

Meal Plan - 2900 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

2865 cals ● 213g protein (30%) ● 144g fat (45%) ● 142g carbs (20%) ● 37g fiber (5%)

Lunch

1255 cals, 57g protein, 86g net carbs, 72g fat



Carrot fries

138 cals



Lemon ginger tofu chik'n

21 oz tofu- 1119 cals

Dinner

1225 cals, 71g protein, 53g net carbs, 70g fat



Lentils

231 cals



Buffalo tempeh with vegan ranch

589 cals



Sunflower seeds

406 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Day 2

2900 cals ● 215g protein (30%) ● 82g fat (26%) ● 264g carbs (36%) ● 62g fiber (9%)

Lunch

1280 cals, 49g protein, 121g net carbs, 55g fat



High-protein granola bar

1 bar(s)- 204 cals



Peach

3 peach(es)- 198 cals



Lentil kale salad

876 cals

Dinner

1240 cals, 81g protein, 140g net carbs, 25g fat



Chik'n stir fry

997 cals



Tossed salad

242 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Day 3

2900 cals ● 215g protein (30%) ● 82g fat (26%) ● 264g carbs (36%) ● 62g fiber (9%)

Lunch

1280 cals, 49g protein, 121g net carbs, 55g fat



High-protein granola bar
1 bar(s)- 204 cals



Peach
3 peach(es)- 198 cals



Lentil kale salad
876 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1240 cals, 81g protein, 140g net carbs, 25g fat



Chik'n stir fry
997 cals



Tossed salad
242 cals

Day 4

2862 cals ● 245g protein (34%) ● 109g fat (34%) ● 164g carbs (23%) ● 61g fiber (9%)

Lunch

1255 cals, 94g protein, 57g net carbs, 62g fat



Seitan salad
1257 cals

Dinner

1225 cals, 67g protein, 103g net carbs, 45g fat



Vegan seitan gyro
2 gyro(s)- 831 cals



Simple salad with tomatoes and carrots
392 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 5

2862 cals ● 245g protein (34%) ● 109g fat (34%) ● 164g carbs (23%) ● 61g fiber (9%)

Lunch

1255 cals, 94g protein, 57g net carbs, 62g fat



Seitan salad
1257 cals

Dinner

1225 cals, 67g protein, 103g net carbs, 45g fat



Vegan seitan gyro
2 gyro(s)- 831 cals



Simple salad with tomatoes and carrots
392 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 6

2863 cals ● 234g protein (33%) ● 83g fat (26%) ● 241g carbs (34%) ● 54g fiber (8%)

Lunch

1210 cals, 95g protein, 85g net carbs, 50g fat



Garlic pepper seitan
1027 cals



Mashed sweet potatoes
183 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1270 cals, 54g protein, 152g net carbs, 31g fat



Creamy lentils and sweet potato
1075 cals



Simple salad with tomatoes and carrots
196 cals

Day 7

2863 cals ● 234g protein (33%) ● 83g fat (26%) ● 241g carbs (34%) ● 54g fiber (8%)

Lunch

1210 cals, 95g protein, 85g net carbs, 50g fat



Garlic pepper seitan
1027 cals



Mashed sweet potatoes
183 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1270 cals, 54g protein, 152g net carbs, 31g fat



Creamy lentils and sweet potato
1075 cals



Simple salad with tomatoes and carrots
196 cals

Grocery List



Beverages

- ☐ water
2 gallon (7949mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Spices and Herbs

- ☐ salt
1/2 tsp (3g)
- ☐ rosemary, dried
4 dash (1g)
- ☐ crushed red pepper
3/4 tbsp (4g)
- ☐ ground cumin
11 g (11g)
- ☐ oregano, dried
1/4 tbsp, leaves (1g)
- ☐ black pepper
1/4 tbsp, ground (2g)

Legumes and Legume Products

- ☐ lentils, raw
3 cup (578g)
- ☐ tempeh
6 oz (170g)
- ☐ soy sauce
1/2 cup (132mL)
- ☐ firm tofu
1 1/3 lbs (595g)

