

# Meal Plan - 3500 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

3480 cals ● 232g protein (27%) ● 106g fat (27%) ● 332g carbs (38%) ● 68g fiber (8%)

### Lunch

1565 cals, 59g protein, 174g net carbs, 62g fat



[High-protein granola bar](#)

3 bar(s)- 612 cals



[Peanut butter and jelly sandwich](#)

2 1/2 sandwich(es)- 954 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Dinner

1480 cals, 76g protein, 154g net carbs, 42g fat



[Lentil chili](#)

1160 cals



[Soy milk](#)

3 3/4 cup(s)- 318 cals

## Day 2

3483 cals ● 306g protein (35%) ● 119g fat (31%) ● 247g carbs (28%) ● 48g fiber (6%)

### Lunch

1540 cals, 125g protein, 61g net carbs, 81g fat



[Vegan bangers and cauliflower mash](#)

3 1/2 sausage link(s)- 1263 cals



[Soy milk](#)

3 1/4 cup(s)- 275 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Dinner

1510 cals, 85g protein, 183g net carbs, 36g fat



[Apple](#)

1 apple(s)- 105 cals



[Vegan meatball sub](#)

3 sub(s)- 1403 cals

## Day 3

3548 cals ● 273g protein (31%) ● 108g fat (27%) ● 321g carbs (36%) ● 50g fiber (6%)

### Lunch

1490 cals, 120g protein, 134g net carbs, 43g fat



**Garlic pepper seitan**  
856 cals



**Lentils**  
636 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Dinner

1620 cals, 57g protein, 184g net carbs, 63g fat



**Eggplant and tofu curry**  
1620 cals

## Day 4

3456 cals ● 234g protein (27%) ● 33g fat (9%) ● 468g carbs (54%) ● 88g fiber (10%)

### Lunch

1505 cals, 47g protein, 287g net carbs, 10g fat



**Fruit juice**  
2 cup(s)- 229 cals



**Pasta with store-bought sauce**  
1276 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Dinner

1515 cals, 90g protein, 178g net carbs, 21g fat



**Lentil pasta**  
1262 cals



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

## Day 5

3456 cals ● 234g protein (27%) ● 33g fat (9%) ● 468g carbs (54%) ● 88g fiber (10%)

### Lunch

1505 cals, 47g protein, 287g net carbs, 10g fat



**Fruit juice**  
2 cup(s)- 229 cals



**Pasta with store-bought sauce**  
1276 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Dinner

1515 cals, 90g protein, 178g net carbs, 21g fat



**Lentil pasta**  
1262 cals



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

Day 6

3462 cals

● 220g protein (25%)


● 155g fat (40%)

● 221g carbs (26%)


● 75g fiber (9%)

Lunch


1500 cals, 65g protein, 129g net carbs, 62g fat

 Tomato and avocado salad

528 cals

 Soy milk


1 cup(s)- 85 cals

 Meatless bolognese pasta

885 cals

Protein Supplement(s)


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

 Protein shake


4 scoop- 436 cals

Dinner

1530 cals, 58g protein, 89g net carbs, 91g fat

 Lentil kale salad

974 cals

 Roasted almonds

5/8 cup(s)- 554 cals

Day 7

3462 cals

● 220g protein (25%)


● 155g fat (40%)

● 221g carbs (26%)

● 75g fiber (9%)

Lunch


1500 cals, 65g protein, 129g net carbs, 62g fat

 Tomato and avocado salad

528 cals

 Soy milk

1 cup(s)- 85 cals

 Meatless bolognese pasta

885 cals

Protein Supplement(s)


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

 Protein shake


4 scoop- 436 cals

Dinner

1530 cals, 58g protein, 89g net carbs, 91g fat

 Lentil kale salad

974 cals

 Roasted almonds

5/8 cup(s)- 554 cals

# Grocery List



## Beverages

- ☐ protein powder  
28 scoop (1/3 cup ea) (868g)
- ☐ water  
2 1/4 gallon (8794mL)

## Fats and Oils

- ☐ oil  
9 1/2 tbsp (144mL)
- ☐ olive oil  
2 1/2 oz (74mL)

## Legumes and Legume Products

- ☐ lentils, raw  
3 cup (544g)
- ☐ peanut butter  
2 1/2 tbsp (40g)
- ☐ firm tofu  
1 package (16 oz) (453g)
- ☐ vegetarian burger crumbles  
3/4 lbs (340g)

