

Meal Plan - 2000 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

1966 cals ● 150g protein (30%) ● 59g fat (27%) ● 163g carbs (33%) ● 47g fiber (10%)

Lunch

835 cals, 52g protein, 105g net carbs, 7g fat



Lentil pasta

757 cals



Dinner roll

1 roll(s)- 77 cals

Dinner

860 cals, 37g protein, 56g net carbs, 50g fat



Naan bread

1 piece(s)- 262 cals



Walnut crusted tofu (vegan)

568 cals



Broccoli

1 cup(s)- 29 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 2

1966 cals ● 150g protein (30%) ● 59g fat (27%) ● 163g carbs (33%) ● 47g fiber (10%)

Lunch

835 cals, 52g protein, 105g net carbs, 7g fat



Lentil pasta

757 cals



Dinner roll

1 roll(s)- 77 cals

Dinner

860 cals, 37g protein, 56g net carbs, 50g fat



Naan bread

1 piece(s)- 262 cals



Walnut crusted tofu (vegan)

568 cals



Broccoli

1 cup(s)- 29 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake


2 1/2 scoop- 273 cals

Day 3

1968 calsgreen126g protein (26%)orange60g fat (27%)blue175g carbs (36%)grey56g fiber (11%)

Lunch


835 calsgreen41g protein, 109g net carbs, 14g fat

Teriyaki chickpea stir fry

554 calsgreen

Lentils


174 calsgreen

White rice

1/2 cup rice, cooked- 109 calsgreen

Protein Supplement(s)


275 calsgreen61g protein, 2g net carbs, 1g fat

Protein shake


2 1/2 scoop- 273 calsgreen

Dinner


860 calsgreen25g protein, 64g net carbs, 45g fat

Simple salad with celery, cucumber & tomato

128 calsgreen

Zoodles with avocado sauce

353 calsgreen

Simple vegan garlic bread


3 slice(s)- 378 calsgreen

Day 4


1968 calsgreen126g protein (26%)orange60g fat (27%)blue175g carbs (36%)grey56g fiber (11%)

Lunch


835 calsgreen41g protein, 109g net carbs, 14g fat

Teriyaki chickpea stir fry

554 calsgreen

Lentils


174 calsgreen

White rice

1/2 cup rice, cooked- 109 calsgreen

Protein Supplement(s)


275 calsgreen61g protein, 2g net carbs, 1g fat

Protein shake


2 1/2 scoop- 273 calsgreen

Dinner


860 calsgreen25g protein, 64g net carbs, 45g fat

Simple salad with celery, cucumber & tomato

128 calsgreen

Zoodles with avocado sauce

353 calsgreen

Simple vegan garlic bread

3 slice(s)- 378 calsgreen

Day 5

1968 cals ● 126g protein (26%) ● 95g fat (43%) ● 122g carbs (25%) ● 31g fiber (6%)

Lunch

845 cals, 39g protein, 34g net carbs, 57g fat



Mixed vegetables

1 3/4 cup(s)- 170 cals



Buffalo tofu with vegan ranch

675 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

850 cals, 27g protein, 85g net carbs, 36g fat



Naan bread

1 piece(s)- 262 cals



Greek chickpea salad

589 cals

Day 6

1986 cals ● 138g protein (28%) ● 79g fat (36%) ● 140g carbs (28%) ● 41g fiber (8%)

Lunch

845 cals, 39g protein, 34g net carbs, 57g fat



Mixed vegetables

1 3/4 cup(s)- 170 cals



Buffalo tofu with vegan ranch

675 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Dinner

870 cals, 39g protein, 103g net carbs, 21g fat



Simple kale & avocado salad

115 cals



Lentils

174 cals



Lentil chili

580 cals

Day 7

2018 cals ● 187g protein (37%) ● 58g fat (26%) ● 147g carbs (29%) ● 39g fiber (8%)

Lunch

875 cals, 87g protein, 41g net carbs, 37g fat



Vegan sausage

3 sausage(s)- 804 cals



Mixed vegetables

3/4 cup(s)- 73 cals

Dinner

870 cals, 39g protein, 103g net carbs, 21g fat



Simple kale & avocado salad

115 cals



Lentils

174 cals



Lentil chili

580 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Baked Products

- ☐ naan bread
3 piece(s) (270g)
- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ bread
6 slice (192g)

