

Meal Plan - 3400 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

3411 cals ● 213g protein (25%) ● 92g fat (24%) ● 348g carbs (41%) ● 84g fiber (10%)

Lunch

1505 cals, 71g protein, 142g net carbs, 59g fat



Roasted almonds

1/2 cup(s)- 443 cals



Lowfat Greek yogurt

2 container(s)- 310 cals



Chickpea bowl with spicy yogurt sauce

752 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Dinner

1580 cals, 70g protein, 203g net carbs, 32g fat



White bean cassoulet

1347 cals



Dinner roll

3 roll(s)- 231 cals

Day 2

3431 cals ● 220g protein (26%) ● 156g fat (41%) ● 230g carbs (27%) ● 56g fiber (6%)

Lunch

1580 cals, 64g protein, 111g net carbs, 93g fat



Roasted peanuts

3/8 cup(s)- 383 cals



Lowfat yogurt

2 container(s)- 362 cals



Pesto grilled cheese sandwich

1 1/2 sandwich(es)- 836 cals

Dinner

1525 cals, 83g protein, 116g net carbs, 62g fat



Roasted almonds

1/2 cup(s)- 443 cals



Chickpea & kale soup

818 cals



Cottage cheese & fruit cup

2 container- 261 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 3

3424 cals ● 215g protein (25%) ● 89g fat (23%) ● 379g carbs (44%) ● 63g fiber (7%)

Lunch

1575 cals, 59g protein, 259g net carbs, 25g fat



Pasta with store-bought sauce

1276 cals



Milk

2 cup(s)- 298 cals

Dinner

1525 cals, 83g protein, 116g net carbs, 62g fat



Roasted almonds

1/2 cup(s)- 443 cals



Chickpea & kale soup

818 cals



Cottage cheese & fruit cup

2 container- 261 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 4

3436 cals ● 214g protein (25%) ● 184g fat (48%) ● 188g carbs (22%) ● 44g fiber (5%)

Lunch

1575 cals, 68g protein, 149g net carbs, 69g fat



Simple kale & avocado salad

230 cals



White rice

1 1/2 cup rice, cooked- 328 cals



Rosemary mushroom cheese sandwich

2 1/2 sandwich(es)- 1019 cals

Dinner

1530 cals, 73g protein, 36g net carbs, 113g fat



Low carb asian tofu bowl

1375 cals



Roasted cashews

1/6 cup(s)- 156 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 5

3402 cals ● 224g protein (26%) ● 135g fat (36%) ● 270g carbs (32%) ● 53g fiber (6%)

Lunch

1575 cals, 68g protein, 149g net carbs, 69g fat



Simple kale & avocado salad
230 cals



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



Rosemary mushroom cheese sandwich
2 1/2 sandwich(es)- 1019 cals

Dinner

1500 cals, 84g protein, 118g net carbs, 64g fat



Bean & tofu goulash
874 cals



Milk
1 3/4 cup(s)- 261 cals



Simple mozzarella and tomato salad
363 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 6

3359 cals ● 240g protein (29%) ● 161g fat (43%) ● 194g carbs (23%) ● 44g fiber (5%)

Lunch

1535 cals, 83g protein, 74g net carbs, 95g fat



Roasted peanuts
1/2 cup(s)- 460 cals



Egg salad sandwich
1 1/2 sandwich(es)- 813 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

1500 cals, 84g protein, 118g net carbs, 64g fat



Bean & tofu goulash
874 cals



Milk
1 3/4 cup(s)- 261 cals



Simple mozzarella and tomato salad
363 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 7

3388 cals ● 227g protein (27%) ● 139g fat (37%) ● 259g carbs (31%) ● 49g fiber (6%)

Lunch

1535 cals, 83g protein, 74g net carbs, 95g fat



Roasted peanuts

1/2 cup(s)- 460 cals



Egg salad sandwich

1 1/2 sandwich(es)- 813 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

1525 cals, 71g protein, 182g net carbs, 42g fat



Milk

2 1/3 cup(s)- 348 cals



Simple salad with tomatoes and carrots

294 cals



Spaghetti and meatless meatballs

885 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Grocery List



Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
23 cup(s) (5451mL)

Soups, Sauces, and Gravies

- vegetable broth
13 cup(s) (mL)
- pesto sauce
1 1/2 tbsp (24g)
- pasta sauce
1 jar (24 oz) (644g)

