

Meal Plan - 1600 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

1599 cals ● 111g protein (28%) ● 50g fat (28%) ● 135g carbs (34%) ● 41g fiber (10%)

Lunch

840 cals, 32g protein, 88g net carbs, 28g fat



[White bean cassoulet](#)
577 cals



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

Dinner

540 cals, 31g protein, 45g net carbs, 21g fat



[Sautéed peppers and onions](#)
94 cals



[Couscous](#)
151 cals



[Basic tempeh](#)
4 oz- 295 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Day 2

1572 cals ● 103g protein (26%) ● 69g fat (39%) ● 103g carbs (26%) ● 32g fiber (8%)

Lunch

815 cals, 24g protein, 57g net carbs, 47g fat



[Green bean, beet, & pepita salad](#)
720 cals



[Blueberries](#)
1 cup(s)- 95 cals

Dinner

540 cals, 31g protein, 45g net carbs, 21g fat



[Sautéed peppers and onions](#)
94 cals



[Couscous](#)
151 cals



[Basic tempeh](#)
4 oz- 295 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Day 3

1584 cals ● 131g protein (33%) ● 61g fat (35%) ● 108g carbs (27%) ● 20g fiber (5%)

Lunch

645 cals, 24g protein, 75g net carbs, 22g fat



Spinach & hummus pasta
473 cals



Edamame & beet salad
171 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

720 cals, 58g protein, 31g net carbs, 38g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals

Day 4

1584 cals ● 131g protein (33%) ● 61g fat (35%) ● 108g carbs (27%) ● 20g fiber (5%)

Lunch

645 cals, 24g protein, 75g net carbs, 22g fat



Spinach & hummus pasta
473 cals



Edamame & beet salad
171 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

720 cals, 58g protein, 31g net carbs, 38g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals

Day 5

1599 cals ● 110g protein (27%) ● 50g fat (28%) ● 134g carbs (34%) ● 43g fiber (11%)

Lunch

655 cals, 38g protein, 51g net carbs, 27g fat



Bbq tempeh wrap
1 wrap(s)- 472 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



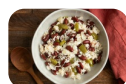
Protein shake
2 scoop- 218 cals

Dinner

725 cals, 23g protein, 82g net carbs, 22g fat



Tossed salad
364 cals



Belizean rice & beans
362 cals

Day 6

1582 cals ● 137g protein (35%) ● 53g fat (30%) ● 99g carbs (25%) ● 40g fiber (10%)

Lunch

715 cals, 47g protein, 79g net carbs, 15g fat



Simple salad with tomatoes and carrots

147 cals



Chik'n stir fry

570 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Dinner

645 cals, 42g protein, 18g net carbs, 38g fat



Buffalo tempeh with vegan ranch

589 cals



Broccoli

2 cup(s)- 58 cals

Day 7

1582 cals ● 137g protein (35%) ● 53g fat (30%) ● 99g carbs (25%) ● 40g fiber (10%)

Lunch

715 cals, 47g protein, 79g net carbs, 15g fat



Simple salad with tomatoes and carrots

147 cals



Chik'n stir fry

570 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Dinner

645 cals, 42g protein, 18g net carbs, 38g fat



Buffalo tempeh with vegan ranch

589 cals



Broccoli

2 cup(s)- 58 cals

Vegetables and Vegetable Products

- garlic
3 1/2 clove(s) (11g)
- onion
3 1/3 medium (2-1/2" dia) (365g)
- raw celery
3/4 stalk, medium (7-1/2" - 8" long) (30g)
- carrots
7 medium (429g)
- tomatoes
4 1/3 medium whole (2-3/5" dia) (533g)
- bell pepper
3 large (521g)
- beets, precooked (canned or refrigerated)
7 beets (2" dia, sphere) (350g)
- fresh green beans
2 1/4 cup 1/2" pieces (225g)
- fresh spinach
1 1/3 cup(s) (40g)
- edamame, frozen, shelled
1 cup (118g)
- purple onions
3/8 medium (2-1/2" dia) (41g)
- cucumber
3/8 cucumber (8-1/4") (113g)
- romaine lettuce
3 hearts (1500g)
- red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- frozen broccoli
4 cup (364g)

