

Meal Plan - 3200 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

3188 cals ● 267g protein (33%) ● 127g fat (36%) ● 193g carbs (24%) ● 51g fiber (6%)

Lunch

1365 cals, 70g protein, 106g net carbs, 59g fat



[Teriyaki seitan with veggies and rice](#)
676 cals



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

Dinner

1440 cals, 112g protein, 84g net carbs, 67g fat



[Simple salad with celery, cucumber & tomato](#)
299 cals



[Garlic pepper seitan](#)
1141 cals

Protein Supplement(s)

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



[Protein shake](#)
3 1/2 scoop- 382 cals

Day 2

3188 cals ● 267g protein (33%) ● 127g fat (36%) ● 193g carbs (24%) ● 51g fiber (6%)

Lunch

1365 cals, 70g protein, 106g net carbs, 59g fat



[Teriyaki seitan with veggies and rice](#)
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Day 3

3234 cals ● 220g protein (27%) ● 62g fat (17%) ● 341g carbs (42%) ● 109g fiber (13%)

Lunch

1375 cals, 58g protein, 174g net carbs, 37g fat



[Pasta with store-bought sauce](#)
851 cals



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



[Soy milk](#)
3 1/2 cup(s)- 296 cals

Protein Supplement(s)

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



[Protein shake](#)
3 1/2 scoop- 382 cals

Dinner

1475 cals, 77g protein, 164g net carbs, 23g fat



[Simple kale salad](#)
1 cup(s)- 55 cals



[Naan bread](#)
1 piece(s)- 262 cals



[Black bean and salsa soup](#)
1158 cals

Day 4

3168 cals ● 201g protein (25%) ● 75g fat (21%) ● 365g carbs (46%) ● 56g fiber (7%)

Lunch

1375 cals, 58g protein, 174g net carbs, 37g fat



[Pasta with store-bought sauce](#)
851 cals



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



[Soy milk](#)
3 1/2 cup(s)- 296 cals

Protein Supplement(s)

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



[Protein shake](#)
3 1/2 scoop- 382 cals

Dinner

1410 cals, 58g protein, 188g net carbs, 36g fat



[Spaghetti and meatless meatballs](#)
1106 cals



[Simple mixed greens and tomato salad](#)
302 cals

Day 5

3210 cals ● 261g protein (33%) ● 117g fat (33%) ● 242g carbs (30%) ● 37g fiber (5%)

Lunch

1405 cals, 56g protein, 88g net carbs, 79g fat



Brussels sprout, apple & walnut side salad
633 cals



Vegan deli smashed avocado sandwich
2 sandwich(es)- 773 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Dinner

1425 cals, 120g protein, 151g net carbs, 36g fat



Teriyaki seitan wings
14 oz seitan- 1041 cals



White rice
1 3/4 cup rice, cooked- 382 cals

Day 6

3210 cals ● 261g protein (33%) ● 117g fat (33%) ● 242g carbs (30%) ● 37g fiber (5%)

Lunch

1405 cals, 56g protein, 88g net carbs, 79g fat



Brussels sprout, apple & walnut side salad
633 cals



Vegan deli smashed avocado sandwich
2 sandwich(es)- 773 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Dinner

1425 cals, 120g protein, 151g net carbs, 36g fat



Teriyaki seitan wings
14 oz seitan- 1041 cals



White rice
1 3/4 cup rice, cooked- 382 cals

Day 7

3225 cals ● 241g protein (30%) ● 101g fat (28%) ● 246g carbs (30%) ● 93g fiber (11%)

Lunch

1440 cals, 89g protein, 141g net carbs, 35g fat



Simple salad with tomatoes and carrots
392 cals



Seitan & bean wrap
2 burrito(s)- 1046 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Dinner

1405 cals, 67g protein, 102g net carbs, 64g fat



Zucchini noodle curry bowl with tofu
938 cals



Easy chickpea salad
467 cals

Fats and Oils

- ☐ salad dressing
1 cup (255mL)
- ☐ olive oil
5 oz (156mL)
- ☐ oil
2 3/4 oz (84mL)

Vegetables and Vegetable Products

- ☐ raw celery
4 2/3 stalk, medium (7-1/2" - 8" long) (187g)
- ☐ cucumber
2 1/3 cucumber (8-1/4") (702g)
- ☐ tomatoes
6 3/4 medium whole (2-3/5" dia) (831g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (168g)
- ☐ green pepper
6 3/4 tbsp, chopped (62g)
- ☐ garlic
8 1/3 clove(s) (25g)
- ☐ frozen mixed veggies
1 package (10 oz ea) (288g)
- ☐ kale leaves
1 1/2 lbs (720g)
- ☐ brussels sprouts
3 3/4 cup (330g)
- ☐ zucchini
1 1/2 large (485g)
- ☐ cauliflower
3/4 head small (4" dia.) (199g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ carrots
1 medium (61g)
- ☐ romaine lettuce
2 hearts (1000g)

