

Meal Plan - 2800 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

2759 cals ● 194g protein (28%) ● 61g fat (20%) ● 305g carbs (44%) ● 52g fiber (8%)

Lunch

1210 cals, 77g protein, 117g net carbs, 38g fat



[Easy chickpea salad](#)

467 cals



[Crispy chik'n tenders](#)

13 tender(s)- 743 cals

Dinner

1220 cals, 45g protein, 185g net carbs, 22g fat



[Simple kale salad](#)

1/2 cup(s)- 28 cals



[Blueberries](#)

1 cup(s)- 95 cals



[Veggie burger](#)

4 burger- 1100 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Day 2

2772 cals ● 199g protein (29%) ● 61g fat (20%) ● 307g carbs (44%) ● 50g fiber (7%)

Lunch

1225 cals, 81g protein, 120g net carbs, 37g fat



[Chunky canned soup \(non-creamy\)](#)

1 1/2 can(s)- 371 cals



[Simple plant-based deli wrap](#)

2 wrap(s)- 853 cals

Dinner

1220 cals, 45g protein, 185g net carbs, 22g fat



[Simple kale salad](#)

1/2 cup(s)- 28 cals



[Blueberries](#)

1 cup(s)- 95 cals



[Veggie burger](#)

4 burger- 1100 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Day 3

2828 cals ● 178g protein (25%) ● 81g fat (26%) ● 310g carbs (44%) ● 37g fiber (5%)

Lunch

1275 cals, 56g protein, 178g net carbs, 29g fat



Simple kale salad
1/2 cup(s)- 28 cals



Spaghetti and meatless meatballs
996 cals



Simple vegan garlic bread
2 slice(s)- 252 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1225 cals, 50g protein, 130g net carbs, 50g fat



Bbq tofu & pineapple bowl
1038 cals



Pistachios
188 cals

Day 4

2807 cals ● 182g protein (26%) ● 68g fat (22%) ● 331g carbs (47%) ● 36g fiber (5%)

Lunch

1275 cals, 56g protein, 178g net carbs, 29g fat



Simple kale salad
1/2 cup(s)- 28 cals



Spaghetti and meatless meatballs
996 cals



Simple vegan garlic bread
2 slice(s)- 252 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Dinner

1205 cals, 54g protein, 150g net carbs, 37g fat



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



Chik'n nuggets
13 nuggets- 717 cals



Blueberries
1 cup(s)- 95 cals

Day 5

2761 cals ● 211g protein (31%) ● 73g fat (24%) ● 251g carbs (36%) ● 64g fiber (9%)

Lunch

1230 cals, 85g protein, 99g net carbs, 34g fat



Bbq tempeh lettuce wrap

12 lettuce wrap(s)- 987 cals



Tossed salad

242 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Dinner

1205 cals, 54g protein, 150g net carbs, 37g fat



Naan bread

1 1/2 piece(s)- 393 cals



Chik'n nuggets

13 nuggets- 717 cals



Blueberries

1 cup(s)- 95 cals

Day 6

2772 cals ● 196g protein (28%) ● 93g fat (30%) ● 213g carbs (31%) ● 75g fiber (11%)

Lunch

1230 cals, 85g protein, 99g net carbs, 34g fat



Bbq tempeh lettuce wrap

12 lettuce wrap(s)- 987 cals



Tossed salad

242 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Dinner

1215 cals, 39g protein, 112g net carbs, 58g fat



Naan bread

1 piece(s)- 262 cals



Roasted cashews

3/8 cup(s)- 313 cals



Lemony chickpea & zucchini bowl


641 cals

Day 7

2771 calsgreen192g protein (28%)orange88g fat (28%)blue242g carbs (35%)grey62g fiber (9%)

Lunch

1230 calsgreen80g protein, 128g net carbs, 28g fat

Tossed salad

182 calsgreen

Seitan & bean wrap

2 burrito(s)- 1046 calsgreen

Protein Supplement(s)


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

Protein shake


3 scoop- 327 calsgreen

Dinner


1215 calsgreen39g protein, 112g net carbs, 58g fat

Naan bread

1 piece(s)- 262 calsgreen

Roasted cashews

3/8 cup(s)- 313 calsgreen

Lemony chickpea & zucchini bowl

641 calsgreen

Vegetables and Vegetable Products

- ☐ kale leaves
2 cup, chopped (80g)
- ☐ ketchup
1 cup (302g)
- ☐ onion
3 1/3 medium (2-1/2" dia) (365g)
- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (459g)
- ☐ fresh parsley
18 sprigs (18g)
- ☐ broccoli
2 cup chopped (182g)
- ☐ garlic
7 clove(s) (21g)
- ☐ romaine lettuce
2 1/2 head (1519g)
- ☐ bell pepper
3 small (222g)
- ☐ red onion
2/3 medium (2-1/2" dia) (76g)
- ☐ cucumber
2/3 cucumber (8-1/4") (207g)
- ☐ carrots
2 3/4 small (5-1/2" long) (138g)
- ☐ zucchini
1 1/2 large (485g)