Fats and Oils

- oil
4 oz (117mL)
- salad dressing
1/3 lbs (157mL)
- balsamic vinaigrette
1/2 cup (120mL)

Soups, Sauces, and Gravies

- vegetable broth
3/8 cup(s) (mL)
- barbecue sauce
2 tbsp (34g)
- Frank's Red Hot sauce
6 tbsp (91mL)

Legumes and Legume Products

Other

- mixed greens
10 1/4 cup (308g)
- vegan sausage
4 sausage (400g)
- frozen cauliflower
3 cup (340g)
- coleslaw mix
1 cup (90g)
- vegan chik'n strips
10 oz (284g)
- vegan ranch
6 tbsp (91mL)

Cereal Grains and Pasta

- instant couscous, flavored
1/2 box (5.8 oz) (82g)
- uncooked dry pasta
1/3 lbs (152g)
- long-grain white rice
4 tbsp (46g)
- brown rice
3/4 cup (143g)

Beverages

- water
15 2/3 cup(s) (3719mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
2 1/2 oz (74g)
- coconut milk, canned
3 tbsp (46mL)

Fruits and Fruit Juices

- blueberries
1 cup (148g)
- lemon juice
2 tsp (10mL)

Baked Products

- flour tortillas
1 tortilla (approx 7-8" dia) (49g)

white beans, canned
3/4 can(s) (329g)

tempeh
1 1/2 lbs (680g)

hummus
1/4 lbs (95g)

kidney beans
1/4 can (112g)

soy sauce
3 1/3 tbsp (50mL)

Lunch 1 [↗](#)

Eat on day 1

White bean cassoulet

577 cal ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



garlic, minced
1 1/2 clove(s) (5g)
oil
3/4 tbsp (11 mL)
vegetable broth
3/8 cup(s) (mL)
white beans, canned, drained & rinsed
3/4 can(s) (329g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
raw celery, thinly sliced
3/4 stalk, medium (7-1/2" - 8" long) (30g)
carrots, peeled & slices
1 1/2 large (108g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple mixed greens and tomato salad

265 cal ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



salad dressing
1/3 cup (79mL)
mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)

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

Lunch 2 [↗](#)

Eat on day 2

Green bean, beet, & pepita salad

720 cals ● 23g protein ● 47g fat ● 39g carbs ● 14g fiber



balsamic vinaigrette

6 tbsp (90mL)

roasted pumpkin seeds, unsalted

6 tbsp (44g)

beets, precooked (canned or refrigerated), chopped

3 beets (2" dia, sphere) (150g)

fresh green beans, ends trimmed and discarded

2 1/4 cup 1/2" pieces (225g)

mixed greens

3 cup (90g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

blueberries

1 cup (148g)

1. Rinse off blueberries and serve.
-

Lunch 3 [↗](#)

Eat on day 3, day 4

Spinach & hummus pasta

473 cal ● 15g protein ● 15g fat ● 62g carbs ● 7g fiber



For single meal:

uncooked dry pasta

2 2/3 oz (76g)

lemon juice

1 tsp (5mL)

onion, diced

1/3 small (23g)

fresh spinach

2/3 cup(s) (20g)

tomatoes, chopped

1/3 medium whole (2-3/5" dia) (41g)

oil

2 tsp (10mL)

garlic, diced

2/3 clove(s) (2g)

hummus

1 2/3 oz (47g)

For all 2 meals:

uncooked dry pasta

1/3 lbs (152g)

lemon juice

2 tsp (10mL)

onion, diced

2/3 small (47g)

fresh spinach

1 1/3 cup(s) (40g)

tomatoes, chopped

2/3 medium whole (2-3/5" dia) (82g)

oil

4 tsp (20mL)

garlic, diced

1 1/3 clove(s) (4g)

hummus

1/4 lbs (95g)

1. Cook pasta according to directions on package.
2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
4. Add in hummus and mix well. Add a splash of water if needed.
5. Mix in pasta and season with salt/pepper to taste. Serve.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

balsamic vinaigrette

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

2 beets (2" dia, sphere) (100g)

edamame, frozen, shelled

1/2 cup (59g)

mixed greens

1 cup (30g)

For all 2 meals:

balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lunch 4 [↗](#)

