

# Meal Plan - 3100 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

3107 cals ● 195g protein (25%) ● 89g fat (26%) ● 323g carbs (42%) ● 58g fiber (8%)

### Lunch

1405 cals, 57g protein, 141g net carbs, 62g fat



[Flavored rice mix](#)  
573 cals



[Sugar snap peas](#)  
123 cals



[Buffalo tofu](#)  
709 cals

### Protein Supplement(s)

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



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

### Dinner

1375 cals, 66g protein, 180g net carbs, 25g fat



[Lentils](#)  
405 cals



[White bean succotash](#)  
970 cals

## Day 2

3066 cals ● 196g protein (26%) ● 43g fat (13%) ● 393g carbs (51%) ● 81g fiber (11%)

### Lunch

1365 cals, 57g protein, 211g net carbs, 16g fat



[Spiced chickpea tabbouleh bowl](#)  
1365 cals

### Protein Supplement(s)

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



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

### Dinner

1375 cals, 66g protein, 180g net carbs, 25g fat



[Lentils](#)  
405 cals



[White bean succotash](#)  
970 cals

## Day 3

3054 cals ● 203g protein (27%) ● 57g fat (17%) ● 379g carbs (50%) ● 53g fiber (7%)

### Lunch

1365 cals, 57g protein, 211g net carbs, 16g fat



**Spiced chickpea tabbouleh bowl**  
1365 cals

### Dinner

1365 cals, 73g protein, 165g net carbs, 40g fat



**Pasta with spinach and ricotta**  
1015 cals



**Milk**  
2 1/3 cup(s)- 348 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 4

3071 cals ● 198g protein (26%) ● 108g fat (32%) ● 253g carbs (33%) ● 75g fiber (10%)

### Lunch

1395 cals, 52g protein, 120g net carbs, 62g fat



**Vegetarian chickpea sandwiches**  
3 sandwich(es)- 1028 cals



**Pecans**  
1/2 cup- 366 cals

### Dinner

1350 cals, 73g protein, 131g net carbs, 44g fat



**Milk**  
1 1/4 cup(s)- 186 cals



**Tomato cucumber salad**  
71 cals



**Bean & tofu goulash**  
1093 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 5

3140 cals ● 260g protein (33%) ● 112g fat (32%) ● 215g carbs (27%) ● 57g fiber (7%)

### Lunch

1395 cals, 52g protein, 120g net carbs, 62g fat



**Vegetarian chickpea sandwiches**  
3 sandwich(es)- 1028 cals



**Pecans**  
1/2 cup- 366 cals

### Dinner

1420 cals, 136g protein, 93g net carbs, 49g fat



**Vegan sausage**  
4 sausage(s)- 1072 cals



**Lentils**  
347 cals

### Protein Supplement(s)

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




**Protein shake**  
3 scoop- 327 cals

Day 6


3123 calsgreen262g protein (34%)orange88g fat (25%)blue262g carbs (34%)grey58g fiber (7%)

Lunch

1375 calsgreen54g protein, 167g net carbs, 38g fat

Cheese ravioli

953 calsgreen

Tossed salad

424 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat

Protein shake


3 scoop- 327 calsgreen

Dinner

1420 calsgreen136g protein, 93g net carbs, 49g fat

Vegan sausage

4 sausage(s)- 1072 calsgreen

Lentils


347 calsgreen

Day 7


3086 calsgreen206g protein (27%)orange87g fat (25%)blue313g carbs (41%)grey57g fiber (7%)

Lunch

1375 calsgreen54g protein, 167g net carbs, 38g fat

Cheese ravioli

953 calsgreen

Tossed salad

424 calsgreen

Protein Supplement(s)


325 calsgreen73g protein, 3g net carbs, 2g fat

Protein shake

3 scoop- 327 calsgreen

Dinner

1385 calsgreen79g protein, 143g net carbs, 48g fat

Vegan meatball sub

2 sub(s)- 936 calsgreen

Milk

3 cup(s)- 447 calsgreen

# Grocery List



## Beverages

- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)
- ☐ water  
29 2/3 cup(s) (7032mL)

## Spices and Herbs

- ☐ salt  
1 3/4 tsp (10g)
- ☐ ground cumin  
2 1/2 tsp (5g)
- ☐ black pepper  
1/8 oz (4g)
- ☐ paprika  
1 1/4 tbsp (9g)
- ☐ fresh thyme  
5 dash (1g)
- ☐ dried dill weed  
2 tsp (2g)

## Legumes and Legume Products

- ☐ lentils, raw  
2 cup (416g)
- ☐ white beans, canned  
3 can(s) (1335g)
- ☐ firm tofu  
1 1/2 lbs (645g)
- ☐ chickpeas, canned  
4 1/2 can(s) (2016g)

## Fruits and Fruit Juices

- ☐ lemon juice  
6 1/4 tbsp (94mL)

