

Meal Plan - 2500 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

2513 cals ● 199g protein (32%) ● 83g fat (30%) ● 206g carbs (33%) ● 37g fiber (6%)

Lunch

1045 cals, 40g protein, 95g net carbs, 47g fat



[Naan bread](#)

1/2 piece(s)- 131 cals



[Ginger coconut chickpea soup](#)

914 cals

Dinner

1140 cals, 87g protein, 108g net carbs, 34g fat



[White rice](#)

1/2 cup rice, cooked- 109 cals



[Garlic pepper seitan](#)

685 cals



[Lentils](#)

347 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Day 2

2487 cals ● 166g protein (27%) ● 67g fat (24%) ● 266g carbs (43%) ● 40g fiber (6%)

Lunch

1115 cals, 40g protein, 141g net carbs, 39g fat



[Tofu curry with rice](#)

997 cals



[Pita bread](#)

1 1/2 pita bread(s)- 117 cals

Dinner

1045 cals, 53g protein, 122g net carbs, 26g fat



[Bean & tofu goulash](#)

874 cals



[Brown rice](#)

3/4 cup brown rice, cooked- 172 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Day 3

2479 cals ● 179g protein (29%) ● 57g fat (21%) ● 256g carbs (41%) ● 55g fiber (9%)

Lunch

1105 cals, 53g protein, 132g net carbs, 30g fat



Pear

2 pear(s)- 226 cals



Curried veggie burger (dairy-free)

1 burger(s)- 390 cals



Protein bar

2 bar- 490 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Dinner

1045 cals, 53g protein, 122g net carbs, 26g fat



Bean & tofu goulash

874 cals



Brown rice

3/4 cup brown rice, cooked- 172 cals

Day 4

2534 cals ● 181g protein (29%) ● 54g fat (19%) ● 246g carbs (39%) ● 86g fiber (14%)

Lunch

1105 cals, 53g protein, 132g net carbs, 30g fat



Pear

2 pear(s)- 226 cals



Curried veggie burger (dairy-free)

1 burger(s)- 390 cals



Protein bar

2 bar- 490 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Dinner

1100 cals, 55g protein, 111g net carbs, 23g fat



Simple mixed greens salad

102 cals



Smokey black bean stew


999 cals

Day 5

2547 calsgreen172g protein (27%)orange49g fat (17%)blue259g carbs (41%)grey97g fiber (15%)


Lunch

1120 calsgreen44g protein, 145g net carbs, 24g fat



Simple salad with tomatoes and carrots

294 calsgreen




Veggie burger

3 burger- 825 calsgreen


Dinner

1100 calsgreen55g protein, 111g net carbs, 23g fat



Simple mixed greens salad

102 calsgreen




Smokey black bean stew

999 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake


3 scoop- 327 calsgreen

Day 6

2497 calsgreen159g protein (25%)orange114g fat (41%)blue148g carbs (24%)grey61g fiber (10%)


Lunch

1115 calsgreen38g protein, 111g net carbs, 45g fat



Moroccan chickpea soup

1050 calsgreen




Simple mixed greens salad

68 calsgreen


Dinner

1055 calsgreen49g protein, 34g net carbs, 68g fat




Low carb asian tofu bowl

393 calsgreen



Pumpkin seeds

366 calsgreen




Simple salad with tomatoes and carrots

294 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake


3 scoop- 327 calsgreen


Day 7

2497 cals159g protein (25%)114g fat (41%)148g carbs (24%)61g fiber (10%)

Lunch

1115 cals, 38g protein, 111g net carbs, 45g fat


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Moroccan chickpea soup
1050 cals
- 


Simple mixed greens salad
68 cals

Dinner

1055 cals, 49g protein, 34g net carbs, 68g fat

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Low carb asian tofu bowl
393 cals
- 

Pumpkin seeds
366 cals
- 

Simple salad with tomatoes and carrots
294 cals

Protein Supplement(s)

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

- 

Protein shake
3 scoop- 327 cals



Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
26 cup (6259mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
13 1/4 tbsp (154g)
- ☐ seitan
1/2 lbs (227g)
- ☐ brown rice
1/2 cup (95g)

Fats and Oils

- ☐ olive oil
2 tbsp (31mL)
- ☐ oil
6 oz (187mL)
- ☐ vegan mayonnaise
4 tbsp (60g)
- ☐ salad dressing
1 cup (214mL)

