

Meal Plan - 1900 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

1868 cals ● 163g protein (35%) ● 81g fat (39%) ● 93g carbs (20%) ● 29g fiber (6%)

Lunch

785 cals, 44g protein, 57g net carbs, 34g fat



Orange

2 orange(s)- 170 cals



Tomato and avocado salad

313 cals



Simple seitan

5 oz- 305 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

865 cals, 70g protein, 34g net carbs, 46g fat



Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals



Soy milk

1 2/3 cup(s)- 141 cals

Day 2

1899 cals ● 129g protein (27%) ● 61g fat (29%) ● 169g carbs (36%) ● 40g fiber (8%)

Lunch

785 cals, 44g protein, 57g net carbs, 34g fat



Orange

2 orange(s)- 170 cals



Tomato and avocado salad

313 cals



Simple seitan

5 oz- 305 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

895 cals, 36g protein, 110g net carbs, 26g fat



Simple kale & avocado salad

230 cals



Spaghetti and meatless meatballs

664 cals

Day 3

1940 cals ● 124g protein (26%) ● 75g fat (35%) ● 150g carbs (31%) ● 42g fiber (9%)

Lunch

850 cals, 53g protein, 69g net carbs, 30g fat



[Soy milk](#)

3 1/2 cup(s)- 296 cals



[Warm brussels sprout & lentil salad](#)

553 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

875 cals, 23g protein, 79g net carbs, 44g fat



[Chickpeas alla coconut vodka](#)

710 cals



[White rice](#)

3/4 cup rice, cooked- 164 cals

Day 4

1940 cals ● 124g protein (26%) ● 75g fat (35%) ● 150g carbs (31%) ● 42g fiber (9%)

Lunch

850 cals, 53g protein, 69g net carbs, 30g fat



[Soy milk](#)

3 1/2 cup(s)- 296 cals



[Warm brussels sprout & lentil salad](#)

553 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

875 cals, 23g protein, 79g net carbs, 44g fat



[Chickpeas alla coconut vodka](#)

710 cals



[White rice](#)

3/4 cup rice, cooked- 164 cals

Day 5

1932 cals ● 142g protein (29%) ● 72g fat (33%) ● 129g carbs (27%) ● 50g fiber (10%)

Lunch

865 cals, 40g protein, 40g net carbs, 55g fat



[Vegan cream of mushroom soup](#)

502 cals



[Pumpkin seeds](#)

366 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

845 cals, 54g protein, 88g net carbs, 16g fat



[Simple mixed greens salad](#)

68 cals



[Soy milk](#)

1 1/4 cup(s)- 106 cals



[Lentil pasta](#)


673 cals

Day 6

1908 calsgreen120g protein (25%)orange45g fat (21%)blue215g carbs (45%)grey42g fiber (9%)

Lunch

840 calsgreen41g protein, 125g net carbs, 11g fat

Veggie burger

2 burger- 550 calsgreen

Lentils

289 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

850 calsgreen30g protein, 89g net carbs, 33g fat

Orange

2 orange(s)- 170 calsgreen

Lentil kale salad


681 calsgreen

Day 7

1908 calsgreen120g protein (25%)orange45g fat (21%)blue215g carbs (45%)grey42g fiber (9%)

Lunch

840 calsgreen41g protein, 125g net carbs, 11g fat

Veggie burger


2 burger- 550 calsgreen

Lentils

289 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

850 calsgreen30g protein, 89g net carbs, 33g fat

Orange

2 orange(s)- 170 calsgreen

Lentil kale salad

681 calsgreen

Other

- ☐ frozen cauliflower
1 1/2 cup (170g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ soy milk, unsweetened
10 cup(s) (mL)
- ☐ vegan meatballs, frozen
3 meatball(s) (90g)
- ☐ mixed greens
1 package (5.5 oz) (158g)
- ☐ lentil pasta
1/3 lbs (151g)
- ☐ veggie burger patty
4 patty (284g)

Fats and Oils

- ☐ oil
1/4 lbs (131mL)
- ☐ olive oil
2 tsp (10mL)
- ☐ salad dressing
1/3 cup (83mL)

