

Meal Plan - 1400 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

1362 cals ● 117g protein (34%) ● 72g fat (48%) ● 46g carbs (14%) ● 14g fiber (4%)

Lunch

625 cals, 35g protein, 29g net carbs, 39g fat



Lemon pepper tofu

14 oz- 504 cals



Olive oil drizzled sugar snap peas

122 cals

Dinner

570 cals, 46g protein, 16g net carbs, 33g fat



Baked tofu

16 oz- 452 cals



Roasted tomatoes

2 tomato(es)- 119 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Day 2

1351 cals ● 130g protein (38%) ● 57g fat (38%) ● 54g carbs (16%) ● 26g fiber (8%)

Lunch

615 cals, 48g protein, 37g net carbs, 23g fat



Lentils

174 cals



Basic tempeh

6 oz- 443 cals

Dinner

570 cals, 46g protein, 16g net carbs, 33g fat



Baked tofu

16 oz- 452 cals



Roasted tomatoes

2 tomato(es)- 119 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Day 3

1449 cals ● 101g protein (28%) ● 44g fat (28%) ● 136g carbs (37%) ● 26g fiber (7%)

Lunch

620 cals, 26g protein, 51g net carbs, 31g fat



Pumpkin seeds
183 cals



Vegan cream of mushroom soup
301 cals



Pretzels
138 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

665 cals, 39g protein, 84g net carbs, 12g fat



Meatless bolognese pasta
664 cals

Day 4

1441 cals ● 100g protein (28%) ● 74g fat (46%) ● 70g carbs (20%) ● 23g fiber (6%)

Lunch

620 cals, 26g protein, 51g net carbs, 31g fat



Pumpkin seeds
183 cals



Vegan cream of mushroom soup
301 cals



Pretzels
138 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

655 cals, 37g protein, 18g net carbs, 42g fat



Simple mixed greens salad
68 cals



Buffalo tempeh with vegan ranch
589 cals

Day 5

1394 cals ● 93g protein (27%) ● 59g fat (38%) ● 104g carbs (30%) ● 20g fiber (6%)

Lunch

575 cals, 19g protein, 84g net carbs, 16g fat



Southwest mac and cheese
574 cals

Dinner

655 cals, 37g protein, 18g net carbs, 42g fat



Simple mixed greens salad
68 cals



Buffalo tempeh with vegan ranch
589 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 6

1396 cals ● 97g protein (28%) ● 42g fat (27%) ● 120g carbs (34%) ● 39g fiber (11%)

Lunch

630 cals, 25g protein, 51g net carbs, 30g fat



Patty melt
1 sandwich(es)- 500 cals



Simple salad with celery, cucumber & tomato
128 cals

Dinner

605 cals, 36g protein, 68g net carbs, 10g fat



Vegan chunky chili
537 cals



Simple mixed greens salad
68 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 7

1396 cals ● 97g protein (28%) ● 42g fat (27%) ● 120g carbs (34%) ● 39g fiber (11%)

Lunch

630 cals, 25g protein, 51g net carbs, 30g fat



Patty melt
1 sandwich(es)- 500 cals



Simple salad with celery, cucumber & tomato
128 cals

Dinner

605 cals, 36g protein, 68g net carbs, 10g fat



Vegan chunky chili
537 cals



Simple mixed greens salad
68 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
15 1/2 cup(s) (3674mL)
- ☐ almond milk, unsweetened
1/4 gallon (840mL)

Cereal Grains and Pasta

- ☐ cornstarch
2 tbsp (16g)
- ☐ uncooked dry pasta
6 oz (170g)
- ☐ all-purpose flour
1 tbsp (8g)

Fats and Oils

- ☐ oil
1/4 lbs (104mL)
- ☐ olive oil
1/2 tbsp (8mL)
- ☐ salad dressing
1/2 cup (135mL)
- ☐ vegan mayonnaise
4 tbsp (60g)

Spices and Herbs

- ☐ lemon pepper
4 dash (1g)
- ☐ black pepper
4 1/2 g (5g)
- ☐ salt
1/4 oz (8g)
- ☐ onion powder
1 tbsp (8g)
- ☐ garlic powder
1/4 tsp (1g)
- ☐ chili powder
2 tbsp (16g)
- ☐ dijon mustard
1 tbsp (15g)

Fruits and Fruit Juices

- ☐ lemon
1 small (58g)

