

Meal Plan - 2100 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

2083 cals ● 182g protein (35%) ● 72g fat (31%) ● 142g carbs (27%) ● 35g fiber (7%)

Lunch

920 cals, 59g protein, 89g net carbs, 29g fat



[Crispy chik'n tenders](#)
10 tender(s)- 571 cals



[Easy chickpea salad](#)
350 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Dinner

890 cals, 63g protein, 50g net carbs, 41g fat



[Vegan sausage & veggie sheet pan](#)
720 cals



[Soy milk](#)
2 cup(s)- 169 cals

Day 2

2083 cals ● 182g protein (35%) ● 72g fat (31%) ● 142g carbs (27%) ● 35g fiber (7%)

Lunch

920 cals, 59g protein, 89g net carbs, 29g fat



[Crispy chik'n tenders](#)
10 tender(s)- 571 cals



[Easy chickpea salad](#)
350 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Dinner

890 cals, 63g protein, 50g net carbs, 41g fat



[Vegan sausage & veggie sheet pan](#)
720 cals



[Soy milk](#)
2 cup(s)- 169 cals

Day 3

2035 cals ● 150g protein (29%) ● 55g fat (24%) ● 189g carbs (37%) ● 47g fiber (9%)

Lunch

865 cals, 59g protein, 86g net carbs, 15g fat



Lentil pasta
673 cals



Soy milk
2 1/4 cup(s)- 191 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

900 cals, 30g protein, 101g net carbs, 38g fat



Tofu curry with rice
748 cals



Simple mixed greens and tomato salad
151 cals

Day 4

2097 cals ● 133g protein (25%) ● 60g fat (26%) ● 200g carbs (38%) ● 55g fiber (10%)

Lunch

925 cals, 43g protein, 97g net carbs, 21g fat



Smokey black bean stew
714 cals



Tomato cucumber salad
212 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

900 cals, 30g protein, 101g net carbs, 38g fat



Tofu curry with rice
748 cals



Simple mixed greens and tomato salad
151 cals

Day 5

2057 cals ● 139g protein (27%) ● 41g fat (18%) ● 209g carbs (41%) ● 73g fiber (14%)

Lunch

925 cals, 43g protein, 97g net carbs, 21g fat



Smokey black bean stew
714 cals



Tomato cucumber salad
212 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

860 cals, 36g protein, 109g net carbs, 19g fat



Dinner roll
2 roll(s)- 154 cals



White bean cassoulet
577 cals



Simple salad with celery, cucumber & tomato
128 cals

Day 6

2115 cals ● 159g protein (30%) ● 66g fat (28%) ● 175g carbs (33%) ● 46g fiber (9%)

Lunch

985 cals, 62g protein, 63g net carbs, 46g fat



[Chunky canned soup \(non-creamy\)](#)

2 1/2 can(s)- 618 cals



[Pumpkin seeds](#)

366 cals

Dinner

860 cals, 36g protein, 109g net carbs, 19g fat



[Dinner roll](#)

2 roll(s)- 154 cals



[White bean cassoulet](#)

577 cals



[Simple salad with celery, cucumber & tomato](#)

128 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 7

2084 cals ● 153g protein (29%) ● 73g fat (31%) ● 159g carbs (30%) ● 46g fiber (9%)

Lunch

985 cals, 62g protein, 63g net carbs, 46g fat



[Chunky canned soup \(non-creamy\)](#)

2 1/2 can(s)- 618 cals



[Pumpkin seeds](#)

366 cals

Dinner

830 cals, 30g protein, 94g net carbs, 25g fat



[Zoodles marinara](#)

450 cals



[Simple vegan garlic bread](#)

3 slice(s)- 378 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Fats and Oils

- ☐ oil
2 1/2 oz (80mL)
- ☐ salad dressing
1/2 lbs (225mL)
- ☐ olive oil
1 tbsp (15mL)

