

# Meal Plan - 1700 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

1700 cals ● 143g protein (34%) ● 62g fat (33%) ● 119g carbs (28%) ● 24g fiber (6%)

### Lunch

715 cals, 27g protein, 45g net carbs, 39g fat



**Chickpea & kale soup**

409 cals



**Walnuts**

1/2 cup(s)- 306 cals

### Dinner

765 cals, 68g protein, 73g net carbs, 21g fat



**Brown rice**

3/4 cup brown rice, cooked- 172 cals



**Teriyaki seitan wings**

8 oz seitan- 595 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 2

1733 cals ● 107g protein (25%) ● 61g fat (32%) ● 149g carbs (34%) ● 40g fiber (9%)

### Lunch

715 cals, 27g protein, 45g net carbs, 39g fat



**Chickpea & kale soup**

409 cals



**Walnuts**

1/2 cup(s)- 306 cals

### Dinner

800 cals, 32g protein, 102g net carbs, 21g fat



**Mixed nuts**

1/6 cup(s)- 163 cals



**Spiced chickpea tabbouleh bowl**

637 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 3

1722 cals ● 108g protein (25%) ● 51g fat (27%) ● 159g carbs (37%) ● 49g fiber (11%)

### Lunch

735 cals, 24g protein, 64g net carbs, 34g fat



[Simple salad with tomatoes and carrots](#)

196 cals



[Dal with rice](#)

538 cals

### Dinner

770 cals, 35g protein, 94g net carbs, 16g fat



[White bean cassoulet](#)

770 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 4

1713 cals ● 122g protein (29%) ● 31g fat (16%) ● 190g carbs (44%) ● 47g fiber (11%)

### Lunch

725 cals, 38g protein, 95g net carbs, 14g fat



[Fruit juice](#)

1 2/3 cup(s)- 191 cals



[Teriyaki seitan with veggies and rice](#)

338 cals



[Simple salad with tomatoes and carrots](#)

196 cals

### Dinner

770 cals, 35g protein, 94g net carbs, 16g fat



[White bean cassoulet](#)

770 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 5

1669 cals ● 118g protein (28%) ● 29g fat (16%) ● 181g carbs (43%) ● 51g fiber (12%)

### Lunch

725 cals, 38g protein, 95g net carbs, 14g fat



#### Fruit juice

1 2/3 cup(s)- 191 cals



#### Teriyaki seitan with veggies and rice

338 cals



#### Simple salad with tomatoes and carrots

196 cals

### Dinner

725 cals, 31g protein, 85g net carbs, 15g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Black bean & sweet potato stew

519 cals



#### Simple mixed greens and tomato salad

76 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 6

1649 cals ● 115g protein (28%) ● 21g fat (11%) ● 192g carbs (47%) ● 59g fiber (14%)

### Lunch

705 cals, 36g protein, 105g net carbs, 5g fat



#### Lentil pasta

505 cals



#### Fruit juice

1 3/4 cup(s)- 201 cals

### Dinner

725 cals, 31g protein, 85g net carbs, 15g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Black bean & sweet potato stew

519 cals



#### Simple mixed greens and tomato salad

76 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 7

1694 cals ● 128g protein (30%) ● 24g fat (13%) ● 183g carbs (43%) ● 57g fiber (14%)

### Lunch

705 cals, 36g protein, 105g net carbs, 5g fat



#### Lentil pasta

505 cals



#### Fruit juice

1 3/4 cup(s)- 201 cals

### Dinner

770 cals, 44g protein, 76g net carbs, 19g fat



#### Chik'n stir fry

427 cals



#### Simple salad with tomatoes and carrots

343 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

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# Grocery List



## Spices and Herbs

- salt  
1 1/2 dash (1g)
- black pepper  
1 1/2 dash, ground (0g)
- ground cumin  
3/4 tbsp (5g)
- garlic powder  
2 dash (1g)
- curry powder  
3 dash (1g)

## Beverages

- water  
18 cup(s) (4221mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Cereal Grains and Pasta

- brown rice  
1/2 cup (101g)
- seitan  
14 oz (397g)
- instant couscous, flavored  
5/8 box (5.8 oz) (96g)
- long-grain white rice  
6 tbsp (69g)

## Fats and Oils

- oil  
2 1/2 oz (76mL)
- salad dressing  
10 tbsp (152mL)

## Other

- teriyaki sauce  
1/4 lbs (100mL)
- mixed greens  
3 cup (90g)
- lentil pasta  
1/2 lbs (227g)
- vegan chik'n strips  
1/4 lbs (106g)

