

Meal Plan - 1300 calorie intermittent fasting vegan 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

1344 cals ● 97g protein (29%) ● 65g fat (44%) ● 67g carbs (20%) ● 26g fiber (8%)

Lunch

540 cals, 14g protein, 19g net carbs, 37g fat



Pistachios
188 cals



Zoodles with avocado sauce
353 cals

Dinner

585 cals, 34g protein, 46g net carbs, 27g fat



Simple mixed greens salad
203 cals



Brown rice
1/2 cup brown rice, cooked- 115 cals



Vegan sausage
1 sausage(s)- 268 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 2

1350 cals ● 91g protein (27%) ● 64g fat (42%) ● 71g carbs (21%) ● 33g fiber (10%)

Lunch

540 cals, 14g protein, 19g net carbs, 37g fat



Pistachios
188 cals



Zoodles with avocado sauce
353 cals

Dinner

590 cals, 28g protein, 50g net carbs, 25g fat



Chickpea & kale soup
273 cals



Pumpkin seeds
183 cals



Soy milk yogurt
1 container- 136 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 3

1255 cals ● 105g protein (33%) ● 34g fat (24%) ● 115g carbs (37%) ● 19g fiber (6%)

Lunch

525 cals, 11g protein, 91g net carbs, 10g fat



Tomato soup
2 can(s)- 421 cals



Simple mixed greens salad
102 cals

Dinner

515 cals, 46g protein, 22g net carbs, 23g fat



Simple seitan
5 oz- 305 cals



Olive oil drizzled broccoli
3 cup(s)- 209 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 4

1255 cals ● 105g protein (33%) ● 34g fat (24%) ● 115g carbs (37%) ● 19g fiber (6%)

Lunch

525 cals, 11g protein, 91g net carbs, 10g fat



Tomato soup
2 can(s)- 421 cals



Simple mixed greens salad
102 cals

Dinner

515 cals, 46g protein, 22g net carbs, 23g fat



Simple seitan
5 oz- 305 cals



Olive oil drizzled broccoli
3 cup(s)- 209 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 5

1328 cals ● 92g protein (28%) ● 52g fat (35%) ● 93g carbs (28%) ● 32g fiber (10%)

Lunch

570 cals, 17g protein, 38g net carbs, 33g fat



Kiwi
2 kiwi- 94 cals



Roasted peanuts
1/8 cup(s)- 115 cals



Green bean, beet, & pepita salad
360 cals

Dinner

540 cals, 26g protein, 53g net carbs, 17g fat



Brown rice
3/4 cup brown rice, cooked- 172 cals



Tempeh taco salad bowl
370 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 6

1287 cals ● 92g protein (29%) ● 40g fat (28%) ● 111g carbs (34%) ● 29g fiber (9%)

Lunch

525 cals, 18g protein, 56g net carbs, 22g fat



Rosemary mushroom vegan cheese sandwich
1 1/2 sandwich(es)- 527 cals

Dinner

540 cals, 26g protein, 53g net carbs, 17g fat



Brown rice
3/4 cup brown rice, cooked- 172 cals



Tempeh taco salad bowl
370 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 7

1269 cals ● 92g protein (29%) ● 56g fat (40%) ● 78g carbs (25%) ● 21g fiber (7%)

Lunch

525 cals, 18g protein, 56g net carbs, 22g fat



Rosemary mushroom vegan cheese sandwich
1 1/2 sandwich(es)- 527 cals

Dinner

525 cals, 26g protein, 21g net carbs, 33g fat



Vegan tofu parmesan
1 tofu planks- 349 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Grocery List



Beverages

- protein powder
14 scoop (1/3 cup ea) (434g)
- water
16 cup(s) (3752mL)

Nut and Seed Products

- pistachios, shelled
1/2 cup (62g)
- roasted pumpkin seeds, unsalted
2 oz (52g)

Fruits and Fruit Juices

- lemon juice
1/4 cup (68mL)
- avocados
2 avocado(s) (436g)
- kiwi
2 fruit (138g)

Spices and Herbs

- fresh basil
1 1/2 cup leaves, whole (36g)
- salt
5 g (5g)
- black pepper
1/8 oz (2g)
- taco seasoning mix
4 tsp (11g)
- rosemary, dried
1/4 tbsp (1g)

Vegetables and Vegetable Products

- tomatoes
15 cherry tomatoes (255g)
- zucchini
1 1/2 large (485g)
- kale leaves
1 cup, chopped (40g)
- garlic
1 clove(s) (3g)
- frozen broccoli
8 1/2 cup (774g)
- fresh green beans
1 cup 1/2" pieces (113g)
- beets, precooked (canned or refrigerated)
1 1/2 beet(s) (75g)

Fats and Oils

- salad dressing
1/2 cup (135mL)
- oil
2/3 oz (25mL)
- olive oil
3 tbsp (43mL)
- balsamic vinaigrette
3 tbsp (45mL)

Cereal Grains and Pasta

- brown rice
2/3 cup (127g)
- seitan
10 oz (284g)
- cornstarch
1/2 tbsp (4g)

Soups, Sauces, and Gravies

- vegetable broth
2 cup(s) (mL)
- condensed canned tomato soup
4 can (10.5 oz) (1192g)
- salsa
4 tbsp (72g)
- pizza sauce
1 1/2 tbsp (24g)

Legumes and Legume Products

- chickpeas, canned
1/2 can(s) (224g)
- roasted peanuts
2 tbsp (18g)
- tempeh
1/3 lbs (151g)
- refried beans
2/3 cup (161g)
- firm tofu
1/2 lbs (198g)

