

Meal Plan - 3400 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

3425 cals ● 273g protein (32%) ● 109g fat (29%) ● 272g carbs (32%) ● 66g fiber (8%)

Lunch

1450 cals, 128g protein, 78g net carbs, 61g fat



[Vegan sausage](#)

4 sausage(s)- 1072 cals



[Olive oil drizzled lima beans](#)

377 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 scoop- 436 cals

Dinner

1540 cals, 48g protein, 190g net carbs, 46g fat



[Tomato and avocado salad](#)

235 cals



[Herby chickpeas over rice](#)

1306 cals

Day 2

3370 cals ● 258g protein (31%) ● 77g fat (21%) ● 327g carbs (39%) ● 85g fiber (10%)

Lunch

1450 cals, 72g protein, 166g net carbs, 45g fat



[Teriyaki seitan with veggies and rice](#)

676 cals



[Flavored rice mix](#)

382 cals



[Tomato and avocado salad](#)

391 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 scoop- 436 cals

Dinner

1485 cals, 89g protein, 158g net carbs, 30g fat



[Chik'n stir fry](#)

997 cals



[Simple salad with tomatoes and carrots](#)

343 cals



[Raspberries](#)

2 cup(s)- 144 cals

Day 3

3376 calsgreen247g protein (29%)orange78g fat (21%)blue336g carbs (40%)grey87g fiber (10%)

Lunch

1455 calsgreen62g protein, 175g net carbs, 46g fat



Tofu alfredo pasta with broccoli
1104 calsgreen



Tomato and avocado salad
352 calsgreen

Dinner

1485 calsgreen89g protein, 158g net carbs, 30g fat



Chik'n stir fry
997 calsgreen



Simple salad with tomatoes and carrots
343 calsgreen



Raspberries
2 cup(s)- 144 calsgreen

Protein Supplement(s)

435 calsgreen97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 calsgreen

Day 4

3436 calsgreen247g protein (29%)orange67g fat (18%)blue333g carbs (39%)grey128g fiber (15%)

Lunch

1455 calsgreen62g protein, 175g net carbs, 46g fat



Tofu alfredo pasta with broccoli
1104 calsgreen



Tomato and avocado salad
352 calsgreen

Dinner

1545 calsgreen89g protein, 154g net carbs, 20g fat



Black bean and salsa soup
1544 calsgreen

Protein Supplement(s)

435 calsgreen97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 calsgreen

Day 5

3471 cals ● 229g protein (26%) ● 62g fat (16%) ● 363g carbs (42%) ● 137g fiber (16%)

Lunch

1490 cals, 44g protein, 205g net carbs, 40g fat



Black bean and corn vegan quesadillas
2 quesadilla(s)- 1120 cals



White rice
1 1/4 cup rice, cooked- 273 cals



Simple salad with tomatoes and carrots
98 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Dinner

1545 cals, 89g protein, 154g net carbs, 20g fat



Black bean and salsa soup
1544 cals

Day 6

3418 cals ● 208g protein (24%) ● 151g fat (40%) ● 240g carbs (28%) ● 67g fiber (8%)

Lunch

1490 cals, 44g protein, 205g net carbs, 40g fat



Black bean and corn vegan quesadillas
2 quesadilla(s)- 1120 cals



White rice
1 1/4 cup rice, cooked- 273 cals



Simple salad with tomatoes and carrots
98 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Dinner

1490 cals, 68g protein, 31g net carbs, 109g fat



Buffalo tofu with vegan ranch
1013 cals




Garlic collard greens
478 cals

Day 7


3379 calsgreen242g protein (29%)orange186g fat (50%)blue117g carbs (14%)grey66g fiber (8%)

Lunch

1450 calsgreen77g protein, 83g net carbs, 75g fat

Buffalo tempeh with vegan ranch


1178 calsgreen

Mashed sweet potatoes

275 calsgreen

Protein Supplement(s)


435 calsgreen97g protein, 4g net carbs, 2g fat

Protein shake

4 scoop- 436 calsgreen

Dinner

1490 calsgreen68g protein, 31g net carbs, 109g fat

Buffalo tofu with vegan ranch

1013 calsgreen

Garlic collard greens

478 calsgreen

Grocery List



Beverages

- ☐ protein powder
28 scoop (1/3 cup ea) (868g)
- ☐ water
32 1/4 cup(s) (7653mL)
- ☐ almond milk, unsweetened
10 tbsp (151mL)

Vegetables and Vegetable Products

- ☐ onion
2 1/2 medium (2-1/2" dia) (280g)
- ☐ tomatoes
7 1/3 medium whole (2-3/5" dia) (902g)
- ☐ fresh parsley
6 tbsp chopped (23g)
- ☐ lima beans, frozen
7/8 package (10 oz) (249g)
- ☐ bell pepper
3 1/2 medium (417g)
- ☐ carrots
8 medium (487g)
- ☐ romaine lettuce
4 1/2 hearts (2250g)
- ☐ frozen mixed veggies
1/2 package (10 oz ea) (144g)
- ☐ frozen broccoli
1 1/4 package (355g)
- ☐ garlic
11 1/2 clove(s) (35g)
- ☐ whole kernel corn
1 11oz can (190g)
- ☐ collard greens
3 lbs (1361g)
- ☐ sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