Fats and Oils

- ☐ oil
6 1/2 oz (194mL)
- ☐ olive oil
3 oz (98mL)
- ☐ salad dressing
2/3 lbs (300mL)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
3 tbsp (46mL)
- ☐ vegetable broth
4 2/3 cup(s) (mL)

Other

Vegetables and Vegetable Products

- ☐ carrots
13 medium (803g)
- ☐ garlic
15 clove(s) (45g)
- ☐ fresh ginger
4 1/2 inch (2.5cm) cube (23g)
- ☐ kale leaves
6 3/4 cup, chopped (270g)
- ☐ bell pepper
3 1/2 medium (417g)
- ☐ romaine lettuce
8 hearts (4000g)
- ☐ tomatoes
14 medium whole (2-3/5" dia) (1741g)
- ☐ red onion
1 1/6 medium (2-1/2" dia) (127g)
- ☐ cucumber
5/6 cucumber (8-1/4") (251g)
- ☐ fresh spinach
18 2/3 cup(s) (560g)
- ☐ onion
3 1/2 medium (2-1/2" dia) (377g)
- ☐ green pepper
6 tbsp, chopped (56g)
- ☐ sweet potatoes
4 1/3 sweetpotato, 5" long (910g)

Cereal Grains and Pasta

- ☐ cornstarch
1/4 cup (36g)
- ☐ brown rice
1 1/3 cup (249g)
- ☐ seitan
3 1/2 lbs (1578g)

Fruits and Fruit Juices

- ☐ lemon juice
1/2 cup (113mL)
- ☐ peach
6 medium (2-2/3" dia) (900g)
- ☐ avocados
1 3/4 avocado(s) (352g)

Sweets

- ☐ agave
1 tbsp (21g)

- ☐ **vegan ranch**
1/4 lbs (105mL)
- ☐ **vegan chik'n strips**
17 1/2 oz (496g)
- ☐ **nutritional yeast**
2 1/3 tbsp (9g)

Nut and Seed Products

- ☐ **sunflower kernels**
2 1/4 oz (64g)
 - ☐ **sesame seeds**
1 1/2 tbsp (14g)
 - ☐ **almonds**
1/4 cup, slivered (30g)
 - ☐ **coconut milk, canned**
9 1/4 tbsp (139mL)
-

Snacks

- ☐ **high-protein granola bar**
2 bar (80g)

Baked Products

- ☐ **pita bread**
4 pita, medium (5" dia) (200g)

Lunch 1 [↗](#)

Eat on day 1

Carrot fries

138 cals ● 2g protein ● 7g fat ● 12g carbs ● 5g fiber



olive oil
1/2 tbsp (8mL)
rosemary, dried
4 dash (1g)
salt
1 dash (1g)
carrots, peeled
6 oz (170g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Lemon ginger tofu chik'n

21 oz tofu - 1119 cals ● 56g protein ● 65g fat ● 74g carbs ● 4g fiber



Makes 21 oz tofu

cornstarch

1/4 cup (36g)

lemon juice

3 tbsp (45mL)

oil

2 1/4 tbsp (34mL)

sesame seeds

1 1/2 tbsp (14g)

agave

1 tbsp (21g)

soy sauce, divided

3 tbsp (45mL)

garlic, minced

3 clove(s) (9g)

fresh ginger, peeled & minced

4 1/2 inch (2.5cm) cube (23g)

firm tofu, patted dry

1 1/3 lbs (595g)

1. Preheat oven to 425°F (220°C).
 2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
 3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
 4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
 5. both bowls aside.
 6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
 7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
 8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.
-

Lunch 2 [↗](#)

Eat on day 2 and day 3

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.
-

Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



For single meal:

peach
3 medium (2-2/3" dia) (450g)

For all 2 meals:

peach
6 medium (2-2/3" dia) (900g)