Fats and Oils

- oil
5 oz (158mL)
- balsamic vinaigrette
3 tbsp (46mL)
- mayonnaise
6 tbsp (90mL)
- salad dressing
2 1/4 tbsp (34mL)

Vegetables and Vegetable Products

- raw celery
1 3/4 stalk, medium (7-1/2" - 8" long) (70g)
- carrots
5 medium (298g)
- onion
4 3/4 medium (2-1/2" dia) (523g)
- garlic
15 clove(s) (45g)
- fresh parsley
1/4 cup chopped (13g)
- kale leaves
14 1/2 oz (410g)
- tomatoes
5 medium whole (2-3/5" dia) (639g)
- broccoli
1 3/4 cup chopped (159g)
- fresh ginger
3 1/2 tsp (7g)
- mushrooms
1/2 lbs (213g)
- romaine lettuce
1 1/2 hearts (750g)

Dairy and Egg Products

- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- nonfat greek yogurt, plain
3 1/3 tbsp (58g)
- lowfat flavored yogurt
2 container (6 oz) (340g)
- cheese
13 oz (367g)
- butter
1 1/2 tbsp (21g)
- whole milk
8 cup(s) (1879mL)
- fresh mozzarella cheese
6 oz (170g)
- eggs
9 medium (396g)

Cereal Grains and Pasta

- long-grain white rice
1 1/2 cup (262g)
- uncooked dry pasta
15 1/3 oz (437g)

Other

- sriracha chili sauce
1/2 tbsp (8g)
- cottage cheese & fruit cup
8 container (1360g)
- frozen riced cauliflower
2 1/2 cup, prepared (446g)
- mixed greens
2 1/2 cup (75g)
- vegan meatballs, frozen
4 meatball(s) (120g)

Fruits and Fruit Juices

- avocados
1 avocado(s) (201g)
- lemon
1 small (58g)

Spices and Herbs

- rosemary, dried
1 1/4 tsp (2g)
- paprika
1/2 oz (15g)

Legumes and Legume Products

- white beans, canned**
3 3/4 can(s) (1646g)
- chickpeas, canned**
4 can(s) (1717g)
- roasted peanuts**
1 1/2 cup (207g)
- soy sauce**
1/2 cup (105mL)
- firm tofu**
2 lbs (893g)

- fresh thyme**
1 tsp (1g)
- fresh basil**
3 tbsp, chopped (8g)
- salt**
3 dash (1g)
- black pepper**
3 dash (0g)
- yellow mustard**
1/4 tbsp or 1 packet (4g)

Baked Products

- Roll**
3 pan, dinner, or small roll (2" square, 2" high) (84g)
- bread**
1 1/3 lbs (608g)

Nut and Seed Products

- almonds**
1 1/2 cup, whole (215g)
- sesame seeds**
3 1/2 tsp (11g)
- roasted cashews**
3 tbsp (26g)

Lunch 1 ↗

Eat on day 1

Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



Makes 1/2 cup(s)

almonds

1/2 cup, whole (72g)

1. The recipe has no instructions.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber

Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.



Chickpea bowl with spicy yogurt sauce

752 cals ● 31g protein ● 16g fat ● 103g carbs ● 19g fiber



oil

1/2 tbsp (8mL)

long-grain white rice

6 2/3 tbsp (77g)

nonfat greek yogurt, plain

1/4 cup (58g)

sriracha chili sauce

1/2 tbsp (8g)

onion, diced

5/6 small (58g)

chickpeas, canned, rinsed & drained

5/6 can(s) (373g)

fresh parsley, chopped

1/4 cup chopped (13g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Lunch 2 ↗

Eat on day 2

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

roasted peanuts
6 2/3 tbsp (61g)

1. The recipe has no instructions.

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.

Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cals ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

pesto sauce

1 1/2 tbsp (24g)

cheese

3 slice (1 oz each) (84g)

tomatoes

3 slice(s), thin/small (45g)

butter, softened

1 1/2 tbsp (21g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 3 ↗

Eat on day 3

Pasta with store-bought sauce

1276 cals ● 44g protein ● 9g fat ● 236g carbs ● 19g fiber



uncooked dry pasta

10 oz (285g)

pasta sauce

5/8 jar (24 oz) (420g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

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.

Lunch 4 ↗

Eat on day 4 and day 5

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

White rice

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



For single meal:

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

water
2 cup(s) (474mL)
long-grain white rice
1 cup (185g)

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.

