner

1325 cals, 119g protein, 107g net carbs, 38g fat



Vegan sausage

3 sausage(s)- 804 cals



Lentils

521 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 5

2947 cals ● 241g protein (33%) ● 57g fat (17%) ● 316g carbs (43%) ● 51g fiber (7%)

Lunch

1295 cals, 49g protein, 206g net carbs, 18g fat



[Buttery lemon rice](#)

369 cals



[Broccoli](#)

3 1/2 cup(s)- 102 cals



[Veggie burger](#)

3 burger- 825 cals

Dinner

1325 cals, 119g protein, 107g net carbs, 38g fat



[Vegan sausage](#)

3 sausage(s)- 804 cals



[Lentils](#)

521 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Day 6

3007 cals ● 190g protein (25%) ● 37g fat (11%) ● 415g carbs (55%) ● 63g fiber (8%)

Lunch

1295 cals, 49g protein, 206g net carbs, 18g fat



[Buttery lemon rice](#)

369 cals



[Broccoli](#)

3 1/2 cup(s)- 102 cals



[Veggie burger](#)

3 burger- 825 cals

Dinner

1385 cals, 68g protein, 206g net carbs, 17g fat



[Lentil & tomato pasta](#)

1263 cals



[Simple mozzarella and tomato salad](#)

121 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Day 7

3039 cals ● 190g protein (25%) ● 45g fat (13%) ● 410g carbs (54%) ● 58g fiber (8%)

Lunch

1330 cals, 49g protein, 201g net carbs, 27g fat



Vegan deli smashed avocado sandwich
1 1/2 sandwich(es)- 580 cals



White rice
1 1/2 cup rice, cooked- 328 cals



Tomato soup
2 can(s)- 421 cals

Dinner

1385 cals, 68g protein, 206g net carbs, 17g fat



Lentil & tomato pasta
1263 cals



Simple mozzarella and tomato salad
121 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Grocery List



Cereal Grains and Pasta

- seitan
1 1/2 lbs (680g)
- long-grain white rice
2 1/4 cup (416g)
- uncooked dry pasta
1/2 lbs (257g)

Fats and Oils

- oil
3 oz (85mL)
- olive oil
1/4 cup (53mL)
- balsamic vinaigrette
1 1/3 oz (38mL)

Other

- teriyaki sauce
3/4 cup (180mL)
- roasted red peppers
4 oz (113g)
- mixed greens
1 2/3 package (5.5 oz) (260g)
- coleslaw mix
5 cup (450g)
- vegan sausage
6 sausage (600g)
- veggie burger patty
6 patty (426g)
- plant-based deli slices
7 1/2 slices (78g)

Beverages

- water
32 1/4 cup(s) (7643mL)
- protein powder
21 scoop (1/3 cup ea) (651g)

Vegetables and Vegetable Products

- frozen broccoli
3 1/4 lbs (1489g)
- fresh spinach
2 oz (57g)
- mushrooms
3 1/2 cup, chopped (245g)
- edamame, frozen, shelled
3/4 cup (89g)

Baked Products

- bread
21 slice(s) (672g)
- hamburger buns
6 bun(s) (306g)

Dairy and Egg Products

- goat cheese
3 oz (85g)
- kefir, flavored
2 cup (480mL)
- sliced cheese
7 slice (3/4 oz ea) (147g)
- butter
1/2 tbsp (7g)
- fresh mozzarella cheese
2 oz (57g)

Nut and Seed Products

- pistachios, shelled
1/2 cup (62g)
- walnuts
10 tbsp, shelled (63g)
- sunflower kernels
2 1/2 oz (73g)

Snacks

- tortilla chips
1 2/3 oz (47g)

Legumes and Legume Products

- tempeh
1 lbs (454g)
- refried beans
3/4 cup (182g)
- lentils, raw
3 cup (576g)

Soups, Sauces, and Gravies

- salsa
1/4 cup (81g)
- hot sauce
2/3 fl oz (20mL)
- vegetable broth
1 cup(s) (mL)

- beets, precooked (canned or refrigerated)**
3 beet(s) (150g)
- garlic**
4 1/2 clove(s) (14g)
- ketchup**
6 tbsp (102g)
- canned crushed tomatoes**
2 can (810g)
- tomato paste**
2 tbsp (32g)
- carrots**
2 medium (122g)
- onion**
1 large (150g)
- tomatoes**
3/4 large whole (3" dia) (137g)