Legumes and Legume Products

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
1 cup (144g)
- ☐ fresh ginger
2 slices (1" dia) (4g)
- ☐ tomatoes
10 medium whole (2-3/5" dia) (1207g)
- ☐ cauliflower
3 cup chopped (321g)
- ☐ mushrooms
1/2 lbs (204g)
- ☐ onion
2 medium (2-1/2" dia) (214g)
- ☐ garlic
1 1/2 clove (5g)
- ☐ raw celery
1/4 bunch (114g)
- ☐ fresh green beans
1/3 cup 1/2" pieces (33g)
- ☐ red bell pepper
1/3 cup, chopped (50g)
- ☐ green pepper
1/3 cup, chopped (50g)
- ☐ cucumber
1 cucumber (8-1/4") (301g)

Nut and Seed Products

- ☐ sesame seeds
2 tbsp (18g)
- ☐ roasted pumpkin seeds, unsalted
2 1/3 oz (66g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 lbs (255g)
- ☐ Frank's Red Hot sauce
6 tbsp (91mL)

Snacks

- ☐ pretzels, hard, salted
2 1/2 oz (71g)

Other

- ☐ mixed greens
2 package (5.5 oz) (335g)
- ☐ vegan ranch
6 tbsp (91mL)

- ☐ **firm tofu**
14 oz (397g)
- ☐ **soy sauce**
1 cup (240mL)
- ☐ **extra firm tofu**
2 1/4 lbs (1033g)
- ☐ **lentils, raw**
9 1/4 tbsp (112g)
- ☐ **tempeh**
18 oz (510g)
- ☐ **vegetarian burger crumbles**
1/4 lbs (128g)
- ☐ **dry kidney beans**
1/3 cup (61g)
- ☐ **dry white beans**
1/3 cup (67g)

- ☐ **vegan butter**
1 tbsp (14g)
- ☐ **vegan cheese, shredded**
1 oz (28g)
- ☐ **nutritional yeast**
1/2 tbsp (2g)
- ☐ **roasted red peppers**
2 oz (57g)
- ☐ **veggie burger patty**
2 patty (142g)

Baked Products

- ☐ **bread**
4 slice(s) (128g)
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Lunch 1 [↗](#)

Eat on day 1

Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

cornstarch

2 tbsp (16g)

oil

1 tbsp (15mL)

lemon pepper

4 dash (1g)

lemon, zested

1 small (58g)

firm tofu, patted dry & cubed

14 oz (397g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Olive oil drizzled sugar snap peas

122 cals ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen sugar snap peas

1 cup (144g)

olive oil

1/2 tbsp (8mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Lunch 2 [↗](#)

Eat on day 2

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

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.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

tempeh

6 oz (170g)

oil

1 tbsp (15mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

Vegan cream of mushroom soup

301 cals ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



For single meal:

black pepper
1/4 tbsp, ground (2g)
oil
1/4 tbsp (4mL)
salt
3 dash (2g)
onion powder
1/2 tbsp (4g)
almond milk, unsweetened
1 1/2 cup(s) (360mL)
cauliflower
1 1/2 cup chopped (161g)
mushrooms, diced
1 cup, pieces or slices (79g)
onion, diced
3/8 small (26g)
garlic, diced
3/4 clove (2g)

For all 2 meals:

black pepper
1/2 tbsp, ground (3g)
oil
1/2 tbsp (8mL)
salt
1/4 tbsp (5g)
onion powder
1 tbsp (7g)
almond milk, unsweetened
3 cup(s) (720mL)
cauliflower
3 cup chopped (321g)
mushrooms, diced
2 1/4 cup, pieces or slices (158g)
onion, diced
3/4 small (53g)
garlic, diced
1 1/2 clove (5g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

Pretzels

138 cals ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 1/4 oz (35g)

For all 2 meals:

pretzels, hard, salted
2 1/2 oz (71g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Southwest mac and cheese

574 cals ● 19g protein ● 16g fat ● 84g carbs ● 6g fiber



vegan butter
1 tbsp (14g)
garlic powder
1 dash (0g)
all-purpose flour
1 tbsp (8g)
almond milk, unsweetened
1/2 cup (120mL)
uncooked dry pasta
3 oz (85g)
vegan cheese, shredded
1 oz (28g)
roasted pumpkin seeds, unsalted
1 tbsp (7g)
nutritional yeast
1/2 tbsp (2g)
roasted red peppers, chopped
2 oz (57g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)

1. Cook pasta according to package instructions. Drain and set aside.
2. Meanwhile, melt butter in a large skillet over medium heat. Add onion, garlic powder, and some salt and pepper. Cook until onions have softened, 5-8 minutes.
3. Whisk in flour and almond milk. Bring to a simmer. Stirring often, cook until sauce thickens, 3-5 minutes.
4. Stir in cheese and cook until melted, 2-3 minutes.
5. Optional: For a smoother consistency, transfer sauce to a blender and blend until smooth. Return sauce to skillet.
6. Mix pepitas with the nutritional yeast and some salt in a small bowl.
7. Add cooked pasta and roasted red peppers to the sauce and stir to coat. Bring sauce back to a simmer once it's heated through, transfer to a plate, top with pepita parmesan and serve.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Patty melt

