

# Meal Plan - 3300 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

3256 cals ● 244g protein (30%) ● 139g fat (38%) ● 207g carbs (25%) ● 51g fiber (6%)

### Lunch

1475 cals, 70g protein, 150g net carbs, 60g fat



[Apple](#)

1 apple(s)- 105 cals



[Caprese sandwich](#)

2 sandwich(es)- 922 cals



[Kefir](#)

450 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1455 cals, 102g protein, 54g net carbs, 77g fat



[Peanut tempeh](#)

12 oz tempeh- 1301 cals



[Simple mixed greens and tomato salad](#)

151 cals

## Day 2

3290 cals ● 229g protein (28%) ● 110g fat (30%) ● 309g carbs (38%) ● 37g fiber (5%)

### Lunch

1475 cals, 70g protein, 150g net carbs, 60g fat



[Apple](#)

1 apple(s)- 105 cals



[Caprese sandwich](#)

2 sandwich(es)- 922 cals



[Kefir](#)

450 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Dinner

1485 cals, 86g protein, 157g net carbs, 48g fat



[Lentils](#)

434 cals



[Milk](#)

2 1/4 cup(s)- 335 cals



[Chik'n nuggets](#)

13 nuggets- 717 cals

## Day 3

3338 cals ● 219g protein (26%) ● 72g fat (19%) ● 401g carbs (48%) ● 54g fiber (6%)

### Lunch

1525 cals, 59g protein, 241g net carbs, 22g fat



**Naan bread**

2 piece(s)- 524 cals



**Spiced chickpea tabbouleh bowl**

1001 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Dinner

1485 cals, 86g protein, 157g net carbs, 48g fat



**Lentils**

434 cals



**Milk**

2 1/4 cup(s)- 335 cals



**Chik'n nuggets**

13 nuggets- 717 cals

## Day 4

3295 cals ● 248g protein (30%) ● 99g fat (27%) ● 306g carbs (37%) ● 46g fiber (6%)

### Lunch

1525 cals, 59g protein, 241g net carbs, 22g fat



**Naan bread**

2 piece(s)- 524 cals



**Spiced chickpea tabbouleh bowl**

1001 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Dinner

1445 cals, 116g protein, 62g net carbs, 76g fat



**Vegan bangers and cauliflower mash**


4 sausage link(s)- 1444 cals

Day 5

3258 calsgreen218g protein (27%)orange144g fat (40%)blue228g carbs (28%)grey45g fiber (6%)


Lunch

1490 calsgreen67g protein, 124g net carbs, 74g fat




Lowfat yogurt

2 container(s)- 362 calsgreen



Spiced tofu & pesto sandwich

2 sandwich(es)- 760 calsgreen




Pumpkin seeds

366 calsgreen


Dinner

1445 calsgreen78g protein, 101g net carbs, 69g fat



Milk

1 1/2 cup(s)- 224 calsgreen




Baked feta chickpea pasta

1219 calsgreen

Protein Supplement(s)

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



Protein shake


3 scoop- 327 calsgreen

Day 6

3249 calsgreen279g protein (34%)orange89g fat (25%)blue293g carbs (36%)grey40g fiber (5%)


Lunch

1435 calsgreen134g protein, 130g net carbs, 40g fat



Teriyaki seitan wings

16 oz seitan- 1189 calsgreen




White rice

1 cup rice, cooked- 246 calsgreen


Dinner

1485 calsgreen73g protein, 160g net carbs, 47g fat



Lentil Soup

1264 calsgreen




Milk

1 1/2 cup(s)- 224 calsgreen

Protein Supplement(s)

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



Protein shake


3 scoop- 327 calsgreen

Day 7

3249 calsgreen279g protein (34%)orange89g fat (25%)blue293g carbs (36%)grey40g fiber (5%)


Lunch

1435 calsgreen134g protein, 130g net carbs, 40g fat



Teriyaki seitan wings

16 oz seitan- 1189 calsgreen




White rice

1 cup rice, cooked- 246 calsgreen


Dinner

1485 calsgreen73g protein, 160g net carbs, 47g fat



Lentil Soup

1264 calsgreen




Milk

1 1/2 cup(s)- 224 calsgreen

Protein Supplement(s)

