

# Meal Plan - 3500 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

3521 cals ● 222g protein (25%) ● 85g fat (22%) ● 413g carbs (47%) ● 54g fiber (6%)

### Lunch

1575 cals, 87g protein, 194g net carbs, 36g fat



[Vegan meatball sub](#)

3 sub(s)- 1403 cals



[Orange](#)

2 orange(s)- 170 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cals

### Dinner

1565 cals, 50g protein, 215g net carbs, 47g fat



[Fruit juice](#)

4 cup(s)- 458 cals



[Hummus cheesesteak sub](#)

2 sub(s)- 1107 cals

## Day 2

3521 cals ● 222g protein (25%) ● 85g fat (22%) ● 413g carbs (47%) ● 54g fiber (6%)

### Lunch

1575 cals, 87g protein, 194g net carbs, 36g fat



[Vegan meatball sub](#)

3 sub(s)- 1403 cals



[Orange](#)

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[Fruit juice](#)

4 cup(s)- 458 cals



[Hummus cheesesteak sub](#)

2 sub(s)- 1107 cals

## Day 3

3538 cals ● 229g protein (26%) ● 88g fat (22%) ● 405g carbs (46%) ● 52g fiber (6%)

### Lunch

1645 cals, 67g protein, 270g net carbs, 23g fat



**Fruit juice**

2 3/4 cup(s)- 315 cals



**Spaghetti and meatless meatballs**

1327 cals

### Dinner

1515 cals, 78g protein, 132g net carbs, 64g fat



**Milk**

1 2/3 cup(s)- 248 cals



**Lentil Soup**

903 cals



**Simple mozzarella and tomato salad**

363 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**

3 1/2 scoop- 382 cals

## Day 4

3533 cals ● 219g protein (25%) ● 96g fat (24%) ● 387g carbs (44%) ● 61g fiber (7%)

### Lunch

1610 cals, 58g protein, 185g net carbs, 56g fat



**Simple kale & avocado salad**

384 cals



**Cheese ravioli**

1225 cals

### Dinner

1545 cals, 77g protein, 199g net carbs, 38g fat



**Milk**

4 cup(s)- 596 cals



**Lentil & tomato pasta**

947 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**

3 1/2 scoop- 382 cals

## Day 5

3542 cals ● 227g protein (26%) ● 76g fat (19%) ● 437g carbs (49%) ● 50g fiber (6%)

### Lunch

1615 cals, 65g protein, 235g net carbs, 36g fat



**Pasta with store-bought sauce**

1191 cals



**Caprese salad**

426 cals

### Dinner

1545 cals, 77g protein, 199g net carbs, 38g fat



**Milk**

4 cup(s)- 596 cals



**Lentil & tomato pasta**

947 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**


3 1/2 scoop- 382 cals

Day 6

3481 calsgreen234g protein (27%)orange82g fat (21%)blue381g carbs (44%)grey71g fiber (8%)


Lunch

1615 calsgreen65g protein, 235g net carbs, 36g fat



Pasta with store-bought sauce

1191 calsgreen




Caprese salad

426 calsgreen


Dinner

1480 calsgreen84g protein, 143g net carbs, 45g fat



Bean & tofu goulash

1311 calsgreen




Edamame & beet salad

171 calsgreen

Protein Supplement(s)

380 calsgreen85g protein, 3g net carbs, 2g fat



Protein shake


3 1/2 scoop- 382 calsgreen

Day 7

3454 calsgreen291g protein (34%)orange129g fat (34%)blue209g carbs (24%)grey74g fiber (9%)


Lunch

1590 calsgreen123g protein, 63g net carbs, 82g fat



Vegan sausage

4 sausage(s)- 1072 calsgreen




Simple kale & avocado salad

518 calsgreen


Dinner

1480 calsgreen84g protein, 143g net carbs, 45g fat



Bean & tofu goulash

1311 calsgreen




Edamame & beet salad

171 calsgreen

Protein Supplement(s)