## Soups, Sauces, and Gravies

## Legumes and Legume Products

- chickpeas, canned  
2 can(s) (933g)
- white beans, canned  
2 can(s) (878g)
- lentils, raw  
4 tbsp (48g)
- black beans  
1 2/3 can(s) (732g)
- soy sauce  
1 1/4 tbsp (19mL)

## Nut and Seed Products

- walnuts  
14 tbsp, shelled (88g)
- mixed nuts  
3 tbsp (25g)
- coconut milk, canned  
1/2 cup (120mL)

## Fruits and Fruit Juices

- lemon juice  
1 tbsp (17mL)
- fruit juice  
54 2/3 fl oz (1640mL)

## Baked Products

- naan bread  
1 piece(s) (90g)

- vegetable broth**  
7 cup(s) (mL)
- pasta sauce**  
1/2 jar (24 oz) (336g)

## **Vegetables and Vegetable Products**

- kale leaves**  
4 1/4 cup, chopped (170g)
- garlic**  
9 2/3 clove(s) (29g)
- cucumber**  
1/4 cucumber (8-1/4") (88g)
- tomatoes**  
5 3/4 medium whole (2-3/5" dia) (705g)
- fresh parsley**  
2 1/3 sprigs (2g)
- raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)
- carrots**  
8 1/3 medium (508g)
- onion**  
2 2/3 medium (2-1/2" dia) (296g)
- romaine lettuce**  
4 3/4 hearts (2375g)
- frozen mixed veggies**  
1/2 package (10 oz ea) (144g)
- tomato paste**  
5 tsp (27g)
- sweet potatoes**  
5/6 sweetpotato, 5" long (175g)
- bell pepper**  
3/4 medium (89g)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



For single meal:

**vegetable broth**  
3 cup(s) (mL)  
**oil**  
1/4 tbsp (4mL)  
**kale leaves, chopped**  
1 1/2 cup, chopped (60g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**chickpeas, canned, drained**  
3/4 can(s) (336g)

For all 2 meals:

**vegetable broth**  
6 cup(s) (mL)  
**oil**  
1/2 tbsp (8mL)  
**kale leaves, chopped**  
3 cup, chopped (120g)  
**garlic, minced**  
3 clove(s) (9g)  
**chickpeas, canned, drained**  
1 1/2 can(s) (672g)

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.

### Walnuts

1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**  
1/2 cup, shelled (44g)

For all 2 meals:

**walnuts**  
14 tbsp, shelled (88g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 3

### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



#### salad dressing

1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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

### Dal with rice

538 cals ● 17g protein ● 27g fat ● 50g carbs ● 6g fiber



**lentils, raw**  
4 tbsp (48g)  
**coconut milk, canned**  
1/2 cup (120mL)  
**water**  
1/4 cup(s) (59mL)  
**oil**  
1/2 tsp (3mL)  
**garlic powder**  
2 dash (1g)  
**ground cumin**  
4 dash (1g)  
**curry powder**  
3 dash (1g)  
**long-grain white rice**  
2 tbsp (23g)  
**onion, chopped**  
1/4 small (18g)  
**garlic, minced**  
1 clove(s) (3g)

1. Cook rice according to package.
2. In a saucepan, add the water and coconut milk and bring to a simmer. Add the lentils and let cook for 20 minutes, covered. Add more water if needed.
3. Meanwhile, in a skillet, heat the oil and add in the oil and garlic and cook until soft. Add in the spices and stir for a minute or two. Set aside.
4. When lentils are done, add in onion mixture and stir until well-combined.
5. Serve over rice.

## Lunch 3 ↗

Eat on day 4 and day 5

### Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber

For single meal:



**fruit juice**  
13 1/3 fl oz (400mL)

For all 2 meals:

**fruit juice**  
26 2/3 fl oz (800mL)

1. The recipe has no instructions.

### Teriyaki seitan with veggies and rice

338 cals ● 28g protein ● 6g fat ● 39g carbs ● 4g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**teriyaki sauce**  
4 tsp (20mL)  
**frozen mixed veggies**  
1/4 package (10 oz ea) (72g)  
**long-grain white rice**  
2 tbsp (23g)  
**seitan, cut into strips**  
3 oz (85g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
2 2/3 tbsp (40mL)  
**frozen mixed veggies**  
1/2 package (10 oz ea) (144g)  
**long-grain white rice**  
4 tbsp (46g)  
**seitan, cut into strips**  
6 oz (170g)

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.

### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**carrots, sliced**  
1 medium (61g)  
**romaine lettuce, roughly chopped**  
2 hearts (1000g)  
**tomatoes, diced**  
2 medium whole (2-3/5" dia) (246g)

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

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## Lunch 4 ↗

Eat on day 6 and day 7

### Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



For single meal:

**pasta sauce**  
1/4 jar (24 oz) (168g)  
**lentil pasta**  
4 oz (113g)

For all 2 meals:

**pasta sauce**  
1/2 jar (24 oz) (336g)  
**lentil pasta**  
1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

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### Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

**fruit juice**  
14 fl oz (420mL)

For all 2 meals:

**fruit juice**  
28 fl oz (840mL)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Brown rice

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



Makes 3/4 cup brown rice, cooked

**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)

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.

