

# Meal Plan - 1100 calorie intermittent fasting pescetarian 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

1132 cals ● 91g protein (32%) ● 35g fat (28%) ● 92g carbs (33%) ● 19g fiber (7%)

### Lunch

615 cals, 34g protein, 53g net carbs, 27g fat



[Simple mozzarella and tomato salad](#)  
322 cals



[Tofu alfredo pasta with broccoli](#)  
295 cals

### Protein Supplement(s)

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



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

### Dinner

350 cals, 21g protein, 38g net carbs, 7g fat



[Milk](#)  
2/3 cup(s)- 99 cals



[Lentil pasta](#)  
252 cals

## Day 2

1016 cals ● 92g protein (36%) ● 23g fat (21%) ● 88g carbs (34%) ● 22g fiber (9%)

### Lunch

500 cals, 34g protein, 48g net carbs, 15g fat



[Almond crusted tilapia](#)  
4 1/2 oz- 318 cals



[Mashed sweet potatoes](#)  
183 cals

### Protein Supplement(s)

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



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

### Dinner

350 cals, 21g protein, 38g net carbs, 7g fat



[Milk](#)  
2/3 cup(s)- 99 cals



[Lentil pasta](#)  
252 cals

## Day 3

1111 cals ● 100g protein (36%) ● 22g fat (18%) ● 102g carbs (37%) ● 26g fiber (9%)

### Lunch

500 cals, 34g protein, 48g net carbs, 15g fat



[Almond crusted tilapia](#)

4 1/2 oz- 318 cals



[Mashed sweet potatoes](#)

183 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

445 cals, 29g protein, 53g net carbs, 6g fat



[Basic baked potato](#)

1 potato(es)- 264 cals



[Vegan crumbles](#)

1 1/4 cup(s)- 183 cals

## Day 4

1117 cals ● 94g protein (34%) ● 19g fat (15%) ● 116g carbs (41%) ● 27g fiber (9%)

### Lunch

505 cals, 29g protein, 62g net carbs, 12g fat



[Vegan meatball sub](#)

1 sub(s)- 468 cals



[Clementine](#)

1 clementine(s)- 39 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

445 cals, 29g protein, 53g net carbs, 6g fat



[Basic baked potato](#)

1 potato(es)- 264 cals



[Vegan crumbles](#)

1 1/4 cup(s)- 183 cals

## Day 5

1074 cals ● 111g protein (41%) ● 47g fat (40%) ● 29g carbs (11%) ● 22g fiber (8%)

### Lunch

470 cals, 39g protein, 14g net carbs, 23g fat



[Broccoli](#)

1 cup(s)- 29 cals



[Basic tempeh](#)

6 oz- 443 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

440 cals, 36g protein, 13g net carbs, 24g fat



[Milk](#)

3/4 cup(s)- 112 cals



[Avocado tuna salad](#)

327 cals

Day 6

1149 cals ● 96g protein (33%) ● 42g fat (33%) ● 74g carbs (26%) ● 22g fiber (8%)

Lunch

475 cals, 28g protein, 46g net carbs, 15g fat



Avocado tuna salad sandwich  
1 sandwich(es)- 370 cals



Apple  
1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

Dinner

510 cals, 32g protein, 26g net carbs, 27g fat



Brussel sprout, chik'n & apple salad  
387 cals



Chunky canned soup (non-creamy)  
1/2 can(s)- 124 cals

Day 7

1149 cals ● 96g protein (33%) ● 42g fat (33%) ● 74g carbs (26%) ● 22g fiber (8%)