Other

- ☐ mixed greens
4 package (5.5 oz) (617g)
- ☐ teriyaki sauce
3/4 lbs (290mL)
- ☐ soy milk, unsweetened
7 cup(s) (mL)
- ☐ vegan meatballs, frozen
5 meatball(s) (150g)
- ☐ plant-based deli slices
20 slices (208g)

Beverages

- ☐ water
1 2/3 gallon (6490mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Cereal Grains and Pasta

- ☐ seitan
4 1/2 lbs (2060g)
- ☐ long-grain white rice
1 2/3 cup (308g)
- ☐ uncooked dry pasta
1 1/4 lbs (570g)

Fruits and Fruit Juices

- ☐ avocados
5 1/3 avocado(s) (1072g)
- ☐ lemon
4 small (232g)
- ☐ apples
5/6 small (2-3/4" dia) (124g)

Baked Products

- ☐ naan bread
1 piece(s) (90g)
- ☐ bread
8 slice(s) (256g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1 2/3 cup(s) (mL)
- ☐ salsa
3/4 jar (357g)
- ☐ pasta sauce
1 1/4 jar (24 oz) (840g)
- ☐ hot sauce
4 tsp (20mL)
- ☐ apple cider vinegar
1 tbsp (1mL)

Legumes and Legume Products

- ☐ black beans
2 3/4 can(s) (1215g)

- ☐ **curry sauce**
1 1/2 cup (425g)
- ☐ **nutritional yeast**
2 tsp (3g)

Spices and Herbs

- ☐ **black pepper**
1/4 tbsp, ground (2g)
- ☐ **salt**
1/2 tsp (2g)
- ☐ **ground cumin**
1 tbsp (7g)
- ☐ **apple cider vinegar**
1 1/4 tbsp (19g)
- ☐ **balsamic vinegar**
1 tbsp (15mL)

- ☐ **firm tofu**
3/4 package (16 oz) (340g)
- ☐ **chickpeas, canned**
1 can(s) (448g)

Dairy and Egg Products

- ☐ **sour cream**
1/4 cup (54g)

Sweets

- ☐ **maple syrup**
5 tsp (25mL)

Nut and Seed Products

- ☐ **walnuts**
10 tbsp, chopped (70g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Teriyaki seitan with veggies and rice

676 cals ● 56g protein ● 13g fat ● 77g carbs ● 7g fiber



For single meal:

oil
1/2 tbsp (8mL)
teriyaki sauce
2 2/3 tbsp (40mL)
frozen mixed veggies
1/2 package (10 oz ea) (144g)
long-grain white rice
4 tbsp (46g)
seitan, cut into strips
6 oz (170g)

For all 2 meals:

oil
1 tbsp (15mL)
teriyaki sauce
1/3 cup (80mL)
frozen mixed veggies
1 package (10 oz ea) (288g)
long-grain white rice
1/2 cup (93g)
seitan, cut into strips
3/4 lbs (340g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Simple kale & avocado salad

691 cals ● 14g protein ● 46g fat ● 28g carbs ● 27g fiber



For single meal:

kale leaves, chopped
1 1/2 bunch (255g)
avocados, chopped
1 1/2 avocado(s) (302g)
lemon, juiced
1 1/2 small (87g)

For all 2 meals:

kale leaves, chopped
3 bunch (510g)
avocados, chopped
3 avocado(s) (603g)
lemon, juiced
3 small (174g)

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 2 [↗](#)

Eat on day 3 and day 4

Pasta with store-bought sauce

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



For single meal:

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

For all 2 meals:

uncooked dry pasta
13 1/3 oz (380g)
pasta sauce
5/6 jar (24 oz) (560g)

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

Simple kale & avocado salad

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



For single meal:

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

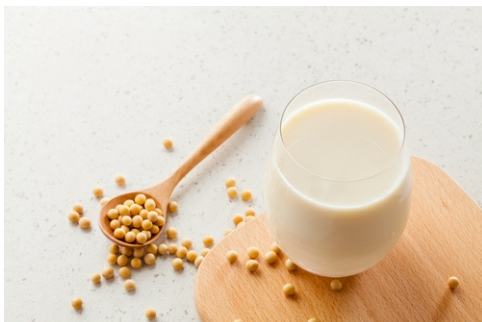
For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

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.

