

Meal Plan - 2600 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

2580 cals ● 197g protein (31%) ● 84g fat (29%) ● 224g carbs (35%) ● 33g fiber (5%)

Lunch

1100 cals, 89g protein, 43g net carbs, 58g fat



Vegan bangers and cauliflower mash
2 1/2 sausage link(s)- 902 cals



Soy milk
2 1/3 cup(s)- 198 cals

Dinner

1155 cals, 36g protein, 178g net carbs, 25g fat



Pasta with store-bought sauce
851 cals



Simple mixed greens and tomato salad
302 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 2

2631 cals ● 192g protein (29%) ● 145g fat (50%) ● 86g carbs (13%) ● 53g fiber (8%)

Lunch

1100 cals, 89g protein, 43g net carbs, 58g fat



Vegan bangers and cauliflower mash
2 1/2 sausage link(s)- 902 cals



Soy milk
2 1/3 cup(s)- 198 cals

Dinner

1205 cals, 30g protein, 40g net carbs, 86g fat



Mixed nuts
1/2 cup(s)- 381 cals



Zoodles with avocado sauce
824 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 3

2567 cals ● 266g protein (42%) ● 50g fat (18%) ● 215g carbs (34%) ● 48g fiber (7%)

Lunch

1055 cals, 113g protein, 67g net carbs, 35g fat



Teriyaki seitan wings
14 oz seitan- 1041 cals



Celery sticks
2 celery stalk- 13 cals

Dinner

1185 cals, 80g protein, 145g net carbs, 13g fat



Simple vegan chili
1072 cals



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 4

2567 cals ● 266g protein (42%) ● 50g fat (18%) ● 215g carbs (34%) ● 48g fiber (7%)

Lunch

1055 cals, 113g protein, 67g net carbs, 35g fat



Teriyaki seitan wings
14 oz seitan- 1041 cals



Celery sticks
2 celery stalk- 13 cals

Dinner

1185 cals, 80g protein, 145g net carbs, 13g fat



Simple vegan chili
1072 cals



Fruit juice
1 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 5

2584 cals ● 180g protein (28%) ● 72g fat (25%) ● 240g carbs (37%) ● 65g fiber (10%)

Lunch

1115 cals, 46g protein, 143g net carbs, 29g fat



Spaghetti and meatless meatballs
885 cals



Simple kale & avocado salad
230 cals

Dinner

1140 cals, 61g protein, 94g net carbs, 41g fat



Tempeh taco salad bowl
924 cals



White rice
1 cup rice, cooked- 218 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 6

2553 cals ● 173g protein (27%) ● 151g fat (53%) ● 85g carbs (13%) ● 40g fiber (6%)

Lunch

1140 cals, 45g protein, 28g net carbs, 87g fat



[Walnut crusted tofu \(vegan\)](#)
853 cals



[Simple kale & avocado salad](#)
288 cals

Dinner

1085 cals, 55g protein, 55g net carbs, 63g fat



[Zucchini noodle curry bowl with tofu](#)
938 cals



[Soy milk](#)
1 3/4 cup(s)- 148 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Day 7

2553 cals ● 173g protein (27%) ● 151g fat (53%) ● 85g carbs (13%) ● 40g fiber (6%)

Lunch

1140 cals, 45g protein, 28g net carbs, 87g fat



[Walnut crusted tofu \(vegan\)](#)
853 cals



[Simple kale & avocado salad](#)
288 cals

Dinner

1085 cals, 55g protein, 55g net carbs, 63g fat



[Zucchini noodle curry bowl with tofu](#)
938 cals



[Soy milk](#)
1 3/4 cup(s)- 148 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Grocery List



Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
22 1/4 cup(s) (5273mL)

Other

- frozen cauliflower
3 3/4 cup (425g)
- vegan sausage
5 sausage (500g)
- soy milk, unsweetened
8 cup(s) (mL)
- mixed greens
7 cup (205g)
- diced tomatoes
1 1/4 28oz can (993g)
- teriyaki sauce
14 tbsp (210mL)
- vegan meatballs, frozen
4 meatball(s) (120g)
- curry sauce
3 cup (850g)

