

Meal Plan - 1500 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

1458 cals ● 104g protein (28%) ● 31g fat (19%) ● 147g carbs (40%) ● 43g fiber (12%)

Lunch

645 cals, 35g protein, 63g net carbs, 24g fat



[Chik'n nuggets](#)

7 nuggets- 386 cals



[Soy milk](#)

1 2/3 cup(s)- 141 cals



[Grapefruit](#)

1 grapefruit- 119 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

650 cals, 33g protein, 83g net carbs, 7g fat



[Quinoa and black beans](#)

649 cals

Day 2

1514 cals ● 106g protein (28%) ● 34g fat (20%) ● 152g carbs (40%) ● 44g fiber (12%)

Lunch

700 cals, 37g protein, 68g net carbs, 26g fat



[Chunky canned soup \(non-creamy\)](#)

1 1/2 can(s)- 371 cals



[Vegan grilled cheese](#)

1 sandwich(es)- 331 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

650 cals, 33g protein, 83g net carbs, 7g fat



[Quinoa and black beans](#)

649 cals

Day 3

1476 cals ● 94g protein (26%) ● 56g fat (34%) ● 122g carbs (33%) ● 27g fiber (7%)

Lunch

700 cals, 37g protein, 68g net carbs, 26g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Vegan grilled cheese

1 sandwich(es)- 331 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

610 cals, 21g protein, 52g net carbs, 29g fat



African peanut & chickpea stew

556 cals



Simple kale salad

1 cup(s)- 55 cals

Day 4

1459 cals ● 108g protein (30%) ● 44g fat (27%) ● 114g carbs (31%) ● 44g fiber (12%)

Lunch

665 cals, 36g protein, 52g net carbs, 24g fat



Tempeh taco salad bowl

554 cals



White rice

1/2 cup rice, cooked- 109 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

630 cals, 35g protein, 61g net carbs, 19g fat



Simple vegan chili

429 cals



Simple mixed greens salad

203 cals

Day 5

1516 cals ● 101g protein (27%) ● 44g fat (26%) ● 148g carbs (39%) ● 32g fiber (8%)

Lunch

720 cals, 30g protein, 86g net carbs, 24g fat



Peanut butter and jelly sandwich

1 1/2 sandwich(es)- 573 cals



Soy milk

1 3/4 cup(s)- 148 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

630 cals, 35g protein, 61g net carbs, 19g fat



Simple vegan chili

429 cals



Simple mixed greens salad

203 cals

Day 6

1521 calsgreen108g protein (28%)orange51g fat (30%)blue125g carbs (33%)grey33g fiber (9%)


Lunch

720 calsgreen30g protein, 86g net carbs, 24g fat



Peanut butter and jelly sandwich

1 1/2 sandwich(es)- 573 calsgreen




Soy milk

1 3/4 cup(s)- 148 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat




Protein shake

1 1/2 scoop- 164 calsgreen


Dinner

635 calsgreen42g protein, 37g net carbs, 26g fat



Garlic pepper seitan

342 calsgreen



Simple salad with tomatoes and carrots


294 calsgreen

Day 7

1465 calsgreen108g protein (30%)orange35g fat (21%)blue137g carbs (37%)grey43g fiber (12%)


Lunch

665 calsgreen30g protein, 98g net carbs, 8g fat



Bbq cauliflower wings

535 calsgreen




Sweet potato wedges

130 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat




Protein shake

1 1/2 scoop- 164 calsgreen


Dinner

635 calsgreen42g protein, 37g net carbs, 26g fat



Garlic pepper seitan

342 calsgreen



Simple salad with tomatoes and carrots

294 calsgreen

Grocery List



Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
2/3 gallon (2611mL)

Vegetables and Vegetable Products

- ☐ ketchup
1 3/4 tbsp (30g)
- ☐ frozen corn kernels
13 1/4 tbsp (113g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (193g)
- ☐ garlic
5 1/2 clove(s) (16g)
- ☐ kale leaves
1 3/4 cup, chopped (70g)
- ☐ sweet potatoes
7/8 sweetpotato, 5" long (184g)
- ☐ green pepper
2 tbsp, chopped (19g)
- ☐ carrots
1 1/2 medium (92g)
- ☐ romaine lettuce
3 hearts (1500g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (369g)
- ☐ cauliflower
2 head small (4" dia.) (530g)

