

# Meal Plan - 2700 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

2718 cals ● 191g protein (28%) ● 122g fat (40%) ● 147g carbs (22%) ● 67g fiber (10%)

### Lunch

1160 cals, 66g protein, 42g net carbs, 70g fat



**Buffalo tempeh with vegan ranch**  
981 cals



**Sautéed corn & lima beans**  
179 cals

### Dinner

1230 cals, 53g protein, 102g net carbs, 50g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Chickpea & kale soup**  
818 cals



**Almond yogurt**  
1 container(s)- 191 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 2

2709 cals ● 214g protein (32%) ● 99g fat (33%) ● 185g carbs (27%) ● 55g fiber (8%)

### Lunch

1150 cals, 89g protein, 80g net carbs, 47g fat



**Vegan sausage**  
3 sausage(s)- 804 cals



**Sweet potato wedges**  
347 cals

### Dinner

1230 cals, 53g protein, 102g net carbs, 50g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Chickpea & kale soup**  
818 cals



**Almond yogurt**  
1 container(s)- 191 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 3

2637 cals ● 234g protein (35%) ● 116g fat (39%) ● 119g carbs (18%) ● 46g fiber (7%)

### Lunch

1150 cals, 89g protein, 80g net carbs, 47g fat



#### Vegan sausage

3 sausage(s)- 804 cals



#### Sweet potato wedges

347 cals

### Dinner

1160 cals, 73g protein, 36g net carbs, 67g fat



#### Crack slaw with tempeh

843 cals



#### Sunflower seeds

316 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 4

2642 cals ● 201g protein (30%) ● 113g fat (39%) ● 152g carbs (23%) ● 52g fiber (8%)

### Lunch

1155 cals, 56g protein, 113g net carbs, 45g fat



#### Chunky canned soup (non-creamy)

2 can(s)- 494 cals



#### Vegan grilled cheese

2 sandwich(es)- 662 cals

### Dinner

1160 cals, 73g protein, 36g net carbs, 67g fat



#### Crack slaw with tempeh

843 cals



#### Sunflower seeds

316 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 5

2742 cals ● 197g protein (29%) ● 68g fat (22%) ● 238g carbs (35%) ● 97g fiber (14%)

### Lunch

1155 cals, 56g protein, 113g net carbs, 45g fat



#### Chunky canned soup (non-creamy)

2 can(s)- 494 cals



#### Vegan grilled cheese

2 sandwich(es)- 662 cals

### Dinner

1260 cals, 69g protein, 122g net carbs, 22g fat



#### Simple mixed greens salad

102 cals



#### Black bean and salsa soup

1158 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 6

2671 cals ● 197g protein (29%) ● 75g fat (25%) ● 236g carbs (35%) ● 66g fiber (10%)

### Lunch

1180 cals, 82g protein, 93g net carbs, 37g fat



**Bbq tempeh lettuce wrap**  
12 lettuce wrap(s)- 987 cals



**Almond yogurt**  
1 container(s)- 191 cals

### Dinner

1165 cals, 43g protein, 140g net carbs, 37g fat



**Moroccan chickpea soup**  
525 cals



**Lentils**  
289 cals



**Tortilla chips**  
352 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 7

2671 cals ● 197g protein (29%) ● 75g fat (25%) ● 236g carbs (35%) ● 66g fiber (10%)

### Lunch

1180 cals, 82g protein, 93g net carbs, 37g fat



**Bbq tempeh lettuce wrap**  
12 lettuce wrap(s)- 987 cals



**Almond yogurt**  
1 container(s)- 191 cals

### Dinner

1165 cals, 43g protein, 140g net carbs, 37g fat



**Moroccan chickpea soup**  
525 cals



**Lentils**  
289 cals



**Tortilla chips**  
352 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  
24 1/3 cup(s) (5766mL)

## Nut and Seed Products

- almonds  
1/2 cup, whole (72g)
- sunflower kernels  
5 oz (147g)

