

Meal Plan - 1500 calorie intermittent fasting vegetarian 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

1456 cals ● 102g protein (28%) ● 76g fat (47%) ● 71g carbs (19%) ● 19g fiber (5%)

Lunch

555 cals, 16g protein, 47g net carbs, 29g fat



[Eggplant pesto sandwich](#)
1 sandwich(es)- 452 cals



[Crackers](#)
6 cracker(s)- 101 cals

Dinner

740 cals, 50g protein, 22g net carbs, 46g fat



[String cheese](#)
3 stick(s)- 248 cals



[Seitan salad](#)
359 cals



[Walnuts](#)
1/6 cup(s)- 131 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 2

1455 cals ● 109g protein (30%) ● 76g fat (47%) ● 66g carbs (18%) ● 18g fiber (5%)

Lunch

555 cals, 23g protein, 42g net carbs, 29g fat



[Simple mixed greens salad](#)
68 cals



[Grilled cheese with mushrooms](#)
485 cals

Dinner

740 cals, 50g protein, 22g net carbs, 46g fat



[String cheese](#)
3 stick(s)- 248 cals



[Seitan salad](#)
359 cals



[Walnuts](#)
1/6 cup(s)- 131 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 3

1371 cals ● 99g protein (29%) ● 54g fat (35%) ● 102g carbs (30%) ● 22g fiber (6%)

Lunch

650 cals, 38g protein, 45g net carbs, 31g fat



[Sunflower seeds](#)

226 cals



[Simple plant-based deli wrap](#)

1 wrap(s)- 426 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

555 cals, 25g protein, 56g net carbs, 22g fat



[Brown rice](#)

3/4 cup brown rice, cooked- 172 cals



[Goat cheese and marinara stuffed zucchini](#)

4 zucchini halve(s)- 384 cals

Day 4

1371 cals ● 99g protein (29%) ● 54g fat (35%) ● 102g carbs (30%) ● 22g fiber (6%)

Lunch

650 cals, 38g protein, 45g net carbs, 31g fat



[Sunflower seeds](#)

226 cals



[Simple plant-based deli wrap](#)

1 wrap(s)- 426 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

555 cals, 25g protein, 56g net carbs, 22g fat



[Brown rice](#)

3/4 cup brown rice, cooked- 172 cals



[Goat cheese and marinara stuffed zucchini](#)

4 zucchini halve(s)- 384 cals

Day 5

1460 cals ● 108g protein (29%) ● 39g fat (24%) ● 143g carbs (39%) ● 28g fiber (8%)

Lunch

635 cals, 39g protein, 66g net carbs, 18g fat



[Simple kale salad](#)

2 cup(s)- 110 cals



[Seitan & bean wrap](#)

1 burrito(s)- 523 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

660 cals, 32g protein, 76g net carbs, 20g fat



[Simple Greek cucumber salad](#)

211 cals



[Chickpea bowl with spicy yogurt sauce](#)

451 cals

Day 6

1421 cals ● 107g protein (30%) ● 44g fat (28%) ● 120g carbs (34%) ● 28g fiber (8%)

Lunch

595 cals, 39g protein, 43g net carbs, 24g fat



Basic tempeh

6 oz- 443 cals



Brown rice

2/3 cup brown rice, cooked- 153 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Dinner

660 cals, 32g protein, 76g net carbs, 20g fat



Simple Greek cucumber salad

211 cals



Chickpea bowl with spicy yogurt sauce

451 cals

Day 7

1339 cals ● 111g protein (33%) ● 34g fat (23%) ● 120g carbs (36%) ● 28g fiber (8%)

Lunch

595 cals, 39g protein, 43g net carbs, 24g fat



Basic tempeh

6 oz- 443 cals



Brown rice

2/3 cup brown rice, cooked- 153 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Dinner

580 cals, 35g protein, 75g net carbs, 10g fat



White rice

1/2 cup rice, cooked- 110 cals



Simple kale salad

1/2 cup(s)- 28 cals



Tempeh & mushroom stir fry

443 cals

Vegetables and Vegetable Products

- ☐ eggplant
1/2 small eggplant (229g)
- ☐ garlic
1 clove (3g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (309g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ mushrooms
1 3/4 cup, chopped (123g)
- ☐ zucchini
4 large (1292g)
- ☐ purple onions
3/8 medium (2-1/2" dia) (41g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (452g)
- ☐ onion
1 small (70g)
- ☐ fresh parsley
4 tbsp chopped (15g)
- ☐ kale leaves
2 1/2 cup, chopped (100g)
- ☐ bell pepper
1/2 large (82g)