Other

- ☐ italian seasoning
1/2 tbsp (5g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ soy milk, unsweetened
6 1/4 cup(s) (mL)
- ☐ meatless chik'n tenders
20 pieces (510g)
- ☐ curry sauce
1 jar (15 oz) (425g)
- ☐ mixed greens
2 package (5.5 oz) (335g)
- ☐ lentil pasta
1/3 lbs (151g)
- ☐ diced tomatoes
1 1/4 can(s) (525g)
- ☐ smoked paprika
2 1/2 tsp (6g)

Vegetables and Vegetable Products

- ☐ carrots
6 1/2 medium (399g)
- ☐ broccoli
3 cup chopped (273g)
- ☐ potatoes
3 small (1-3/4" to 2-1/4" dia.) (276g)
- ☐ ketchup
5 tbsp (85g)
- ☐ onion
2 3/4 medium (2-1/2" dia) (305g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (865g)
- ☐ fresh parsley
4 1/2 sprigs (5g)
- ☐ tomato paste
1 1/4 tbsp (20g)
- ☐ garlic
8 1/2 clove(s) (26g)
- ☐ red onion
1 1/2 small (105g)

Beverages

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

Spices and Herbs

- ☐ balsamic vinegar
1 1/2 tbsp (23mL)
- ☐ ground cumin
1 1/4 tsp (3g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/2 tbsp (1mL)
- ☐ pasta sauce
1 jar (24 oz) (744g)
- ☐ vegetable broth
3 1/4 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/2 can(s) (672g)
- ☐ firm tofu
1 lbs (454g)
- ☐ black beans
2 1/2 can(s) (1098g)
- ☐ white beans, canned
1 1/2 can(s) (659g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (185g)

Fruits and Fruit Juices

- ☐ lime juice
2 1/2 tbsp (38mL)

Baked Products

- ☐ Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ bread
3 slice (96g)

☐ **cucumber**
2 1/2 cucumber (8-1/4") (753g)

☐ **raw celery**
3 1/2 stalk, medium (7-1/2" - 8" long) (140g)

☐ **zucchini**
4 medium (784g)

Nut and Seed Products

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

Lunch 1 [↗](#)

Eat on day 1 and day 2

Crispy chik'n tenders

10 tender(s) - 571 cal ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

10 pieces (255g)

ketchup

2 1/2 tbsp (43g)

For all 2 meals:

meatless chik'n tenders

20 pieces (510g)

ketchup

5 tbsp (85g)

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

Easy chickpea salad

350 cal ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

balsamic vinegar

3/4 tbsp (11mL)

apple cider vinegar

3/4 tbsp (1mL)

chickpeas, canned, drained and rinsed

3/4 can(s) (336g)

onion, thinly sliced

3/8 small (26g)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

fresh parsley, chopped

2 1/4 sprigs (2g)

For all 2 meals:

balsamic vinegar

1 1/2 tbsp (23mL)

apple cider vinegar

1 1/2 tbsp (1mL)

chickpeas, canned, drained and rinsed

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

onion, thinly sliced

3/4 small (53g)

tomatoes, halved

1 1/2 cup cherry tomatoes (224g)

fresh parsley, chopped

4 1/2 sprigs (5g)

1. Add all ingredients to a bowl and toss. Serve!

Lunch 2 [↗](#)

Eat on day 3

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.

Soy milk

2 1/4 cup(s) - 191 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



Makes 2 1/4 cup(s)

soy milk, unsweetened

2 1/4 cup(s) (mL)

1. The recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 4 and day 5

Smokey black bean stew

714 cals ● 38g protein ● 11g fat ● 75g carbs ● 40g fiber



For single meal:

diced tomatoes
5/8 can(s) (263g)
tomato paste
2 tsp (10g)
oil
2 tsp (9mL)
vegetable broth
1 1/4 cup(s) (mL)
lime juice
1 1/4 tbsp (19mL)
ground cumin
5 dash (1g)
smoked paprika
1 1/4 tsp (3g)
black beans, drained and rinsed
1 1/4 can(s) (549g)
onion, diced
5/8 small (44g)
garlic, minced
1 1/4 clove(s) (4g)

