

# Meal Plan - 1800 calorie intermittent fasting vegan meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1786 cals ● 120g protein (27%) ● 24g fat (12%) ● 221g carbs (49%) ● 53g fiber (12%)

### Lunch

780 cals, 27g protein, 133g net carbs, 8g fat



[Simple salad with tomatoes and carrots](#)  
98 cals



[Pasta with store-bought sauce](#)  
680 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

790 cals, 44g protein, 86g net carbs, 15g fat



[Quinoa and black beans](#)  
649 cals



[Soy milk](#)  
1 2/3 cup(s)- 141 cals

## Day 2

1786 cals ● 120g protein (27%) ● 24g fat (12%) ● 221g carbs (49%) ● 53g fiber (12%)

### Lunch

780 cals, 27g protein, 133g net carbs, 8g fat



[Simple salad with tomatoes and carrots](#)  
98 cals



[Pasta with store-bought sauce](#)  
680 cals

### Dinner

790 cals, 44g protein, 86g net carbs, 15g fat



[Quinoa and black beans](#)  
649 cals



[Soy milk](#)  
1 2/3 cup(s)- 141 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

1754 cals ● 115g protein (26%) ● 57g fat (29%) ● 163g carbs (37%) ● 32g fiber (7%)

### Lunch

825 cals, 32g protein, 63g net carbs, 42g fat



**Simple salad with tomatoes and carrots**  
98 cals



**Pumpkin seeds**  
366 cals



**Belizean rice & beans**  
362 cals

### Dinner

710 cals, 35g protein, 98g net carbs, 14g fat



**Tossed salad**  
121 cals



**Tofu alfredo pasta with broccoli**  
589 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

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## Day 4

1754 cals ● 115g protein (26%) ● 57g fat (29%) ● 163g carbs (37%) ● 32g fiber (7%)

### Lunch

825 cals, 32g protein, 63g net carbs, 42g fat



**Simple salad with tomatoes and carrots**  
98 cals



**Pumpkin seeds**  
366 cals



**Belizean rice & beans**  
362 cals

### Dinner

710 cals, 35g protein, 98g net carbs, 14g fat



**Tossed salad**  
121 cals



**Tofu alfredo pasta with broccoli**  
589 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

1782 cals ● 114g protein (26%) ● 55g fat (28%) ● 163g carbs (37%) ● 45g fiber (10%)

### Lunch

770 cals, 29g protein, 70g net carbs, 37g fat



**Spiced chickpea tabbouleh bowl**  
273 cals



**Mixed nuts**  
3/8 cup(s)- 363 cals



**Soy milk yogurt**  
1 container- 136 cals

### Dinner

795 cals, 37g protein, 91g net carbs, 17g fat



**Teriyaki chickpea stir fry**  
738 cals



**White rice**  
1/4 cup rice, cooked- 55 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 6

1761 cals ● 119g protein (27%) ● 60g fat (31%) ● 158g carbs (36%) ● 28g fiber (6%)

### Lunch

770 cals, 29g protein, 70g net carbs, 37g fat



**Spiced chickpea tabbouleh bowl**  
273 cals



**Mixed nuts**  
3/8 cup(s)- 363 cals



**Soy milk yogurt**  
1 container- 136 cals

### Dinner

770 cals, 42g protein, 86g net carbs, 23g fat



**Simple seitan**  
4 oz- 244 cals



**Couscous**  
251 cals



**Carrot fries**  
277 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

# Day 7

1819 cals ● 127g protein (28%) ● 66g fat (32%) ● 148g carbs (33%) ● 32g fiber (7%)

## Lunch

830 cals, 37g protein, 60g net carbs, 42g fat



### Carrot sticks

1 carrot(s)- 27 cals



### Vegan cream of mushroom soup

803 cals

## Dinner

770 cals, 42g protein, 86g net carbs, 23g fat



### Simple seitan

4 oz- 244 cals



### Couscous

251 cals



### Carrot fries

277 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



## Cereal Grains and Pasta

- quinoa, uncooked  
10 tbsp (106g)
- uncooked dry pasta  
18 2/3 oz (532g)
- long-grain white rice  
9 1/4 tbsp (108g)
- instant couscous, flavored  
1 1/3 box (5.8 oz) (219g)
- seitan  
1/2 lbs (227g)