1. The recipe has no instructions.

Lentil kale salad

876 cals ● 35g protein ● 42g fat ● 73g carbs ● 17g fiber



For single meal:

lentils, raw
1/2 cup (108g)
lemon juice
2 1/4 tbsp (34mL)
almonds
2 1/4 tbsp, slivered (15g)
oil
2 1/4 tbsp (34mL)
kale leaves
3 1/2 cup, chopped (135g)
crushed red pepper
1 tsp (2g)
water
2 1/4 cup(s) (533mL)
ground cumin
1 tsp (2g)
garlic, diced
2 1/4 clove(s) (7g)

For all 2 meals:

lentils, raw
1 cup (216g)
lemon juice
1/4 cup (68mL)
almonds
1/4 cup, slivered (30g)
oil
1/4 cup (68mL)
kale leaves
6 3/4 cup, chopped (270g)
crushed red pepper
3/4 tbsp (4g)
water
4 1/2 cup(s) (1067mL)
ground cumin
3/4 tbsp (5g)
garlic, diced
4 1/2 clove(s) (14g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

Seitan salad

1257 cals ● 94g protein ● 62g fat ● 57g carbs ● 23g fiber



For single meal:

oil
3 1/2 tsp (18mL)
nutritional yeast
3 1/2 tsp (4g)
salad dressing
1/4 cup (53mL)
fresh spinach
7 cup(s) (210g)
seitan, crumbled or sliced
2/3 lbs (298g)
tomatoes, halved
21 cherry tomatoes (357g)
avocados, chopped
7/8 avocado(s) (176g)

For all 2 meals:

oil
2 1/3 tbsp (35mL)
nutritional yeast
2 1/3 tbsp (9g)
salad dressing
1/2 cup (105mL)
fresh spinach
14 cup(s) (420g)
seitan, crumbled or sliced
1 1/3 lbs (595g)
tomatoes, halved
42 cherry tomatoes (714g)
avocados, chopped
1 3/4 avocado(s) (352g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Garlic pepper seitan

1027 cals ● 92g protein ● 50g fat ● 49g carbs ● 4g fiber



For single meal:

olive oil
3 tbsp (45mL)
onion
6 tbsp, chopped (60g)
green pepper
3 tbsp, chopped (28g)
black pepper
3 dash, ground (1g)
water
1 1/2 tbsp (23mL)
salt
1 1/2 dash (1g)
seitan, chicken style
3/4 lbs (340g)
garlic, minced
3 3/4 clove(s) (11g)

For all 2 meals:

olive oil
6 tbsp (90mL)
onion
3/4 cup, chopped (120g)
green pepper
6 tbsp, chopped (56g)
black pepper
1/4 tbsp, ground (2g)
water
3 tbsp (45mL)
salt
3 dash (2g)
seitan, chicken style
1 1/2 lbs (680g)
garlic, minced
7 1/2 clove(s) (23g)

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.

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Dinner 1 [↗](#)

Eat on day 1

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

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.

Buffalo tempeh with vegan ranch

589 cals ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



oil
3/4 tbsp (11mL)
Frank's Red Hot sauce
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
vegan ranch
3 tbsp (45mL)

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.

Sunflower seeds

406 cals ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



sunflower kernels
2 1/4 oz (64g)

1. The recipe has no instructions.
-

Dinner 2 [↗](#)

Eat on day 2 and day 3

Chik'n stir fry

997 cals ● 72g protein ● 17g fat ● 120g carbs ● 19g fiber



For single meal:

brown rice
2/3 cup (125g)
water
1 1/3 cup(s) (311mL)
soy sauce
3 tbsp (44mL)
vegan chik'n strips
1/2 lbs (248g)
bell pepper, deseeded & cut into thin strips
1 3/4 medium (208g)
carrots, cut into thin strips
3 1/2 small (5-1/2" long) (175g)