380 calsgreen85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 calsgreen

## Fruits and Fruit Juices

- ☐ fruit juice  
86 fl oz (2580mL)
- ☐ orange  
4 orange (616g)
- ☐ avocados  
2 avocado(s) (394g)
- ☐ lemon  
2 small (114g)

## Fats and Oils

- ☐ oil  
2 1/3 oz (70mL)
- ☐ olive oil  
5 tsp (24mL)
- ☐ balsamic vinaigrette  
4 oz (113mL)

## Spices and Herbs

- ☐ crushed red pepper  
2 tsp (4g)
- ☐ oregano, dried  
1/2 tsp, leaves (0g)
- ☐ black pepper  
1/4 tsp, ground (0g)
- ☐ basil, dried  
1/2 tsp, leaves (0g)
- ☐ salt  
1/2 tsp (3g)
- ☐ fresh basil  
1 oz (28g)
- ☐ paprika  
3 1/4 tbsp (22g)
- ☐ ground cumin  
1/4 tbsp (2g)
- ☐ fresh thyme  
1/2 tbsp (1g)

## Legumes and Legume Products

- ☐ hummus  
1 cup (246g)
- ☐ lentils, raw  
2 cup (376g)
- ☐ white beans, canned  
3 can(s) (1317g)
- ☐ firm tofu  
1 1/3 lbs (595g)

## Vegetables and Vegetable Products

- ☐ garlic  
9 1/3 clove(s) (28g)
- ☐ onion  
7 medium (2-1/2" dia) (788g)
- ☐ bell pepper  
4 medium (476g)
- ☐ canned crushed tomatoes  
2 can (776g)
- ☐ raw celery  
5/6 stalk, medium (7-1/2" - 8" long) (33g)
- ☐ carrots  
2 1/3 medium (142g)
- ☐ fresh spinach  
1/4 cup(s) (6g)
- ☐ tomatoes  
4 medium whole (2-3/5" dia) (503g)
- ☐ kale leaves  
2 bunch (333g)
- ☐ tomato paste  
1 1/2 tbsp (24g)
- ☐ edamame, frozen, shelled  
1 cup (118g)
- ☐ beets, precooked (canned or refrigerated)  
4 beet(s) (200g)

## Other

- ☐ sub roll(s)  
10 roll(s) (850g)
- ☐ nutritional yeast  
2 tbsp (8g)
- ☐ vegan meatballs, frozen  
30 meatball(s) (900g)
- ☐ mixed greens  
2 1/2 package (5.5 oz) (370g)
- ☐ vegan sausage  
4 sausage (400g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3 jar (24 oz) (2014g)

## Beverages

- ☐ protein powder  
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ water  
29 cup(s) (6909mL)

## Dairy and Egg Products

- ☐ sliced cheese  
4 slice (1 oz ea) (112g)
  - ☐ whole milk  
9 2/3 cup(s) (2321mL)
  - ☐ fresh mozzarella cheese  
1/2 lbs (255g)
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## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
2 lbs (952g)

## Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli  
18 oz (510g)

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Vegan meatball sub

3 sub(s) - 1403 cals ● 84g protein ● 36g fat ● 162g carbs ● 23g fiber



For single meal:

**sub roll(s)**  
3 roll(s) (255g)  
**nutritional yeast**  
1 tbsp (4g)  
**pasta sauce**  
3/4 cup (195g)  
**vegan meatballs, frozen**  
12 meatball(s) (360g)

For all 2 meals:

**sub roll(s)**  
6 roll(s) (510g)  
**nutritional yeast**  
2 tbsp (8g)  
**pasta sauce**  
1 1/2 cup (390g)  
**vegan meatballs, frozen**  
24 meatball(s) (720g)

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.

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 3

### Fruit juice

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber



Makes 2 3/4 cup(s)

#### fruit juice

22 fl oz (660mL)

1. The recipe has no instructions.

## Spaghetti and meatless meatballs

1327 cals ● 62g protein ● 21g fat ● 201g carbs ● 21g fiber



#### pasta sauce

1/2 jar (24 oz) (336g)

#### uncooked dry pasta

1/2 lbs (228g)

#### vegan meatballs, frozen

6 meatball(s) (180g)

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

## Lunch 3 [↗](#)

Eat on day 4

### Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



#### kale leaves, chopped

5/6 bunch (142g)

#### avocados, chopped

5/6 avocado(s) (168g)

#### lemon, juiced

5/6 small (48g)

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.