## Spices and Herbs

- ☐ chili powder  
4 tsp (11g)
- ☐ ground cumin  
1/3 oz (9g)
- ☐ salt  
2 tsp (11g)
- ☐ black pepper  
1/2 tbsp, ground (4g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ crushed red pepper  
2 1/2 tsp (5g)

## Cereal Grains and Pasta

- ☐ dry bulgur wheat  
2/3 cup (93g)
- ☐ seitan  
10 oz (284g)
- ☐ long-grain white rice  
1 cup (185g)
- ☐ uncooked dry pasta  
1 3/4 lbs (797g)

## Soups, Sauces, and Gravies

## Other

- ☐ soy milk, unsweetened  
9 cup(s) (mL)
- ☐ sub roll(s)  
3 roll(s) (255g)
- ☐ nutritional yeast  
1 tbsp (4g)
- ☐ vegan meatballs, frozen  
12 meatball(s) (360g)
- ☐ frozen cauliflower  
2 1/2 cup (298g)
- ☐ vegan sausage  
3 1/2 sausage (350g)
- ☐ curry sauce  
1 jar (15 oz) (425g)
- ☐ lentil pasta  
1 1/4 lbs (567g)

## Snacks

- ☐ high-protein granola bar  
3 bar (120g)

## Baked Products

- ☐ bread  
9 slice (288g)

## Sweets

- ☐ jelly  
5 tbsp (105g)

## Fruits and Fruit Juices

- ☐ apples  
1 medium (3" dia) (182g)
- ☐ fruit juice  
32 fl oz (960mL)
- ☐ lime juice  
1/4 cup (68mL)
- ☐ avocados  
2 1/4 avocado(s) (452g)
- ☐ lemon juice  
5 tbsp (75mL)

## Nut and Seed Products

- ☐ almonds  
1/2 lbs (213g)

- ☐ **vegetable broth**  
2 cup(s) (mL)
- ☐ **pasta sauce**  
4 jar (24 oz) (2555g)

## **Vegetables and Vegetable Products**

- ☐ **canned whole tomatoes**  
1 1/3 cup (320g)
  - ☐ **onion**  
3 medium (2-1/2" dia) (313g)
  - ☐ **garlic**  
14 3/4 clove(s) (44g)
  - ☐ **green pepper**  
2 1/2 tbsp, chopped (23g)
  - ☐ **eggplant**  
1 small (458g)
  - ☐ **tomatoes**  
2 1/4 medium whole (2-3/5" dia) (277g)
  - ☐ **kale leaves**  
7 1/2 cup, chopped (300g)
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## Lunch 1 [↗](#)

Eat on day 1

### High-protein granola bar

3 bar(s) - 612 cals ● 30g protein ● 36g fat ● 36g carbs ● 6g fiber



Makes 3 bar(s)

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

### Peanut butter and jelly sandwich

2 1/2 sandwich(es) - 954 cals ● 29g protein ● 26g fat ● 138g carbs ● 13g fiber



Makes 2 1/2 sandwich(es)

**peanut butter**  
2 1/2 tbsp (40g)  
**bread**  
5 slice (160g)  
**jelly**  
5 tbsp (105g)

1. Toast bread if desired.  
Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

## Lunch 2 [↗](#)

Eat on day 2

### Vegan bangers and cauliflower mash

3 1/2 sausage link(s) - 1263 cals ● 102g protein ● 67g fat ● 54g carbs ● 10g fiber



Makes 3 1/2 sausage link(s)

**frozen cauliflower**

2 1/2 cup (298g)

**oil**

1 3/4 tbsp (26mL)

**vegan sausage**

3 1/2 sausage (350g)

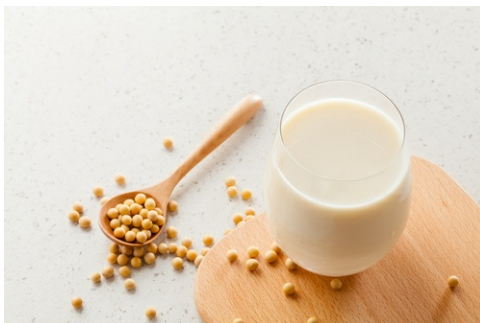
**onion, thinly sliced**

1 3/4 small (123g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

### Soy milk

3 1/4 cup(s) - 275 cals ● 23g protein ● 15g fat ● 7g carbs ● 7g fiber



Makes 3 1/4 cup(s)