Vegetables and Vegetable Products

- ☐ onion
8 medium (2-1/2" dia) (872g)
- ☐ green pepper
2 tbsp, chopped (19g)
- ☐ garlic
11 1/3 clove(s) (34g)
- ☐ fresh ginger
5 g (5g)
- ☐ tomato paste
1 3/4 tbsp (28g)
- ☐ carrots
2 1/4 medium (137g)
- ☐ romaine lettuce
4 1/2 hearts (2250g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (554g)
- ☐ ketchup
3 tbsp (51g)
- ☐ raw celery
8 stalk, medium (7-1/2" - 8" long) (320g)
- ☐ broccoli
1 cup chopped (91g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (192g)
- ☐ chickpeas, canned
2 1/3 can(s) (1045g)
- ☐ white beans, canned
2 can(s) (878g)
- ☐ firm tofu
34 2/3 oz (983g)
- ☐ black beans
3 1/2 can(s) (1537g)
- ☐ soy sauce
4 tbsp (60mL)

Baked Products

- ☐ naan bread
1/2 piece(s) (45g)
- ☐ pita bread
1 1/2 pita, small (4" dia) (42g)
- ☐ hamburger buns
5 bun(s) (255g)

Nut and Seed Products

- ☐ coconut milk, canned
1/3 can (149mL)
- ☐ sesame seeds
2 tsp (6g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)

Other

- ☐ curry sauce
2/3 jar (15 oz) (283g)
- ☐ mixed greens
2 package (5.5 oz) (325g)
- ☐ veggie burger patty
5 patty (355g)
- ☐ protein bar (20g protein)
4 bar (200g)
- ☐ diced tomatoes
5 1/2 can(s) (2323g)
- ☐ smoked paprika
3 1/2 tsp (8g)
- ☐ frozen riced cauliflower
1 1/2 cup, prepared (255g)

Fruits and Fruit Juices

Spices and Herbs

- ☐ **black pepper**
5 dash, ground (1g)
- ☐ **salt**
5 dash (4g)
- ☐ **curry powder**
1/4 oz (6g)
- ☐ **turmeric, ground**
1 1/2 dash (0g)
- ☐ **paprika**
1/4 cup (23g)
- ☐ **fresh thyme**
1 tsp (1g)
- ☐ **ground cumin**
3 1/4 tbsp (20g)

- ☐ **pears**
4 medium (712g)
- ☐ **lime juice**
1/4 cup (53mL)
- ☐ **lemon juice**
4 tbsp (60mL)

Soups, Sauces, and Gravies

- ☐ **vegetable broth**
11 1/2 cup(s) (mL)



Lunch 1 [↗](#)

Eat on day 1

Naan bread

1/2 piece(s) - 131 cal ● 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.

Ginger coconut chickpea soup

914 cal ● 35g protein ● 44g fat ● 74g carbs ● 20g fiber



oil

2 tsp (10mL)

water

1 2/3 cup(s) (395mL)

coconut milk, canned

1/3 can (150mL)

curry powder

2 tsp (4g)

turmeric, ground

1 1/3 dash (0g)

fresh ginger, diced

1/3 slices (1" dia) (1g)

onion, diced

1/3 large (50g)

garlic, diced

1 1/3 clove(s) (4g)

chickpeas, canned, drained

1/3 can(s) (149g)

lentils, raw, rinsed

1/2 cup (96g)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Lunch 2 [↗](#)

Eat on day 2

Tofu curry with rice

997 cal ● 36g protein ● 38g fat ● 121g carbs ● 7g fiber



curry sauce

2/3 jar (15 oz) (283g)

oil

1/2 tbsp (7mL)

firm tofu

2/3 lbs (302g)

long-grain white rice

2/3 cup (123g)

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.

Pita bread

1 1/2 pita bread(s) - 117 cal ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



Makes 1 1/2 pita bread(s)

pita bread

1 1/2 pita, small (4" dia) (42g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Lunch 3 [↗](#)

Eat on day 3 and day 4

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.

Curried veggie burger (dairy-free)

1 burger(s) - 390 cals ● 12g protein ● 19g fat ● 36g carbs ● 6g fiber



For single meal:

hamburger buns
1 bun(s) (51g)
oil
1 tsp (5mL)
mixed greens
4 tbsp (8g)
veggie burger patty
1 patty (71g)
curry powder
4 dash (1g)
vegan mayonnaise
2 tbsp (30g)

For all 2 meals:

hamburger buns
2 bun(s) (102g)
oil
2 tsp (10mL)
mixed greens
1/2 cup (15g)
veggie burger patty
2 patty (142g)
curry powder
1 tsp (2g)
vegan mayonnaise
4 tbsp (60g)

1. In a small bowl, mix the vegan mayonnaise and curry powder. Set aside.
2. Heat oil in a skillet over medium-heat. Add veggie burger and cook until golden brown using time listed on package instructions.
3. Spread curry sauce on the bottom half of the bun. Add veggie burger and mixed greens and top with remaining bun half. Serve.

Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:
protein bar (20g protein)
2 bar (100g)

For all 2 meals:
protein bar (20g protein)
4 bar (200g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)

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

Veggie burger

3 burger - 825 cals ● 33g protein ● 15g fat ● 124g carbs ● 17g fiber



Makes 3 burger
hamburger buns
3 bun(s) (153g)
ketchup
3 tbsp (51g)
mixed greens
3 oz (85g)
veggie burger patty
3 patty (213g)

1. Cook patty according to instructions on package.
 2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Moroccan chickpea soup

1050 cals ● 36g protein ● 40g fat ● 107g carbs ● 28g fiber



For single meal:

lemon juice
2 tbsp (30mL)
oil
2 tbsp (30mL)
vegetable broth
4 cup(s) (mL)
ground cumin
4 tsp (8g)
diced tomatoes
1 28oz can (794g)
paprika
2 tsp (5g)
raw celery, chopped
4 stalk, medium (7-1/2" - 8" long) (160g)
onion, chopped
2 medium (2-1/2" dia) (220g)
chickpeas, canned, drained
1 can(s) (448g)

For all 2 meals:

lemon juice
4 tbsp (60mL)
oil
4 tbsp (60mL)
vegetable broth
8 cup(s) (mL)
ground cumin
2 2/3 tbsp (17g)
diced tomatoes
2 28oz can (1588g)
paprika
4 tsp (9g)
raw celery, chopped
8 stalk, medium (7-1/2" - 8" long) (320g)
onion, chopped
4 medium (2-1/2" dia) (440g)
chickpeas, canned, drained
2 can(s) (896g)

1. Heat oil in a large pot over low heat. Add onions and celery and cook until softened, stirring frequently, about 10 minutes.
2. Add cumin and paprika. Stir and cook for about 1-2 minutes, until spices are fragrant.
3. Add chickpeas, tomatoes, and vegetable broth. Bring to a simmer over medium heat and cover. Simmer for about 10 minutes.
4. Add lemon juice and salt/pepper to taste. Add more water or broth if too thick. Serve.

Simple mixed greens salad

68 cals ● 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.

Dinner 1 [↗](#)

Eat on day 1

White rice

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

Makes 1/2 cup rice, cooked



water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)

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.

Garlic pepper seitan

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



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)

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.

Lentils

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



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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



For single meal:

oil
1 tbsp (15mL)
paprika
1 tbsp (7g)
fresh thyme
4 dash (0g)
white beans, canned, drained & rinsed
1 can(s) (439g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
1 clove (3g)
firm tofu, drained and diced
1/2 lbs (198g)

For all 2 meals:

oil
2 tbsp (30mL)
paprika
2 tbsp (14g)
fresh thyme
1 tsp (1g)
white beans, canned, drained & rinsed
2 can(s) (878g)
onion, diced
2 medium (2-1/2" dia) (220g)
garlic, minced
2 clove (6g)
firm tofu, drained and diced
14 oz (397g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

For all 2 meals:

salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)
brown rice
1/2 cup (95g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Smokey black bean stew

999 cals ● 53g protein ● 16g fat ● 105g carbs ● 56g fiber



For single meal:

diced tomatoes
7/8 can(s) (368g)
tomato paste
2 1/2 tsp (14g)
oil
2 1/2 tsp (13mL)
vegetable broth
1 3/4 cup(s) (mL)
lime juice
1 3/4 tbsp (26mL)
ground cumin
1 tsp (2g)
smoked paprika
1 3/4 tsp (4g)
black beans, drained and rinsed
1 3/4 can(s) (768g)
onion, diced
7/8 small (61g)
garlic, minced
1 3/4 clove(s) (5g)

For all 2 meals:

diced tomatoes
1 3/4 can(s) (735g)
tomato paste
1 3/4 tbsp (28g)
oil
1 3/4 tbsp (26mL)
vegetable broth
3 1/2 cup(s) (mL)
lime juice
1/4 cup (53mL)
ground cumin
1 3/4 tsp (4g)
smoked paprika
3 1/2 tsp (8g)
black beans, drained and rinsed
3 1/2 can(s) (1537g)
onion, diced
1 3/4 small (123g)
garlic, minced
3 1/2 clove(s) (11g)

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.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



For single meal:

broccoli
1/2 cup chopped (46g)
frozen riced cauliflower
3/4 cup, prepared (128g)
soy sauce
2 tbsp (30mL)
oil
1 1/2 tbsp (23mL)
sesame seeds
1 tsp (3g)
firm tofu, drained and patted dry
5 oz (142g)
garlic, minced
1 clove (3g)
fresh ginger, minced
1 tsp (2g)

For all 2 meals:

broccoli
1 cup chopped (91g)
frozen riced cauliflower
1 1/2 cup, prepared (255g)
soy sauce
4 tbsp (60mL)
oil
3 tbsp (45mL)
sesame seeds
2 tsp (6g)
firm tofu, drained and patted dry
10 oz (284g)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 tsp (4g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. 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.

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



For single meal:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
carrots, sliced
1 1/2 medium (92g)
romaine lettuce, roughly chopped
3 hearts (1500g)
tomatoes, diced
3 medium whole (2-3/5" dia) (369g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal● 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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