Fats and Oils

- ☐ salad dressing
4 oz (113mL)
- ☐ oil
2 1/2 oz (79mL)
- ☐ olive oil
4 tsp (20mL)

Fruits and Fruit Juices

- ☐ blueberries
4 cup (592g)
- ☐ canned pineapple
2 cup, chunks (362g)
- ☐ lemon juice
6 tbsp (90mL)

Baked Products

- ☐ hamburger buns
8 bun(s) (408g)

Spices and Herbs

- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ basil, dried
1/4 tbsp, leaves (1g)
- ☐ ground cumin
2 tsp (4g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
- ☐ barbecue sauce
9 1/2 fl oz (344g)
- ☐ pasta sauce
3/4 jar (24 oz) (504g)
- ☐ salsa
4 tbsp (65g)

Legumes and Legume Products

- ☐ chickpeas, canned
2 1/2 can(s) (1120g)
- ☐ hummus
4 tbsp (60g)
- ☐ firm tofu
1 lbs (454g)
- ☐ tempeh
1 1/2 lbs (680g)
- ☐ black beans
1/2 lbs (227g)

Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
21 cup(s) (4977mL)

Nut and Seed Products

- ☐ pistachios, shelled
4 tbsp (31g)
- ☐ roasted cashews
3/4 cup (103g)

Cereal Grains and Pasta

- ☐ **flour tortillas**
4 tortilla (approx 10" dia) (288g)
- ☐ **bread**
4 slice (128g)
- ☐ **naan bread**
5 piece(s) (450g)

- ☐ **uncooked dry pasta**
3/4 lbs (342g)
- ☐ **seitan**
6 oz (170g)

Other

- ☐ **mixed greens**
1 3/4 package (5.5 oz) (272g)
 - ☐ **veggie burger patty**
8 patty (568g)
 - ☐ **meatless chik'n tenders**
13 pieces (332g)
 - ☐ **plant-based deli slices**
14 slices (146g)
 - ☐ **vegan meatballs, frozen**
9 meatball(s) (270g)
 - ☐ **vegan chik'n nuggets**
26 nuggets (559g)
 - ☐ **coleslaw mix**
6 cup (540g)
 - ☐ **italian seasoning**
1/4 tbsp (3g)
 - ☐ **nutritional yeast**
2 tsp (3g)
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Lunch 1 [↗](#)

Eat on day 1

Easy chickpea salad

467 cal ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

1. Add all ingredients to a bowl and toss. Serve!

Crispy chik'n tenders

13 tender(s) - 743 cal ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



Makes 13 tender(s)
meatless chik'n tenders
13 pieces (332g)
ketchup
3 1/4 tbsp (55g)

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

Lunch 2 [↗](#)

Eat on day 2

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cal ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)
chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Simple plant-based deli wrap

2 wrap(s) - 853 cal ● 54g protein ● 27g fat ● 85g carbs ● 13g fiber



Makes 2 wrap(s)

plant-based deli slices
14 slices (146g)

flour tortillas
2 tortilla (approx 10" dia) (144g)

mixed greens
1 cup (30g)

tomatoes
4 slice(s), thin/small (60g)

hummus
4 tbsp (60g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

kale leaves
1/2 cup, chopped (20g)

salad dressing
1/2 tbsp (8mL)

For all 2 meals:

kale leaves
1 cup, chopped (40g)

salad dressing
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

Spaghetti and meatless meatballs

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



For single meal:

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

uncooked dry pasta
6 oz (171g)

vegan meatballs, frozen
4 1/2 meatball(s) (135g)

For all 2 meals:

pasta sauce
3/4 jar (24 oz) (504g)

uncooked dry pasta
3/4 lbs (342g)

vegan meatballs, frozen
9 meatball(s) (270g)

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

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

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.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

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.

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



For single meal:

- romaine lettuce, shredded**
1 hearts (500g)
- tomatoes, diced**
1 small whole (2-2/5" dia) (91g)
- salad dressing**
2 tbsp (30mL)
- red onion, sliced**
1/4 medium (2-1/2" dia) (28g)
- cucumber, sliced or diced**
1/4 cucumber (8-1/4") (75g)
- carrots, peeled and shredded or sliced**
1 small (5-1/2" long) (50g)

For all 2 meals:

- romaine lettuce, shredded**
2 hearts (1000g)
- tomatoes, diced**
2 small whole (2-2/5" dia) (182g)
- salad dressing**
4 tbsp (60mL)
- red onion, sliced**
1/2 medium (2-1/2" dia) (55g)
- cucumber, sliced or diced**
1/2 cucumber (8-1/4") (151g)
- carrots, peeled and shredded or sliced**
2 small (5-1/2" long) (100g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Lunch 5 [🔗](#)