## Soups, Sauces, and Gravies

- vegetable broth  
17 2/3 cup(s) (mL)
- Frank's Red Hot sauce  
5 tbsp (74mL)
- hot sauce  
4 tsp (20mL)
- chunky canned soup (non-creamy varieties)  
4 can (~19 oz) (2104g)
- salsa  
1 cup (293g)
- barbecue sauce  
3/4 cup (204g)

## Fats and Oils

- oil  
1/3 lbs (166mL)
- olive oil  
1/2 tbsp (8mL)
- salad dressing  
2 1/4 tbsp (34mL)

## Vegetables and Vegetable Products

- kale leaves  
6 cup, chopped (240g)
- garlic  
10 clove(s) (30g)
- lima beans, frozen  
6 tbsp (60g)
- frozen corn kernels  
6 tbsp (51g)
- sweet potatoes  
2 2/3 sweetpotato, 5" long (560g)
- romaine lettuce  
24 leaf inner (144g)

## Legumes and Legume Products

- chickpeas, canned  
4 can(s) (1792g)
- tempeh  
3 lbs (1418g)
- black beans  
2 1/4 can(s) (988g)
- lentils, raw  
13 1/4 tbsp (160g)

## Other

- almond yogurt, flavored  
4 container (600g)
- vegan ranch  
5 tbsp (74mL)
- vegan sausage  
6 sausage (600g)
- coleslaw mix  
14 cup (1260g)
- vegan cheese, sliced  
8 slice(s) (161g)
- mixed greens  
2 1/4 cup (68g)
- diced tomatoes  
1 28oz can (794g)

## Spices and Herbs

- black pepper  
1/4 tbsp, ground (2g)
- salt  
1/2 tbsp (10g)
- ground cumin  
5 tsp (11g)
- paprika  
2 tsp (5g)

## Baked Products

- bread  
8 slice (256g)

## Dairy and Egg Products

- sour cream  
1/4 cup (54g)

## Fruits and Fruit Juices

**bell pepper**  
3 small (222g)

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

**onion**  
2 medium (2-1/2" dia) (220g)

**lemon juice**  
2 tbsp (30mL)

### **Snacks**

**tortilla chips**  
5 oz (142g)

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## Lunch 1 ↗

Eat on day 1

### Buffalo tempeh with vegan ranch

981 cals ● 60g protein ● 63g fat ● 24g carbs ● 20g fiber



**oil**  
1 1/4 tbsp (19mL)  
**Frank's Red Hot sauce**  
5 tbsp (75mL)  
**tempeh, roughly chopped**  
10 oz (284g)  
**vegan ranch**  
5 tbsp (75mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

### Sautéed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
6 tbsp (60g)  
**frozen corn kernels**  
6 tbsp (51g)  
**olive oil**  
1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

## Lunch 2 ↗

Eat on day 2 and day 3

### Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

**vegan sausage**  
3 sausage (300g)

For all 2 meals:

**vegan sausage**  
6 sausage (600g)

1. Prepare according to package instructions.
2. Serve.

### Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (8g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**sweet potatoes, cut into wedges**  
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Lunch 3 ↗

Eat on day 4 and day 5

### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

### Vegan grilled cheese

2 sandwich(es) - 662 cals ● 20g protein ● 31g fat ● 67g carbs ● 8g fiber



For single meal:

**bread**

4 slice (128g)

**oil**

2 tsp (10mL)

**vegan cheese, sliced**

4 slice(s) (80g)

For all 2 meals:

**bread**

8 slice (256g)

**oil**

4 tsp (20mL)