Fruits and Fruit Juices

- ☐ lemon juice
2 1/2 fl oz (77mL)
- ☐ avocados
2 avocado(s) (402g)
- ☐ black olives
6 small olives (19g)
- ☐ lemon
1/2 small (29g)

Spices and Herbs

- ☐ dijon mustard
2 tbsp (30g)
- ☐ fresh basil
1 1/2 cup leaves, whole (36g)
- ☐ salt
1/2 tsp (3g)
- ☐ chili powder
4 tsp (11g)
- ☐ ground cumin
2 tsp (4g)
- ☐ black pepper
1 1/2 dash, ground (0g)

Fats and Oils

- ☐ vegan mayonnaise
4 tbsp (60g)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ olive oil
2 tbsp (30mL)
- ☐ oil
5 tbsp (72mL)

Nut and Seed Products

- ☐ walnuts
2/3 cup, chopped (77g)

Legumes and Legume Products

Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
22 2/3 cup(s) (5373mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
3/4 jar (24 oz) (504g)
- ☐ Frank's Red Hot sauce
2/3 cup (158mL)
- ☐ vegetable broth
2 cup(s) (mL)

Other

- ☐ lentil pasta
3/4 lbs (340g)
- ☐ mixed greens
1 package (5.5 oz) (155g)
- ☐ teriyaki sauce
6 tbsp (91mL)
- ☐ vegan ranch
1/2 cup (120mL)
- ☐ vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- ☐ vegan sausage
3 sausage (300g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/3 cup (62g)
- ☐ dry bulgur wheat
2/3 cup (93g)

- ☐ **firm tofu**
2 3/4 lbs (1247g)
- ☐ **chickpeas, canned**
2 1/4 can(s) (1008g)
- ☐ **lentils, raw**
1 2/3 cup (320g)

Vegetables and Vegetable Products

- ☐ **garlic**
12 2/3 clove(s) (38g)
 - ☐ **frozen broccoli**
2 cup (182g)
 - ☐ **raw celery**
2 stalk, medium (7-1/2" - 8" long) (80g)
 - ☐ **cucumber**
1 1/2 cucumber (8-1/4") (414g)
 - ☐ **tomatoes**
3 1/2 medium whole (2-3/5" dia) (434g)
 - ☐ **zucchini**
1 1/2 large (485g)
 - ☐ **frozen mixed veggies**
2 1/3 lbs (1000g)
 - ☐ **kale leaves**
1/2 bunch (85g)
 - ☐ **canned whole tomatoes**
1 1/3 cup (320g)
 - ☐ **onion**
2/3 medium (2-1/2" dia) (73g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Lentil pasta

757 cals ● 49g protein ● 6g fat ● 91g carbs ● 36g fiber



For single meal:

pasta sauce

3/8 jar (24 oz) (252g)

lentil pasta

6 oz (170g)

For all 2 meals:

pasta sauce

3/4 jar (24 oz) (504g)

lentil pasta

3/4 lbs (340g)

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

Dinner roll

1 roll(s) - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Teriyaki chickpea stir fry

554 cals ● 27g protein ● 13g fat ● 59g carbs ● 23g fiber



For single meal:

frozen mixed veggies

3/4 10oz package (213g)

oil

1 tsp (6mL)

teriyaki sauce

3 tbsp (45mL)

chickpeas, canned, drained and rinsed

3/4 can(s) (336g)

For all 2 meals:

frozen mixed veggies

1 1/2 10oz package (426g)

oil

3/4 tbsp (11mL)

teriyaki sauce

6 tbsp (90mL)

chickpeas, canned, drained and rinsed

1 1/2 can(s) (672g)

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.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

For all 2 meals:

water

2 cup(s) (474mL)

salt

1 dash (1g)

lentils, raw, rinsed

1/2 cup (96g)

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.

