

# Meal Plan - 1200 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

1199 cals ● 99g protein (33%) ● 41g fat (31%) ● 85g carbs (28%) ● 22g fiber (7%)

### Lunch

475 cals, 22g protein, 51g net carbs, 18g fat



[Nectarine](#)

1 nectarine(s)- 70 cals



[Mediterranean chik'n wrap](#)

1 wrap(s)- 406 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

560 cals, 40g protein, 33g net carbs, 23g fat



[Pita bread](#)

1 1/2 pita bread(s)- 117 cals



[Basic tempeh](#)

6 oz- 443 cals

## Day 2

1240 cals ● 92g protein (30%) ● 53g fat (39%) ● 78g carbs (25%) ● 20g fiber (7%)

### Lunch

585 cals, 25g protein, 44g net carbs, 29g fat



[Edamame & beet salad](#)

86 cals



[Patty melt](#)

1 sandwich(es)- 500 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

490 cals, 31g protein, 32g net carbs, 24g fat



[Salmon & veggie one pot](#)

4 oz salmon- 374 cals



[Pita bread](#)

1 1/2 pita bread(s)- 117 cals

## Day 3

1187 cals ● 91g protein (31%) ● 55g fat (42%) ● 63g carbs (21%) ● 20g fiber (7%)

### Lunch

540 cals, 41g protein, 5g net carbs, 37g fat



[Salmon with rosemary dill sauce](#)

6 oz salmon- 480 cals



[Broccoli](#)

2 cup(s)- 58 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

485 cals, 13g protein, 57g net carbs, 17g fat



[Pasta with store-bought sauce](#)

255 cals



[Simple kale & avocado salad](#)

230 cals

## Day 4

1187 cals ● 91g protein (31%) ● 55g fat (42%) ● 63g carbs (21%) ● 20g fiber (7%)

### Lunch

540 cals, 41g protein, 5g net carbs, 37g fat



[Salmon with rosemary dill sauce](#)

6 oz salmon- 480 cals



[Broccoli](#)

2 cup(s)- 58 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

485 cals, 13g protein, 57g net carbs, 17g fat



[Pasta with store-bought sauce](#)

255 cals



[Simple kale & avocado salad](#)

230 cals

## Day 5

1251 cals ● 92g protein (29%) ● 47g fat (33%) ● 95g carbs (30%) ● 22g fiber (7%)

### Lunch

505 cals, 25g protein, 35g net carbs, 26g fat



[Chunky canned soup \(creamy\)](#)

1/2 can(s)- 177 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals



[Roasted peanuts](#)

1/6 cup(s)- 173 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

585 cals, 30g protein, 59g net carbs, 20g fat



[Simple kale & avocado salad](#)

115 cals



[Vegan meatball sub](#)

1 sub(s)- 468 cals

## Day 6

1251 cal ● 92g protein (29%) ● 47g fat (33%) ● 95g carbs (30%) ● 22g fiber (7%)

### Lunch

505 cal, 25g protein, 35g net carbs, 26g fat



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cal



**Lowfat Greek yogurt**  
1 container(s)- 155 cal



**Roasted peanuts**  
1/6 cup(s)- 173 cal

### Protein Supplement(s)

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



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

### Dinner

585 cal, 30g protein, 59g net carbs, 20g fat



**Simple kale & avocado salad**  
115 cal



**Vegan meatball sub**  
1 sub(s)- 468 cal

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## Day 7

1220 cal ● 111g protein (36%) ● 44g fat (33%) ● 71g carbs (23%) ● 24g fiber (8%)

### Lunch

570 cal, 38g protein, 55g net carbs, 21g fat



**Seitan Philly cheesesteak**  
1 sub(s)- 571 cal

### Protein Supplement(s)

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



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

### Dinner

485 cal, 37g protein, 14g net carbs, 23g fat



**Simple kale & avocado salad**  
230 cal



**Vegan crumbles**  
1 3/4 cup(s)- 256 cal

## Fruits and Fruit Juices

- nectarine  
1 medium (2-1/2" dia) (142g)
- lemon  
2 small (116g)
- avocados  
2 avocado(s) (402g)