Vegetables and Vegetable Products

- ☐ onion
1 1/2 medium (2-1/2" dia) (154g)
- ☐ tomatoes
1 1/3 medium whole (2-3/5" dia) (164g)
- ☐ kale leaves
2/3 lbs (295g)
- ☐ canned crushed tomatoes
1 can (405g)
- ☐ fresh spinach
4 oz (113g)
- ☐ tomato paste
2 tbsp (32g)
- ☐ garlic
6 3/4 clove(s) (20g)
- ☐ shallots
1 clove(s) (57g)
- ☐ brussels sprouts
6 cup, shredded (300g)
- ☐ cauliflower
2 1/2 cup chopped (268g)
- ☐ mushrooms
2 cup, pieces or slices (131g)
- ☐ ketchup
4 tbsp (68g)

Fruits and Fruit Juices

- ☐ orange
8 orange (1232g)
- ☐ lime juice
2 2/3 tbsp (40mL)
- ☐ avocados
2 avocado(s) (368g)
- ☐ lemon
1/2 small (29g)
- ☐ lemon juice
1/4 cup (53mL)

Spices and Herbs

- ☐ garlic powder
1/4 tbsp (2g)
- ☐ salt
1/2 tbsp (9g)
- ☐ black pepper
2 tsp, ground (4g)
- ☐ crushed red pepper
1 tbsp (5g)
- ☐ onion powder
2 1/2 tsp (6g)
- ☐ ground cumin
1 3/4 tsp (4g)

Cereal Grains and Pasta

- ☐ seitan
10 oz (284g)
- ☐ uncooked dry pasta
4 oz (114g)
- ☐ long-grain white rice
1/2 cup (93g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
5/8 jar (24 oz) (392g)

Nut and Seed Products

- ☐ coconut milk, canned
1 cup (240mL)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almonds
1/4 cup, slivered (24g)

Legumes and Legume Products

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
26 cup(s) (6122mL)
- ☐ almond milk, unsweetened
2 1/2 cup(s) (600mL)

- ☐ chickpeas, canned
1 can(s) (448g)
- ☐ lentils, raw
2 3/4 cup (520g)

Baked Products

- ☐ hamburger buns
4 bun(s) (204g)



Lunch 1 [↗](#)

Eat on day 1 and day 2

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. The recipe has no instructions.

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



For single meal:

onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia)
(82g)

For all 2 meals:

onion
2 2/3 tbsp minced (40g)
lime juice
2 2/3 tbsp (40mL)
olive oil
2 tsp (10mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/3 avocado(s) (268g)
tomatoes, diced
1 1/3 medium whole (2-3/5" dia)
(164g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

seitan
5 oz (142g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

seitan
10 oz (284g)
oil
2 1/2 tsp (13mL)

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.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Soy milk

3 1/2 cup(s) - 296 cals ● 25g protein ● 16g fat ● 7g carbs ● 7g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

Warm brussels sprout & lentil salad

553 cals ● 28g protein ● 14g fat ● 62g carbs ● 16g fiber



For single meal:

oil
1/2 tbsp (8mL)
brussels sprouts
3 cup, shredded (150g)
water
2 cup(s) (474mL)
salad dressing
2 tbsp (30mL)
lentils, raw
1/2 cup (96g)

For all 2 meals:

oil
1 tbsp (15mL)
brussels sprouts
6 cup, shredded (300g)
water
4 cup(s) (948mL)
salad dressing
4 tbsp (60mL)
lentils, raw
1 cup (192g)

1. Cook lentils in the water according to package instructions, then drain and set aside.
2. Heat oil in a skillet over medium heat. Add shredded brussels sprouts with some salt and cook until tender and lightly browned, about 4-5 minutes.
3. Stir in the cooked lentils and cook for another 1-2 minutes.
4. Toss with your salad dressing of choice, season with salt and pepper to taste, and serve.