Soy milk

3 1/2 cup(s) - 296 cals ● 25g protein ● 16g fat ● 7g carbs ● 7g fiber



For single meal:

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

For all 2 meals:

soy milk, unsweetened
7 cup(s) (mL)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Brussels sprout, apple & walnut side salad

633 cals ● 10g protein ● 48g fat ● 29g carbs ● 10g fiber



For single meal:

maple syrup
2 1/2 tsp (13mL)
walnuts
5 tbsp, chopped (35g)
apple cider vinegar
2 tsp (9g)
olive oil
2 tbsp (28mL)
apples, chopped
3/8 small (2-3/4" dia) (62g)
brussels sprouts, ends trimmed and discarded
2 cup (165g)

For all 2 meals:

maple syrup
5 tsp (25mL)
walnuts
10 tbsp, chopped (70g)
apple cider vinegar
1 1/4 tbsp (19g)
olive oil
1/4 cup (56mL)
apples, chopped
5/6 small (2-3/4" dia) (124g)
brussels sprouts, ends trimmed and discarded
3 3/4 cup (330g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Vegan deli smashed avocado sandwich

2 sandwich(es) - 773 cals ● 45g protein ● 31g fat ● 58g carbs ● 19g fiber



For single meal:

plant-based deli slices
10 slices (104g)
bread
4 slice(s) (128g)
hot sauce
2 tsp (10mL)
mixed greens
16 tbsp (30g)
avocados, peeled & deseeded
2/3 avocado(s) (134g)

For all 2 meals:

plant-based deli slices
20 slices (208g)
bread
8 slice(s) (256g)
hot sauce
4 tsp (20mL)
mixed greens
2 cup (60g)
avocados, peeled & deseeded
1 1/3 avocado(s) (268g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.
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Lunch 4 [↗](#)

Eat on day 7

Simple salad with tomatoes and carrots

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



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.

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 tortilla, 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 salad with celery, cucumber & tomato

299 cals ● 10g protein ● 11g fat ● 30g carbs ● 9g fiber



For single meal:

salad dressing

1/4 cup (53mL)

raw celery, chopped

2 1/3 stalk, medium (7-1/2" - 8" long) (93g)

mixed greens

1 1/6 package (5.5 oz) (181g)

cucumber, sliced

1 1/6 cucumber (8-1/4") (351g)

tomatoes, diced

1 1/6 medium whole (2-3/5" dia) (144g)

For all 2 meals:

salad dressing

7 tbsp (105mL)

raw celery, chopped

4 2/3 stalk, medium (7-1/2" - 8" long) (187g)

mixed greens

2 1/3 package (5.5 oz) (362g)

cucumber, sliced

2 1/3 cucumber (8-1/4") (702g)

tomatoes, diced

2 1/3 medium whole (2-3/5" dia) (287g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Garlic pepper seitan

1141 cals ● 102g protein ● 55g fat ● 55g carbs ● 4g fiber



For single meal:

olive oil

3 1/3 tbsp (50mL)

onion

6 2/3 tbsp, chopped (67g)

green pepper

3 1/3 tbsp, chopped (31g)

black pepper

3 1/3 dash, ground (1g)

water

5 tsp (25mL)

salt

1 2/3 dash (1g)

seitan, chicken style

13 1/3 oz (378g)

garlic, minced

4 clove(s) (12g)

For all 2 meals:

olive oil

6 2/3 tbsp (100mL)

onion

13 1/3 tbsp, chopped (133g)

green pepper

6 2/3 tbsp, chopped (62g)

black pepper

1/4 tbsp, ground (2g)

water

3 1/3 tbsp (50mL)

salt

3 1/3 dash (2g)

seitan, chicken style

1 2/3 lbs (756g)

garlic, minced

8 1/3 clove(s) (25g)

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.

Dinner 2 [↗](#)

Eat on day 3

Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

kale leaves

1 cup, chopped (40g)

salad dressing

1 tbsp (15mL)

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

Naan bread

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



Makes 1 piece(s)

naan bread

1 piece(s) (90g)

1. The recipe has no instructions.

Black bean and salsa soup

1158 cal ● 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.
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Dinner 3 [↗](#)

Eat on day 4

Spaghetti and meatless meatballs

1106 cals ● 52g protein ● 18g fat ● 167g carbs ● 18g fiber



pasta sauce

3/8 jar (24 oz) (280g)

uncooked dry pasta

6 2/3 oz (190g)

vegan meatballs, frozen

5 meatball(s) (150g)

1. Cook the pasta and 'meat'balls as directed on packaging.
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 4 [↗](#)

Eat on day 5 and day 6

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.

White rice

1 3/4 cup rice, cooked - 382 cals ● 8g protein ● 1g fat ● 85g carbs ● 1g fiber



For single meal:

water
1 1/6 cup(s) (276mL)
long-grain white rice
9 1/3 tbsp (108g)

For all 2 meals:

water
2 1/3 cup(s) (553mL)
long-grain white rice
56 tsp (216g)

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 7

Zucchini noodle curry bowl with tofu

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



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)

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.

Easy chickpea salad

467 cals ● 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!

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 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.