## Other

- meatless chik'n tenders  
2 1/2 oz (71g)
- mixed greens  
3/4 cup (23g)
- veggie burger patty  
1 patty (71g)
- sub roll(s)  
3 roll(s) (255g)
- nutritional yeast  
2 tsp (3g)
- vegan meatballs, frozen  
8 meatball(s) (240g)

## Baked Products

- flour tortillas  
1 tortilla (approx 7-8" dia) (49g)
- pita bread  
3 pita, small (4" dia) (84g)
- bread  
2 slice(s) (64g)

## Legumes and Legume Products

- hummus  
2 tbsp (30g)
- tempeh  
6 oz (170g)
- roasted peanuts  
6 tbsp (55g)
- vegetarian burger crumbles  
1 3/4 cup (175g)

## Vegetables and Vegetable Products

- cucumber  
4 tbsp slices (26g)
- tomatoes  
1 slice(s), thin/small (15g)
- canned crushed tomatoes  
1/2 cup (121g)

## Dairy and Egg Products

- feta cheese  
2 tbsp (19g)
- sour cream  
2 3/4 tbsp (38g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- cheese  
1 slice (1 oz each) (28g)

## Fats and Oils

- oil  
1 1/3 oz (41mL)
- balsamic vinaigrette  
1/2 tbsp (8mL)
- vegan mayonnaise  
2 tbsp (30g)
- mayonnaise  
2 tbsp (31mL)

## Beverages

- water  
10 1/2 cup(s) (2519mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Spices and Herbs

- ground cumin  
4 dash (1g)
- dried dill weed  
1 tsp (1g)
- dijon mustard  
1/2 tbsp (8g)
- rosemary  
4 dash (1g)

## Finfish and Shellfish Products

- salmon  
1 lbs (454g)

## Cereal Grains and Pasta

- uncooked dry pasta  
4 oz (114g)
- seitan  
3 oz (85g)

- onion  
1 medium (2-1/2" dia) (98g)
  - bell pepper  
5/8 large (97g)
  - beets, precooked (canned or refrigerated)  
1 beets (2" dia, sphere) (50g)
  - edamame, frozen, shelled  
4 tbsp (30g)
  - garlic  
1/2 clove (2g)
  - frozen broccoli  
4 cup (364g)
  - kale leaves  
2 bunch (340g)
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## Soups, Sauces, and Gravies

- pasta sauce  
1/2 jar (24 oz) (298g)
- chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)

## Lunch 1 [↗](#)

Eat on day 1

### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)

**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

### Mediterranean chik'n wrap

1 wrap(s) - 406 cals ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



Makes 1 wrap(s)

**meatless chik'n tenders**  
2 1/2 oz (71g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**mixed greens**  
4 tbsp (8g)  
**hummus**  
2 tbsp (30g)  
**cucumber, chopped**  
4 tbsp slices (26g)  
**feta cheese**  
2 tbsp (19g)  
**tomatoes, chopped**  
1 slice(s), thin/small (15g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

## Lunch 2 [↗](#)

Eat on day 2

### Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**beets, precooked (canned or refrigerated), chopped**  
1 beets (2" dia, sphere) (50g)  
**edamame, frozen, shelled**  
4 tbsp (30g)  
**mixed greens**  
1/2 cup (15g)

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

### Patty melt

1 sandwich(es) - 500 cal ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



Makes 1 sandwich(es)

**oil**

3/4 tbsp (11mL)

**vegan mayonnaise**

2 tbsp (30g)

**dijon mustard**

1/2 tbsp (8g)

**onion, thinly sliced**

1/2 small (35g)

**veggie burger patty**

1 patty (71g)

**bread**

2 slice(s) (64g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
  2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
  3. Place patty on bottom slice and top with onions and remaining bread slice.
  4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
  5. Cut in half and serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Salmon with rosemary dill sauce

6 oz salmon - 480 cal ● 35g protein ● 37g fat ● 1g carbs ● 0g fiber



For single meal:

**mayonnaise**  
1 tbsp (15mL)  
**garlic, diced**  
1/4 clove (1g)  
**dried dill weed**  
2 dash (0g)  
**sour cream**  
4 tsp (19g)  
**rosemary**  
2 dash (0g)  
**salmon**  
6 oz (170g)