1 sandwich(es) - 500 cals ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



For single meal:

bread
2 slice(s) (64g)
veggie burger patty
1 patty (71g)
dijon mustard
1/2 tbsp (8g)
vegan mayonnaise
2 tbsp (30g)
oil
3/4 tbsp (11mL)
onion, thinly sliced
1/2 small (35g)

For all 2 meals:

bread
4 slice(s) (128g)
veggie burger patty
2 patty (142g)
dijon mustard
1 tbsp (15g)
vegan mayonnaise
4 tbsp (60g)
oil
1 1/2 tbsp (23mL)
onion, thinly sliced
1 small (70g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
mixed greens
1/2 package (5.5 oz) (78g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
raw celery, chopped
2 stalk, medium (7-1/2" - 8" long) (80g)
mixed greens
1 package (5.5 oz) (155g)
cucumber, sliced
1 cucumber (8-1/4") (301g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

1. Mix all vegetables in a large bowl.
 2. Drizzle salad dressing over when serving.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

soy sauce

1/2 cup (120mL)

sesame seeds

1 tbsp (9g)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

For all 2 meals:

soy sauce

1 cup (240mL)

sesame seeds

2 tbsp (18g)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

For all 2 meals:

oil

4 tsp (20mL)

tomatoes

4 small whole (2-2/5" dia) (364g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 2 [↗](#)

Eat on day 3

Meatless bolognese pasta

664 cals ● 39g protein ● 12g fat ● 84g carbs ● 16g fiber



pasta sauce
1/2 lbs (255g)
vegetarian burger crumbles
1/4 lbs (128g)
oil
1/2 tsp (3mL)
uncooked dry pasta
3 oz (85g)

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. While the pasta cooks, heat the oil in a skillet or saucepan over medium heat.
3. Add the vegan meat and cook until browned, or as directed on the package. Break up any large clumps with a spoon as needed.
4. Stir in the pasta sauce and bring to a simmer.
5. Serve the sauce over the cooked pasta.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Buffalo tempeh with vegan ranch

589 cals ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



For single meal:

oil
3/4 tbsp (11mL)
Frank's Red Hot sauce
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
vegan ranch
3 tbsp (45mL)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
Frank's Red Hot sauce
6 tbsp (90mL)
tempeh, roughly chopped
3/4 lbs (340g)
vegan ranch
6 tbsp (90mL)

1. Heat oil in a skillet over medium heat. Add tempeh 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 vegan ranch.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Vegan chunky chili

537 cals ● 35g protein ● 6g fat ● 64g carbs ● 23g fiber



For single meal:

black pepper
2 dash, ground (1g)
onion powder
1 1/3 dash (0g)
dry kidney beans, soaked overnight
2 2/3 tbsp (31g)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
extra firm tofu
4 tbsp (63g)
chili powder
3 tsp (8g)
garlic powder
2/3 dash (0g)
mushrooms
1/3 cup, chopped (23g)
raw celery
2 2/3 tbsp chopped (17g)
fresh green beans
2 2/3 tbsp 1/2" pieces (17g)
red bell pepper
2 2/3 tbsp, chopped (25g)
green pepper
2 2/3 tbsp, chopped (25g)
salt
2 dash (2g)
water
2 cup(s) (474mL)
tomatoes
2 cup, chopped (360g)
dry white beans, soaked overnight
2 2/3 tbsp (34g)
lentils, raw, soaked overnight
2 2/3 tbsp (32g)

For all 2 meals:

black pepper
4 dash, ground (1g)
onion powder
1/3 tsp (1g)
dry kidney beans, soaked overnight
1/3 cup (61g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
extra firm tofu
1/2 cup (126g)
chili powder
2 tbsp (16g)
garlic powder
1 1/3 dash (1g)
mushrooms
2/3 cup, chopped (47g)
raw celery
1/3 cup chopped (34g)
fresh green beans
1/3 cup 1/2" pieces (33g)
red bell pepper
1/3 cup, chopped (50g)
green pepper
1/3 cup, chopped (50g)
salt
4 dash (3g)
water
4 cup(s) (948mL)
tomatoes
4 cup, chopped (720g)
dry white beans, soaked overnight
1/3 cup (67g)
lentils, raw, soaked overnight
1/3 cup (64g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

water

1 1/2 cup(s) (356mL)

For all 7 meals:

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

water

10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
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