Fruits and Fruit Juices

- ☐ lime juice
5 2/3 tbsp (85mL)
- ☐ avocados
3 avocado(s) (570g)
- ☐ raspberries
4 cup (492g)

Fats and Oils

- ☐ olive oil
1 1/2 oz (49mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 cup (339g)
- ☐ brown rice
1 1/3 cup (249g)
- ☐ seitan
6 oz (170g)
- ☐ uncooked dry pasta
15 oz (428g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/2 can(s) (672g)
- ☐ soy sauce
6 tbsp (87mL)
- ☐ firm tofu
4 lbs (1757g)
- ☐ black beans
7 can(s) (3073g)
- ☐ tempeh
3/4 lbs (340g)

Other

- ☐ vegan sausage
4 sausage (400g)
- ☐ vegan chik'n strips
17 1/2 oz (496g)
- ☐ teriyaki sauce
2 3/4 tbsp (41mL)
- ☐ vegan cheese, shredded
1 cup (112g)
- ☐ vegan ranch
9 1/2 oz (270mL)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
2/3 pouch (~5.6 oz) (105g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
4 1/2 cup(s) (mL)
- ☐ salsa
3 1/4 cup (845g)
- ☐ Frank's Red Hot sauce
1 1/2 cup (329mL)

Dairy and Egg Products

- ☐ **oil**
1/4 lbs (135mL)
- ☐ **salad dressing**
6 3/4 tbsp (101mL)

Spices and Herbs

- ☐ **garlic powder**
1/2 tbsp (4g)
 - ☐ **salt**
1/2 oz (16g)
 - ☐ **black pepper**
1/2 tbsp, ground (4g)
 - ☐ **basil, dried**
2 1/2 tsp, ground (4g)
 - ☐ **ground cumin**
1 tbsp (6g)
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- ☐ **sour cream**
3/4 cup (144g)

Baked Products

- ☐ **flour tortillas**
8 tortilla (approx 7-8" dia) (392g)

Lunch 1 [↗](#)

Eat on day 1

Vegan sausage

4 sausage(s) - 1072 cal ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



Makes 4 sausage(s)

vegan sausage

4 sausage (400g)

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

Olive oil drizzled lima beans

377 cal ● 16g protein ● 13g fat ● 36g carbs ● 14g fiber



black pepper

1/4 tsp, ground (1g)

salt

1/2 tsp (3g)

lima beans, frozen

7/8 package (10 oz) (249g)

olive oil

2 1/2 tsp (13mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Lunch 2 [↗](#)

Eat on day 2

Teriyaki seitan with veggies and rice

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



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)

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.

Flavored rice mix

382 cals ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



flavored rice mix
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (103g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Tofu alfredo pasta with broccoli

1104 cals ● 57g protein ● 18g fat ● 165g carbs ● 13g fiber



For single meal:

uncooked dry pasta
1/2 lbs (214g)
firm tofu
5/8 package (16 oz) (283g)
frozen broccoli
5/8 package (178g)
garlic
1 1/4 clove(s) (4g)
salt
1/3 dash (0g)
almond milk, unsweetened
5 tbs (75mL)
basil, dried
1 1/4 tsp, ground (2g)

For all 2 meals:

uncooked dry pasta
15 oz (428g)
firm tofu
1 1/4 package (16 oz) (566g)
frozen broccoli
1 1/4 package (355g)
garlic
2 1/2 clove(s) (8g)
salt
5/8 dash (0g)
almond milk, unsweetened
10 tbs (150mL)
basil, dried
2 1/2 tsp, ground (4g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

onion

1 1/2 tbsp minced (23g)

lime juice

1 1/2 tbsp (23mL)

olive oil

1 tsp (6mL)

garlic powder

3 dash (1g)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

avocados, cubed

3/4 avocado(s) (151g)

tomatoes, diced

3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

onion

3 tbsp minced (45g)

lime juice

3 tbsp (45mL)

olive oil

3/4 tbsp (11mL)

garlic powder

1/4 tbsp (2g)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

avocados, cubed

1 1/2 avocado(s) (302g)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia)
(185g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Black bean and corn vegan quesadillas

2 quesadilla(s) - 1120 cals ● 34g protein ● 36g fat ● 137g carbs ● 27g fiber



For single meal:

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

vegan cheese, shredded

1/2 cup (56g)

olive oil

1/2 tbsp (8mL)

onion

1 1/2 tbsp chopped (15g)

salsa

2 tbsp (33g)

whole kernel corn, drained

1/2 11oz can (95g)

black beans, rinsed and drained

1/2 can(s) (220g)