Fats and Oils

- oil
4 oz (117mL)
- salad dressing
6 tbsp (90mL)
- vegan mayonnaise
6 tbsp (90g)

Vegetables and Vegetable Products

- onion
3 3/4 small (263g)
- tomatoes
3 1/2 medium whole (2-3/5" dia) (447g)
- zucchini
4 3/4 large (1534g)
- raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- kale leaves
1 3/4 bunch (298g)
- cauliflower
1 1/2 head small (4" dia.) (398g)
- garlic
6 clove(s) (18g)

Soups, Sauces, and Gravies

- pasta sauce
3/4 jar (24 oz) (504g)
- salsa
5 tbsp (90g)

Nut and Seed Products

- mixed nuts
1/2 cup (59g)
- walnuts
1 cup, chopped (116g)

Fruits and Fruit Juices

- lemon juice
3 fl oz (94mL)
- avocados
4 1/3 avocado(s) (871g)
- fruit juice
16 fl oz (480mL)
- lemon
1 3/4 small (102g)

Spices and Herbs

- fresh basil
1 3/4 cup leaves, whole (42g)
- taco seasoning mix
1 2/3 packet (58g)
- dijon mustard
3 tbsp (45g)

Legumes and Legume Products

- vegetarian burger crumbles
1 1/4 package (12 oz) (425g)
- chili beans
1 1/4 can (~16 oz) (560g)
- white beans, canned
1 1/4 can(s) (549g)
- tempeh
6 2/3 oz (189g)
- refried beans
13 1/4 tbsp (202g)
- firm tofu
3 lbs (1360g)

Cereal Grains and Pasta

uncooked dry pasta

3/4 lbs (342g)

seitan

1 3/4 lbs (794g)

long-grain white rice

1/3 cup (62g)

Lunch 1 ↗

Eat on day 1 and day 2

Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



For single meal:

frozen cauliflower
2 cup (213g)
oil
1 1/4 tbsp (19mL)
vegan sausage
2 1/2 sausage (250g)
onion, thinly sliced
1 1/4 small (88g)

For all 2 meals:

frozen cauliflower
3 3/4 cup (425g)
oil
2 1/2 tbsp (38mL)
vegan sausage
5 sausage (500g)
onion, thinly sliced
2 1/2 small (175g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Soy milk

2 1/3 cup(s) - 198 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

soy milk, unsweetened
4 2/3 cup(s) (mL)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3 and day 4

Teriyaki seitan wings

14 oz seitan - 1041 cals ● 113g protein ● 35g fat ● 66g carbs ● 2g fiber



For single meal:

seitan
14 oz (397g)
oil
1 3/4 tbsp (26mL)
teriyaki sauce
1/2 cup (105mL)

For all 2 meals:

seitan
1 3/4 lbs (794g)
oil
1/4 cup (53mL)
teriyaki sauce
14 tbsp (210mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Lunch 3 ↗

Eat on day 5

Spaghetti and meatless meatballs

885 cals ● 42g protein ● 14g fat ● 134g carbs ● 14g fiber



pasta sauce
1/3 jar (24 oz) (224g)
uncooked dry pasta
1/3 lbs (152g)
vegan meatballs, frozen
4 meatball(s) (120g)

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

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

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 4 ↗

Eat on day 6 and day 7

Walnut crusted tofu (vegan)

853 cals ● 39g protein ● 68g fat ● 16g carbs ● 6g fiber



For single meal:

lemon juice
1/2 tbsp (8mL)
dijon mustard
1 1/2 tbsp (23g)
vegan mayonnaise
3 tbsp (45g)
walnuts
1/2 cup, chopped (58g)
firm tofu, drained
3/4 lbs (340g)
garlic, diced
3 clove(s) (9g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
dijon mustard
3 tbsp (45g)
vegan mayonnaise
6 tbsp (90g)
walnuts
1 cup, chopped (116g)
firm tofu, drained
1 1/2 lbs (680g)
garlic, diced
6 clove(s) (18g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

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 1

Eat on day 1

Pasta with store-bought sauce

851 cals ● 29g protein ● 6g fat ● 157g carbs ● 13g fiber



uncooked dry pasta
6 2/3 oz (190g)
pasta sauce
3/8 jar (24 oz) (280g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

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.

