

Meal Plan - 2400 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

2371 cals ● 156g protein (26%) ● 114g fat (43%) ● 140g carbs (24%) ● 42g fiber (7%)

Lunch

960 cals, 35g protein, 82g net carbs, 46g fat



Pear

2 pear(s)- 226 cals



Roasted peanuts

1/2 cup(s)- 403 cals



Chik'n nuggets

6 nuggets- 331 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Dinner

1085 cals, 48g protein, 55g net carbs, 66g fat



Kiwi

2 kiwi- 94 cals



Zucchini noodle curry bowl with tofu

625 cals



Pumpkin seeds

366 cals

Day 2

2371 cals ● 156g protein (26%) ● 114g fat (43%) ● 140g carbs (24%) ● 42g fiber (7%)

Lunch

960 cals, 35g protein, 82g net carbs, 46g fat



Pear

2 pear(s)- 226 cals



Roasted peanuts

1/2 cup(s)- 403 cals



Chik'n nuggets

6 nuggets- 331 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

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Dinner

1085 cals, 48g protein, 55g net carbs, 66g fat



Kiwi

2 kiwi- 94 cals



Zucchini noodle curry bowl with tofu

625 cals



Pumpkin seeds

366 cals

Day 3

2352 cals ● 161g protein (27%) ● 71g fat (27%) ● 241g carbs (41%) ● 27g fiber (5%)

Lunch

1015 cals, 39g protein, 94g net carbs, 49g fat



Thai peanut flatbreads
1 flatbread(s)- 827 cals



Simple mixed greens and tomato salad
189 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Dinner

1010 cals, 50g protein, 144g net carbs, 20g fat



Simple vegan garlic bread
1 slice(s)- 126 cals



Tofu alfredo pasta with broccoli
883 cals

Day 4

2384 cals ● 156g protein (26%) ● 74g fat (28%) ● 234g carbs (39%) ● 39g fiber (7%)

Lunch

1045 cals, 34g protein, 86g net carbs, 52g fat



Roasted peanuts
1/2 cup(s)- 403 cals



Grapes
160 cals



Grilled peanut butter and banana sandwich
1 sandwich(es)- 485 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Dinner

1010 cals, 50g protein, 144g net carbs, 20g fat



Simple vegan garlic bread
1 slice(s)- 126 cals



Tofu alfredo pasta with broccoli
883 cals

Day 5

2441 cals ● 169g protein (28%) ● 110g fat (41%) ● 151g carbs (25%) ● 42g fiber (7%)

Lunch

995 cals, 57g protein, 42g net carbs, 60g fat



Lemon pepper tofu
21 oz- 756 cals



Garlic collard greens
239 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Dinner

1120 cals, 40g protein, 107g net carbs, 48g fat



African peanut & chickpea stew
988 cals



Naan bread
1/2 piece(s)- 131 cals

Day 6

2361 cals ● 152g protein (26%) ● 56g fat (22%) ● 258g carbs (44%) ● 53g fiber (9%)

Lunch

995 cals, 36g protein, 135g net carbs, 25g fat



Tomato cucumber salad
212 cals



Fruit juice
2 cup(s)- 229 cals



Warm brussels sprout & lentil salad
553 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Dinner

1040 cals, 43g protein, 120g net carbs, 30g fat



Spinach soup
647 cals



Naan bread
1 1/2 piece(s)- 393 cals

Day 7

2361 cals ● 152g protein (26%) ● 56g fat (22%) ● 258g carbs (44%) ● 53g fiber (9%)

Lunch

995 cals, 36g protein, 135g net carbs, 25g fat



Tomato cucumber salad
212 cals



Fruit juice
2 cup(s)- 229 cals



Warm brussels sprout & lentil salad
553 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Dinner

1040 cals, 43g protein, 120g net carbs, 30g fat



Spinach soup
647 cals



Naan bread
1 1/2 piece(s)- 393 cals

Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
25 cup(s) (5925mL)
- ☐ almond milk, unsweetened
1/2 cup (120mL)