Lunch

475 cals, 28g protein, 46g net carbs, 15g fat



Avocado tuna salad sandwich  
1 sandwich(es)- 370 cals



Apple  
1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

Dinner

510 cals, 32g protein, 26g net carbs, 27g fat



Brussel sprout, chik'n & apple salad  
387 cals



Chunky canned soup (non-creamy)  
1/2 can(s)- 124 cals

## Vegetables and Vegetable Products

- ☐ tomatoes  
1 3/4 medium whole (2-3/5" dia) (216g)
- ☐ frozen broccoli  
5 oz (138g)
- ☐ garlic  
1/3 clove(s) (1g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ potatoes  
2 large (3" to 4-1/4" dia.) (738g)
- ☐ onion  
1/2 small (31g)
- ☐ brussels sprouts  
1 1/2 cup (132g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
2 2/3 oz (76g)
- ☐ whole milk  
2 cup (499mL)

## Fats and Oils

- ☐ balsamic vinaigrette  
4 tsp (19mL)
- ☐ olive oil  
2 1/4 tbsp (34mL)
- ☐ oil  
4 tsp (20mL)

## Spices and Herbs

- ☐ fresh basil  
4 tsp, chopped (4g)
- ☐ salt  
1/4 tbsp (2g)
- ☐ basil, dried  
1/3 tsp, ground (0g)
- ☐ black pepper  
1/4 tsp (0g)
- ☐ apple cider vinegar  
1/2 tbsp (7g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
2 oz (57g)
- ☐ all-purpose flour  
1/4 cup(s) (31g)

## Beverages

- ☐ almond milk, unsweetened  
4 tsp (19mL)
- ☐ water  
10 1/2 cup(s) (2489mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/3 jar (24 oz) (233g)
- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)

## Other

- ☐ lentil pasta  
4 oz (113g)
- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ nutritional yeast  
1 tsp (1g)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ mixed greens  
3/4 cup (23g)
- ☐ vegan chik'n strips  
6 oz (170g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/2 lbs (252g)
- ☐ canned tuna  
1 3/4 can (301g)

## Nut and Seed Products

- ☐ almonds  
6 tbsp, slivered (41g)
- ☐ walnuts  
4 tbsp, chopped (28g)

## Fruits and Fruit Juices

- ☐ clementines  
1 fruit (74g)
- ☐ avocados  
7/8 avocado(s) (176g)

## Legumes and Legume Products

- ☐ firm tofu  
1/6 package (16 oz) (76g)
- ☐ vegetarian burger crumbles  
2 1/2 cup (250g)
- ☐ tempeh  
6 oz (170g)

- ☐ lime juice  
1 3/4 tsp (9mL)
- ☐ apples  
2 1/4 medium (3" dia) (414g)

## Baked Products

- ☐ bread  
4 slice (128g)

## Sweets

- ☐ maple syrup  
2 tsp (10mL)
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## Lunch 1 [↗](#)

Eat on day 1

### Simple mozzarella and tomato salad

322 cal ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



#### tomatoes, sliced

1 large whole (3" dia) (182g)

#### fresh mozzarella cheese, sliced

2 2/3 oz (76g)

#### balsamic vinaigrette

4 tsp (20mL)

#### fresh basil

4 tsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Tofu alfredo pasta with broccoli

295 cal ● 15g protein ● 5g fat ● 44g carbs ● 4g fiber



#### uncooked dry pasta

2 oz (57g)

#### firm tofu

1/6 package (16 oz) (76g)

#### frozen broccoli

1/6 package (47g)

#### garlic

1/3 clove(s) (1g)

#### salt

1/8 dash (0g)

#### almond milk, unsweetened

4 tsp (20mL)

#### basil, dried

1/3 tsp, ground (0g)

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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

**tilapia, raw**  
1/4 lbs (126g)  
**almonds**  
3 tbsp, slivered (20g)  
**all-purpose flour**  
1/8 cup(s) (16g)  
**salt**  
3/4 dash (0g)  
**olive oil**  
1 tsp (6mL)

For all 2 meals:

**tilapia, raw**  
1/2 lbs (252g)  
**almonds**  
6 tbsp, slivered (41g)  
**all-purpose flour**  
1/4 cup(s) (31g)  
**salt**  
1 1/2 dash (1g)  
**olive oil**  
3/4 tbsp (11mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

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### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**  
2 sweetpotato, 5" long (420g)

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.
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## Lunch 3 [🔗](#)

Eat on day 4

### Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

#### vegan meatballs, frozen

4 meatball(s) (120g)

#### pasta sauce

4 tbsp (65g)

#### nutritional yeast

1 tsp (1g)

#### sub roll(s)

1 roll(s) (85g)

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.