Fats and Oils

- ☐ olive oil
2 3/4 tbsp (41mL)
- ☐ oil
1/4 cup (53mL)
- ☐ salad dressing
6 tbsp (90mL)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 tbsp (16g)
- ☐ pasta sauce
1 cup (260g)
- ☐ salsa
2 tbsp (32g)

Baked Products

- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
- ☐ crackers
6 crackers (21g)

Other

- ☐ nutritional yeast
1 tbsp (4g)
- ☐ mixed greens
2 3/4 cup (83g)
- ☐ plant-based deli slices
14 slices (146g)
- ☐ sriracha chili sauce
2 tsp (10g)

Fruits and Fruit Juices

- ☐ avocados
1/2 avocado(s) (101g)
- ☐ lemon juice
3/4 tbsp (11mL)

Cereal Grains and Pasta

- ☐ seitan
1/2 lbs (255g)
- ☐ brown rice
1 1/3 cup (227g)
- ☐ long-grain white rice
2/3 cup (123g)

Nut and Seed Products

- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ sunflower kernels
2 1/2 oz (71g)

Beverages

- ☐ water
12 3/4 cup(s) (3015mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Spices and Herbs

- ☐ thyme, dried
1/2 tbsp, ground (2g)
- ☐ salt
1 tsp (5g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ red wine vinegar
1/2 tbsp (8mL)

- ☐ bread
3 slice(s) (96g)
- ☐ flour tortillas
3 tortilla (approx 10" dia) (216g)

Dairy and Egg Products

- ☐ cheese
1 slice (1 oz each) (28g)
- ☐ string cheese
6 stick (168g)
- ☐ sliced cheese
1 1/2 slice (3/4 oz) (32g)
- ☐ goat cheese
4 oz (113g)
- ☐ nonfat greek yogurt, plain
1 2/3 container (280g)

- ☐ dried dill weed
1/2 tbsp (2g)
- ☐ ground cumin
1 tsp (2g)
- ☐ ground ginger
2 dash (0g)
- ☐ garlic powder
4 dash (2g)

Legumes and Legume Products

- ☐ hummus
4 tbsp (60g)
 - ☐ chickpeas, canned
1 can (448g)
 - ☐ black beans
4 oz (113g)
 - ☐ tempeh
1 lbs (454g)
 - ☐ soy sauce
1 tbsp (15mL)
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Lunch 1 [↗](#)

Eat on day 1

Eggplant pesto sandwich

1 sandwich(es) - 452 cals ● 15g protein ● 25g fat ● 34g carbs ● 9g fiber



Makes 1 sandwich(es)

eggplant, halved and sliced

1/2 small eggplant (229g)

olive oil

1/2 tbsp (8mL)

pesto sauce

1 tbsp (16g)

garlic

1 clove (3g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

tomatoes

3 slice(s), thin/small (45g)

cheese

1 slice (1 oz each) (28g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

Crackers

6 cracker(s) - 101 cals ● 2g protein ● 4g fat ● 13g carbs ● 1g fiber



Makes 6 cracker(s)

crackers

6 crackers (21g)

1. Enjoy.

Lunch 2 [🔗](#)

Eat on day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Grilled cheese with mushrooms

485 cals ● 21g protein ● 24g fat ● 38g carbs ● 7g fiber



mushrooms

3/4 cup, chopped (53g)

olive oil

3/4 tbsp (11mL)

thyme, dried

1/2 tbsp, ground (2g)

bread

3 slice(s) (96g)

sliced cheese

1 1/2 slice (3/4 oz) (32g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
 2. Put the cheese on one slice of bread and put the mushrooms on top.
 3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
 4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.
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Lunch 3 [↗](#)

Eat on day 3, day 4

Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

hummus

2 tbsp (30g)

tomatoes

2 slice(s), thin/small (30g)

mixed greens

1/2 cup (15g)

flour tortillas

1 tortilla (approx 10" dia) (72g)

plant-based deli slices

7 slices (73g)