For all 2 meals:

**mayonnaise**  
2 tbsp (30mL)  
**garlic, diced**  
1/2 clove (2g)  
**dried dill weed**  
4 dash (1g)  
**sour cream**  
2 1/2 tbsp (38g)  
**rosemary**  
4 dash (1g)  
**salmon**  
3/4 lbs (340g)

1. Preheat oven to 350 F (180 C).
2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
3. Bake for 20 minutes or until done.
4. Meanwhile, in a small bowl, combine the remaining ingredients and stir until well-mixed.
5. When salmon is done, plate it and top with rosemary dill sauce.

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### 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.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

#### **chunky canned soup (creamy varieties)**

1/2 can (~19 oz) (267g)

For all 2 meals:

#### **chunky canned soup (creamy varieties)**

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.
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### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

#### **lowfat flavored greek yogurt**

1 (5.3 oz) container(s) (150g)

For all 2 meals:

#### **lowfat flavored greek yogurt**

2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.
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### Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

#### **roasted peanuts**

3 tbsp (27g)

For all 2 meals:

#### **roasted peanuts**

6 tbsp (55g)

1. This recipe has no instructions.
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## Lunch 5 [↗](#)

Eat on day 7

### Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

#### **cheese**

1 slice (1 oz each) (28g)

#### **seitan, cut into strips**

3 oz (85g)

#### **bell pepper, sliced**

1/2 small (37g)

#### **onion, chopped**

1/4 medium (2-1/2" dia) (28g)

#### **oil**

1/2 tbsp (8mL)

#### **sub roll(s)**

1 roll(s) (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

## Dinner 1 [↗](#)

Eat on day 1

### Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



Makes 1 1/2 pita bread(s)

#### **pita bread**

1 1/2 pita, small (4" dia) (42g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### 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.

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## Dinner 2 [↗](#)

Eat on day 2

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### Salmon & veggie one pot

4 oz salmon - 374 cal ● 26g protein ● 23g fat ● 12g carbs ● 4g fiber



Makes 4 oz salmon

**ground cumin**  
4 dash (1g)  
**water**  
1/8 cup(s) (30mL)  
**oil**  
1/2 tbsp (8mL)  
**dried dill weed**  
4 dash (1g)  
**canned crushed tomatoes**  
1/2 cup (121g)  
**onion, sliced**  
1/2 small (35g)  
**bell pepper, sliced into strips**  
1/2 medium (60g)  
**salmon**  
4 oz (113g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

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### Pita bread

1 1/2 pita bread(s) - 117 cal ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



Makes 1 1/2 pita bread(s)

**pita bread**  
1 1/2 pita, small (4" dia) (42g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Pasta with store-bought sauce

255 cal ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**

4 oz (114g)

**pasta sauce**

1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
  2. Top with sauce and enjoy.
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### Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

**kale leaves, chopped**

1/2 bunch (85g)

**lemon, juiced**

1/2 small (29g)

**avocados, chopped**

1/2 avocado(s) (101g)

For all 2 meals:

**kale leaves, chopped**

1 bunch (170g)

**lemon, juiced**

1 small (58g)

**avocados, chopped**

1 avocado(s) (201g)

1. Add all ingredients into a bowl.
  2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
  3. Season with salt and pepper if desired. Serve.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Vegan meatball sub

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



For single meal:

**sub roll(s)**  
1 roll(s) (85g)  
**nutritional yeast**  
1 tsp (1g)  
**pasta sauce**  
4 tbsp (65g)  
**vegan meatballs, frozen**  
4 meatball(s) (120g)

For all 2 meals:

**sub roll(s)**  
2 roll(s) (170g)  
**nutritional yeast**  
2 tsp (3g)  
**pasta sauce**  
1/2 cup (130g)  
**vegan meatballs, frozen**  
8 meatball(s) (240g)

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 5 [↗](#)

Eat on day 7

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### Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



**kale leaves, chopped**

1/2 bunch (85g)

**lemon, juiced**

1/2 small (29g)

**avocados, chopped**

1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



Makes 1 3/4 cup(s)

**vegetarian burger crumbles**

1 3/4 cup (175g)

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

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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