

# Meal Plan - 1500 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

1394 cals ● 129g protein (37%) ● 29g fat (19%) ● 127g carbs (36%) ● 28g fiber (8%)

### Lunch

490 cals, 24g protein, 55g net carbs, 14g fat



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals



**Simple kale salad**  
1 1/2 cup(s)- 83 cals



**Vegan chili con 'carne'**  
291 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

740 cals, 69g protein, 71g net carbs, 14g fat



**Lentils**  
260 cals



**Simple seitan**  
6 oz- 365 cals



**Easy chickpea salad**  
117 cals

## Day 2

1525 cals ● 99g protein (26%) ● 70g fat (41%) ● 83g carbs (22%) ● 42g fiber (11%)

### Lunch

685 cals, 30g protein, 42g net carbs, 36g fat



**Sunflower seeds**  
240 cals



**Mixed bean salad**  
444 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

675 cals, 33g protein, 40g net carbs, 34g fat



**Pumpkin seeds**  
366 cals



**Black bean & sweet potato stew**  
311 cals

## Day 3

1525 cal ● 99g protein (26%) ● 70g fat (41%) ● 83g carbs (22%) ● 42g fiber (11%)

### Lunch

685 cal, 30g protein, 42g net carbs, 36g fat



Sunflower seeds

240 cal



Mixed bean salad

444 cal

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

### Dinner

675 cal, 33g protein, 40g net carbs, 34g fat



Pumpkin seeds

366 cal



Black bean & sweet potato stew

311 cal

## Day 4

1501 cal ● 94g protein (25%) ● 64g fat (39%) ● 110g carbs (29%) ● 27g fiber (7%)

### Lunch

640 cal, 27g protein, 17g net carbs, 47g fat



Salsa verde tofu salad

353 cal



Roasted peanuts

1/3 cup(s)- 288 cal

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

### Dinner

700 cal, 32g protein, 91g net carbs, 17g fat



Simple salad with celery, cucumber & tomato

256 cal



Tofu alfredo pasta with broccoli

442 cal

## Day 5

1513 cal ● 131g protein (35%) ● 72g fat (43%) ● 65g carbs (17%) ● 22g fiber (6%)

### Lunch

640 cal, 27g protein, 17g net carbs, 47g fat



Salsa verde tofu salad

353 cal



Roasted peanuts

1/3 cup(s)- 288 cal

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

### Dinner

710 cal, 68g protein, 46g net carbs, 25g fat



Lentils

174 cal



Vegan sausage

2 sausage(s)- 536 cal

## Day 6

1503 cal ● 112g protein (30%) ● 51g fat (31%) ● 122g carbs (33%) ● 27g fiber (7%)

### Lunch

710 cal, 41g protein, 57g net carbs, 29g fat



**Lentils**  
347 cal



**Olive oil drizzled broccoli**  
1 1/2 cup(s)- 105 cal



**Basic tofu**  
6 oz- 257 cal

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cal

### Dinner

630 cal, 35g protein, 64g net carbs, 21g fat



**Chik'n stir fry**  
427 cal



**Simple mixed greens salad**  
203 cal

## Day 7

1503 cal ● 112g protein (30%) ● 51g fat (31%) ● 122g carbs (33%) ● 27g fiber (7%)

### Lunch

710 cal, 41g protein, 57g net carbs, 29g fat



**Lentils**  
347 cal



**Olive oil drizzled broccoli**  
1 1/2 cup(s)- 105 cal



**Basic tofu**  
6 oz- 257 cal

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cal

### Dinner

630 cal, 35g protein, 64g net carbs, 21g fat



**Chik'n stir fry**  
427 cal



**Simple mixed greens salad**  
203 cal

## Cereal Grains and Pasta

- brown rice  
3/4 cup (139g)
- seitan  
6 oz (170g)
- uncooked dry pasta  
3 oz (86g)

## Spices and Herbs

- salt  
4 g (4g)
- black pepper  
1/2 g (0g)
- ground cumin  
1 tbsp (6g)
- chili powder  
1 1/2 dash (0g)
- balsamic vinegar  
1/4 tbsp (4mL)
- dried dill weed  
4 dash (1g)
- basil, dried  
4 dash, ground (1g)

## Beverages

- water  
20 cup(s) (4731mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- almond milk, unsweetened  
2 tbsp (31mL)

## Fats and Oils

- salad dressing  
13 1/2 tbsp (203mL)
- oil  
2 oz (58mL)
- olive oil  
1 1/2 oz (45mL)

## Vegetables and Vegetable Products

- kale leaves  
2 1/4 cup, chopped (90g)
- garlic  
3 1/2 clove(s) (11g)
- canned stewed tomatoes  
1/6 can (~14.5 oz) (68g)

## Legumes and Legume Products

- kidney beans  
1 1/6 can (523g)
- lentils, raw  
1 3/4 cup (328g)
- vegetarian burger crumbles  
1/6 package (12 oz) (57g)
- chickpeas, canned  
3/4 can (336g)
- black beans  
1 can(s) (499g)
- firm tofu  
1 1/2 lbs (621g)
- roasted peanuts  
10 tbsp (91g)
- soy sauce  
2 1/2 tbsp (38mL)