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



Makes 1 clementine(s)

#### clementines

1 fruit (74g)

1. This recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 5

### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

#### frozen broccoli

1 cup (91g)

1. Prepare according to instructions on package.

### Basic tempeh

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





Makes 6 oz

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

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.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**avocados**  
1/4 avocado(s) (50g)  
**canned tuna, drained**  
1/2 can (86g)  
**bread**  
2 slice (64g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**avocados**  
1/2 avocado(s) (101g)  
**canned tuna, drained**  
1 can (172g)  
**bread**  
4 slice (128g)  
**onion, minced**  
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

## Apple

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



For single meal:  
**apples**  
1 medium (3" dia) (182g)

For all 2 meals:  
**apples**  
2 medium (3" dia) (364g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:  
**whole milk**  
2/3 cup (160mL)

For all 2 meals:  
**whole milk**  
1 1/3 cup (320mL)

1. This recipe has no instructions.

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### Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



For single meal:  
**pasta sauce**  
1/8 jar (24 oz) (84g)  
**lentil pasta**  
2 oz (57g)

For all 2 meals:  
**pasta sauce**  
1/4 jar (24 oz) (168g)  
**lentil pasta**  
4 oz (113g)

1. Cook lentil pasta according to package.
  2. Top with sauce and serve.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Basic baked potato

1 potato(es) - 264 cals ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



For single meal:

#### potatoes

1 large (3" to 4-1/4" dia.) (369g)

#### salt

1 dash (0g)

#### oil

1/2 tsp (3mL)

For all 2 meals:

#### potatoes

2 large (3" to 4-1/4" dia.) (738g)

#### salt

2 dash (1g)

#### oil

1 tsp (5mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

### Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

#### vegetarian burger crumbles

1 1/4 cup (125g)

For all 2 meals:

#### vegetarian burger crumbles

2 1/2 cup (250g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

## Dinner 3 [↗](#)

Eat on day 5

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### Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber

Makes 3/4 cup(s)

#### **whole milk**

3/4 cup (180mL)



1. This recipe has no instructions.

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### Avocado tuna salad

327 cal ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



#### **avocados**

3/8 avocado(s) (75g)

#### **lime juice**

1/4 tbsp (4mL)

#### **salt**

3/4 dash (0g)

#### **black pepper**

3/4 dash (0g)

#### **mixed greens**

3/4 cup (23g)

#### **onion, minced**

1/6 small (13g)

#### **canned tuna**

3/4 can (129g)

#### **tomatoes**

3 tbsp, chopped (34g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
  3. Serve.
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## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Brussel sprout, chik'n & apple salad

387 cals ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



For single meal:

**vegan chik'n strips**

3 oz (85g)

**brussels sprouts, ends trimmed and discarded**

3/4 cup (66g)

**apples, chopped**

1/6 small (2-3/4" dia) (25g)

**walnuts**

2 tbsp, chopped (14g)

**apple cider vinegar**

1/4 tbsp (4g)

**maple syrup**

1 tsp (5mL)

**olive oil**

3/4 tbsp (11mL)

For all 2 meals:

**vegan chik'n strips**

6 oz (170g)

**brussels sprouts, ends trimmed and discarded**

1 1/2 cup (132g)

**apples, chopped**

1/3 small (2-3/4" dia) (50g)

**walnuts**

4 tbsp, chopped (28g)

**apple cider vinegar**

1/2 tbsp (7g)

**maple syrup**

2 tsp (10mL)

**olive oil**

1 1/2 tbsp (23mL)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1/2 can (~19 oz) (263g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

# 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.