Fruits and Fruit Juices

- ☐ kiwi
4 fruit (276g)
- ☐ pears
4 medium (712g)
- ☐ lime juice
2/3 fl oz (20mL)
- ☐ grapes
2 3/4 cup (253g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ lemon
1 1/2 small (87g)
- ☐ fruit juice
32 fl oz (960mL)

Fats and Oils

- ☐ oil
1/4 lbs (110mL)
- ☐ salad dressing
1/2 lbs (206mL)
- ☐ olive oil
2 tsp (10mL)
- ☐ cooking spray
1 spray(s) , about 1/3 second each (0g)

Vegetables and Vegetable Products

- ☐ zucchini
2 large (646g)
- ☐ cauliflower
1 head small (4" dia.) (265g)
- ☐ ketchup
3 tbsp (51g)
- ☐ carrots
1/2 medium (31g)
- ☐ shallots
1/2 shallot (57g)
- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (462g)

Other

- ☐ curry sauce
2 cup (567g)
- ☐ vegan chik'n nuggets
12 nuggets (258g)
- ☐ mixed greens
3 3/4 cup (113g)
- ☐ diced tomatoes
2/3 can(s) (280g)

Legumes and Legume Products

- ☐ firm tofu
3 1/2 lbs (1643g)
- ☐ roasted peanuts
1 1/3 cup (192g)
- ☐ soy sauce
1 1/2 tbsp (23mL)
- ☐ peanut butter
1/4 lbs (121g)
- ☐ chickpeas, canned
2 can(s) (971g)
- ☐ lentils, raw
1 cup (192g)

Nut and Seed Products

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

Spices and Herbs

- ☐ basil, dried
3 g (3g)
- ☐ salt
1 1/2 g (1g)
- ☐ chili powder
1/2 tbsp (4g)
- ☐ lemon pepper
1/4 tbsp (2g)
- ☐ ground cumin
1 tbsp (6g)

Baked Products

- ☐ naan bread
15 1/2 oz (441g)
- ☐ bread
4 slice (128g)

Cereal Grains and Pasta

- ☐ **garlic**
7 clove(s) (21g)
 - ☐ **frozen broccoli**
1 package (284g)
 - ☐ **kale leaves**
1 1/3 cup, chopped (53g)
 - ☐ **onion**
3 1/2 medium (2-1/2" dia) (377g)
 - ☐ **sweet potatoes**
2/3 sweetpotato, 5" long (140g)
 - ☐ **collard greens**
3/4 lbs (340g)
 - ☐ **red onion**
1 1/2 small (105g)
 - ☐ **cucumber**
1 1/2 cucumber (8-1/4") (452g)
 - ☐ **brussels sprouts**
6 cup, shredded (300g)
 - ☐ **fresh spinach**
1 1/2 lbs (680g)
 - ☐ **fresh ginger**
6 inch (2.5cm) cube (30g)
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- ☐ **uncooked dry pasta**
3/4 lbs (342g)
- ☐ **cornstarch**
3 tbsp (24g)

Soups, Sauces, and Gravies

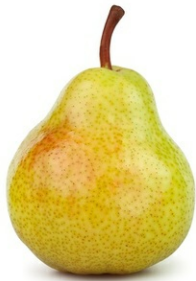
- ☐ **vegetable broth**
5 1/2 cup(s) (mL)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

1. The recipe has no instructions.

Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



For single meal:

roasted peanuts
1/2 cup (64g)

For all 2 meals:

roasted peanuts
14 tbsp (128g)

1. The recipe has no instructions.

Chik'n nuggets

6 nuggets - 331 cals ● 18g protein ● 14g fat ● 31g carbs ● 3g fiber



For single meal:

ketchup
1 1/2 tbsp (26g)
vegan chick'n nuggets
6 nuggets (129g)