**vegan cheese, sliced**

8 slice(s) (161g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

## Lunch 4 ↗

Eat on day 6 and day 7

### Bbq tempeh lettuce wrap

12 lettuce wrap(s) - 987 cals ● 77g protein ● 26g fat ● 78g carbs ● 34g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**coleslaw mix**  
3 cup (270g)  
**barbecue sauce**  
6 tbsp (102g)  
**romaine lettuce**  
12 leaf inner (72g)  
**tempeh, cubed**  
3/4 lbs (340g)  
**bell pepper, deseeded and sliced**  
1 1/2 small (111g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**coleslaw mix**  
6 cup (540g)  
**barbecue sauce**  
3/4 cup (204g)  
**romaine lettuce**  
24 leaf inner (144g)  
**tempeh, cubed**  
1 1/2 lbs (680g)  
**bell pepper, deseeded and sliced**  
3 small (222g)

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.

### Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

**almond yogurt, flavored**  
1 container (150g)

For all 2 meals:

**almond yogurt, flavored**  
2 container (300g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

### Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

**vegetable broth**  
6 cup(s) (mL)  
**oil**  
1/2 tbsp (8mL)  
**kale leaves, chopped**  
3 cup, chopped (120g)  
**garlic, minced**  
3 clove(s) (9g)  
**chickpeas, canned, drained**  
1 1/2 can(s) (672g)

For all 2 meals:

**vegetable broth**  
12 cup(s) (mL)  
**oil**  
1 tbsp (15mL)  
**kale leaves, chopped**  
6 cup, chopped (240g)  
**garlic, minced**  
6 clove(s) (18g)  
**chickpeas, canned, drained**  
3 can(s) (1344g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

### Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:  
**almond yogurt, flavored**  
1 container (150g)

For all 2 meals:  
**almond yogurt, flavored**  
2 container (300g)

1. The recipe has no instructions.

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## Dinner 2

Eat on day 3 and day 4

### Crack slaw with tempeh

843 cals ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber



For single meal:  
**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

For all 2 meals:  
**coleslaw mix**  
8 cup (720g)  
**hot sauce**  
4 tsp (20mL)  
**sunflower kernels**  
4 tbsp (48g)  
**oil**  
2 2/3 tbsp (40mL)  
**garlic, minced**  
4 clove (12g)  
**tempeh, cubed**  
1 lbs (454g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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### Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 3/4 oz (50g)

For all 2 meals:

**sunflower kernels**  
1/4 lbs (99g)

1. The recipe has no instructions.

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## Dinner 3 ↗

Eat on day 5

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### Simple mixed greens salad

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



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

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

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### Black bean and salsa soup

1158 cals ● 67g protein ● 15g fat ● 116g carbs ● 74g fiber



**vegetable broth**  
1 2/3 cup(s) (mL)  
**black beans**  
2 1/4 can(s) (988g)  
**ground cumin**  
1 tsp (2g)  
**sour cream**  
1/4 cup (54g)  
**salsa, chunky**  
1 cup (293g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

## Dinner 4 ↗

Eat on day 6 and day 7

### Moroccan chickpea soup

525 cals ● 18g protein ● 20g fat ● 53g carbs ● 14g fiber



For single meal:

**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**vegetable broth**  
2 cup(s) (mL)  
**ground cumin**  
2 tsp (4g)  
**diced tomatoes**  
1/2 28oz can (397g)  
**paprika**  
1 tsp (2g)  
**raw celery, chopped**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**onion, chopped**  
1 medium (2-1/2" dia) (110g)  
**chickpeas, canned, drained**  
1/2 can(s) (224g)

For all 2 meals:

**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)

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.

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**water**  
1 2/3 cup(s) (395mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**water**  
3 1/3 cup(s) (790mL)  
**salt**  
1/4 tsp (1g)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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.

### Tortilla chips

352 cals ● 5g protein ● 16g fat ● 45g carbs ● 3g fiber



For single meal:

**tortilla chips**  
2 1/2 oz (71g)

For all 2 meals:

**tortilla chips**  
5 oz (142g)

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1. The recipe has no instructions.

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## Protein Supplement(s)

Eat every day

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### 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)

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1. The recipe has no instructions.