Eat on day 5

Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



Makes 1 wrap(s)

bell pepper, deseeded and sliced

1/2 small (37g)

oil

1/2 tsp (3mL)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

coleslaw mix

1 cup (90g)

barbecue sauce

2 tbsp (34g)

tempeh, cut into strips

4 oz (113g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted

4 tbsp (30g)

1. This recipe has no instructions.
-

Lunch 5 [↗](#)

Eat on day 6, day 7

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)

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

Chik'n stir fry

570 cal ● 41g protein ● 10g fat ● 68g carbs ● 11g fiber



For single meal:

vegan chik'n strips
5 oz (142g)
carrots, cut into thin strips
2 small (5-1/2" long) (100g)
water
3/4 cup(s) (178mL)
soy sauce
5 tsp (25mL)
bell pepper, deseeded & cut into thin strips
1 medium (119g)
brown rice
6 tbsp (71g)

For all 2 meals:

vegan chik'n strips
10 oz (284g)
carrots, cut into thin strips
4 small (5-1/2" long) (200g)
water
1 1/2 cup(s) (356mL)
soy sauce
3 1/3 tbsp (50mL)
bell pepper, deseeded & cut into thin strips
2 medium (238g)
brown rice
3/4 cup (143g)

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.
-

Dinner 1 [↗](#)

Eat on day 1, day 2

Sauteed peppers and onions

94 cal ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced into strips
3/4 large (123g)

For all 2 meals:

oil
3/4 tbsp (11mL)
onion, sliced
3/4 medium (2-1/2" dia) (83g)
bell pepper, sliced into strips
1 1/2 large (246g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Couscous

151 cal ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



For single meal:

instant couscous, flavored
1/4 box (5.8 oz) (41g)

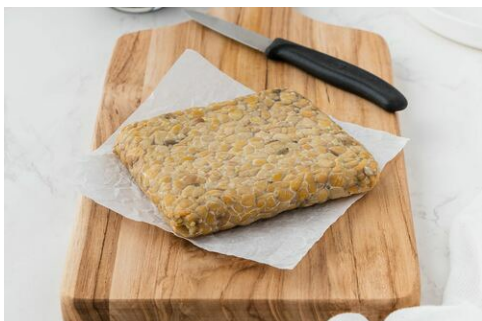
For all 2 meals:

instant couscous, flavored
1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
tempeh
4 oz (113g)

For all 2 meals:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

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.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cal ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

onion, thinly sliced

1 small (70g)

vegan sausage

2 sausage (200g)

oil

1 tbsp (15mL)

frozen cauliflower

1 1/2 cup (170g)

For all 2 meals:

onion, thinly sliced

2 small (140g)

vegan sausage

4 sausage (400g)

oil

2 tbsp (30mL)

frozen cauliflower

3 cup (340g)

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.

Dinner 3 [↗](#)

Eat on day 5

Tossed salad

364 cal ● 13g protein ● 12g fat ● 30g carbs ● 21g fiber



purple onions, sliced

3/8 medium (2-1/2" dia) (41g)

cucumber, sliced or diced

3/8 cucumber (8-1/4") (113g)

romaine lettuce, shredded

1 1/2 hearts (750g)

carrots, peeled and shredded or sliced

1 1/2 small (5-1/2" long) (75g)

tomatoes, diced

1 1/2 small whole (2-2/5" dia) (137g)

salad dressing

3 tbsp (45mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Belizean rice & beans

362 cal ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



garlic, minced
3/4 clove(s) (2g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
long-grain white rice
4 tbsp (46g)
water
1/6 cup(s) (44mL)
kidney beans, drained
1/4 can (112g)
coconut milk, canned
3 tbsp (45mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Dinner 4 [↗](#)

Eat on day 6, day 7

Buffalo tempeh with vegan ranch

589 cal ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



For single meal:

vegan ranch
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
Frank's Red Hot sauce
3 tbsp (45mL)
oil
3/4 tbsp (11mL)

For all 2 meals:

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

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.

Broccoli

2 cup(s) - 58 cal ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli
2 cup (182g)

For all 2 meals:

frozen broccoli
4 cup (364g)

1. Prepare according to instructions on package.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water

2 cup(s) (474mL)

protein powder

2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water

14 cup(s) (3318mL)

protein powder

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
-