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



Protein shake

3 scoop- 327 calsgreen

# Grocery List



## Beverages

- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)
- ☐ water  
37 cup(s) (8729mL)

## Legumes and Legume Products

- ☐ tempeh  
3/4 lbs (340g)
- ☐ peanut butter  
6 tbsp (97g)
- ☐ soy sauce  
1 tbsp (15mL)
- ☐ lentils, raw  
3 1/2 cup (688g)
- ☐ chickpeas, canned  
2 can(s) (821g)
- ☐ firm tofu  
6 oz (170g)

## Fruits and Fruit Juices

- ☐ lemon juice  
2 1/2 tbsp (36mL)
- ☐ apples  
2 medium (3" dia) (364g)

## Other

- ☐ nutritional yeast  
1 1/2 tbsp (6g)
- ☐ mixed greens  
4 cup (120g)
- ☐ vegan chik'n nuggets  
26 nuggets (559g)
- ☐ frozen cauliflower  
3 cup (340g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ chickpea pasta  
3/4 box (149g)
- ☐ italian seasoning  
3 dash (1g)
- ☐ teriyaki sauce  
1 cup (240mL)

## Vegetables and Vegetable Products

- ☐ tomatoes  
7 medium whole (2-3/5" dia) (862g)

## Fats and Oils

- ☐ salad dressing  
3 tbsp (45mL)
- ☐ oil  
4 oz (115mL)
- ☐ olive oil  
1/4 cup (70mL)

## Baked Products

- ☐ bread  
12 slice(s) (384g)
- ☐ naan bread  
4 piece(s) (360g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
8 slices (227g)
- ☐ kefir, flavored  
6 cup (1440mL)
- ☐ whole milk  
9 cup(s) (2160mL)
- ☐ feta cheese  
6 oz (170g)
- ☐ lowfat flavored yogurt  
2 container (6 oz) (340g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
2/3 cup (176g)

## Spices and Herbs

- ☐ salt  
1/2 tbsp (9g)
- ☐ ground cumin  
4 tsp (8g)
- ☐ chili powder  
1 tsp (3g)
- ☐ crushed red pepper  
4 dash (1g)
- ☐ oregano, dried  
1 tsp, leaves (1g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ basil, dried  
1 tsp, leaves (1g)

## Cereal Grains and Pasta

- ☐ **ketchup**  
6 1/2 tbsp (111g)
- ☐ **cucumber**  
1 cucumber (8-1/4") (276g)
- ☐ **fresh parsley**  
7 1/3 sprigs (7g)
- ☐ **onion**  
2 1/2 medium (2-1/2" dia) (268g)
- ☐ **fresh spinach**  
2 cup(s) (62g)
- ☐ **garlic**  
4 clove(s) (11g)
- ☐ **canned crushed tomatoes**  
1 1/6 can (472g)
- ☐ **raw celery**  
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)
- ☐ **carrots**  
2 1/3 medium (142g)

- ☐ **instant couscous, flavored**  
2 box (5.8 oz) (301g)
- ☐ **seitan**  
2 lbs (907g)
- ☐ **long-grain white rice**  
3/4 cup (139g)

### **Nut and Seed Products**

- ☐ **roasted pumpkin seeds, unsalted**  
1/2 cup (59g)



## Lunch 1 [↗](#)

Eat on day 1 and day 2

### 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.

### Caprese sandwich

2 sandwich(es) - 922 cals ● 45g protein ● 53g fat ● 55g carbs ● 10g fiber



For single meal:

#### bread

4 slice(s) (128g)

#### tomatoes

4 slice(s), thick/large (1/2" thick) (108g)

#### fresh mozzarella cheese

4 slices (113g)

#### pesto sauce

4 tbsp (64g)

For all 2 meals:

#### bread

8 slice(s) (256g)

#### tomatoes

8 slice(s), thick/large (1/2" thick) (216g)

#### fresh mozzarella cheese

8 slices (227g)

#### pesto sauce

1/2 cup (128g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

### Kefir

450 cals ● 24g protein ● 7g fat ● 74g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
3 cup (720mL)

For all 2 meals:

**kefir, flavored**  
6 cup (1440mL)

1. Pour into a glass and drink.

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## Lunch 2 [↗](#)

Eat on day 3 and day 4

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### Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

**naan bread**  
2 piece(s) (180g)

For all 2 meals:

**naan bread**  
4 piece(s) (360g)

1. The recipe has no instructions.

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### Spiced chickpea tabbouleh bowl

1001 cals ● 42g protein ● 12g fat ● 155g carbs ● 28g fiber



For single meal:

**instant couscous, flavored**  
1 box (5.8 oz) (151g)  
**oil**  
1/2 tsp (2mL)  
**ground cumin**  
1 tsp (2g)  
**lemon juice**  
1/2 tbsp (7mL)  
**cucumber, chopped**  
1/2 cucumber (8-1/4") (138g)  
**chickpeas, canned, drained & rinsed**  
1 can(s) (411g)  
**tomatoes, chopped**  
1 roma tomato (73g)  
**fresh parsley, chopped**  
3 2/3 sprigs (4g)

For all 2 meals:

**instant couscous, flavored**  
2 box (5.8 oz) (301g)  
**oil**  
1 tsp (5mL)  
**ground cumin**  
2 tsp (4g)  
**lemon juice**  
1 tbsp (14mL)  
**cucumber, chopped**  
1 cucumber (8-1/4") (276g)  
**chickpeas, canned, drained & rinsed**  
2 can(s) (821g)  
**tomatoes, chopped**  
2 roma tomato (147g)  
**fresh parsley, chopped**  
7 1/3 sprigs (7g)

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.

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## Lunch 3 [🔗](#)

Eat on day 5

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### 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.

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### Spiced tofu & pesto sandwich

2 sandwich(es) - 760 cals ● 33g protein ● 40g fat ● 56g carbs ● 11g fiber





Makes 2 sandwich(es)

**bread**

4 slice(s) (128g)

**pesto sauce**

3 tbsp (48g)

**oil**

2 tsp (10mL)

**ground cumin**

2 tsp (4g)

**chili powder**

1 tsp (3g)

**mixed greens**

1 cup (30g)

**crushed red pepper**

4 dash (1g)

**firm tofu**

6 oz (170g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

**Pumpkin seeds**

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



**roasted pumpkin seeds, unsalted**

1/2 cup (59g)

1. The recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 6 and day 7

### Teriyaki seitan wings

16 oz seitan - 1189 cal ● 129g protein ● 40g fat ● 76g carbs ● 3g fiber



For single meal:

**seitan**  
1 lbs (454g)  
**oil**  
2 tbsp (30mL)  
**teriyaki sauce**  
1/2 cup (120mL)

For all 2 meals:

**seitan**  
2 lbs (907g)  
**oil**  
4 tbsp (60mL)  
**teriyaki sauce**  
1 cup (240mL)

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 cal ● 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.

## Dinner 1 [↗](#)

Eat on day 1

### Peanut tempeh

12 oz tempeh - 1301 cals ● 98g protein ● 68g fat ● 44g carbs ● 30g fiber



Makes 12 oz tempeh

#### tempeh

3/4 lbs (340g)

#### peanut butter

6 tbsp (97g)

#### lemon juice

1 1/2 tbsp (23mL)

#### soy sauce

1 tbsp (15mL)

#### nutritional yeast

1 1/2 tbsp (6g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



#### mixed greens

3 cup (90g)

#### tomatoes

1/2 cup cherry tomatoes (75g)

#### salad dressing

3 tbsp (45mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



For single meal:

**water**  
2 1/2 cup(s) (593mL)  
**salt**  
1 1/4 dash (1g)  
**lentils, raw, rinsed**  
10 tbsp (120g)

For all 2 meals:

**water**  
5 cup(s) (1185mL)  
**salt**  
1/3 tsp (2g)  
**lentils, raw, rinsed**  
1 1/4 cup (240g)

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 1/4 cup(s) - 335 cals ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber



For single meal:

**whole milk**  
2 1/4 cup(s) (540mL)

For all 2 meals:

**whole milk**  
4 1/2 cup(s) (1080mL)

1. The recipe has no instructions.

### Chik'n nuggets

13 nuggets - 717 cals ● 40g protein ● 29g fat ● 67g carbs ● 7g fiber



For single meal:

**ketchup**  
3 1/4 tbsp (55g)  
**vegan chik'n nuggets**  
13 nuggets (280g)

For all 2 meals:

**ketchup**  
6 1/2 tbsp (111g)  
**vegan chik'n nuggets**  
26 nuggets (559g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

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## Dinner 3 [↗](#)

Eat on day 4

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### Vegan bangers and cauliflower mash

4 sausage link(s) - 1444 cals ● 116g protein ● 76g fat ● 62g carbs ● 11g fiber



Makes 4 sausage link(s)

**frozen cauliflower**

3 cup (340g)

**oil**

2 tbsp (30mL)

**vegan sausage**

4 sausage (400g)

**onion, thinly sliced**

2 small (140g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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## Dinner 4 [↗](#)

Eat on day 5

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### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

**whole milk**

1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

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## Baked feta chickpea pasta

1219 cals ● 66g protein ● 57g fat ● 84g carbs ● 27g fiber



**tomatoes**  
15 oz, cherry tomatoes (425g)  
**oil**  
3/4 tbsp (11mL)  
**fresh spinach**  
1 1/2 cup(s) (45g)  
**chickpea pasta**  
3/4 box (149g)  
**italian seasoning**  
3 dash (1g)  
**feta cheese, drained**  
6 oz (170g)  
**garlic, peeled & smashed**  
1 1/2 clove(s) (5g)

1. Preheat oven to 400°F (200°C).
2. In a baking dish, add the tomatoes, garlic, and the feta (do not crumble). Drizzle with the oil and season with some salt/pepper. Bake for 30-35 minutes until tomatoes are bursting.
3. Meanwhile cook chickpea pasta according to package instructions. Set aside.
4. Remove the baking dish from the oven and smash everything with a fork until the feta is creamy, but the tomatoes are still a bit chunky.
5. Add spinach and hot pasta into the baking dish and toss gently until spinach wilts and pasta is coated. Garnish with Italian seasoning and serve.

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## Dinner 5 [🔗](#)

Eat on day 6 and day 7

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### Lentil Soup

1264 cals ● 61g protein ● 35g fat ● 143g carbs ● 33g fiber





For single meal:

**oregano, dried**  
1/2 tsp, leaves (1g)  
**lentils, raw**  
56 tsp (224g)  
**water**  
4 2/3 cup(s) (1106mL)  
**black pepper**  
1/4 tsp, ground (1g)  
**basil, dried**  
1/2 tsp, leaves (0g)  
**canned crushed tomatoes**  
5/8 can (236g)  
**salt**  
1/2 tsp (3g)  
**olive oil**  
2 1/3 tbs (35mL)  
**onion, chopped**  
5/8 medium (2-1/2" dia) (64g)  
**raw celery, chopped**  
1 1/6 stalk, medium (7-1/2" - 8" long) (47g)  
**garlic, minced**  
1 1/6 clove(s) (3g)  
**carrots, diced**  
1 1/6 medium (71g)  
**fresh spinach, thinly sliced**  
1/4 cup(s) (9g)

For all 2 meals:

**oregano, dried**  
1 tsp, leaves (1g)  
**lentils, raw**  
2 1/3 cup (448g)  
**water**  
9 1/3 cup(s) (2212mL)  
**black pepper**  
1/2 tsp, ground (1g)  
**basil, dried**  
1 tsp, leaves (1g)  
**canned crushed tomatoes**  
1 1/6 can (472g)  
**salt**  
1 tsp (7g)  
**olive oil**  
1/4 cup (70mL)  
**onion, chopped**  
1 1/6 medium (2-1/2" dia) (128g)  
**raw celery, chopped**  
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)  
**garlic, minced**  
2 1/3 clove(s) (7g)  
**carrots, diced**  
2 1/3 medium (142g)  
**fresh spinach, thinly sliced**  
5/8 cup(s) (17g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

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## Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/2 cup(s) (360mL)

For all 2 meals:

**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.
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# Protein Supplement(s)

Eat every day

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## 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.
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