- condensed canned tomato soup**
2 can (10.5 oz) (596g)

Fruits and Fruit Juices

- avocados**
1 1/4 avocado(s) (251g)
- lemon juice**
2 tbsp (30mL)

Spices and Herbs

- salt**
1 tsp (7g)
- black pepper**
1/4 tbsp, ground (2g)
- garlic powder**
1/4 tbsp (2g)
- onion powder**
1/4 tbsp (2g)
- thyme, dried**
2 1/3 tbsp, ground (10g)
- taco seasoning mix**
1 1/2 tbsp (13g)
- lemon pepper**
1 1/4 tsp (3g)
- paprika**
1 tsp (2g)
- ground cumin**
1 tsp (2g)
- fresh basil**
1 tbsp, chopped (3g)

Lunch 1 ↗

Eat on day 1

Roast red pepper & spinach grilled cheese sandwich

2 sandwich(es) - 714 cals ● 36g protein ● 35g fat ● 56g carbs ● 9g fiber



Makes 2 sandwich(es)

bread
4 slice(s) (128g)
fresh spinach
2 oz (57g)
goat cheese
3 oz (85g)
oil
1 tsp (5mL)
roasted red peppers, chopped
4 oz (113g)

1. Spread goat cheese evenly on a slice of bread. Top with spinach and roasted red peppers and season with some salt and pepper.
2. Top with remaining slice of bread and gently press together.
3. Heat oil in a skillet over medium heat. Add sandwich and cook until golden, about 2-3 minutes on each side.
4. Slice in half and serve.

Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.

Pistachios

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



pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Grilled cheese with mushrooms

1131 cals ● 50g protein ● 57g fat ● 88g carbs ● 16g fiber



For single meal:

mushrooms
1 3/4 cup, chopped (123g)
olive oil
1 3/4 tbsp (26mL)
thyme, dried
3 1/2 tsp, ground (5g)
bread
7 slice(s) (224g)
sliced cheese
3 1/2 slice (3/4 oz ea) (74g)

For all 2 meals:

mushrooms
3 1/2 cup, chopped (245g)
olive oil
1/4 cup (53mL)
thyme, dried
2 1/3 tbsp, ground (10g)
bread
14 slice(s) (448g)
sliced cheese
7 slice (3/4 oz ea) (147g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
5 tbsp, shelled (31g)

For all 2 meals:

walnuts
10 tbsp, shelled (63g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 4

Crack slaw with tempeh

1054 cals ● 72g protein ● 53g fat ● 40g carbs ● 33g fiber



coleslaw mix
5 cup (450g)
hot sauce
2 1/2 tsp (13mL)
sunflower kernels
2 1/2 tbsp (30g)
oil
5 tsp (25mL)
garlic, minced
2 1/2 clove (8g)
tempeh, cubed
10 oz (284g)

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

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5 and day 6

Buttery lemon rice

369 cals ● 7g protein ● 4g fat ● 75g carbs ● 2g fiber



For single meal:

lemon juice
1 tbsp (15mL)
water
1/2 cup(s) (119mL)
long-grain white rice
1/2 cup (93g)
lemon pepper
5 dash (1g)
vegetable broth
1/2 cup(s) (mL)
butter
1/4 tbsp (4g)

For all 2 meals:

lemon juice
2 tbsp (30mL)
water
1 cup(s) (237mL)
long-grain white rice
1 cup (185g)
lemon pepper
1 1/4 tsp (3g)
vegetable broth
1 cup(s) (mL)
butter
1/2 tbsp (7g)

1. Combine all ingredients except lemon pepper in saucepan.
2. Bring to a boil, then reduce heat.
3. Cover pot and allow to simmer slowly for 20 minutes, or until liquid is absorbed.
4. Sprinkle with lemon pepper before serving.

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.

Veggie burger

3 burger - 825 cals ● 33g protein ● 15g fat ● 124g carbs ● 17g fiber



For single meal:

hamburger buns
3 bun(s) (153g)
ketchup
3 tbsp (51g)
mixed greens
3 oz (85g)
veggie burger patty
3 patty (213g)

For all 2 meals:

hamburger buns
6 bun(s) (306g)
ketchup
6 tbsp (102g)
mixed greens
6 oz (170g)
veggie burger patty
6 patty (426g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lunch 5