Baked Products

- bread
6 slice(s) (192g)

mushrooms
1/4 lbs (128g)

Other

mixed greens
12 2/3 cup (380g)

vegan sausage
1 sausage (100g)

soy milk yogurt
1 container(s) (150g)

vegan cheese, shredded
7 oz (196g)

nutritional yeast
1 tbsp (4g)

Lunch 1 ↗

Eat on day 1 and day 2

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



For single meal:

water
1/4 cup(s) (59mL)
lemon juice
2 1/4 tbsp (34mL)
fresh basil
3/4 cup leaves, whole (18g)
tomatoes, halved
7 1/2 cherry tomatoes (128g)
zucchini
3/4 large (242g)
avocados, peeled and seed removed
3/4 avocado(s) (151g)

For all 2 meals:

water
1/2 cup(s) (118mL)
lemon juice
1/4 cup (68mL)
fresh basil
1 1/2 cup leaves, whole (36g)
tomatoes, halved
15 cherry tomatoes (255g)
zucchini
1 1/2 large (485g)
avocados, peeled and seed removed
1 1/2 avocado(s) (302g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Lunch 2 ↗

Eat on day 3 and day 4

Tomato soup

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



For single meal:

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

For all 2 meals:

condensed canned tomato soup
4 can (10.5 oz) (1192g)

1. Prepare according to instructions on package.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

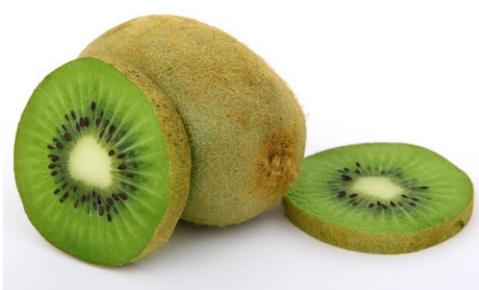
1. Mix greens and dressing in a small bowl.
Serve.

Lunch 3 ↗

Eat on day 5

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



Makes 2 kiwi

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

roasted peanuts
2 tbsp (18g)

1. The recipe has no instructions.

Green bean, beet, & pepita salad

360 cals ● 11g protein ● 23g fat ● 20g carbs ● 7g fiber



mixed greens
1 1/2 cup (45g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
balsamic vinaigrette
3 tbsp (45mL)
fresh green beans, ends trimmed and discarded
1 cup 1/2" pieces (113g)
beets, precooked (canned or refrigerated), chopped
1 1/2 beet(s) (75g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Lunch 4 ↗

Eat on day 6 and day 7

Rosemary mushroom vegan cheese sandwich

1 1/2 sandwich(es) - 527 cals ● 18g protein ● 22g fat ● 56g carbs ● 10g fiber



For single meal:

rosemary, dried
3 dash (0g)
mushrooms
2 1/4 oz (64g)
bread
3 slice(s) (96g)
vegan cheese, shredded
3/4 cup (84g)
mixed greens
3/4 cup (23g)

For all 2 meals:

rosemary, dried
1/4 tbsp (1g)
mushrooms
1/4 lbs (128g)
bread
6 slice(s) (192g)
vegan cheese, shredded
1 1/2 cup (168g)
mixed greens
1 1/2 cup (45g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the vegan 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.

Dinner 1 ↗

Eat on day 1

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

brown rice

2 2/3 tbsp (32g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage

1 sausage (100g)

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

Dinner 2 ↗

Eat on day 2

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



vegetable broth

2 cup(s) (mL)

oil

1/2 tsp (3mL)

kale leaves, chopped

1 cup, chopped (40g)

garlic, minced

1 clove(s) (3g)

chickpeas, canned, drained

1/2 can(s) (224g)

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.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted

4 tbsp (30g)

1. The recipe has no instructions.

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber

Makes 1 container

soy milk yogurt

1 container(s) (150g)



1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 3 and day 4

Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

seitan
5 oz (142g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

seitan
10 oz (284g)
oil
2 1/2 tsp (13mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
olive oil
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 4 ↗

Eat on day 5 and day 6

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

For all 2 meals:

salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)
brown rice
1/2 cup (95g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Tempeh taco salad bowl

370 cals ● 23g protein ● 16g fat ● 18g carbs ● 15g fiber



For single meal:

tempeh
2 2/3 oz (76g)
taco seasoning mix
2 tsp (6g)
mixed greens
1/3 cup (10g)
salsa
2 tbsp (36g)
refried beans
1/3 cup (81g)
oil
1/3 tsp (2mL)
avocados, cubed
1/3 avocado(s) (67g)

For all 2 meals:

tempeh
1/3 lbs (151g)
taco seasoning mix
4 tsp (11g)
mixed greens
2/3 cup (20g)
salsa
4 tbsp (72g)
refried beans
2/3 cup (161g)
oil
1/4 tbsp (3mL)
avocados, cubed
2/3 avocado(s) (134g)

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.

Dinner 5 ↗

Eat on day 7

Vegan tofu parmesan

1 tofu planks - 349 cals ● 19g protein ● 22g fat ● 16g carbs ● 3g fiber



Makes 1 tofu planks

pizza sauce

1 1/2 tbsp (24g)

oil

1/2 tbsp (8mL)

cornstarch

1/2 tbsp (4g)

nutritional yeast

1 tbsp (4g)

vegan cheese, shredded

1 oz (28g)

firm tofu, patted dry

1/2 lbs (198g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with vegan cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:

protein powder
14 scoop (1/3 cup ea) (434g)
water
14 cup(s) (3318mL)

1. The recipe has no instructions.