## Cheese ravioli

1225 cals ● 50g protein ● 30g fat ● 169g carbs ● 19g fiber



**pasta sauce**  
3/4 jar (24 oz) (504g)  
**frozen cheese ravioli**  
18 oz (510g)

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

## Lunch 4 [🔗](#)

Eat on day 5 and day 6

### Pasta with store-bought sauce

1191 cals ● 41g protein ● 9g fat ● 220g carbs ● 17g fiber



For single meal:  
**uncooked dry pasta**  
9 1/3 oz (266g)  
**pasta sauce**  
5/8 jar (24 oz) (392g)

For all 2 meals:  
**uncooked dry pasta**  
18 2/3 oz (532g)  
**pasta sauce**  
1 1/6 jar (24 oz) (784g)

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

### Caprese salad

426 cals ● 25g protein ● 27g fat ● 15g carbs ● 6g fiber



For single meal:  
**fresh mozzarella cheese**  
3 oz (85g)  
**mixed greens**  
1 package (5.5 oz) (155g)  
**fresh basil**  
1/2 cup leaves, whole (12g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)

For all 2 meals:  
**fresh mozzarella cheese**  
6 oz (170g)  
**mixed greens**  
2 package (5.5 oz) (310g)  
**fresh basil**  
1 cup leaves, whole (24g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**tomatoes, halved**  
2 cup cherry tomatoes (298g)

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

## Lunch 5 [↗](#)

Eat on day 7

### Vegan sausage

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



Makes 4 sausage(s)

#### vegan sausage

4 sausage (400g)

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

### Simple kale & avocado salad

518 cals ● 11g protein ● 34g fat ● 21g carbs ● 20g fiber



#### kale leaves, chopped

1 bunch (191g)

#### avocados, chopped

1 avocado(s) (226g)

#### lemon, juiced

1 small (65g)

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.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Fruit juice

4 cup(s) - 458 cals ● 7g protein ● 2g fat ● 101g carbs ● 2g fiber



For single meal:

#### fruit juice

32 fl oz (960mL)

For all 2 meals:

#### fruit juice

64 fl oz (1920mL)

1. The recipe has no instructions.

### Hummus cheesesteak sub

2 sub(s) - 1107 cals ● 44g protein ● 45g fat ● 114g carbs ● 19g fiber



For single meal:	For all 2 meals:
<b>oil</b> 2 tsp (10mL)	<b>oil</b> 4 tsp (20mL)
<b>crushed red pepper</b> 1 tsp (2g)	<b>crushed red pepper</b> 2 tsp (4g)
<b>hummus</b> 1/2 cup (123g)	<b>hummus</b> 1 cup (246g)
<b>sliced cheese</b> 2 slice (1 oz ea) (56g)	<b>sliced cheese</b> 4 slice (1 oz ea) (112g)
<b>garlic, minced</b> 2 clove (6g)	<b>garlic, minced</b> 4 clove (12g)
<b>onion, sliced into thin strips</b> 1 large (150g)	<b>onion, sliced into thin strips</b> 2 large (300g)
<b>sub roll(s), split</b> 2 roll(s) (170g)	<b>sub roll(s), split</b> 4 roll(s) (340g)
<b>bell pepper, deseeded and sliced into thin strips</b> 2 medium (238g)	<b>bell pepper, deseeded and sliced into thin strips</b> 4 medium (476g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

## Dinner 2 [↗](#)

Eat on day 3

### Milk

1 2/3 cup(s) - 248 cals ● 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.



