

Meal Plan - 2300 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

2253 cals ● 156g protein (28%) ● 83g fat (33%) ● 189g carbs (34%) ● 31g fiber (6%)

Lunch

980 cals, 62g protein, 98g net carbs, 31g fat



[Teriyaki seitan with veggies and rice](#)

676 cals



[Simple mixed greens and tomato salad](#)

302 cals

Dinner

1000 cals, 33g protein, 89g net carbs, 51g fat



[Curried lentils](#)

362 cals



[Simple vegan garlic bread](#)

4 slice(s)- 504 cals



[Simple mixed greens salad](#)

136 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 2

2344 cals ● 148g protein (25%) ● 66g fat (26%) ● 232g carbs (40%) ● 57g fiber (10%)

Lunch

1075 cals, 40g protein, 132g net carbs, 34g fat



[Belizean rice & beans](#)

905 cals



[Soy milk](#)

2 cup(s)- 169 cals

Dinner

1000 cals, 47g protein, 97g net carbs, 31g fat



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

213 cals



[Vegan chickpea & chickpea pasta](#)

785 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Day 3

2344 cals ● 148g protein (25%) ● 66g fat (26%) ● 232g carbs (40%) ● 57g fiber (10%)

Lunch

1075 cals, 40g protein, 132g net carbs, 34g fat



Belizean rice & beans
905 cals



Soy milk
2 cup(s)- 169 cals

Dinner

1000 cals, 47g protein, 97g net carbs, 31g fat



Simple salad with celery, cucumber & tomato
213 cals



Vegan chickpea & chickpea pasta
785 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2235 cals ● 181g protein (32%) ● 81g fat (33%) ● 140g carbs (25%) ● 55g fiber (10%)

Lunch

990 cals, 62g protein, 57g net carbs, 44g fat



Roasted almonds
3/8 cup(s)- 333 cals



Bbq tempeh lettuce wrap
8 lettuce wrap(s)- 658 cals

Dinner

970 cals, 58g protein, 81g net carbs, 36g fat



Crispy chik'n tenders
11 tender(s)- 628 cals



Simple salad with tomatoes and carrots
343 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

2259 cals ● 170g protein (30%) ● 61g fat (24%) ● 210g carbs (37%) ● 48g fiber (8%)

Lunch

990 cals, 62g protein, 57g net carbs, 44g fat



Roasted almonds
3/8 cup(s)- 333 cals



Bbq tempeh lettuce wrap
8 lettuce wrap(s)- 658 cals

Dinner

995 cals, 47g protein, 151g net carbs, 16g fat



Spaghetti and meatless meatballs
996 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

2330 cals179g protein (31%)92g fat (36%)166g carbs (28%)30g fiber (5%)

Lunch

1025 cals, 34g protein, 80g net carbs, 57g fat



Mixed nuts
1/3 cup(s)- 272 cals



Grilled 'cheese' with mushrooms
754 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1030 cals, 85g protein, 83g net carbs, 34g fat



Lentils
347 cals



Garlic pepper seitan
685 cals

Day 7

2330 cals179g protein (31%)92g fat (36%)166g carbs (28%)30g fiber (5%)

Lunch

1025 cals, 34g protein, 80g net carbs, 57g fat



Mixed nuts
1/3 cup(s)- 272 cals



Grilled 'cheese' with mushrooms
754 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1030 cals, 85g protein, 83g net carbs, 34g fat



Lentils
347 cals



Garlic pepper seitan
685 cals

Grocery List



Legumes and Legume Products

- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ kidney beans
1 1/4 can (560g)
- ☐ chickpeas, canned
1 1/2 can(s) (672g)
- ☐ tempeh
1 lbs (454g)

Beverages

- ☐ water
1 1/2 gallon (5530mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Spices and Herbs

- ☐ salt
1/2 tsp (3g)
- ☐ thyme, dried
5 tsp, ground (7g)
- ☐ black pepper
4 dash, ground (1g)

Nut and Seed Products

- ☐ coconut milk, canned
1 1/3 cup (314mL)
- ☐ almonds
3/4 cup, whole (107g)
- ☐ mixed nuts
10 tbsp (84g)

Other

- ☐ curry paste
1/2 tbsp (8g)
- ☐ mixed greens
3 1/2 package (5.5 oz) (528g)
- ☐ teriyaki sauce
2 3/4 tbsp (41mL)
- ☐ soy milk, unsweetened
4 cup(s) (mL)
- ☐ nutritional yeast
1 tbsp (4g)
- ☐ chickpea pasta
6 oz (170g)
- ☐ vegan butter
1 1/2 tbsp (21g)