Other

- ☐ vegan chik'n nuggets
7 nuggets (151g)
- ☐ soy milk, unsweetened
5 cup(s) (mL)
- ☐ vegan cheese, sliced
4 slice(s) (80g)
- ☐ diced tomatoes
1 1/3 can(s) (555g)
- ☐ mixed greens
9 1/2 cup (285g)
- ☐ nutritional yeast
1/2 cup (30g)

Fruits and Fruit Juices

- ☐ Grapefruit
1 large (approx 4-1/2" dia) (332g)

Spices and Herbs

- ☐ ground cumin
1/4 tbsp (2g)
- ☐ cayenne pepper
1/4 tsp (0g)
- ☐ salt
1 1/4 tsp (8g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ chili powder
1/4 tbsp (2g)
- ☐ taco seasoning mix
3/4 packet (26g)

Fats and Oils

- ☐ oil
1 oz (27mL)
- ☐ salad dressing
1 cup (218mL)
- ☐ olive oil
2 tbsp (31mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
2 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)
- ☐ salsa
3 tbsp (54g)
- ☐ barbecue sauce
1/2 cup (143g)

Legumes and Legume Products

- ☐ black beans
1 2/3 can(s) (732g)
- ☐ peanut butter
3 oz (80g)
- ☐ chickpeas, canned
3/8 can(s) (168g)
- ☐ tempeh
4 oz (113g)
- ☐ refried beans
1/2 cup (121g)
- ☐ vegetarian burger crumbles
1/2 package (12 oz) (170g)
- ☐ chili beans
1/2 can (~16 oz) (224g)

- ☐ lime juice
1 tsp (6mL)
- ☐ avocados
1/2 avocado(s) (101g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
10 tbsp (106g)
- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ seitan
1/2 lbs (227g)

- ☐ white beans, canned
1/2 can(s) (220g)

Baked Products

- ☐ bread
10 slice (320g)

Sweets

- ☐ jelly
6 tbsp (126g)
-

Lunch 1 [↗](#)

Eat on day 1

Chik'n nuggets

7 nuggets - 386 cals ● 21g protein ● 16g fat ● 36g carbs ● 4g fiber



Makes 7 nuggets

ketchup

1 3/4 tbsp (30g)

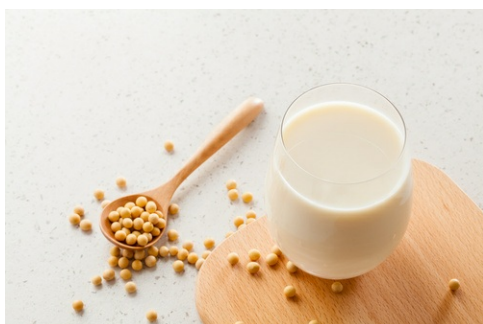
vegan chik'n nuggets

7 nuggets (151g)

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

Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



Makes 1 2/3 cup(s)

soy milk, unsweetened

1 2/3 cup(s) (mL)

1. The recipe has no instructions.

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Lunch 2 [↗](#)

Eat on day 2 and day 3

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Vegan grilled cheese

1 sandwich(es) - 331 cals ● 10g protein ● 16g fat ● 34g carbs ● 4g fiber



For single meal:

bread

2 slice (64g)

oil

1 tsp (5mL)

vegan cheese, sliced

2 slice(s) (40g)

For all 2 meals:

bread

4 slice (128g)

oil

2 tsp (10mL)

vegan cheese, sliced

4 slice(s) (80g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Lunch 3 [↗](#)

Eat on day 4

Tempeh taco salad bowl

554 cals ● 34g protein ● 24g fat ● 27g carbs ● 23g fiber



tempeh
4 oz (113g)
taco seasoning mix
1 tbsp (9g)
mixed greens
1/2 cup (15g)
salsa
3 tbsp (54g)
refried beans
1/2 cup (121g)
oil
1/2 tsp (3mL)
avocados, cubed
1/2 avocado(s) (101g)

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.

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber

Makes 1/2 cup rice, cooked



water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

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.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Peanut butter and jelly sandwich

1 1/2 sandwich(es) - 573 cals ● 17g protein ● 16g fat ● 83g carbs ● 8g fiber



For single meal:

peanut butter
1 1/2 tbsp (24g)
bread
3 slice (96g)
jelly
3 tbsp (63g)

For all 2 meals:

peanut butter
3 tbsp (48g)
bread
6 slice (192g)
jelly
6 tbsp (126g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Soy milk

1 3/4 cup(s) - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
1 3/4 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
3 1/2 cup(s) (mL)

1. The recipe has no instructions.
-

Lunch 5 [↗](#)

Eat on day 7

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



oil
1 tsp (6mL)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)
sweet potatoes, cut into wedges
1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Quinoa and black beans