Lunch 3 [↗](#)

Eat on day 5

Vegan cream of mushroom soup

502 cals ● 23g protein ● 26g fat ● 35g carbs ● 9g fiber



black pepper
1 1/4 tsp, ground (3g)
oil
1 1/4 tsp (6mL)
salt
5 dash (4g)
onion powder
2 1/2 tsp (6g)
almond milk, unsweetened
2 1/2 cup(s) (600mL)
cauliflower
2 1/2 cup chopped (268g)
mushrooms, diced
2 cup, pieces or slices (131g)
onion, diced
5/8 small (44g)
garlic, diced
1 1/4 clove (4g)

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.

Pumpkin seeds

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



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

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Veggie burger

2 burger - 550 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)

For all 2 meals:

hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)
veggie burger patty
4 patty (284g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.
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Dinner 1 [↗](#)

Eat on day 1

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



Makes 2 sausage link(s)

frozen cauliflower

1 1/2 cup (170g)

oil

1 tbsp (15mL)

vegan sausage

2 sausage (200g)

onion, thinly sliced

1 small (70g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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.
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Dinner 2 [↗](#)

Eat on day 2

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Spaghetti and meatless meatballs

664 cals ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



pasta sauce
1/4 jar (24 oz) (168g)
uncooked dry pasta
4 oz (114g)
vegan meatballs, frozen
3 meatball(s) (90g)

1. Cook the pasta and 'meat'balls as directed on packaging.
 2. Top with sauce and enjoy.
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Dinner 3 [↗](#)

Eat on day 3 and day 4

Chickpeas alla coconut vodka

710 cals ● 20g protein ● 44g fat ● 43g carbs ● 17g fiber



For single meal:

crushed red pepper
4 dash (1g)
canned crushed tomatoes
1/2 can (203g)
fresh spinach
2 oz (57g)
oil
1 tbsp (15mL)
tomato paste
1 tbsp (16g)
coconut milk, canned
1/2 cup (120mL)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)
shallots, minced
1/2 clove(s) (28g)

For all 2 meals:

crushed red pepper
1 tsp (2g)
canned crushed tomatoes
1 can (405g)
fresh spinach
4 oz (113g)
oil
2 tbsp (30mL)
tomato paste
2 tbsp (32g)
coconut milk, canned
1 cup (240mL)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)
shallots, minced
1 clove(s) (57g)

1. Heat the oil in a skillet over medium-high heat. Add the minced shallot and cook until softened, about 3-5 minutes. Stir in the garlic, tomato paste, and as much crushed red pepper as you'd like, cooking for 1-2 minutes while stirring.
2. Add the crushed tomatoes and coconut milk, whisking until well combined. Season with salt and pepper to taste.
3. Stir in the chickpeas and spinach. Bring to a simmer, cover, and cook until the spinach is wilted and the sauce has slightly thickened, about 4-5 minutes, stirring occasionally. Serve.

White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

For all 2 meals:

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

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 5

Simple mixed greens salad

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



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



Makes 1 1/4 cup(s)

soy milk, unsweetened

1 1/4 cup(s) (mL)

1. The recipe has no instructions.

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



pasta sauce

1/3 jar (24 oz) (224g)

lentil pasta

1/3 lbs (151g)

1. Cook lentil pasta according to package.
 2. Top with sauce and serve.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. The recipe has no instructions.

Lentil kale salad

681 cals ● 27g protein ● 33g fat ● 57g carbs ● 13g fiber



For single meal:

lentils, raw
1/2 cup (84g)
lemon juice
1 3/4 tbsp (26mL)
almonds
1 3/4 tbsp, slivered (12g)
oil
1 3/4 tbsp (26mL)
kale leaves
2 1/2 cup, chopped (105g)
crushed red pepper
1 tsp (2g)
water
1 3/4 cup(s) (415mL)
ground cumin
1 tsp (2g)
garlic, diced
1 3/4 clove(s) (5g)

For all 2 meals:

lentils, raw
14 tbsp (168g)
lemon juice
1/4 cup (53mL)
almonds
1/4 cup, slivered (24g)
oil
1/4 cup (53mL)
kale leaves
5 1/4 cup, chopped (210g)
crushed red pepper
1 3/4 tsp (3g)
water
3 1/2 cup(s) (830mL)
ground cumin
1 3/4 tsp (4g)
garlic, diced
3 1/2 clove(s) (11g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

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.
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