Baked Products

- ☐ bread
16 oz (448g)

Fats and Oils

- ☐ olive oil
1/4 lbs (117mL)
- ☐ salad dressing
1 cup (249mL)
- ☐ oil
1 1/3 oz (40mL)

Vegetables and Vegetable Products

- ☐ garlic
18 3/4 clove(s) (56g)
- ☐ frozen mixed veggies
1/2 package (10 oz ea) (144g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (569g)
- ☐ onion
3 medium (2-1/2" dia) (314g)
- ☐ red bell pepper
5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)
- ☐ raw celery
3 1/3 stalk, medium (7-1/2" - 8" long) (133g)
- ☐ cucumber
1 2/3 cucumber (8-1/4") (502g)
- ☐ romaine lettuce
1 1/2 head (971g)
- ☐ bell pepper
2 small (148g)
- ☐ ketchup
2 3/4 tbsp (47g)
- ☐ carrots
7/8 medium (53g)
- ☐ mushrooms
2 1/2 cup, chopped (175g)
- ☐ green pepper
4 tbsp, chopped (37g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/2 cup (278g)
- ☐ seitan
22 oz (624g)
- ☐ uncooked dry pasta
6 oz (171g)

- ☐ coleslaw mix
4 cup (360g)
 - ☐ meatless chik'n tenders
11 pieces (281g)
 - ☐ vegan meatballs, frozen
4 1/2 meatball(s) (135g)
 - ☐ vegan cheese, sliced
5 slice(s) (101g)
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Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/2 cup (136g)
- ☐ pasta sauce
3/8 jar (24 oz) (252g)

Lunch 1 [↗](#)

Eat on day 1

Teriyaki seitan with veggies and rice

676 cals ● 56g protein ● 13g fat ● 77g carbs ● 7g fiber



oil
1/2 tbsp (8mL)
teriyaki sauce
2 2/3 tbsp (40mL)
frozen mixed veggies
1/2 package (10 oz ea) (144g)
long-grain white rice
4 tbsp (46g)
seitan, cut into strips
6 oz (170g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



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.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Belizean rice & beans

905 cal ● 26g protein ● 25g fat ● 128g carbs ● 15g fiber



For single meal:

coconut milk, canned
1/2 cup (113mL)
kidney beans, drained
5/8 can (280g)
water
1/2 cup(s) (111mL)
long-grain white rice
10 tbsp (116g)
garlic, minced
2 clove(s) (6g)
onion, chopped
1/3 medium (2-1/2" dia) (34g)
red bell pepper, chopped
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (37g)

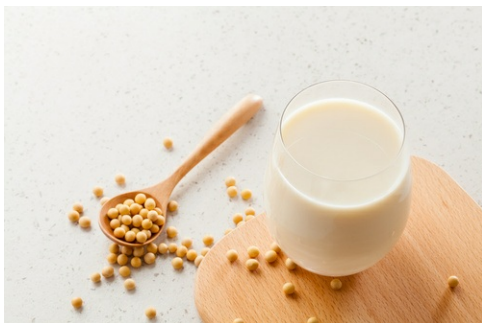
For all 2 meals:

coconut milk, canned
1 cup (225mL)
kidney beans, drained
1 1/4 can (560g)
water
1 cup(s) (222mL)
long-grain white rice
1 1/4 cup (231g)
garlic, minced
3 3/4 clove(s) (11g)
onion, chopped
5/8 medium (2-1/2" dia) (69g)
red bell pepper, chopped
5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)

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.

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.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

almonds
6 tbsp, whole (54g)

For all 2 meals:

almonds
3/4 cup, whole (107g)

1. The recipe has no instructions.

Bbq tempeh lettuce wrap

8 lettuce wrap(s) - 658 cals ● 51g protein ● 17g fat ● 52g carbs ● 23g fiber



For single meal:

oil
1 tsp (5mL)
coleslaw mix
2 cup (180g)
barbecue sauce
4 tbsp (68g)
romaine lettuce
8 leaf inner (48g)
tempeh, cubed
1/2 lbs (227g)
bell pepper, deseeded and sliced
1 small (74g)

For all 2 meals:

oil
2 tsp (10mL)
coleslaw mix
4 cup (360g)
barbecue sauce
1/2 cup (136g)
romaine lettuce
16 leaf inner (96g)
tempeh, cubed
1 lbs (454g)
bell pepper, deseeded and sliced
2 small (148g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