For all 2 meals:

hummus

4 tbsp (60g)

tomatoes

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

mixed greens

1 cup (30g)

flour tortillas

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

plant-based deli slices

14 slices (146g)

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 4 [↗](#)

Eat on day 5

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



Makes 2 cup(s)

salad dressing

2 tbsp (30mL)

kale leaves

2 cup, chopped (80g)

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

Seitan & bean wrap

1 burrito(s) - 523 cals ● 37g protein ● 11g fat ● 57g carbs ● 12g fiber



Makes 1 burrito(s)

oil

1/2 tsp (3mL)

nutritional yeast

1 tsp (1g)

mixed greens

4 tbsp (8g)

ground cumin

1 tsp (2g)

salsa

2 tbsp (32g)

black beans

4 oz (113g)

flour tortillas

1 tortilla (approx 10" dia) (72g)

seitan, cut into strips

3 oz (85g)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Brown rice

2/3 cup brown rice, cooked - 153 cal ● 3g protein ● 1g fat ● 31g carbs ● 1g fiber



For single meal:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

For all 2 meals:

brown rice
1/2 cup (84g)
salt
1/3 tsp (2g)
water
7/8 cup(s) (211mL)
black pepper
1/3 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
 2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
 3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
 4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
 5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
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Dinner 1 [↗](#)

Eat on day 1, day 2

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. This recipe has no instructions.

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

3 tbsp, shelled (19g)

For all 2 meals:

walnuts

6 tbsp, shelled (38g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3, day 4

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

brown rice

4 tbsp (48g)

salt

1 1/2 dash (1g)

water

1/2 cup(s) (119mL)

black pepper

1 1/2 dash, ground (0g)

For all 2 meals:

brown rice

1/2 cup (95g)

salt

3 dash (2g)

water

1 cup(s) (237mL)

black pepper

3 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cals ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



For single meal:

zucchini
2 large (646g)
pasta sauce
1/2 cup (130g)
goat cheese
2 oz (57g)

For all 2 meals:

zucchini
4 large (1292g)
pasta sauce
1 cup (260g)
goat cheese
4 oz (113g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

olive oil
3/4 tbsp (11mL)
red wine vinegar
1/4 tbsp (4mL)
dried dill weed
1/4 tbsp (1g)
lemon juice
1 tsp (6mL)
nonfat greek yogurt, plain
6 tbsp (105g)
purple onions, thinly sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced into half moons
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

olive oil
1 1/2 tbsp (23mL)
red wine vinegar
1/2 tbsp (8mL)
dried dill weed
1/2 tbsp (2g)
lemon juice
3/4 tbsp (11mL)
nonfat greek yogurt, plain
3/4 cup (210g)
purple onions, thinly sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced into half moons
1 1/2 cucumber (8-1/4") (452g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Chickpea bowl with spicy yogurt sauce

451 cals ● 19g protein ● 9g fat ● 62g carbs ● 11g fiber



For single meal:

onion, diced
1/2 small (35g)
sriracha chili sauce
1 tsp (5g)
nonfat greek yogurt, plain
2 tbsp (35g)
chickpeas, canned, rinsed & drained
1/2 can (224g)
long-grain white rice
4 tbsp (46g)
fresh parsley, chopped
2 tbsp chopped (8g)
oil
1 tsp (5mL)

For all 2 meals:

onion, diced
1 small (70g)
sriracha chili sauce
2 tsp (10g)
nonfat greek yogurt, plain
4 tbsp (70g)
chickpeas, canned, rinsed & drained
1 can (448g)
long-grain white rice
1/2 cup (93g)
fresh parsley, chopped
4 tbsp chopped (15g)
oil
2 tsp (10mL)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Dinner 4 [🔗](#)

Eat on day 7

White rice

1/2 cup rice, cooked - 110 cal ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber

Makes 1/2 cup rice, cooked



long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Simple kale salad

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



Makes 1/2 cup(s)

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

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

Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



soy sauce
1 tbsp (15mL)
bell pepper, sliced
1/2 large (82g)
mushrooms, chopped
1 cup, chopped (70g)
brown rice
4 tbsp (48g)
ground ginger
2 dash (0g)
garlic powder
4 dash (2g)
tempeh, sliced
4 oz (113g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

water
10 1/2 cup(s) (2489mL)
protein powder
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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