For all 2 meals:

diced tomatoes
1 1/4 can(s) (525g)
tomato paste
1 1/4 tbsp (20g)
oil
1 1/4 tbsp (19mL)
vegetable broth
2 1/2 cup(s) (mL)
lime juice
2 1/2 tbsp (38mL)
ground cumin
1 1/4 tsp (3g)
smoked paprika
2 1/2 tsp (6g)
black beans, drained and rinsed
2 1/2 can(s) (1098g)
onion, diced
1 1/4 small (88g)
garlic, minced
2 1/2 clove(s) (8g)

1. Heat oil in a large pot over medium heat. Add in onion and garlic and cook until softened.
2. Add in spices and stir, toasting them for about 1 minute.
3. Add in broth, beans, tomatoes, and tomato paste. Stir and simmer for 15 minutes. Season with salt/pepper to taste.
4. Spritz some lime juice on top and serve.

Tomato cucumber salad

212 cals ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



For single meal:

salad dressing
3 tbsp (45mL)
red onion, thinly sliced
3/4 small (53g)
cucumber, thinly sliced
3/4 cucumber (8-1/4") (226g)
tomatoes, thinly sliced
1 1/2 medium whole (2-3/5" dia) (185g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
red onion, thinly sliced
1 1/2 small (105g)
cucumber, thinly sliced
1 1/2 cucumber (8-1/4") (452g)
tomatoes, thinly sliced
3 medium whole (2-3/5" dia) (369g)

1. Mix ingredients together in a bowl and serve.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 1/2 can (~19 oz) (1315g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Vegan sausage & veggie sheet pan

720 cal ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)
carrots, sliced
1 1/2 medium (92g)
broccoli, chopped
1 1/2 cup chopped (137g)
vegan sausage, cut into bite sized pieces
1 1/2 sausage (150g)
potatoes, cut into wedges
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

For all 2 meals:

oil
2 tbsp (30mL)
italian seasoning
1/2 tbsp (5g)
carrots, sliced
3 medium (183g)
broccoli, chopped
3 cup chopped (273g)
vegan sausage, cut into bite sized pieces
3 sausage (300g)
potatoes, cut into wedges
3 small (1-3/4" to 2-1/4" dia.) (276g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Soy milk

2 cup(s) - 169 cal ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Tofu curry with rice

748 cals ● 27g protein ● 29g fat ● 90g carbs ● 5g fiber



For single meal:

curry sauce
1/2 jar (15 oz) (213g)
oil
1 tsp (5mL)
firm tofu
1/2 lbs (227g)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

curry sauce
1 jar (15 oz) (425g)
oil
2 tsp (10mL)
firm tofu
1 lbs (454g)
long-grain white rice
1 cup (185g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.

Simple mixed greens and tomato salad

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



For single meal:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

Dinner 3 [↗](#)

Eat on day 5 and day 6

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll

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

For all 2 meals:

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



For single meal:

vegetable broth

3/8 cup(s) (mL)

oil

3/4 tbsp (11mL)

raw celery, thinly sliced

3/4 stalk, medium (7-1/2" - 8" long) (30g)

carrots, peeled & slices

1 1/2 large (108g)

onion, diced

3/4 medium (2-1/2" dia) (83g)

garlic, minced

1 1/2 clove(s) (5g)

white beans, canned, drained & rinsed

3/4 can(s) (329g)

For all 2 meals:

vegetable broth

3/4 cup(s) (mL)

oil

1 1/2 tbsp (23mL)

raw celery, thinly sliced

1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

carrots, peeled & slices

3 large (216g)

onion, diced

1 1/2 medium (2-1/2" dia) (165g)

garlic, minced

3 clove(s) (9g)

white beans, canned, drained & rinsed

1 1/2 can(s) (659g)

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.

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.

Dinner 4 [↗](#)

Eat on day 7

Zoodles marinara

450 cals ● 18g protein ● 8g fat ● 56g carbs ● 20g fiber



pasta sauce

2 cup (520g)

zucchini

4 medium (784g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

Simple vegan garlic bread

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



Makes 3 slice(s)

bread

3 slice (96g)

olive oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

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