## Fats and Oils

- ☐ oil  
2 3/4 oz (85mL)
- ☐ ranch dressing  
4 tbsp (60mL)
- ☐ salad dressing  
1/2 cup (120mL)
- ☐ mayonnaise  
2 tbsp (30mL)

## Vegetables and Vegetable Products

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
1 pouch (~5.6 oz) (158g)
- ☐ frozen cheese ravioli  
1 3/4 lbs (794g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/3 cup (79mL)
- ☐ pasta sauce  
1 1/2 jar (24 oz) (914g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
2 1/2 box (5.8 oz) (411g)
- ☐ uncooked dry pasta  
6 oz (171g)

## Dairy and Egg Products

- ☐ part-skim ricotta cheese  
3/4 cup (186g)
- ☐ parmesan cheese  
2 1/4 tbsp (11g)
- ☐ whole milk  
6 1/2 cup(s) (1579mL)

## Baked Products

- ☐ bread  
12 slice (384g)

## Nut and Seed Products

- ☐ pecans  
1 cup, halves (99g)

## Other

- ☐ vegan sausage  
8 sausage (800g)
- ☐ sub roll(s)  
2 roll(s) (170g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ vegan meatballs, frozen  
8 meatball(s) (240g)

- ☐ **frozen corn kernels**  
3 cup (408g)
  - ☐ **bell pepper**  
3 medium (357g)
  - ☐ **shallots**  
3 clove(s) (170g)
  - ☐ **frozen sugar snap peas**  
2 cup (288g)
  - ☐ **cucumber**  
2 1/2 cucumber (8-1/4") (715g)
  - ☐ **tomatoes**  
4 3/4 medium whole (2-3/5" dia) (580g)
  - ☐ **fresh parsley**  
10 sprigs (10g)
  - ☐ **frozen chopped spinach**  
3/4 10 oz package (213g)
  - ☐ **garlic**  
2 3/4 clove(s) (8g)
  - ☐ **red onion**  
1 medium (2-1/2" dia) (114g)
  - ☐ **onion**  
2 1/4 medium (2-1/2" dia) (248g)
  - ☐ **raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)
  - ☐ **romaine lettuce**  
3 1/2 hearts (1750g)
  - ☐ **carrots**  
3 1/2 small (5-1/2" long) (175g)
-

## Lunch 1 [↗](#)

Eat on day 1

### Flavored rice mix

573 cals ● 17g protein ● 3g fat ● 116g carbs ● 5g fiber



**flavored rice mix**  
1 pouch (~5.6 oz) (158g)

1. Prepare according to instructions on package.

### Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



**frozen sugar snap peas**  
2 cup (288g)

1. Prepare according to instructions on package.

### Buffalo tofu

709 cals ● 32g protein ● 59g fat ● 13g carbs ● 1g fiber



**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**ranch dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (15mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Spiced chickpea tabbouleh bowl

1365 cals ● 57g protein ● 16g fat ● 211g carbs ● 38g fiber



For single meal:

**instant couscous, flavored**

1 1/4 box (5.8 oz) (206g)

**oil**

1/4 tbsp (3mL)

**ground cumin**

1 1/4 tsp (3g)

**lemon juice**

2 tsp (9mL)

**cucumber, chopped**

5/8 cucumber (8-1/4") (188g)

**chickpeas, canned, drained & rinsed**

1 1/4 can(s) (560g)

**tomatoes, chopped**

1 1/4 roma tomato (100g)

**fresh parsley, chopped**

5 sprigs (5g)

For all 2 meals:

**instant couscous, flavored**

2 1/2 box (5.8 oz) (411g)

**oil**

1 1/4 tsp (6mL)

**ground cumin**

2 1/2 tsp (5g)

**lemon juice**

1 1/4 tbsp (19mL)

**cucumber, chopped**

1 1/4 cucumber (8-1/4") (376g)

**chickpeas, canned, drained & rinsed**

2 1/2 can(s) (1120g)

**tomatoes, chopped**

2 1/2 roma tomato (200g)

**fresh parsley, chopped**

10 sprigs (10g)

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.

## Lunch 3 [↗](#)

Eat on day 4 and day 5

### Vegetarian chickpea sandwiches

3 sandwich(es) - 1028 cals ● 47g protein ● 26g fat ● 118g carbs ● 33g fiber



For single meal:

**mayonnaise**  
1 tbsp (15mL)  
**lemon juice**  
1 tbsp (15mL)  
**dried dill weed**  
1 tsp (1g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**bread**  
6 slice (192g)  
**chickpeas, canned**  
1 can(s) (448g)  
**raw celery, chopped**  
1 stalk, medium (7-1/2" - 8" long) (40g)  
**onion, chopped**  
1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

**mayonnaise**  
2 tbsp (30mL)  
**lemon juice**  
2 tbsp (30mL)  
**dried dill weed**  
2 tsp (2g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**bread**  
12 slice (384g)  
**chickpeas, canned**  
2 can(s) (896g)  
**raw celery, chopped**  
2 stalk, medium (7-1/2" - 8" long) (80g)  
**onion, chopped**  
1 medium (2-1/2" dia) (110g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

**pecans**  
1/2 cup, halves (50g)

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. The recipe has no instructions.



## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Cheese ravioli

953 cals ● 39g protein ● 24g fat ● 131g carbs ● 15g fiber



For single meal:

**pasta sauce**  
5/8 jar (24 oz) (392g)  
**frozen cheese ravioli**  
14 oz (397g)

For all 2 meals:

**pasta sauce**  
1 1/6 jar (24 oz) (784g)  
**frozen cheese ravioli**  
1 3/4 lbs (794g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

### Tossed salad

424 cals ● 15g protein ● 14g fat ● 35g carbs ● 24g fiber



For single meal:

**romaine lettuce, shredded**  
1 3/4 hearts (875g)  
**tomatoes, diced**  
1 3/4 small whole (2-2/5" dia) (159g)  
**salad dressing**  
1/4 cup (53mL)  
**red onion, sliced**  
1/2 medium (2-1/2" dia) (48g)  
**cucumber, sliced or diced**  
1/2 cucumber (8-1/4") (132g)  
**carrots, peeled and shredded or sliced**  
1 3/4 small (5-1/2" long) (88g)

For all 2 meals:

**romaine lettuce, shredded**  
3 1/2 hearts (1750g)  
**tomatoes, diced**  
3 1/2 small whole (2-2/5" dia) (319g)  
**salad dressing**  
1/2 cup (105mL)  
**red onion, sliced**  
7/8 medium (2-1/2" dia) (96g)  
**cucumber, sliced or diced**  
7/8 cucumber (8-1/4") (263g)  
**carrots, peeled and shredded or sliced**  
3 1/2 small (5-1/2" long) (175g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

**water**  
2 1/3 cup(s) (553mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

For all 2 meals:

**water**  
4 2/3 cup(s) (1106mL)  
**salt**  
1/4 tsp (2g)  
**lentils, raw, rinsed**  
56 tsp (224g)

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.

## Dinner 2 [↗](#)

Eat on day 3

### Pasta with spinach and ricotta

1015 cals ● 55g protein ● 22g fat ● 138g carbs ● 12g fiber



#### uncooked dry pasta

6 oz (171g)

#### part-skim ricotta cheese

3/4 cup (186g)

#### salt

1 1/2 dash (1g)

#### black pepper

1/2 tsp, ground (1g)

#### frozen chopped spinach, thawed and drained

3/4 10 oz package (213g)

#### garlic, minced

1 1/2 clove(s) (5g)

#### parmesan cheese, divided

2 1/4 tbsp (11g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

### Milk

2 1/3 cup(s) - 348 cals ● 18g protein ● 18g fat ● 27g carbs ● 0g fiber



Makes 2 1/3 cup(s)

#### whole milk

2 1/3 cup(s) (560mL)

1. The recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 4

### Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber

Makes 1 1/4 cup(s)

**whole milk**

1 1/4 cup(s) (300mL)



1. The recipe has no instructions.

### Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



**salad dressing**

1 tbsp (15mL)

**red onion, thinly sliced**

1/4 small (18g)

**cucumber, thinly sliced**

1/4 cucumber (8-1/4") (75g)

**tomatoes, thinly sliced**

1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

### Bean & tofu goulash

1093 cal ● 62g protein ● 31g fat ● 109g carbs ● 32g fiber



**oil**

1 1/4 tbsp (19mL)

**paprika**

1 1/4 tbsp (9g)

**fresh thyme**

5 dash (1g)

**white beans, canned, drained & rinsed**

1 1/4 can(s) (549g)

**onion, diced**

1 1/4 medium (2-1/2" dia) (138g)

**garlic, minced**

1 1/4 clove (4g)

**firm tofu, drained and diced**

1/2 lbs (248g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Vegan sausage

4 sausage(s) - 1072 cals ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



For single meal:

**vegan sausage**  
4 sausage (400g)

For all 2 meals:

**vegan sausage**  
8 sausage (800g)

1. Prepare according to package instructions.
2. 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.



## Dinner 5 [↗](#)

Eat on day 7

### Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



Makes 2 sub(s)

#### sub roll(s)

2 roll(s) (170g)

#### nutritional yeast

2 tsp (3g)

#### pasta sauce

1/2 cup (130g)

#### vegan meatballs, frozen

8 meatball(s) (240g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

### Milk

3 cup(s) - 447 cals ● 23g protein ● 24g fat ● 35g carbs ● 0g fiber



Makes 3 cup(s)

#### whole milk

3 cup(s) (720mL)

1. The recipe has no instructions.

## 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.