For all 2 meals:

ketchup
3 tbsp (51g)
vegan chick'n nuggets
12 nuggets (258g)

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

Lunch 2 [↗](#)

Eat on day 3

Thai peanut flatbreads

1 flatbread(s) - 827 cal ● 35g protein ● 37g fat ● 81g carbs ● 8g fiber



Makes 1 flatbread(s)

basil, dried
2 dash, leaves (0g)
lime juice
2 tsp (10mL)
soy sauce
1 1/2 tbsp (23mL)
peanut butter
2 tbsp (32g)
carrots, grated
1/2 medium (31g)
oil
1/2 tbsp (8mL)
naan bread
1 large (126g)
shallots, thinly sliced
1/2 shallot (57g)
firm tofu, patted dry & cubed
5 oz (142g)

1. Preheat oven to 450°F (230°C).
2. Make Thai peanut sauce by mixing peanut butter, soy sauce, lime, and some salt in a small bowl. Set aside.
3. Toss tofu and shallot with oil and basil and spread on a baking sheet. Bake 12-15 minutes until tofu is crispy and shallots are softened. Set aside.
4. Place naan flatbread directly on the oven rack and bake until slightly crisp, about 4-5 minutes.
5. Spread Thai peanut sauce on the naan and top with tofu, shallots, and carrots. Cut into slices and serve.

Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)
salad dressing
1/4 cup (56mL)

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

Lunch 3 [↗](#)
Eat on day 4

Roasted peanuts
1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber

Makes 1/2 cup(s)
roasted peanuts
1/2 cup (64g)



1. The recipe has no instructions.

Grapes
160 cals ● 2g protein ● 1g fat ● 25g carbs ● 10g fiber



grapes
2 3/4 cup (253g)

1. The recipe has no instructions.

Grilled peanut butter and banana sandwich
1 sandwich(es) - 485 cals ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

peanut butter

2 tbsp (32g)

cooking spray

1 spray(s) , about 1/3 second each (0g)

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Lunch 4 [🔗](#)

Eat on day 5

Lemon pepper tofu

21 oz - 756 cals ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



Makes 21 oz

cornstarch

3 tbsp (24g)

oil

1 1/2 tbsp (23mL)

lemon pepper

1/4 tbsp (2g)

lemon, zested

1 1/2 small (87g)

firm tofu, patted dry & cubed

1 1/3 lbs (595g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



collard greens
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
salt
1 1/2 dash (1g)
garlic, minced
2 1/4 clove(s) (7g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 5 [🔗](#)

Eat on day 6 and day 7

Tomato cucumber salad

212 cal ● 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.

Fruit juice

2 cup(s) - 229 cal ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

fruit juice
16 fl oz (480mL)

For all 2 meals:

fruit juice
32 fl oz (960mL)

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.

Dinner 1 [🔗](#)

Eat on day 1 and day 2

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 2 meals:

kiwi
4 fruit (276g)

1. Slice the kiwi and serve.
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Zucchini noodle curry bowl with tofu

625 cals ● 29g protein ● 37g fat ● 34g carbs ● 11g fiber



For single meal:

oil
1/2 tbsp (8mL)
zucchini
1 large (323g)
curry sauce
1 cup (283g)
cauliflower, cut into chunks
1/2 head small (4" dia.) (133g)
firm tofu, drained, rinsed, and patted dry
1/2 package (16 oz) (227g)

For all 2 meals:

oil
1 tbsp (15mL)
zucchini
2 large (646g)
curry sauce
2 cup (567g)
cauliflower, cut into chunks
1 head small (4" dia.) (265g)
firm tofu, drained, rinsed, and patted dry
1 package (16 oz) (453g)

1. Take the tofu and wrap in a clean towel. Place a thick book on top for 5 minutes to help drain excess liquid. Then, cut into cubes.
2. Heat the oil in a skillet over medium heat and cook the tofu until browned and crispy. Set aside.
3. Heat up the curry sauce in the microwave or in a saucepan. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
4. Add the noodles into a bowl with the cauliflower and tofu. Pour the curry sauce on top and serve.