**soy milk, unsweetened**

3 1/4 cup(s) (mL)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 3

### Garlic pepper seitan

856 cals ● 77g protein ● 42g fat ● 41g carbs ● 3g fiber



**olive oil**  
2 1/2 tbsp (38mL)  
**onion**  
5 tbsp, chopped (50g)  
**green pepper**  
2 1/2 tbsp, chopped (23g)  
**black pepper**  
1/3 tsp, ground (1g)  
**water**  
1 1/4 tbsp (19mL)  
**salt**  
1 1/4 dash (1g)  
**seitan, chicken style**  
10 oz (284g)  
**garlic, minced**  
3 clove(s) (9g)

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.

### Lentils

636 cals ● 43g protein ● 2g fat ● 93g carbs ● 19g fiber



**water**  
3 2/3 cup(s) (869mL)  
**salt**  
2 dash (1g)  
**lentils, raw, rinsed**  
1 cup (176g)

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.



Lunch 4 [↗](#)

Eat on day 4 and day 5

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

**fruit juice**  
16 fl oz (480mL)

For all 2 meals:

**fruit juice**  
32 fl oz (960mL)

1. The recipe has no instructions.

Pasta with store-bought sauce

1276 cals ● 44g protein ● 9g fat ● 236g carbs ● 19g fiber



For single meal:

**uncooked dry pasta**  
10 oz (285g)  
**pasta sauce**  
5/8 jar (24 oz) (420g)

For all 2 meals:

**uncooked dry pasta**  
1 1/4 lbs (570g)  
**pasta sauce**  
1 1/4 jar (24 oz) (840g)

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

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Tomato and avocado salad

528 cals ● 7g protein ● 41g fat ● 15g carbs ● 18g fiber



For single meal:

**onion**  
2 1/4 tbsp minced (34g)  
**lime juice**  
2 1/4 tbsp (34mL)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
1/2 tsp (2g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
1 avocado(s) (226g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (138g)

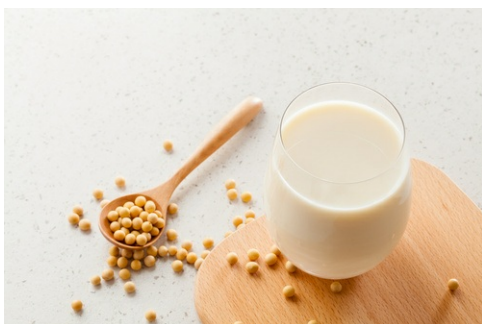
For all 2 meals:

**onion**  
1/4 cup minced (68g)  
**lime juice**  
1/4 cup (68mL)  
**olive oil**  
1 tbsp (17mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (7g)  
**black pepper**  
1 tsp, ground (3g)  
**avocados, cubed**  
2 1/4 avocado(s) (452g)  
**tomatoes, diced**  
2 1/4 medium whole (2-3/5" dia) (277g)

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.

### Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

**soy milk, unsweetened**  
1 cup(s) (mL)

For all 2 meals:

**soy milk, unsweetened**  
2 cup(s) (mL)

1. The recipe has no instructions.

### Meatless bolognese pasta

885 cals ● 51g protein ● 16g fat ● 112g carbs ● 21g fiber



For single meal:

**pasta sauce**  
3/4 lbs (340g)  
**vegetarian burger crumbles**  
6 oz (170g)  
**oil**  
1/4 tbsp (4mL)  
**uncooked dry pasta**  
4 oz (113g)

For all 2 meals:

**pasta sauce**  
1 1/2 lbs (680g)  
**vegetarian burger crumbles**  
3/4 lbs (340g)  
**oil**  
1/2 tbsp (8mL)  
**uncooked dry pasta**  
1/2 lbs (227g)

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. While the pasta cooks, heat the oil in a skillet or saucepan over medium heat.
3. Add the vegan meat and cook until browned, or as directed on the package. Break up any large clumps with a spoon as needed.
4. Stir in the pasta sauce and bring to a simmer.
5. Serve the sauce over the cooked pasta.