### Lentil Soup

903 cals ● 44g protein ● 25g fat ● 102g carbs ● 24g fiber



**oregano, dried**  
1/2 tsp, leaves (0g)  
**lentils, raw**  
13 1/3 tbsp (160g)  
**water**  
3 1/3 cup(s) (790mL)  
**black pepper**  
1/4 tsp, ground (0g)  
**basil, dried**  
1/2 tsp, leaves (0g)  
**canned crushed tomatoes**  
3/8 can (169g)  
**salt**  
1/2 tsp (3g)  
**olive oil**  
5 tsp (25mL)  
**onion, chopped**  
3/8 medium (2-1/2" dia) (46g)  
**raw celery, chopped**  
5/6 stalk, medium (7-1/2" - 8" long) (33g)  
**garlic, minced**  
5/6 clove(s) (3g)  
**carrots, diced**  
5/6 medium (51g)  
**fresh spinach, thinly sliced**  
1/4 cup(s) (6g)

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.

## Simple mozzarella and tomato salad

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



**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)

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

## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Milk

4 cup(s) - 596 cal ● 31g protein ● 32g fat ● 47g carbs ● 0g fiber



For single meal:

**whole milk**  
4 cup(s) (960mL)

For all 2 meals:

**whole milk**  
8 cup(s) (1920mL)

1. The recipe has no instructions.

### Lentil & tomato pasta

947 cal ● 46g protein ● 7g fat ● 152g carbs ● 24g fiber



For single meal:

**uncooked dry pasta**  
1/4 lbs (96g)  
**lentils, raw**  
1/2 cup (108g)  
**canned crushed tomatoes**  
3/4 can (304g)  
**water**  
2/3 cup(s) (156mL)  
**paprika**  
3 dash (1g)  
**ground cumin**  
3 dash (1g)  
**oil**  
1/2 tsp (3mL)  
**tomato paste**  
3/4 tbsp (12g)  
**carrots, chopped**  
3/4 medium (46g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**onion, diced**  
3/8 large (56g)

For all 2 meals:

**uncooked dry pasta**  
6 3/4 oz (192g)  
**lentils, raw**  
1 cup (216g)  
**canned crushed tomatoes**  
1 1/2 can (608g)  
**water**  
1 1/3 cup(s) (311mL)  
**paprika**  
1/4 tbsp (2g)  
**ground cumin**  
1/4 tbsp (2g)  
**oil**  
1 tsp (6mL)  
**tomato paste**  
1 1/2 tbsp (24g)  
**carrots, chopped**  
1 1/2 medium (92g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**onion, diced**  
3/4 large (113g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute 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.

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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### Bean & tofu goulash

1311 cals ● 74g protein ● 38g fat ● 131g carbs ● 38g fiber



For single meal:

**oil**  
1 1/2 tbsp (23mL)  
**paprika**  
1 1/2 tbsp (10g)  
**fresh thyme**  
1/4 tbsp (1g)  
**white beans, canned, drained & rinsed**  
1 1/2 can(s) (659g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**garlic, minced**  
1 1/2 clove (5g)  
**firm tofu, drained and diced**  
2/3 lbs (298g)

For all 2 meals:

**oil**  
3 tbsp (45mL)  
**paprika**  
3 tbsp (21g)  
**fresh thyme**  
1/2 tbsp (1g)  
**white beans, canned, drained & rinsed**  
3 can(s) (1317g)  
**onion, diced**  
3 medium (2-1/2" dia) (330g)  
**garlic, minced**  
3 clove (9g)  
**firm tofu, drained and diced**  
1 1/3 lbs (595g)

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.

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### Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

**mixed greens**  
1 cup (30g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**beets, precooked (canned or refrigerated), chopped**  
2 beet(s) (100g)

For all 2 meals:

**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)

1. Cook edamame according to package instructions.
  2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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# Protein Supplement(s)

Eat every day

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## Protein shake

3 1/2 scoop - 382 cal● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**protein powder**  
3 1/2 scoop (1/3 cup ea) (109g)  
**water**  
3 1/2 cup(s) (830mL)

For all 7 meals:

**protein powder**  
24 1/2 scoop (1/3 cup ea) (760g)  
**water**  
24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.
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