Rosemary mushroom cheese sandwich

2 1/2 sandwich(es) - 1019 cals ● 57g protein ● 53g fat ● 67g carbs ● 12g fiber



For single meal:

bread
5 slice(s) (160g)
cheese
1 1/4 cup, shredded (141g)
mushrooms
1/4 lbs (106g)
rosemary, dried
5 dash (1g)
mixed greens
1 1/4 cup (38g)

For all 2 meals:

bread
10 slice(s) (320g)
cheese
2 1/2 cup, shredded (283g)
mushrooms
1/2 lbs (213g)
rosemary, dried
1 1/4 tsp (2g)
mixed greens
2 1/2 cup (75g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lunch 5 ↗

Eat on day 6 and day 7

Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber



For single meal:

roasted peanuts
1/2 cup (73g)

For all 2 meals:

roasted peanuts
1 cup (146g)

1. The recipe has no instructions.

Egg salad sandwich

1 1/2 sandwich(es) - 813 cals ● 38g protein ● 53g fat ● 39g carbs ● 7g fiber



For single meal:

eggs
4 1/2 medium (198g)
mayonnaise
3 tbsp (45mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
bread
3 slice (96g)
paprika
1 1/2 dash (1g)
onion, chopped
3/8 small (26g)
yellow mustard
3 dash or 1 packet (2g)

For all 2 meals:

eggs
9 medium (396g)
mayonnaise
6 tbsp (90mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bread
6 slice (192g)
paprika
3 dash (2g)
onion, chopped
3/4 small (53g)
yellow mustard
1/4 tbsp or 1 packet (4g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Dinner 1 ↗

Eat on day 1

White bean cassoulet

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



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)

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 roll

3 roll(s) - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



Makes 3 roll(s)

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

1. Enjoy.

Dinner 2 ↗

Eat on day 2 and day 3

Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

almonds
1/2 cup, whole (72g)

For all 2 meals:

almonds
1 cup, whole (143g)

1. The recipe has no instructions.

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

vegetable broth
6 cup(s) (mL)
oil
1/2 tbsp (8mL)
kale leaves, chopped
3 cup, chopped (120g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained
1 1/2 can(s) (672g)

For all 2 meals:

vegetable broth
12 cup(s) (mL)
oil
1 tbsp (15mL)
kale leaves, chopped
6 cup, chopped (240g)
garlic, minced
6 clove(s) (18g)
chickpeas, canned, drained
3 can(s) (1344g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Dinner 3 ↗

Eat on day 4

Low carb asian tofu bowl

1375 cals ● 69g protein ● 102g fat ● 28g carbs ● 18g fiber



broccoli

1 3/4 cup chopped (159g)

frozen riced cauliflower

2 1/2 cup, prepared (446g)

soy sauce

1/2 cup (105mL)

oil

1/3 cup (79mL)

sesame seeds

3 1/2 tsp (11g)

firm tofu, drained and patted dry

17 1/2 oz (496g)

garlic, minced

3 1/2 clove (11g)

fresh ginger, minced

3 1/2 tsp (7g)

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.

Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber

Makes 1/6 cup(s)

roasted cashews

3 tbsp (26g)



1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 5 and day 6

Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



For single meal:

oil
1 tbsp (15mL)
paprika
1 tbsp (7g)
fresh thyme
4 dash (0g)
white beans, canned, drained & rinsed
1 can(s) (439g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
1 clove (3g)
firm tofu, drained and diced
1/2 lbs (198g)

For all 2 meals:

oil
2 tbsp (30mL)
paprika
2 tbsp (14g)
fresh thyme
1 tsp (1g)
white beans, canned, drained & rinsed
2 can(s) (878g)
onion, diced
2 medium (2-1/2" dia) (220g)
garlic, minced
2 clove (6g)
firm tofu, drained and diced
14 oz (397g)

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.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 3/4 cup(s) (420mL)

For all 2 meals:

whole milk
3 1/2 cup(s) (840mL)

1. The recipe has no instructions.

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

balsamic vinaigrette
1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, sliced
1 large whole (3" dia) (205g)

For all 2 meals:

balsamic vinaigrette
3 tbsp (45mL)
fresh basil
3 tbsp, chopped (8g)
fresh mozzarella cheese, sliced
6 oz (170g)
tomatoes, sliced
2 1/4 large whole (3" dia) (410g)

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

Dinner 5 ↗

Eat on day 7

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.

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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.

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.