

Meal Plan - 2200 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

2215 cals ● 186g protein (34%) ● 107g fat (44%) ● 103g carbs (19%) ● 24g fiber (4%)

Lunch

970 cals, 47g protein, 57g net carbs, 56g fat



Roasted peanuts

1/3 cup(s)- 307 cals



Basic tofu sandwich

1 1/2 sandwich(es)- 663 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

975 cals, 78g protein, 43g net carbs, 50g fat



Garlic pepper seitan

799 cals



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals

Day 2

2156 cals ● 148g protein (27%) ● 59g fat (24%) ● 202g carbs (38%) ● 57g fiber (11%)

Lunch

935 cals, 38g protein, 111g net carbs, 26g fat



Naan bread

1 1/2 piece(s)- 393 cals



Spinach soup

540 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

950 cals, 49g protein, 89g net carbs, 31g fat



Orange

2 orange(s)- 170 cals



Easy chickpea salad

467 cals



Cajun tofu




314 cals

Day 3

2152 cals 142g protein (26%) 60g fat (25%) 211g carbs (39%) 49g fiber (9%)


Lunch

945 cals, 35g protein, 106g net carbs, 37g fat

-  **Basic tofu**
6 oz- 257 cals
-  **Flavored rice mix**
478 cals
-  **Olive oil drizzled broccoli**
3 cup(s)- 209 cals



Protein Supplement(s)

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

-  **Protein shake**
2 1/2 scoop- 273 cals

Dinner

935 cals, 46g protein, 103g net carbs, 22g fat




-  **Lentil and veggie soup**
647 cals
-  **Simple kale & avocado salad**
288 cals

Day 4

2152 cals 142g protein (26%) 60g fat (25%) 211g carbs (39%) 49g fiber (9%)


Lunch

945 cals, 35g protein, 106g net carbs, 37g fat

-  **Basic tofu**
6 oz- 257 cals
-  **Flavored rice mix**
478 cals
-  **Olive oil drizzled broccoli**
3 cup(s)- 209 cals



Protein Supplement(s)

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

-  **Protein shake**
2 1/2 scoop- 273 cals

Dinner

935 cals, 46g protein, 103g net carbs, 22g fat

-  **Lentil and veggie soup**
647 cals
-  **Simple kale & avocado salad**
288 cals

Day 5

2205 cals ● 190g protein (35%) ● 101g fat (41%) ● 96g carbs (17%) ● 37g fiber (7%)

Lunch

960 cals, 42g protein, 68g net carbs, 48g fat



Tofu lo-mein

790 cals



Simple kale & avocado salad

173 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

970 cals, 87g protein, 26g net carbs, 52g fat



Soy milk

1 3/4 cup(s)- 148 cals



Simple mixed greens salad

68 cals



Baked tofu

26 2/3 oz- 754 cals

Day 6

2179 cals ● 185g protein (34%) ● 107g fat (44%) ● 88g carbs (16%) ● 32g fiber (6%)

Lunch

935 cals, 37g protein, 60g net carbs, 54g fat



Roasted peanuts

1/3 cup(s)- 288 cals



Lentil kale salad

649 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

970 cals, 87g protein, 26g net carbs, 52g fat



Soy milk

1 3/4 cup(s)- 148 cals



Simple mixed greens salad

68 cals




Baked tofu

26 2/3 oz- 754 cals

Lunch


935 calsgreen37g protein, 60g net carbs, 54g fat

Roasted peanuts
1/3 cup(s)- 288 calsgreen

Lentil kale salad
649 calsgreen


Protein Supplement(s)


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

Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

985 calsgreen44g protein, 128g net carbs, 25g fat

Lentil chili
290 calsgreen

Naan bread
2 piece(s)- 524 calsgreen

Soy milk
2 cup(s)- 169 calsgreen

Grocery List



Fats and Oils

- ☐ olive oil
3 oz (95mL)
- ☐ vegan mayonnaise
3/4 tbsp (11g)
- ☐ oil
1/4 lbs (113mL)
- ☐ salad dressing
3 tbsp (45mL)

Vegetables and Vegetable Products

- ☐ onion
2 medium (2-1/2" dia) (238g)
- ☐ green pepper
2 1/2 tbsp, chopped (22g)
- ☐ garlic
9 1/4 clove(s) (28g)
- ☐ frozen broccoli
8 1/2 cup (774g)
- ☐ tomatoes
1 2/3 medium whole (2-3/5" dia) (209g)
- ☐ fresh spinach
10 oz (284g)
- ☐ fresh ginger
2/3 oz (20g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ kale leaves
1 1/4 lbs (570g)
- ☐ frozen mixed veggies
26 oz (737g)
- ☐ canned whole tomatoes
1/3 cup (80g)