Dinner 2

Eat on day 2

Mixed nuts

1/2 cup(s) - 381 cals ● 12g protein ● 32g fat ● 8g carbs ● 4g fiber



Makes 1/2 cup(s)

mixed nuts
1/2 cup (59g)

1. The recipe has no instructions.

Zoodles with avocado sauce

824 cals ● 18g protein ● 54g fat ● 31g carbs ● 34g fiber



water
5/8 cup(s) (138mL)
lemon juice
1/3 cup (79mL)
fresh basil
1 3/4 cup leaves, whole (42g)
tomatoes, halved
17 1/2 cherry tomatoes (298g)
zucchini
1 3/4 large (565g)
avocados, peeled and seed removed
1 3/4 avocado(s) (352g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Dinner 3 ↗

Eat on day 3 and day 4

Simple vegan chili

1072 cals ● 79g protein ● 13g fat ● 120g carbs ● 41g fiber



For single meal:

taco seasoning mix
5/8 packet (22g)
vegetarian burger crumbles
5/8 package (12 oz) (213g)
diced tomatoes
5/8 28oz can (496g)
onion, diced
5/8 small (44g)
chili beans, with liquid
5/8 can (~16 oz) (280g)
white beans, canned, drained
5/8 can(s) (274g)

For all 2 meals:

taco seasoning mix
1 1/4 packet (44g)
vegetarian burger crumbles
1 1/4 package (12 oz) (425g)
diced tomatoes
1 1/4 28oz can (993g)
onion, diced
1 1/4 small (88g)
chili beans, with liquid
1 1/4 can (~16 oz) (560g)
white beans, canned, drained
1 1/4 can(s) (549g)

1. Mix the tomatoes, onion, white beans, chili beans, and taco seasoning mix in a large pot over medium heat. Bring to a boil.
2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Serve.

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. The recipe has no instructions.

Dinner 4

Eat on day 5

Tempeh taco salad bowl

924 cals ● 57g protein ● 40g fat ● 46g carbs ● 38g fiber



tempeh
6 2/3 oz (189g)
taco seasoning mix
5 tsp (14g)
mixed greens
13 1/3 tbsp (25g)
salsa
5 tbsp (90g)
refried beans
13 1/3 tbsp (202g)
oil
1 tsp (4mL)
avocados, cubed
5/6 avocado(s) (168g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



Makes 1 cup rice, cooked

water

2/3 cup(s) (158mL)

long-grain white rice

1/3 cup (62g)

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.

Dinner 5 ↗

Eat on day 6 and day 7

Zucchini noodle curry bowl with tofu

938 cals ● 43g protein ● 55g fat ● 51g carbs ● 17g fiber



For single meal:

oil

3/4 tbsp (11mL)

zucchini

1 1/2 large (485g)

curry sauce

1 1/2 cup (425g)

cauliflower, cut into chunks

3/4 head small (4" dia.) (199g)

firm tofu, drained, rinsed, and patted dry

3/4 package (16 oz) (340g)

For all 2 meals:

oil

1 1/2 tbsp (23mL)

zucchini

3 large (969g)

curry sauce

3 cup (850g)

cauliflower, cut into chunks

1 1/2 head small (4" dia.) (398g)

firm tofu, drained, rinsed, and patted dry

1 1/2 package (16 oz) (680g)

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.

Soy milk

1 3/4 cup(s) - 148 cals ● 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.

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.