Eat on day 7

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



- romaine lettuce, shredded**
3/4 hearts (375g)
- tomatoes, diced**
3/4 small whole (2-2/5" dia) (68g)
- salad dressing**
1 1/2 tbsp (23mL)
- red onion, sliced**
1/6 medium (2-1/2" dia) (21g)
- cucumber, sliced or diced**
1/6 cucumber (8-1/4") (56g)
- carrots, peeled and shredded or sliced**
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Seitan & bean wrap

2 burrito(s) - 1046 cals ● 74g protein ● 22g fat ● 113g carbs ● 24g fiber



Makes 2 burrito(s)

flour tortillas

2 tortilla (approx 10" dia) (144g)

black beans

1/2 lbs (227g)

salsa

4 tbsp (65g)

ground cumin

2 tsp (4g)

mixed greens

1/2 cup (15g)

nutritional yeast

2 tsp (3g)

oil

1 tsp (5mL)

seitan, cut into strips

6 oz (170g)

1. Heat oil in a pan over medium heat. Add the seitan strips and cook until browned and crispy, a few minutes on each side.
2. Remove seitan from the pan and set aside.
3. Add the black beans, salsa, cumin, and nutritional yeast to the skillet and cook for a few minutes until warmed through.
4. On the torilla, place the mixed greens in the center and top with seitan, and then bean mixture.
5. Wrap up tortilla and serve.
6. Leftover Notes: Once ingredients have cooled you can make the burrito, wrap it in plastic wrap, freeze it, and use the microwave when ready to reheat. Alternatively you can store seitan and bean mixtures in an airtight container in the fridge then reheat and make the burrito.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

kale leaves

1/2 cup, chopped (20g)

salad dressing

1/2 tbsp (8mL)

For all 2 meals:

kale leaves

1 cup, chopped (40g)

salad dressing

1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Veggie burger

4 burger - 1100 cal ● 44g protein ● 20g fat ● 165g carbs ● 22g fiber



For single meal:

hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)
veggie burger patty
4 patty (284g)

For all 2 meals:

hamburger buns
8 bun(s) (408g)
ketchup
1/2 cup (136g)
mixed greens
1/2 lbs (227g)
veggie burger patty
8 patty (568g)

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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Dinner 2 [↗](#)

Eat on day 3

Bbq tofu & pineapple bowl

1038 cals ● 43g protein ● 36g fat ● 124g carbs ● 11g fiber



broccoli
2 cup chopped (182g)
firm tofu
1 lbs (454g)
canned pineapple
2 cup, chunks (362g)
barbecue sauce
1/2 cup (140g)
oil
1 tbsp (15mL)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, shelled
4 tbsp (31g)

1. The recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 4 and day 5

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.

Chik'n nuggets

13 nuggets - 717 cals ● 40g protein ● 29g fat ● 67g carbs ● 7g fiber



For single meal:

ketchup
3 1/4 tbsp (55g)
vegan chik'n nuggets
13 nuggets (280g)

For all 2 meals:

ketchup
6 1/2 tbsp (111g)
vegan chik'n nuggets
26 nuggets (559g)

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

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Dinner 4 [🔗](#)

Eat on day 6 and day 7

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread

1 piece(s) (90g)

For all 2 meals:

naan bread

2 piece(s) (180g)

1. The recipe has no instructions.

Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



For single meal:

roasted cashews

6 tbsp (51g)

For all 2 meals:

roasted cashews

3/4 cup (103g)

1. The recipe has no instructions.

Lemony chickpea & zucchini bowl

641 cals ● 22g protein ● 29g fat ● 53g carbs ● 21g fiber



For single meal:

lemon juice
3 tbsp (45mL)
basil, dried
3 dash, leaves (0g)
oil
1 1/2 tbsp (23mL)
italian seasoning
3 dash (1g)
onion, thinly sliced
1 1/2 medium (2-1/2" dia) (165g)
fresh parsley, chopped
7 1/2 sprigs (8g)
zucchini, sliced into rounds
3/4 large (242g)
garlic, minced
1 1/2 clove(s) (5g)
chickpeas, canned, rinsed and drained
3/4 can(s) (336g)

For all 2 meals:

lemon juice
6 tbsp (90mL)
basil, dried
1/4 tbsp, leaves (1g)
oil
3 tbsp (45mL)
italian seasoning
1/4 tbsp (3g)
onion, thinly sliced
3 medium (2-1/2" dia) (330g)
fresh parsley, chopped
15 sprigs (15g)
zucchini, sliced into rounds
1 1/2 large (485g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, rinsed and drained
1 1/2 can(s) (672g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

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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