

Meal Plan - 1600 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

1598 cals ● 120g protein (30%) ● 53g fat (30%) ● 134g carbs (33%) ● 25g fiber (6%)

Lunch

645 cals, 28g protein, 51g net carbs, 31g fat



Soy milk
1 1/3 cup(s)- 113 cals



Strawberries
1 cup(s)- 52 cals



Curried lentils
482 cals

Dinner

735 cals, 44g protein, 81g net carbs, 21g fat



Teriyaki seitan with veggies and rice
451 cals



Tomato cucumber salad
282 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

1576 cals ● 119g protein (30%) ● 40g fat (23%) ● 148g carbs (38%) ● 36g fiber (9%)

Lunch

625 cals, 27g protein, 65g net carbs, 18g fat



Simple salad with celery, cucumber & tomato
256 cals



Teriyaki chickpea stir fry
369 cals

Dinner

735 cals, 44g protein, 81g net carbs, 21g fat



Teriyaki seitan with veggies and rice
451 cals



Tomato cucumber salad
282 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

1603 cals ● 109g protein (27%) ● 51g fat (29%) ● 137g carbs (34%) ● 40g fiber (10%)

Lunch

700 cals, 28g protein, 86g net carbs, 23g fat



Peanut butter and jelly sandwich
1 1/2 sandwich(es)- 573 cals



Soy milk
1 1/2 cup(s)- 127 cals

Dinner

685 cals, 33g protein, 50g net carbs, 27g fat



Sunflower seeds
271 cals



Black bean & sweet potato stew
415 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1603 cals ● 109g protein (27%) ● 51g fat (29%) ● 137g carbs (34%) ● 40g fiber (10%)

Lunch

700 cals, 28g protein, 86g net carbs, 23g fat



Peanut butter and jelly sandwich
1 1/2 sandwich(es)- 573 cals



Soy milk
1 1/2 cup(s)- 127 cals

Dinner

685 cals, 33g protein, 50g net carbs, 27g fat



Sunflower seeds
271 cals



Black bean & sweet potato stew
415 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1555 cals ● 109g protein (28%) ● 50g fat (29%) ● 140g carbs (36%) ● 27g fiber (7%)

Lunch

695 cals, 22g protein, 87g net carbs, 21g fat



Herby chickpeas over rice
544 cals



Simple mixed greens and tomato salad
151 cals

Dinner

640 cals, 39g protein, 51g net carbs, 28g fat



Chik'n nuggets
9 1/3 nuggets- 515 cals



Soy milk
1 1/2 cup(s)- 127 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1623 cals ● 104g protein (26%) ● 44g fat (24%) ● 164g carbs (41%) ● 38g fiber (9%)

Lunch

675 cals, 26g protein, 106g net carbs, 11g fat



Peach

2 peach(es)- 132 cals



Spiced chickpea tabbouleh bowl

273 cals



Soy milk yogurt

2 container- 271 cals

Dinner

730 cals, 29g protein, 57g net carbs, 32g fat



Chickpea & kale soup

546 cals



Pecans

1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1623 cals ● 104g protein (26%) ● 44g fat (24%) ● 164g carbs (41%) ● 38g fiber (9%)

Lunch

675 cals, 26g protein, 106g net carbs, 11g fat



Peach

2 peach(es)- 132 cals



Spiced chickpea tabbouleh bowl

273 cals



Soy milk yogurt

2 container- 271 cals

Dinner

730 cals, 29g protein, 57g net carbs, 32g fat



Chickpea & kale soup

546 cals



Pecans

1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Grocery List



Other

- soy milk, unsweetened
6 cup(s) (mL)
- curry paste
2 tsp (10g)
- teriyaki sauce
1/3 cup (84mL)
- mixed greens
1 1/2 package (5.5 oz) (245g)
- vegan chik'n nuggets
9 1/3 nuggets (201g)
- soy milk yogurt
4 container(s) (601g)