649 cal ● 33g protein ● 7g fat ● 83g carbs ● 31g fiber



For single meal:

quinoa, uncooked
5 tbsp (53g)
ground cumin
1/2 tsp (1g)
frozen corn kernels
6 2/3 tbsp (57g)
oil
1/2 tsp (2mL)
vegetable broth
5/8 cup(s) (mL)
cayenne pepper
1 dash (0g)
salt
1/4 tsp (1g)
black pepper
1 dash, ground (0g)
onion, chopped
3/8 medium (2-1/2" dia) (46g)
garlic, chopped
1 1/4 clove(s) (4g)
black beans, rinsed and drained
5/6 can(s) (366g)

For all 2 meals:

quinoa, uncooked
10 tbsp (106g)
ground cumin
1 tsp (2g)
frozen corn kernels
13 1/3 tbsp (113g)
oil
1 tsp (4mL)
vegetable broth
1 1/4 cup(s) (mL)
cayenne pepper
1/4 tsp (0g)
salt
1/2 tsp (3g)
black pepper
1/4 tsp, ground (0g)
onion, chopped
5/6 medium (2-1/2" dia) (92g)
garlic, chopped
2 1/2 clove(s) (8g)
black beans, rinsed and drained
1 2/3 can(s) (732g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Dinner 2 [↗](#)

Eat on day 3

African peanut & chickpea stew

556 cals ● 20g protein ● 26g fat ● 48g carbs ● 13g fiber



vegetable broth
1 cup(s) (mL)
kale leaves
3/4 cup, chopped (30g)
lime juice
1 tsp (6mL)
onion, chopped
3/8 small (26g)
diced tomatoes
3/8 can(s) (158g)
oil
1 tsp (6mL)
peanut butter
2 tbsp (32g)
chili powder
1/4 tbsp (2g)
sweet potatoes, chopped into chunks
3/8 sweetpotato, 5" long (79g)
chickpeas, canned, drained and rinsed
3/8 can(s) (168g)
garlic, diced
3/8 clove (1g)

1. In a soup pot, heat oil over medium heat. Add onion and saute for 10-15 minutes, until onions are softened. Stir in garlic and chili powder and cook for about 1 minute, until fragrant.
2. Add in broth, sweet potatoes, tomatoes (and liquid), peanut butter, and a pinch of salt. Stir thoroughly until peanut butter is fully incorporated. Bring to a simmer, cover, and cook for about 20 minutes until sweet potatoes are soft.
3. Stir in chickpeas and kale and continue cooking a couple more minutes until chickpeas are heated through and kale has wilted. Serve with a splash of lime juice (optional).

Simple kale salad

1 cup(s) - 55 cals ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

kale leaves
1 cup, chopped (40g)
salad dressing
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Simple vegan chili

429 cal ● 32g protein ● 5g fat ● 48g carbs ● 16g fiber



For single meal:

taco seasoning mix

1/4 packet (9g)

vegetarian burger crumbles

1/4 package (12 oz) (85g)

diced tomatoes

1/4 28oz can (199g)

onion, diced

1/4 small (18g)

chili beans, with liquid

1/4 can (~16 oz) (112g)

white beans, canned, drained

1/4 can(s) (110g)

For all 2 meals:

taco seasoning mix

1/2 packet (18g)

vegetarian burger crumbles

1/2 package (12 oz) (170g)

diced tomatoes

1/2 28oz can (397g)

onion, diced

1/2 small (35g)

chili beans, with liquid

1/2 can (~16 oz) (224g)

white beans, canned, drained

1/2 can(s) (220g)

1. Mix the tomatoes, onion, white beans, chili beans, and taco seasoning mix in a large pot over medium heat. Bring to a boil.
2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Serve.

Simple mixed greens salad

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



For single meal:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

For all 2 meals:

mixed greens

9 cup (270g)

salad dressing

1/2 cup (135mL)

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

Dinner 4 [↗](#)

Eat on day 6 and day 7

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

For all 2 meals:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
green pepper
2 tbsp, chopped (19g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)
seitan, chicken style
1/2 lbs (227g)
garlic, minced
2 1/2 clove(s) (8g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Simple salad with tomatoes and carrots

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



For single meal:

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)

For all 2 meals:

salad dressing
1/4 cup (68mL)
carrots, sliced
1 1/2 medium (92g)
romaine lettuce, roughly chopped
3 hearts (1500g)
tomatoes, diced
3 medium whole (2-3/5" dia) (369g)

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

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.