### Teriyaki seitan wings

8 oz seitan - 595 cals ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



Makes 8 oz seitan

**seitan**  
1/2 lbs (227g)  
**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Dinner 2 ↗

Eat on day 2

### Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



Makes 1/6 cup(s)

**mixed nuts**

3 tbsp (25g)

1. The recipe has no instructions.

### Spiced chickpea tabbouleh bowl

637 cals ● 27g protein ● 7g fat ● 98g carbs ● 18g fiber



**instant couscous, flavored**

5/8 box (5.8 oz) (96g)

**oil**

1/4 tsp (1mL)

**ground cumin**

1/2 tsp (1g)

**lemon juice**

1 tsp (4mL)

**cucumber, chopped**

1/4 cucumber (8-1/4") (88g)

**chickpeas, canned, drained & rinsed**

5/8 can(s) (261g)

**tomatoes, chopped**

5/8 roma tomato (47g)

**fresh parsley, chopped**

2 1/3 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.

## Dinner 3

Eat on day 3 and day 4

### White bean cassoulet

770 cals ● 35g protein ● 16g fat ● 94g carbs ● 28g fiber



For single meal:

**vegetable broth**  
1/2 cup(s) (mL)  
**oil**  
1 tbsp (15mL)  
**raw celery, thinly sliced**  
1 stalk, medium (7-1/2" - 8" long)  
(40g)  
**carrots, peeled & slices**  
2 large (144g)  
**onion, diced**  
1 medium (2-1/2" dia) (110g)  
**garlic, minced**  
2 clove(s) (6g)  
**white beans, canned, drained & rinsed**  
1 can(s) (439g)

For all 2 meals:

**vegetable broth**  
1 cup(s) (mL)  
**oil**  
2 tbsp (30mL)  
**raw celery, thinly sliced**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**carrots, peeled & slices**  
4 large (288g)  
**onion, diced**  
2 medium (2-1/2" dia) (220g)  
**garlic, minced**  
4 clove(s) (12g)  
**white beans, canned, drained & rinsed**  
2 can(s) (878g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

## Dinner 4

Eat on day 5 and day 6

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

**naan bread**  
1/2 piece(s) (45g)

For all 2 meals:

**naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.

### Black bean & sweet potato stew

519 cals ● 26g protein ● 8g fat ● 58g carbs ● 30g fiber



For single meal:

**water**  
1 1/4 cup(s) (296mL)  
**ground cumin**  
5 dash (1g)  
**lemon juice**  
1 1/4 tsp (6mL)  
**kale leaves**  
10 tbsp, chopped (25g)  
**oil**  
1 1/4 tsp (6mL)  
**tomato paste**  
2 1/2 tsp (13g)  
**black beans, drained**  
5/6 can(s) (366g)  
**sweet potatoes, cubed**  
3/8 sweetpotato, 5" long (88g)  
**onion, chopped**  
3/8 small (29g)  
**garlic, diced**  
5/6 clove(s) (3g)

For all 2 meals:

**water**  
2 1/2 cup(s) (592mL)  
**ground cumin**  
1 1/4 tsp (3g)  
**lemon juice**  
2 1/2 tsp (12mL)  
**kale leaves**  
1 1/4 cup, chopped (50g)  
**oil**  
2 1/2 tsp (12mL)  
**tomato paste**  
5 tsp (27g)  
**black beans, drained**  
1 2/3 can(s) (732g)  
**sweet potatoes, cubed**  
5/6 sweetpotato, 5" long (175g)  
**onion, chopped**  
5/6 small (58g)  
**garlic, diced**  
1 2/3 clove(s) (5g)

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.

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**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.

## Dinner 5 ↗

Eat on day 7

### Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



#### brown rice

1/4 cup (53g)

#### water

1/2 cup(s) (133mL)

#### soy sauce

1 1/4 tbsp (19mL)

#### vegan chik'n strips

1/4 lbs (106g)

#### bell pepper, deseeded & cut into thin strips

3/4 medium (89g)

#### carrots, cut into thin strips

1 1/2 small (5-1/2" long) (75g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

### Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



#### salad dressing

2 1/2 tbsp (39mL)

#### carrots, sliced

7/8 medium (53g)

#### romaine lettuce, roughly chopped

1 3/4 hearts (875g)

#### tomatoes, diced

1 3/4 medium whole (2-3/5" dia) (215g)

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

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.