For all 2 meals:

flour tortillas

8 tortilla (approx 7-8" dia) (392g)

vegan cheese, shredded

1 cup (112g)

olive oil

1 tbsp (15mL)

onion

3 tbsp chopped (30g)

salsa

4 tbsp (65g)

whole kernel corn, drained

1 11oz can (190g)

black beans, rinsed and drained

1 can(s) (439g)

1. Heat half of the oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add the salsa; mix well. Cook until heated through, about 3 minutes.
2. In a separate skillet, add some of the remaining oil and place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side.
3. Use more oil as needed, and repeat with remaining tortillas and filling.
4. Note: For leftovers, store bean mixture in airtight container in the fridge. When ready to eat, reheat the beans in a microwave and start at step 2.

White rice

1 1/4 cup rice, cooked - 273 cals ● 6g protein ● 1g fat ● 61g carbs ● 1g fiber



For single meal:

water

5/6 cup(s) (198mL)

long-grain white rice

6 2/3 tbsp (77g)

For all 2 meals:

water

1 2/3 cup(s) (395mL)

long-grain white rice

13 1/3 tbsp (154g)

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.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

For all 2 meals:

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)

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

Lunch 5 [🔗](#)

Eat on day 7

Buffalo tempeh with vegan ranch

1178 cals ● 72g protein ● 75g fat ● 29g carbs ● 24g fiber



oil
1 1/2 tbsp (23mL)
Frank's Red Hot sauce
6 tbsp (90mL)
tempeh, roughly chopped
3/4 lbs (340g)
vegan ranch
6 tbsp (90mL)

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.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

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

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Herby chickpeas over rice

1306 cals ● 45g protein ● 28g fat ● 184g carbs ● 35g fiber



long-grain white rice
3/4 cup (139g)
oil
1 tbsp (15mL)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
fresh parsley, chopped
6 tbsp chopped (23g)
chickpeas, canned, rinsed & drained
1 1/2 can(s) (672g)

1. Cook rice according to package and set aside.
 2. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
 3. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
 4. Turn off heat and stir in parsley
 5. Serve chickpea mixture over rice.
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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.

Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



For single meal:

salad dressing
2 1/2 tbsp (39mL)
carrots, sliced
7/8 medium (53g)
romaine lettuce, roughly chopped
1 3/4 hearts (875g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia) (215g)

For all 2 meals:

salad dressing
1/3 cup (79mL)
carrots, sliced
1 3/4 medium (107g)
romaine lettuce, roughly chopped
3 1/2 hearts (1750g)
tomatoes, diced
3 1/2 medium whole (2-3/5" dia) (431g)

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

Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

raspberries
2 cup (246g)

For all 2 meals:

raspberries
4 cup (492g)

1. Rinse raspberries and serve.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Black bean and salsa soup

1544 cals ● 89g protein ● 20g fat ● 154g carbs ● 99g fiber



For single meal:

vegetable broth
2 1/4 cup(s) (mL)
black beans
3 can(s) (1317g)
ground cumin
1/2 tbsp (3g)
sour cream
6 tbsp (72g)
salsa, chunky
1 1/2 cup (390g)

For all 2 meals:

vegetable broth
4 1/2 cup(s) (mL)
black beans
6 can(s) (2634g)
ground cumin
1 tbsp (6g)
sour cream
3/4 cup (144g)
salsa, chunky
3 cup (780g)

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 4 [↗](#)

Eat on day 6 and day 7

Buffalo tofu with vegan ranch

1013 cals ● 47g protein ● 84g fat ● 17g carbs ● 1g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
Frank's Red Hot sauce
1/2 cup (119mL)
vegan ranch
6 tbsp (90mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

For all 2 meals:

oil
3 tbsp (45mL)
Frank's Red Hot sauce
1 cup (238mL)
vegan ranch
3/4 cup (180mL)
firm tofu, patted dry & cubed
2 1/2 lbs (1191g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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.

Garlic collard greens

478 cals ● 21g protein ● 25g fat ● 14g carbs ● 28g fiber



For single meal:

collard greens
1 1/2 lbs (680g)
oil
1 1/2 tbsp (23mL)
salt
3 dash (2g)
garlic, minced
4 1/2 clove(s) (14g)

For all 2 meals:

collard greens
3 lbs (1361g)
oil
3 tbsp (45mL)
salt
1/4 tbsp (5g)
garlic, minced
9 clove(s) (27g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Protein Supplement(s)

Eat every day

Protein shake

4 scoop - 436 cals  97g protein  2g fat  4g carbs  4g fiber



For single meal:

- protein powder**
4 scoop (1/3 cup ea) (124g)
- water**
4 cup(s) (948mL)

For all 7 meals:

- protein powder**
28 scoop (1/3 cup ea) (868g)
- water**
28 cup(s) (6636mL)

1. The recipe has no instructions.