White rice

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



For single meal:

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

For all 2 meals:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

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 3 [↗](#)

Eat on day 5 and day 6

Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

frozen mixed veggies
1 3/4 cup (236g)

For all 2 meals:

frozen mixed veggies
3 1/2 cup (473g)

1. Prepare according to instructions on package.

Buffalo tofu with vegan ranch

675 cals ● 31g protein ● 56g fat ● 12g carbs ● 1g fiber



For single meal:

oil
1 tbsp (15mL)
Frank's Red Hot sauce
1/3 cup (79mL)
vegan ranch
4 tbsp (60mL)
firm tofu, patted dry & cubed
14 oz (397g)

For all 2 meals:

oil
2 tbsp (30mL)
Frank's Red Hot sauce
2/3 cup (158mL)
vegan ranch
1/2 cup (120mL)
firm tofu, patted dry & cubed
1 3/4 lbs (794g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Lunch 4 [🔗](#)

Eat on day 7

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage
3 sausage (300g)

1. Prepare according to package instructions.
2. Serve.

Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 3/4 cup(s)

frozen mixed veggies
3/4 cup (101g)

1. Prepare according to instructions on package.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Naan bread

1 piece(s) - 262 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

Walnut crusted tofu (vegan)

568 cal ● 26g protein ● 45g fat ● 11g carbs ● 4g fiber



For single meal:

lemon juice
1 tsp (5mL)
dijon mustard
1 tbsp (15g)
vegan mayonnaise
2 tbsp (30g)
walnuts
1/3 cup, chopped (39g)
firm tofu, drained
1/2 lbs (227g)
garlic, diced
2 clove(s) (6g)

For all 2 meals:

lemon juice
2 tsp (10mL)
dijon mustard
2 tbsp (30g)
vegan mayonnaise
4 tbsp (60g)
walnuts
2/3 cup, chopped (77g)
firm tofu, drained
1 lbs (454g)
garlic, diced
4 clove(s) (12g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Broccoli

1 cup(s) - 29 cal ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli
1 cup (91g)

For all 2 meals:

frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
mixed greens
1/2 package (5.5 oz) (78g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

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.

Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



For single meal:

water
1/4 cup(s) (59mL)
lemon juice
2 1/4 tbsp (34mL)
fresh basil
3/4 cup leaves, whole (18g)
tomatoes, halved
7 1/2 cherry tomatoes (128g)
zucchini
3/4 large (242g)
avocados, peeled and seed removed
3/4 avocado(s) (151g)

For all 2 meals:

water
1/2 cup(s) (118mL)
lemon juice
1/4 cup (68mL)
fresh basil
1 1/2 cup leaves, whole (36g)
tomatoes, halved
15 cherry tomatoes (255g)
zucchini
1 1/2 large (485g)
avocados, peeled and seed removed
1 1/2 avocado(s) (302g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Simple vegan garlic bread

3 slice(s) - 378 cals ● 12g protein ● 17g fat ● 38g carbs ● 6g fiber



For single meal:

bread
3 slice (96g)
olive oil
1 tbsp (15mL)
garlic, minced
3 clove(s) (9g)

For all 2 meals:

bread
6 slice (192g)
olive oil
2 tbsp (30mL)
garlic, minced
6 clove(s) (18g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Dinner 3 [↗](#)

Eat on day 5

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

naan bread
1 piece(s) (90g)



1. The recipe has no instructions.

Greek chickpea salad

589 cals ● 18g protein ● 31g fat ● 42g carbs ● 17g fiber



oil
3/4 tbsp (11mL)
black olives
6 small olives (19g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
cucumber, chopped
3/8 cucumber (8-1/4") (113g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)

1. Heat oil in a skillet over medium heat. Add chickpeas and some salt and pepper. Fry until golden, about 5-8 minutes. Set aside to cool.
2. Add chickpeas, cucumber, tomatoes, and olives to a bowl. Drizzle vinaigrette on top. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:
kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

For all 2 meals:
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.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:
water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:
water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Lentil chili

580 cals ● 25g protein ● 12g fat ● 73g carbs ● 19g fiber



For single meal:

oil
2 tsp (10mL)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)
canned whole tomatoes, chopped
2/3 cup (160g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)

For all 2 meals:

oil
4 tsp (20mL)
lentils, raw
2/3 cup (128g)
chili powder
4 tsp (11g)
ground cumin
2 tsp (4g)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
dry bulgur wheat
2/3 cup (93g)
vegetable broth
2 cup(s) (mL)
canned whole tomatoes, chopped
1 1/3 cup (320g)
onion, chopped
2/3 medium (2-1/2" dia) (73g)
garlic, minced
2 2/3 clove(s) (8g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

protein powder
2 1/2 scoop (1/3 cup ea) (78g)
water
2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder
17 1/2 scoop (1/3 cup ea) (543g)
water
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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