## Dinner 1 [↗](#)

Eat on day 1

### Lentil chili

1160 cal ● 50g protein ● 25g fat ● 147g carbs ● 37g fiber



**oil**  
4 tsp (20mL)  
**lentils, raw**  
2/3 cup (128g)  
**chili powder**  
4 tsp (11g)  
**ground cumin**  
2 tsp (4g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**dry bulgur wheat**  
2/3 cup (93g)  
**vegetable broth**  
2 cup(s) (mL)  
**canned whole tomatoes, chopped**  
1 1/3 cup (320g)  
**onion, chopped**  
2/3 medium (2-1/2" dia) (73g)  
**garlic, minced**  
2 2/3 clove(s) (8g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

### Soy milk

3 3/4 cup(s) - 318 cal ● 26g protein ● 17g fat ● 8g carbs ● 8g fiber



Makes 3 3/4 cup(s)  
**soy milk, unsweetened**  
3 3/4 cup(s) (mL)

1. The recipe has no instructions.

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## Dinner 2 [↗](#)

Eat on day 2

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### Apple

1 apple(s) - 105 cal● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)  
**apples**  
1 medium (3" dia) (182g)

1. The recipe has no instructions.

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### Vegan meatball sub

3 sub(s) - 1403 cal● 84g protein ● 36g fat ● 162g carbs ● 23g fiber



Makes 3 sub(s)  
**sub roll(s)**  
3 roll(s) (255g)  
**nutritional yeast**  
1 tbsp (4g)  
**pasta sauce**  
3/4 cup (195g)  
**vegan meatballs, frozen**  
12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
  2. Heat up pasta sauce on stove or in microwave.
  3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
  4. Serve.
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## Dinner 3 [↗](#)

Eat on day 3

### Eggplant and tofu curry

1620 cals ● 57g protein ● 63g fat ● 184g carbs ● 24g fiber



#### curry sauce

1 jar (15 oz) (425g)

#### oil

1 tbsp (15mL)

#### long-grain white rice

1 cup (185g)

#### eggplant, cubed

1 small (458g)

#### firm tofu, patted dry and cubed

1 package (16 oz) (453g)

1. Prepare rice according to package. Set aside.
2. In a skillet over medium heat, add the oil.
3. Add in the cubed tofu and eggplant and cook until browned, stirring occasionally, for about 7 minutes.
4. Pour in the curry sauce and heat through.
5. Serve the rice and top with curry sauce mixture.

## Dinner 4 [↗](#)

Eat on day 4 and day 5

### Lentil pasta

1262 cals ● 82g protein ● 10g fat ● 152g carbs ● 60g fiber



For single meal:

#### pasta sauce

5/8 jar (24 oz) (420g)

#### lentil pasta

10 oz (284g)

For all 2 meals:

#### pasta sauce

1 1/4 jar (24 oz) (840g)

#### lentil pasta

1 1/4 lbs (567g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

### 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.

## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Lentil kale salad

974 cals ● 39g protein ● 47g fat ● 81g carbs ● 19g fiber



For single meal:

**lentils, raw**  
10 tbsp (120g)  
**lemon juice**  
2 1/2 tbsp (38mL)  
**almonds**  
2 1/2 tbsp, slivered (17g)  
**oil**  
2 1/2 tbsp (38mL)  
**kale leaves**  
3 3/4 cup, chopped (150g)  
**crushed red pepper**  
1 1/4 tsp (2g)  
**water**  
2 1/2 cup(s) (593mL)  
**ground cumin**  
1 1/4 tsp (3g)  
**garlic, diced**  
2 1/2 clove(s) (8g)

For all 2 meals:

**lentils, raw**  
1 1/4 cup (240g)  
**lemon juice**  
5 tbsp (75mL)  
**almonds**  
5 tbsp, slivered (34g)  
**oil**  
5 tbsp (75mL)  
**kale leaves**  
7 1/2 cup, chopped (300g)  
**crushed red pepper**  
2 1/2 tsp (5g)  
**water**  
5 cup(s) (1185mL)  
**ground cumin**  
2 1/2 tsp (5g)  
**garlic, diced**  
5 clove(s) (15g)

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.

### Roasted almonds

5/8 cup(s) - 554 cals ● 19g protein ● 45g fat ● 8g carbs ● 11g fiber



For single meal:

**almonds**  
10 tbsp, whole (89g)

For all 2 meals:

**almonds**  
1 1/4 cup, whole (179g)

1. The recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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