Fruits and Fruit Juices

- strawberries
1 cup, whole (144g)
- lemon juice
1 tbsp (14mL)
- peach
4 medium (2-2/3" dia) (600g)

Legumes and Legume Products

- lentils, raw
1/3 cup (64g)
- chickpeas, canned
3 1/2 can(s) (1624g)
- peanut butter
3 tbsp (48g)
- black beans
1 1/3 can(s) (585g)

Beverages

- water
16 2/3 cup(s) (3951mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Spices and Herbs

- salt
3/4 dash (1g)
- ground cumin
1/2 tbsp (3g)

Nut and Seed Products

Vegetables and Vegetable Products

- frozen mixed veggies
3/4 lbs (334g)
- red onion
2 small (140g)
- cucumber
3 1/4 cucumber (8-1/4") (978g)
- tomatoes
6 medium whole (2-3/5" dia) (730g)
- raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- kale leaves
5 cup, chopped (200g)
- tomato paste
4 tsp (21g)
- sweet potatoes
2/3 sweetpotato, 5" long (140g)
- onion
1 medium (2-1/2" dia) (115g)
- garlic
5 1/3 clove(s) (16g)
- ketchup
2 1/3 tbsp (40g)
- fresh parsley
1/2 bunch (11g)

Cereal Grains and Pasta

- long-grain white rice
2/3 cup (119g)
- seitan
1/2 lbs (227g)
- instant couscous, flavored
1/2 box (5.8 oz) (82g)

Baked Products

- bread
6 slice (192g)

Sweets

- jelly
6 tbsp (126g)

Soups, Sauces, and Gravies

- vegetable broth
8 cup(s) (mL)

coconut milk, canned

1/2 cup (120mL)

sunflower kernels

3 oz (85g)

pecans

1/2 cup, halves (50g)

Fats and Oils

oil

1 1/3 oz (41mL)

salad dressing

1/2 lbs (210mL)

Lunch 1 ↗

Eat on day 1

Soy milk

1 1/3 cup(s) - 113 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



Makes 1 1/3 cup(s)

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

1. The recipe has no instructions.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 1 cup(s)

strawberries
1 cup, whole (144g)

1. The recipe has no instructions.

Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Lunch 2 ↗

Eat on day 2

Simple salad with celery, cucumber & tomato

256 cals ● 9g protein ● 10g fat ● 26g carbs ● 8g fiber



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.

Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



frozen mixed veggies

1/2 10oz package (142g)

oil

1/4 tbsp (4mL)

teriyaki sauce

2 tbsp (30mL)

chickpeas, canned, drained and rinsed

1/2 can(s) (224g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.

2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.

3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Lunch 3

Eat on day 3 and day 4

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 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

soy milk, unsweetened
3 cup(s) (mL)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5

Herby chickpeas over rice

544 cals ● 19g protein ● 12g fat ● 77g carbs ● 15g fiber



long-grain white rice

5 tbsp (58g)

oil

1 1/4 tsp (6mL)

onion, diced

5/8 medium (2-1/2" dia) (69g)

fresh parsley, chopped

2 1/2 tbsp chopped (9g)

chickpeas, canned, rinsed & drained

5/8 can(s) (280g)

1. Cook rice according to package and set aside.
2. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
3. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
4. Turn off heat and stir in parsley
5. Serve chickpea mixture over rice.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

Lunch 5 ↗

Eat on day 6 and day 7

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

peach
2 medium (2-2/3" dia) (300g)

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

Spiced chickpea tabbouleh bowl

273 cals ● 11g protein ● 3g fat ● 42g carbs ● 8g fiber



For single meal:

instant couscous, flavored
1/4 box (5.8 oz) (41g)
oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
lemon juice
3/8 tsp (2mL)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)
tomatoes, chopped
1/4 roma tomato (20g)
fresh parsley, chopped
1 sprigs (1g)