## Spices and Herbs

- ground cumin  
1/2 tbsp (3g)
- cayenne pepper  
1/4 tsp (0g)
- salt  
11 3/4 g (12g)
- black pepper  
3/4 tbsp, ground (5g)
- basil, dried  
1/2 tbsp, ground (2g)
- rosemary, dried  
2 tsp (2g)
- onion powder  
4 tsp (10g)

## Vegetables and Vegetable Products

- frozen corn kernels  
13 1/4 tbsp (113g)
- onion  
1 3/4 medium (2-1/2" dia) (189g)
- garlic  
7 1/3 clove(s) (22g)
- carrots  
14 medium (852g)
- romaine lettuce  
3 hearts (1500g)
- tomatoes  
3 medium whole (2-3/5" dia) (377g)
- red onion  
1/4 medium (2-1/2" dia) (28g)
- cucumber  
1/2 cucumber (8-1/4") (151g)
- frozen broccoli  
2/3 package (189g)
- red bell pepper  
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

## Fats and Oils

- oil  
1 oz (32mL)
- salad dressing  
2 1/2 oz (75mL)
- olive oil  
2 tbsp (30mL)

## Soups, Sauces, and Gravies

- vegetable broth  
1 1/4 cup(s) (mL)
- pasta sauce  
2/3 jar (24 oz) (448g)

## Legumes and Legume Products

- black beans  
1 2/3 can(s) (732g)
- firm tofu  
2/3 package (16 oz) (302g)
- kidney beans  
1/2 can (224g)
- chickpeas, canned  
1 1/2 can(s) (672g)

## Other

- soy milk, unsweetened  
3 1/3 cup(s) (mL)
- soy milk yogurt  
2 container(s) (301g)
- teriyaki sauce  
4 tbsp (60mL)

## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
14 1/2 cup(s) (3446mL)
- almond milk, unsweetened  
1/4 gallon (1039mL)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1 cup (118g)
- coconut milk, canned  
6 tbsp (91mL)

- fresh parsley**  
2 sprigs (2g)
- frozen mixed veggies**  
1 10oz package (284g)
- cauliflower**  
4 cup chopped (428g)
- mushrooms**  
3 cup, pieces or slices (210g)

- mixed nuts**  
13 1/4 tbsp (112g)

### **Fruits and Fruit Juices**

- lemon juice**  
1/4 tbsp (4mL)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**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.

### Pasta with store-bought sauce

680 cals ● 23g protein ● 5g fat ● 126g carbs ● 10g fiber



For single meal:

**uncooked dry pasta**  
1/3 lbs (152g)  
**pasta sauce**  
1/3 jar (24 oz) (224g)

For all 2 meals:

**uncooked dry pasta**  
2/3 lbs (304g)  
**pasta sauce**  
2/3 jar (24 oz) (448g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

## Lunch 2 ↗

Eat on day 3 and day 4

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**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.

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. The recipe has no instructions.

### Belizean rice & beans

362 cals ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



For single meal:

**coconut milk, canned**  
3 tbsp (45mL)  
**kidney beans, drained**  
1/4 can (112g)  
**water**  
1/6 cup(s) (44mL)  
**long-grain white rice**  
4 tbsp (46g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**red bell pepper, chopped**  
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

For all 2 meals:

**coconut milk, canned**  
6 tbsp (90mL)  
**kidney beans, drained**  
1/2 can (224g)  
**water**  
3/8 cup(s) (89mL)  
**long-grain white rice**  
1/2 cup (93g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**red bell pepper, chopped**  
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

## Lunch 3

Eat on day 5 and day 6

### 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.

## Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



For single meal:

**mixed nuts**

6 2/3 tbsp (56g)

For all 2 meals:

**mixed nuts**

13 1/3 tbsp (112g)

1. The recipe has no instructions.

## Soy milk yogurt

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



For single meal:

**soy milk yogurt**

1 container(s) (150g)

For all 2 meals:

**soy milk yogurt**

2 container(s) (301g)

1. The recipe has no instructions.

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## Lunch 4 ↗

Eat on day 7

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 1 carrot(s)

**carrots**

1 medium (61g)

1. Cut carrots into strips and serve.

### Vegan cream of mushroom soup

803 cals ● 36g protein ● 42g fat ● 56g carbs ● 14g fiber



**black pepper**  
2 tsp, ground (5g)  
**oil**  
2 tsp (10mL)  
**salt**  
1 tsp (6g)  
**onion powder**  
4 tsp (10g)  
**almond milk, unsweetened**  
4 cup(s) (960mL)  
**cauliflower**  
4 cup chopped (428g)  
**mushrooms, diced**  
3 cup, pieces or slices (210g)  
**onion, diced**  
1 small (70g)  
**garlic, diced**  
2 clove (6g)

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.

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## Dinner 1

Eat on day 1 and day 2

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### Quinoa and black beans

649 cals  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.

## Soy milk

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 3 and day 4

### Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

**romaine lettuce, shredded**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)  
**red onion, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)

For all 2 meals:

**romaine lettuce, shredded**  
1 hearts (500g)  
**tomatoes, diced**  
1 small whole (2-2/5" dia) (91g)  
**salad dressing**  
2 tbsp (30mL)  
**red onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced or diced**  
1/4 cucumber (8-1/4") (75g)  
**carrots, peeled and shredded or sliced**  
1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Tofu alfredo pasta with broccoli

589 cals ● 30g protein ● 10g fat ● 88g carbs ● 7g fiber



For single meal:

**uncooked dry pasta**  
4 oz (114g)  
**firm tofu**  
1/3 package (16 oz) (151g)  
**frozen broccoli**  
1/3 package (95g)  
**garlic**  
2/3 clove(s) (2g)  
**salt**  
1/6 dash (0g)  
**almond milk, unsweetened**  
2 2/3 tbsp (40mL)  
**basil, dried**  
1/4 tbsp, ground (1g)

For all 2 meals:

**uncooked dry pasta**  
1/2 lbs (228g)  
**firm tofu**  
2/3 package (16 oz) (302g)  
**frozen broccoli**  
2/3 package (189g)  
**garlic**  
1 1/3 clove(s) (4g)  
**salt**  
1/3 dash (0g)  
**almond milk, unsweetened**  
1/3 cup (80mL)  
**basil, dried**  
1/2 tbsp, ground (2g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

## Dinner 3 ↗

Eat on day 5

### Teriyaki chickpea stir fry

738 cals ● 36g protein ● 17g fat ● 79g carbs ● 31g fiber



#### frozen mixed veggies

1 10oz package (284g)

#### oil

1/2 tbsp (8mL)

#### teriyaki sauce

4 tbsp (60mL)

#### chickpeas, canned, drained and rinsed

1 can(s) (448g)

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.

### White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber

Makes 1/4 cup rice, cooked



#### water

1/6 cup(s) (39mL)

#### long-grain white rice

4 tsp (15g)

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.

## Dinner 4 ↗

Eat on day 6 and day 7

### Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**seitan**  
4 oz (113g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**seitan**  
1/2 lbs (227g)  
**oil**  
2 tsp (10mL)

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.

### Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



For single meal:

**instant couscous, flavored**  
3/8 box (5.8 oz) (69g)

For all 2 meals:

**instant couscous, flavored**  
5/6 box (5.8 oz) (137g)

1. Follow instructions on package.

### Carrot fries

277 cals ● 3g protein ● 14g fat ● 23g carbs ● 10g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**rosemary, dried**  
1 tsp (1g)  
**salt**  
2 dash (2g)  
**carrots, peeled**  
3/4 lbs (340g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**rosemary, dried**  
2 tsp (2g)  
**salt**  
4 dash (3g)  
**carrots, peeled**  
1 1/2 lbs (680g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

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## Protein Supplement(s)

Eat every day

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### 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.

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