## Soups, Sauces, and Gravies

- vegetable broth  
1/6 cup(s) (mL)
- apple cider vinegar  
1/4 tbsp (0mL)
- salsa verde  
2 tbsp (32g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
5 oz (148g)
- sunflower kernels  
2 2/3 oz (76g)

## Fruits and Fruit Juices

- lemon juice  
2 1/2 tbsp (38mL)
- avocados  
4 slices (100g)

## Other

- mixed greens  
3 1/3 package (5.5 oz) (515g)
- vegan sausage  
2 sausage (200g)
- vegan chik'n strips  
1/2 lbs (213g)

- onion**  
7/8 medium (2-1/2" dia) (97g)
  - bell pepper**  
2 medium (218g)
  - fresh parsley**  
3/4 sprigs (1g)
  - tomatoes**  
2 medium whole (2-3/5" dia) (240g)
  - tomato paste**  
1 tbsp (16g)
  - sweet potatoes**  
1/2 sweetpotato, 5" long (105g)
  - cucumber**  
1 1/2 cucumber (8-1/4") (452g)
  - raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)
  - frozen broccoli**  
3/4 lbs (344g)
  - carrots**  
3 small (5-1/2" long) (150g)
-

## Lunch 1 [↗](#)

Eat on day 1

### Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

**brown rice**

2 2/3 tbsp (32g)

**salt**

1 dash (1g)

**water**

1/3 cup(s) (79mL)

**black pepper**

1 dash, ground (0g)

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.

### Simple kale salad

1 1/2 cup(s) - 83 cal ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)

**salad dressing**

1 1/2 tbsp (23mL)

**kale leaves**

1 1/2 cup, chopped (60g)

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

### Vegan chili con 'carne'

291 cal ● 20g protein ● 8g fat ● 25g carbs ● 10g fiber



**oil**  
1 tsp (5mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**kidney beans, drained and rinsed**  
1/6 can (75g)  
**lentils, raw**  
4 tsp (16g)  
**vegetarian burger crumbles**  
1/6 package (12 oz) (57g)  
**canned stewed tomatoes**  
1/6 can (~14.5 oz) (68g)  
**ground cumin**  
1 1/3 dash (0g)  
**chili powder**  
1 1/3 dash (0g)  
**vegetable broth**  
1/6 cup(s) (mL)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**bell pepper, chopped**  
1/3 medium (40g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

---

## Lunch 2 [↗](#)

Eat on day 2, day 3

---

### Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/3 oz (38g)

For all 2 meals:

**sunflower kernels**  
2 2/3 oz (76g)

1. This recipe has no instructions.

---

### Mixed bean salad

444 cal ● 18g protein ● 17g fat ● 39g carbs ● 15g fiber



For single meal:

**garlic, minced**

3/4 clove(s) (2g)

**dried dill weed**

2 dash (0g)

**lemon juice**

1 tbsp (15mL)

**olive oil**

1 tbsp (15mL)

**cucumber, chopped**

1/4 cucumber (8-1/4") (75g)

**onion, diced**

1/4 small (18g)

**chickpeas, canned, rinsed & drained**

1/4 can (112g)

**kidney beans, rinsed & drained**

1/2 can (224g)

For all 2 meals:

**garlic, minced**

1 1/2 clove(s) (5g)

**dried dill weed**

4 dash (1g)

**lemon juice**

2 tbsp (30mL)

**olive oil**

2 tbsp (30mL)

**cucumber, chopped**

1/2 cucumber (8-1/4") (151g)

**onion, diced**

1/2 small (35g)

**chickpeas, canned, rinsed & drained**

1/2 can (224g)

**kidney beans, rinsed & drained**

1 can (448g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

---

## Lunch 3 [↗](#)

Eat on day 4, day 5

---

### Salsa verde tofu salad

353 cals ● 16g protein ● 24g fat ● 11g carbs ● 8g fiber





For single meal:

- tomatoes, chopped**  
1/2 roma tomato (40g)
- salsa verde**  
1 tbsp (16g)
- ground cumin**  
1 tsp (2g)
- black beans, drained and rinsed**  
2 tbsp (30g)
- roasted pumpkin seeds, unsalted**  
2 tbsp (15g)
- avocados, sliced**  
2 slices (50g)
- mixed greens**  
1 1/2 cup (45g)
- oil**  
1 tsp (5mL)
- firm tofu**  
1 slice(s) (84g)

For all 2 meals:

- tomatoes, chopped**  
1 roma tomato (80g)
- salsa verde**  
2 tbsp (32g)
- ground cumin**  
2 tsp (4g)
- black beans, drained and rinsed**  
4 tbsp (60g)
- roasted pumpkin seeds, unsalted**  
4 tbsp (30g)
- avocados, sliced**  
4 slices (100g)
- mixed greens**  
3 cup (90g)
- oil**  
2 tsp (10mL)
- firm tofu**  
2 slice(s) (168g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

---

## Roasted peanuts

1/3 cup(s) - 288 cal ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

- roasted peanuts**  
5 tbsp (46g)

For all 2 meals:

- roasted peanuts**  
10 tbsp (91g)

1. This recipe has no instructions.
-

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
4 cup(s) (948mL)  
**lentils, raw, rinsed**  
1 cup (192g)

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.

### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**frozen broccoli**  
1 1/2 cup (137g)  
**olive oil**  
1/2 tbs (8mL)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbs (15mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**firm tofu**  
6 oz (170g)  
**oil**  
1 tbs (15mL)

For all 2 meals:

**firm tofu**  
3/4 lbs (340g)  
**oil**  
2 tbs (30mL)

1. Slice tofu 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.

---

## Dinner 1 [↗](#)

Eat on day 1

---

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



**salt**

3/4 dash (1g)

**water**

1 1/2 cup(s) (356mL)

**lentils, raw, rinsed**

6 tbsp (72g)

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.

---

### Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

**oil**

1/2 tbsp (8mL)

**seitan**

6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

### Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



**fresh parsley, chopped**

3/4 sprigs (1g)

**apple cider vinegar**

1/4 tbsp (0mL)

**balsamic vinegar**

1/4 tbsp (4mL)

**tomatoes, halved**

4 tbsp cherry tomatoes (37g)

**onion, thinly sliced**

1/8 small (9g)

**chickpeas, canned, drained and rinsed**

1/4 can (112g)

1. Add all ingredients to a bowl and toss. Serve!
-

## Dinner 2 [↗](#)

Eat on day 2, day 3

---

### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. This recipe has no instructions.

---

### Black bean & sweet potato stew

311 cal ● 15g protein ● 5g fat ● 35g carbs ● 18g fiber



For single meal:

**tomato paste**  
1/2 tbsp (8g)  
**oil**  
1/4 tbsp (4mL)  
**kale leaves**  
6 tbsp, chopped (15g)  
**lemon juice**  
1/4 tbsp (4mL)  
**ground cumin**  
3 dash (1g)  
**garlic, diced**  
1/2 clove(s) (2g)  
**onion, chopped**  
1/4 small (18g)  
**sweet potatoes, cubed**  
1/4 sweetpotato, 5" long (53g)  
**water**  
3/4 cup(s) (178mL)  
**black beans, drained**  
1/2 can(s) (220g)

For all 2 meals:

**tomato paste**  
1 tbsp (16g)  
**oil**  
1/2 tbsp (8mL)  
**kale leaves**  
3/4 cup, chopped (30g)  
**lemon juice**  
1/2 tbsp (8mL)  
**ground cumin**  
1/4 tbsp (2g)  
**garlic, diced**  
1 clove(s) (3g)  
**onion, chopped**  
1/2 small (35g)  
**sweet potatoes, cubed**  
1/2 sweetpotato, 5" long (105g)  
**water**  
1 1/2 cup(s) (356mL)  
**black beans, drained**  
1 can(s) (439g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
  2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
  3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
  4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
  5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.
-

## Dinner 3 [↗](#)

Eat on day 4

---

### Simple salad with celery, cucumber & tomato

256 cal ● 9g protein ● 10g fat ● 26g carbs ● 8g fiber



**mixed greens**

1 package (5.5 oz) (155g)

**salad dressing**

3 tbsp (45mL)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (123g)

**cucumber, sliced**

1 cucumber (8-1/4") (301g)

**raw celery, chopped**

2 stalk, medium (7-1/2" - 8" long) (80g)

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

---

### Tofu alfredo pasta with broccoli

442 cal ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



**uncooked dry pasta**

3 oz (86g)

**firm tofu**

1/4 package (16 oz) (113g)

**frozen broccoli**

1/4 package (71g)

**garlic**

1/2 clove(s) (2g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

2 tbsp (30mL)

**basil, dried**

4 dash, ground (1g)

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.
-

## Dinner 4 [↗](#)

Eat on day 5

---

### Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**salt**

1/2 dash (0g)

**water**

1 cup(s) (237mL)

**lentils, raw, rinsed**

4 tbsp (48g)

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.

---

### Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

**vegan sausage**

2 sausage (200g)

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

## Dinner 5 [↗](#)

Eat on day 6, day 7

---

### Chik'n stir fry

427 cal ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



For single meal:

**vegan chik'n strips**  
1/4 lbs (106g)  
**carrots, cut into thin strips**  
1 1/2 small (5-1/2" long) (75g)  
**water**  
1/2 cup(s) (133mL)  
**soy sauce**  
1 1/4 tbsp (19mL)  
**bell pepper, deseeded & cut into thin strips**  
3/4 medium (89g)  
**brown rice**  
1/4 cup (53g)

For all 2 meals:

**vegan chik'n strips**  
1/2 lbs (213g)  
**carrots, cut into thin strips**  
3 small (5-1/2" long) (150g)  
**water**  
1 cup(s) (267mL)  
**soy sauce**  
2 1/2 tbsp (37mL)  
**bell pepper, deseeded & cut into thin strips**  
1 1/2 medium (179g)  
**brown rice**  
1/2 cup (107g)

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 mixed greens salad

203 cal ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

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