For all 2 meals:

brown rice
1 1/3 cup (249g)
water
2 1/2 cup(s) (622mL)
soy sauce
6 tbsp (87mL)
vegan chik'n strips
17 1/2 oz (496g)
bell pepper, deseeded & cut into thin strips
3 1/2 medium (417g)
carrots, cut into thin strips
7 small (5-1/2" long) (350g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and 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.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Vegan seitan gyro

2 gyro(s) - 831 cals ● 51g protein ● 32g fat ● 75g carbs ● 9g fiber



For single meal:

ground cumin
1/4 tbsp (1g)
oregano, dried
1/3 tsp, leaves (0g)
oil
3 tsp (15mL)
red onion
4 slice, thin (36g)
pita bread
2 pita, medium (5" dia) (100g)
vegan ranch
2 tbsp (30mL)
tomatoes, thinly sliced
2/3 roma tomato (53g)
seitan, thinly sliced
1/3 lbs (151g)
cucumber, thinly sliced
1/6 cucumber (8-1/4") (50g)

For all 2 meals:

ground cumin
1/2 tbsp (3g)
oregano, dried
1/4 tbsp, leaves (1g)
oil
2 tbsp (30mL)
red onion
8 slice, thin (72g)
pita bread
4 pita, medium (5" dia) (200g)
vegan ranch
4 tbsp (60mL)
tomatoes, thinly sliced
1 1/3 roma tomato (107g)
seitan, thinly sliced
2/3 lbs (302g)
cucumber, thinly sliced
1/3 cucumber (8-1/4") (100g)

1. Heat oil in a skillet over medium-high heat. Add seitan and cook until crispy in places, about 4-6 minutes. Season with oregano, cumin, salt and pepper and cook, stirring frequently, until fragrant, about 1 minute.
2. Top pitas with seitan, cucumber, onion, and tomato. Drizzle with vegan ranch dressing. Fold up and serve.

Simple salad with tomatoes and carrots

392 cals ● 15g protein ● 13g fat ● 28g carbs ● 26g fiber



For single meal:

salad dressing
3 tbsp (45mL)
carrots, sliced
1 medium (61g)
romaine lettuce, roughly chopped
2 hearts (1000g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
carrots, sliced
2 medium (122g)
romaine lettuce, roughly chopped
4 hearts (2000g)
tomatoes, diced
4 medium whole (2-3/5" dia) (492g)

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

Dinner 4 [↗](#)

Eat on day 6 and day 7

Creamy lentils and sweet potato

1075 cals ● 47g protein ● 25g fat ● 138g carbs ● 27g fiber



For single meal:

lentils, raw
3/4 cup (149g)
vegetable broth
2 1/3 cup(s) (mL)
fresh spinach
2 1/3 cup(s) (70g)
coconut milk, canned
1/4 cup (70mL)
oil
1 3/4 tsp (9mL)
ground cumin
1 tsp (2g)
onion, diced
1 1/6 medium (2-1/2" dia) (128g)
sweet potatoes, chopped into bite-sized pieces
1 1/6 sweetpotato, 5" long (245g)

For all 2 meals:

lentils, raw
1 1/2 cup (298g)
vegetable broth
4 2/3 cup(s) (mL)
fresh spinach
4 2/3 cup(s) (140g)
coconut milk, canned
9 1/3 tbsp (140mL)
oil
3 1/2 tsp (17mL)
ground cumin
1 3/4 tsp (3g)
onion, diced
2 1/3 medium (2-1/2" dia) (257g)
sweet potatoes, chopped into bite-sized pieces
2 1/3 sweetpotato, 5" long (490g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
carrots, sliced
1 medium (61g)
romaine lettuce, roughly chopped
2 hearts (1000g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)

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 1/2 scoop - 382 cal● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

- protein powder**
3 1/2 scoop (1/3 cup ea) (109g)
- water**
3 1/2 cup(s) (830mL)

For all 7 meals:

- protein powder**
24 1/2 scoop (1/3 cup ea) (760g)
- water**
24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.
-