Spices and Herbs

- ☐ black pepper
1 g (1g)
- ☐ salt
3 g (3g)
- ☐ ground cumin
1/4 oz (7g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ cajun seasoning
1 tsp (2g)
- ☐ crushed red pepper
1/2 tbsp (3g)
- ☐ chili powder
1 tsp (3g)

Legumes and Legume Products

- ☐ roasted peanuts
1 cup (140g)
- ☐ firm tofu
2 lbs (876g)
- ☐ chickpeas, canned
1 1/2 can(s) (728g)
- ☐ lentils, raw
2 cup (416g)
- ☐ extra firm tofu
4 lbs (1776g)
- ☐ soy sauce
17 1/3 oz (409mL)

Baked Products

- ☐ bread
3 slice(s) (96g)
- ☐ naan bread
3 1/2 piece(s) (315g)

Other

- ☐ mixed greens
7/8 package (5.5 oz) (133g)
- ☐ vegan cheese, sliced
1 1/2 slice(s) (30g)
- ☐ nutritional yeast
2 1/3 tbsp (9g)
- ☐ soy milk, unsweetened
5 1/2 cup(s) (mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
6 3/4 cup(s) (mL)
- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ oriental flavored ramen
5/8 package with flavor packet (50g)

Fruits and Fruit Juices

- ☐ orange
2 orange (308g)
- ☐ avocados
1 1/2 avocado(s) (327g)
- ☐ lemon
1 1/2 small (94g)
- ☐ lemon juice
3 1/3 tbsp (50mL)

Beverages

- ☐ water
21 3/4 cup (5222mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Cereal Grains and Pasta

- ☐ seitan
9 1/3 oz (265g)
- ☐ dry bulgur wheat
2 3/4 tbsp (23g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 2/3 pouch (~5.6 oz) (263g)

Nut and Seed Products

- ☐ sesame seeds
3 1/3 tbsp (30g)
 - ☐ almonds
3 1/3 tbsp, slivered (23g)
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Recipes



Lunch 1 [↗](#)

Eat on day 1

Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber

Makes 1/3 cup(s)

roasted peanuts

1/3 cup (49g)



1. The recipe has no instructions.

Basic tofu sandwich

1 1/2 sandwich(es) - 663 cals ● 35g protein ● 32g fat ● 51g carbs ● 8g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice(s) (96g)

mixed greens

1 1/2 oz (43g)

tomatoes

3 slice, medium (1/4" thick) (60g)

vegan cheese, sliced

1 1/2 slice(s) (30g)

vegan mayonnaise

3/4 tbsp (11g)

oil

1/2 tbsp (8mL)

firm tofu, rinsed and patted dry

3 slice(s) (252g)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
2. Season tofu with whichever spices you prefer.
3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

Lunch 2 [↗](#)

Eat on day 2

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

naan bread

1 1/2 piece(s) (135g)



1. The recipe has no instructions.

Spinach soup

540 cals ● 25g protein ● 19g fat ● 46g carbs ● 22g fiber



oil
2 1/2 tsp (13mL)
fresh spinach
10 oz (284g)
vegetable broth
1 1/2 cup(s) (mL)
ground cumin
1 1/4 tsp (3g)
onion, chopped
1 1/4 medium (2-1/2" dia) (138g)
fresh ginger, minced
2 1/2 inch (2.5cm) cube (13g)
chickpeas, canned, drained & rinsed
5/8 can(s) (280g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
firm tofu
3/4 lbs (340g)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Flavored rice mix

478 cals ● 14g protein ● 2g fat ● 97g carbs ● 4g fiber



For single meal:
flavored rice mix
5/6 pouch (~5.6 oz) (132g)

For all 2 meals:
flavored rice mix
1 2/3 pouch (~5.6 oz) (263g)

1. Prepare according to instructions on package.

Olive oil drizzled broccoli

3 cup(s) - 209 cal● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

For all 2 meals:
black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
olive oil
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper to taste.
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Lunch 4 [↗](#)

Eat on day 5

Tofu lo-mein

790 cals ● 39g protein ● 37g fat ● 61g carbs ● 14g fiber



extra firm tofu
9 1/3 oz (265g)
soy sauce
1 3/4 tsp (9mL)
water
7/8 cup(s) (207mL)
olive oil
3 1/2 tsp (17mL)
frozen mixed veggies
9 1/3 oz (265g)
oriental flavored ramen
5/8 package with flavor packet (50g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped
3/8 bunch (64g)
avocados, chopped
3/8 avocado(s) (75g)
lemon, juiced
3/8 small (22g)

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.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Roasted peanuts

1/3 cup(s) - 288 cal ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts
5 tbsp (46g)

For all 2 meals:

roasted peanuts
10 tbsp (91g)