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.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Simple vegan garlic bread

1 slice(s) - 126 cal ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
olive oil
1 tsp (5mL)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

bread
2 slice (64g)
olive oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)

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

Tofu alfredo pasta with broccoli

883 cal ● 46g protein ● 15g fat ● 132g carbs ● 11g fiber



For single meal:

uncooked dry pasta
6 oz (171g)
firm tofu
1/2 package (16 oz) (227g)
frozen broccoli
1/2 package (142g)
garlic
1 clove(s) (3g)
salt
1/4 dash (0g)
almond milk, unsweetened
4 tbsp (60mL)
basil, dried
1 tsp, ground (1g)

For all 2 meals:

uncooked dry pasta
3/4 lbs (342g)
firm tofu
1 package (16 oz) (453g)
frozen broccoli
1 package (284g)
garlic
2 clove(s) (6g)
salt
1/2 dash (0g)
almond milk, unsweetened
1/2 cup (120mL)
basil, dried
2 tsp, ground (3g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Dinner 3 [↗](#)

Eat on day 5

African peanut & chickpea stew

988 cals ● 35g protein ● 46g fat ● 85g carbs ● 23g fiber



vegetable broth
1 2/3 cup(s) (mL)
kale leaves
1 1/3 cup, chopped (53g)
lime juice
2 tsp (10mL)
onion, chopped
2/3 small (47g)
diced tomatoes
2/3 can(s) (280g)
oil
2 tsp (10mL)
peanut butter
1/4 cup (57g)
chili powder
1/2 tbsp (4g)
sweet potatoes, chopped into chunks
2/3 sweetpotato, 5" long (140g)
chickpeas, canned, drained and rinsed
2/3 can(s) (299g)
garlic, diced
2/3 clove (2g)

1. In a soup pot, heat oil over medium heat. Add onion and saute for 10-15 minutes, until onions are softened. Stir in garlic and chili powder and cook for about 1 minute, until fragrant.
2. Add in broth, sweet potatoes, tomatoes (and liquid), peanut butter, and a pinch of salt. Stir thoroughly until peanut butter is fully incorporated. Bring to a simmer, cover, and cook for about 20 minutes until sweet potatoes are soft.
3. Stir in chickpeas and kale and continue cooking a couple more minutes until chickpeas are heated through and kale has wilted. Serve with a splash of lime juice (optional).

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread
1/2 piece(s) (45g)



1. The recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Spinach soup

647 cals ● 30g protein ● 23g fat ● 55g carbs ● 26g fiber



For single meal:

oil
1 tbsp (15mL)
fresh spinach
3/4 lbs (340g)
vegetable broth
2 cup(s) (mL)
ground cumin
1/2 tbsp (3g)
onion, chopped
1 1/2 medium (2-1/2" dia) (165g)
fresh ginger, minced
3 inch (2.5cm) cube (15g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)

For all 2 meals:

oil
2 tbsp (30mL)
fresh spinach
1 1/2 lbs (680g)
vegetable broth
3 3/4 cup(s) (mL)
ground cumin
1 tbsp (6g)
onion, chopped
3 medium (2-1/2" dia) (330g)
fresh ginger, minced
6 inch (2.5cm) cube (30g)
chickpeas, canned, drained & rinsed
1 1/2 can(s) (672g)

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.

Naan bread

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



For single meal:

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

For all 2 meals:

naan bread
3 piece(s) (270g)

1. The recipe has no instructions.

Protein Supplement(s)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

protein powder

3 scoop (1/3 cup ea) (93g)

water

3 cup(s) (711mL)

For all 7 meals:

protein powder

21 scoop (1/3 cup ea) (651g)

water

21 cup(s) (4977mL)

1. The recipe has no instructions.
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