For all 2 meals:

instant couscous, flavored
1/2 box (5.8 oz) (82g)
oil
1/4 tsp (1mL)
ground cumin
4 dash (1g)
lemon juice
1/4 tbsp (4mL)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)
tomatoes, chopped
1/2 roma tomato (40g)
fresh parsley, chopped
2 sprigs (2g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Soy milk yogurt

2 container - 271 cals ● 12g protein ● 7g fat ● 39g carbs ● 1g fiber



For single meal:

soy milk yogurt
2 container(s) (301g)

For all 2 meals:

soy milk yogurt
4 container(s) (601g)

1. The recipe has no instructions.

Dinner 1

Eat on day 1 and day 2

Teriyaki seitan with veggies and rice

451 cals ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



For single meal:

oil
1 tsp (5mL)
teriyaki sauce
1 3/4 tbsp (27mL)
frozen mixed veggies
1/3 package (10 oz ea) (96g)
long-grain white rice
2 2/3 tbsp (31g)
seitan, cut into strips
4 oz (113g)

For all 2 meals:

oil
2 tsp (10mL)
teriyaki sauce
1/4 cup (53mL)
frozen mixed veggies
2/3 package (10 oz ea) (192g)
long-grain white rice
1/3 cup (62g)
seitan, cut into strips
1/2 lbs (227g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Tomato cucumber salad

282 cals ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



For single meal:

salad dressing
4 tbsp (60mL)
red onion, thinly sliced
1 small (70g)
cucumber, thinly sliced
1 cucumber (8-1/4") (301g)
tomatoes, thinly sliced
2 medium whole (2-3/5" dia) (246g)

For all 2 meals:

salad dressing
1/2 cup (120mL)
red onion, thinly sliced
2 small (140g)
cucumber, thinly sliced
2 cucumber (8-1/4") (602g)
tomatoes, thinly sliced
4 medium whole (2-3/5" dia) (492g)

1. Mix ingredients together in a bowl and serve.

Dinner 2 ↗

Eat on day 3 and day 4

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 2 meals:

sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

Black bean & sweet potato stew

415 cals ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

water
1 cup(s) (237mL)
ground cumin
4 dash (1g)
lemon juice
1 tsp (5mL)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)
tomato paste
2 tsp (11g)
black beans, drained
2/3 can(s) (293g)
sweet potatoes, cubed
1/3 sweetpotato, 5" long (70g)
onion, chopped
1/3 small (23g)
garlic, diced
2/3 clove(s) (2g)

For all 2 meals:

water
2 cup(s) (474mL)
ground cumin
1 tsp (2g)
lemon juice
2 tsp (10mL)
kale leaves
16 tbsp, chopped (40g)
oil
2 tsp (10mL)
tomato paste
4 tsp (21g)
black beans, drained
1 1/3 can(s) (585g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
onion, chopped
2/3 small (47g)
garlic, diced
1 1/3 clove(s) (4g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Dinner 3 ↗

Eat on day 5

Chik'n nuggets

9 1/3 nuggets - 515 cals ● 28g protein ● 21g fat ● 48g carbs ● 5g fiber



Makes 9 1/3 nuggets

ketchup
2 1/3 tbsp (40g)
vegan chik'n nuggets
9 1/3 nuggets (201g)

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

Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



Makes 1 1/2 cup(s)

soy milk, unsweetened

1 1/2 cup(s) (mL)

1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 6 and day 7

Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



For single meal:

vegetable broth

4 cup(s) (mL)

oil

1 tsp (5mL)

kale leaves, chopped

2 cup, chopped (80g)

garlic, minced

2 clove(s) (6g)

chickpeas, canned, drained

1 can(s) (448g)

For all 2 meals:

vegetable broth

8 cup(s) (mL)

oil

2 tsp (10mL)

kale leaves, chopped

4 cup, chopped (160g)

garlic, minced

4 clove(s) (12g)

chickpeas, canned, drained

2 can(s) (896g)

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.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

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.