For single meal:

mixed nuts
5 tbsp (42g)

For all 2 meals:

mixed nuts
10 tbsp (84g)

1. The recipe has no instructions.

Grilled 'cheese' with mushrooms

754 cals ● 26g protein ● 34g fat ● 74g carbs ● 12g fiber



For single meal:

bread
5 slice(s) (160g)
thyme, dried
2 1/2 tsp, ground (4g)
olive oil
1 1/4 tbsp (19mL)
mushrooms
1 1/4 cup, chopped (88g)
vegan cheese, sliced
2 1/2 slice(s) (50g)

For all 2 meals:

bread
10 slice(s) (320g)
thyme, dried
5 tsp, ground (7g)
olive oil
2 1/2 tbsp (38mL)
mushrooms
2 1/2 cup, chopped (175g)
vegan cheese, sliced
5 slice(s) (101g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Dinner 1 [↗](#)

Eat on day 1

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Simple vegan garlic bread

4 slice(s) - 504 cals ● 17g protein ● 23g fat ● 51g carbs ● 8g fiber



Makes 4 slice(s)

bread
4 slice (128g)
olive oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)

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

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



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

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 2 [🔗](#)

Eat on day 2 and day 3

Simple salad with celery, cucumber & tomato

213 cals ● 7g protein ● 8g fat ● 21g carbs ● 7g fiber



For single meal:

salad dressing

2 1/2 tbsp (37mL)

raw celery, chopped

1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

mixed greens

5/6 package (5.5 oz) (129g)

cucumber, sliced

5/6 cucumber (8-1/4") (251g)

tomatoes, diced

5/6 medium whole (2-3/5" dia) (102g)

For all 2 meals:

salad dressing

5 tbsp (75mL)

raw celery, chopped

3 1/3 stalk, medium (7-1/2" - 8" long) (133g)

mixed greens

1 2/3 package (5.5 oz) (258g)

cucumber, sliced

1 2/3 cucumber (8-1/4") (502g)

tomatoes, diced

1 2/3 medium whole (2-3/5" dia) (205g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Vegan chickpea & chickpea pasta

785 cals ● 40g protein ● 23g fat ● 76g carbs ● 29g fiber



For single meal:

nutritional yeast

1/2 tbsp (2g)

oil

3/4 tbsp (11mL)

chickpea pasta

3 oz (85g)

vegan butter

3/4 tbsp (11g)

garlic, minced

3 clove(s) (9g)

onion, thinly sliced

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

chickpeas, canned, drained & rinsed

3/4 can(s) (336g)

For all 2 meals:

nutritional yeast

1 tbsp (4g)

oil

1 1/2 tbsp (23mL)

chickpea pasta

6 oz (170g)

vegan butter

1 1/2 tbsp (21g)

garlic, minced

6 clove(s) (18g)

onion, thinly sliced

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

chickpeas, canned, drained & rinsed

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

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 3 [↗](#)

Eat on day 4

Crispy chik'n tenders

11 tender(s) - 628 cals ● 45g protein ● 25g fat ● 57g carbs ● 0g fiber



Makes 11 tender(s)

meatless chik'n tenders

11 pieces (281g)

ketchup

2 3/4 tbsp (47g)

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

Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



salad dressing

2 1/2 tbsp (39mL)

carrots, sliced

7/8 medium (53g)

romaine lettuce, roughly chopped

1 3/4 hearts (875g)

tomatoes, diced

1 3/4 medium whole (2-3/5" dia) (215g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 4 [↗](#)

Eat on day 5

Spaghetti and meatless meatballs

996 cals ● 47g protein ● 16g fat ● 151g carbs ● 16g fiber



pasta sauce

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

uncooked dry pasta

6 oz (171g)

vegan meatballs, frozen

4 1/2 meatball(s) (135g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

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

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Garlic pepper seitan

685 cal ● 61g protein ● 33g fat ● 33g carbs ● 3g fiber



For single meal:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
green pepper
2 tbsp, chopped (19g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)
seitan, chicken style
1/2 lbs (227g)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

olive oil
4 tbsp (60mL)
onion
1/2 cup, chopped (80g)
green pepper
4 tbsp, chopped (37g)
black pepper
4 dash, ground (1g)
water
2 tbsp (30mL)
salt
2 dash (2g)
seitan, chicken style
1 lbs (454g)
garlic, minced
5 clove(s) (15g)

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.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 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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