Eat on day 7

Vegan deli smashed avocado sandwich

1 1/2 sandwich(es) - 580 cals ● 34g protein ● 23g fat ● 44g carbs ● 15g fiber



Makes 1 1/2 sandwich(es)

plant-based deli slices
7 1/2 slices (78g)
bread
3 slice(s) (96g)
hot sauce
1/2 tbsp (8mL)
mixed greens
3/4 cup (23g)
avocados, peeled & deseeded
1/2 avocado(s) (101g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

White rice

1 1/2 cup rice, cooked - 328 cals ● 7g protein ● 1g fat ● 73g carbs ● 1g fiber

Makes 1 1/2 cup rice, cooked



water

1 cup(s) (237mL)

long-grain white rice

1/2 cup (93g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

condensed canned tomato soup

2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

Dinner 1 ↗

Eat on day 1 and day 2

Teriyaki seitan wings

12 oz seitan - 892 cals ● 97g protein ● 30g fat ● 57g carbs ● 2g fiber



For single meal:

seitan
3/4 lbs (340g)
oil
1 1/2 tbsp (23mL)
teriyaki sauce
6 tbsp (90mL)

For all 2 meals:

seitan
1 1/2 lbs (680g)
oil
3 tbsp (45mL)
teriyaki sauce
3/4 cup (180mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

White rice

1 cup rice, cooked - 246 cals ● 5g protein ● 0g fat ● 55g carbs ● 1g fiber



For single meal:

water
3/4 cup(s) (178mL)
long-grain white rice
6 tbsp (69g)

For all 2 meals:

water
1 1/2 cup(s) (356mL)
long-grain white rice
3/4 cup (139g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Roasted broccoli

147 cals ● 13g protein ● 0g fat ● 10g carbs ● 13g fiber



For single meal:

frozen broccoli
1 1/2 package (426g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
garlic powder
3 dash (1g)
onion powder
3 dash (1g)

For all 2 meals:

frozen broccoli
3 package (852g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
garlic powder
1/4 tbsp (2g)
onion powder
1/4 tbsp (2g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Dinner 2 ↗

Eat on day 3

Tortilla chips

235 cals ● 3g protein ● 11g fat ● 30g carbs ● 2g fiber



tortilla chips
1 2/3 oz (47g)

1. The recipe has no instructions.

Tempeh taco salad bowl

831 cals ● 51g protein ● 36g fat ● 41g carbs ● 34g fiber



tempeh
6 oz (170g)
taco seasoning mix
1 1/2 tbsp (13g)
mixed greens
3/4 cup (23g)
salsa
1/4 cup (81g)
refried beans
3/4 cup (182g)
oil
1/4 tbsp (4mL)
avocados, cubed
3/4 avocado(s) (151g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



mixed greens
1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

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

Dinner 3 ↗

Eat on day 4 and day 5

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.

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.

Dinner 4 ↗

Eat on day 6 and day 7

Lentil & tomato pasta

1263 cals ● 61g protein ● 9g fat ● 203g carbs ● 31g fiber



For single meal:

uncooked dry pasta
1/4 lbs (128g)
lentils, raw
3/4 cup (144g)
canned crushed tomatoes
1 can (405g)
water
7/8 cup(s) (207mL)
paprika
4 dash (1g)
ground cumin
4 dash (1g)
oil
1/4 tbsp (4mL)
tomato paste
1 tbsp (16g)
carrots, chopped
1 medium (61g)
garlic, minced
1 clove(s) (3g)
onion, diced
1/2 large (75g)

For all 2 meals:

uncooked dry pasta
1/2 lbs (257g)
lentils, raw
1 1/2 cup (288g)
canned crushed tomatoes
2 can (810g)
water
1 3/4 cup(s) (415mL)
paprika
1 tsp (2g)
ground cumin
1 tsp (2g)
oil
1/2 tbsp (8mL)
tomato paste
2 tbsp (32g)
carrots, chopped
2 medium (122g)
garlic, minced
2 clove(s) (6g)
onion, diced
1 large (150g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Sauté for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

fresh mozzarella cheese, sliced

1 oz (28g)

tomatoes, sliced

3/8 large whole (3" dia) (68g)

For all 2 meals:

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

fresh mozzarella cheese, sliced

2 oz (57g)

tomatoes, sliced

3/4 large whole (3" dia) (137g)

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

Protein Supplement(s)

Eat every day

Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

protein powder

3 scoop (1/3 cup ea) (93g)

water

3 cup(s) (711mL)

For all 7 meals:

protein powder

21 scoop (1/3 cup ea) (651g)

water

21 cup(s) (4977mL)

1. The recipe has no instructions.