1. The recipe has no instructions.

Lentil kale salad

649 cal ● 26g protein ● 31g fat ● 54g carbs ● 13g fiber



For single meal:

lentils, raw
6 2/3 tbsp (80g)
lemon juice
5 tsp (25mL)
almonds
5 tsp, slivered (11g)
oil
5 tsp (25mL)
kale leaves
2 1/2 cup, chopped (100g)
crushed red pepper
1 tsp (2g)
water
1 2/3 cup(s) (395mL)
ground cumin
1 tsp (2g)
garlic, diced
1 2/3 clove(s) (5g)

For all 2 meals:

lentils, raw
13 1/3 tbsp (160g)
lemon juice
1/4 cup (50mL)
almonds
1/4 cup, slivered (23g)
oil
1/4 cup (50mL)
kale leaves
5 cup, chopped (200g)
crushed red pepper
1/2 tbsp (3g)
water
3 1/3 cup(s) (790mL)
ground cumin
1/2 tbsp (4g)
garlic, diced
3 1/3 clove(s) (10g)

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.

Dinner 1 [↗](#)

Eat on day 1

Garlic pepper seitan

799 cals ● 71g protein ● 39g fat ● 38g carbs ● 3g fiber



olive oil
2 1/3 tbsp (35mL)
onion
1/4 cup, chopped (47g)
green pepper
2 1/3 tbsp, chopped (22g)
black pepper
1/4 tsp, ground (1g)
water
3 1/2 tsp (17mL)
salt
1 dash (1g)
seitan, chicken style
9 1/3 oz (265g)
garlic, minced
3 clove(s) (9g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)
black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
olive oil
2 1/2 tsp (13mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 2 [↗](#)

Eat on day 2

Orange

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



Makes 2 orange(s)

orange

2 orange (308g)

1. The recipe has no instructions.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



balsamic vinegar

1 tbsp (15mL)

apple cider vinegar

1 tbsp (1mL)

chickpeas, canned, drained and rinsed

1 can(s) (448g)

onion, thinly sliced

1/2 small (35g)

tomatoes, halved

1 cup cherry tomatoes (149g)

fresh parsley, chopped

3 sprigs (3g)

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

Cajun tofu

314 cals ● 22g protein ● 22g fat ● 7g carbs ● 1g fiber



cajun seasoning

1 tsp (2g)

oil

2 tsp (10mL)

firm tofu, patted dry & cubed

10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Lentil and veggie soup

647 cals ● 41g protein ● 3g fat ● 91g carbs ● 23g fiber



For single meal:

lentils, raw
9 1/3 tbsp (112g)
vegetable broth
2 1/3 cup(s) (mL)
kale leaves
56 tsp, chopped (47g)
nutritional yeast
3 1/2 tsp (4g)
garlic
1 1/6 clove(s) (3g)
frozen mixed veggies
1 3/4 cup (236g)

For all 2 meals:

lentils, raw
56 tsp (224g)
vegetable broth
4 2/3 cup(s) (mL)
kale leaves
2 1/3 cup, chopped (93g)
nutritional yeast
2 1/3 tbsp (9g)
garlic
2 1/3 clove(s) (7g)
frozen mixed veggies
3 1/2 cup (472g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

For all 2 meals:

kale leaves, chopped
1 1/4 bunch (213g)
avocados, chopped
1 1/4 avocado(s) (251g)
lemon, juiced
1 1/4 small (73g)

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.

Dinner 4 [🔗](#)

Eat on day 5 and day 6

Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
1 3/4 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

Simple mixed greens salad

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



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Baked tofu

26 2/3 oz - 754 cal ● 74g protein ● 39g fat ● 18g carbs ● 9g fiber



For single meal:

soy sauce
13 1/3 tbsp (200mL)
sesame seeds
5 tsp (15g)
extra firm tofu
1 2/3 lbs (756g)
fresh ginger, peeled and grated
1 2/3 slices (1" dia) (4g)

For all 2 meals:

soy sauce
1 2/3 cup (400mL)
sesame seeds
3 1/3 tbsp (30g)
extra firm tofu
3 1/3 lbs (1512g)
fresh ginger, peeled and grated
3 1/3 slices (1" dia) (7g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Lentil chili

290 cal ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



oil
1 tsp (5mL)
lentils, raw
2 2/3 tbsp (32g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
dry bulgur wheat
2 2/3 tbsp (23g)
vegetable broth
1/2 cup(s) (mL)
canned whole tomatoes, chopped
1/3 cup (80g)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, minced
2/3 clove(s) (2g)

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.

Naan bread

2 piece(s) - 524 cal ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



Makes 2 piece(s)

naan bread

2 piece(s) (180g)

1. The recipe has no instructions.

Soy milk

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



Makes 2 cup(s)

soy milk, unsweetened

2 cup(s) (mL)

1. The recipe has no instructions.

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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