

# Meal Plan - 1300 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

1293 cals ● 110g protein (34%) ● 24g fat (16%) ● 145g carbs (45%) ● 15g fiber (5%)

### Lunch

535 cals, 9g protein, 106g net carbs, 3g fat



**Tomato soup**  
2 can(s)- 421 cals



**Pear**  
1 pear(s)- 113 cals

### Protein Supplement(s)

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



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

### Dinner

595 cals, 64g protein, 38g net carbs, 20g fat



**Teriyaki seitan wings**  
8 oz seitan- 595 cals

## Day 2

1235 cals ● 107g protein (35%) ● 38g fat (27%) ● 96g carbs (31%) ● 21g fiber (7%)

### Lunch

545 cals, 33g protein, 64g net carbs, 14g fat



**Chik'n nuggets**  
4 nuggets- 221 cals



**Cottage cheese & fruit cup**  
2 container- 213 cals



**Pear**  
1 pear(s)- 113 cals

### Protein Supplement(s)

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



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

### Dinner

525 cals, 38g protein, 30g net carbs, 23g fat



**Basic tempeh**  
6 oz- 443 cals



**White rice**  
83 cals

## Day 3

1280 cals ● 95g protein (30%) ● 40g fat (28%) ● 111g carbs (35%) ● 24g fiber (8%)

### Lunch

545 cals, 33g protein, 64g net carbs, 14g fat



**Chik'n nuggets**

4 nuggets- 221 cals



**Cottage cheese & fruit cup**

2 container- 213 cals



**Pear**

1 pear(s)- 113 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

570 cals, 26g protein, 46g net carbs, 25g fat



**Broccoli**

3 cup(s)- 87 cals



**Curried lentils**

482 cals

## Day 4

1300 cals ● 103g protein (32%) ● 52g fat (36%) ● 77g carbs (24%) ● 28g fiber (9%)

### Lunch

565 cals, 40g protein, 31g net carbs, 26g fat



**Raspberries**

1 cup(s)- 72 cals



**Tuna salad sandwich**

1 sandwich(es)- 495 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

570 cals, 26g protein, 46g net carbs, 25g fat



**Broccoli**

3 cup(s)- 87 cals



**Curried lentils**

482 cals

## Day 5

1292 cals ● 122g protein (38%) ● 34g fat (23%) ● 98g carbs (30%) ● 28g fiber (9%)

### Lunch

575 cals, 31g protein, 53g net carbs, 23g fat



**Vegetable and hummus sandwich**

1 sandwich(es)- 363 cals



**Cottage cheese & fruit cup**

2 container- 213 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

550 cals, 55g protein, 44g net carbs, 10g fat



**Vegan crumbles**

2 cup(s)- 292 cals



**Lentils**

260 cals

## Day 6

1341 cal ● 119g protein (35%) ● 32g fat (22%) ● 105g carbs (31%) ● 39g fiber (12%)

### Lunch

625 cal, 28g protein, 61g net carbs, 22g fat



[Vegetarian chickpea sandwiches](#)

1 1/2 sandwich(es)- 514 cal



[Roasted almonds](#)

1/8 cup(s)- 111 cal

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cal

### Dinner

550 cal, 55g protein, 44g net carbs, 10g fat



[Vegan crumbles](#)

2 cup(s)- 292 cal



[Lentils](#)

260 cal

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## Day 7

1250 cal ● 91g protein (29%) ● 38g fat (28%) ● 103g carbs (33%) ● 32g fiber (10%)

### Lunch

625 cal, 28g protein, 61g net carbs, 22g fat



[Vegetarian chickpea sandwiches](#)

1 1/2 sandwich(es)- 514 cal



[Roasted almonds](#)

1/8 cup(s)- 111 cal

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cal

### Dinner

460 cal, 28g protein, 41g net carbs, 16g fat



[Lentils](#)

174 cal



[Goat cheese and marinara stuffed zucchini](#)

3 zucchini halve(s)- 288 cal

## Soups, Sauces, and Gravies

- condensed canned tomato soup  
2 can (10.5 oz) (596g)
- pasta sauce  
6 tbsp (98g)

## Fruits and Fruit Juices

- pears  
3 medium (534g)
- raspberries  
1 cup (123g)
- lemon juice  
2/3 fl oz (20mL)

## Other

- teriyaki sauce  
4 tbsp (60mL)
- vegan chik'n nuggets  
8 nuggets (172g)
- cottage cheese & fruit cup  
6 container (798g)
- curry paste  
4 tsp (20g)

## Fats and Oils

- oil  
1 oz (29mL)
- mayonnaise  
2 1/2 tbsp (38mL)
- olive oil  
1 tbsp (15mL)

## Cereal Grains and Pasta

- seitan  
1/2 lbs (227g)
- long-grain white rice  
2 tbsp (23g)

## Beverages

- water  
16 cup(s) (3811mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Legumes and Legume Products

## Spices and Herbs

- salt  
1/4 oz (7g)
- black pepper  
1 1/2 g (1g)
- dried dill weed  
1 tsp (1g)

## Vegetables and Vegetable Products

- ketchup  
2 tbsp (34g)
- frozen broccoli  
6 cup (546g)
- raw celery  
1/8 bunch (49g)
- tomatoes  
1 plum tomato (62g)
- carrots  
1 small (5-1/2" long) (50g)
- fresh spinach  
1/2 cup(s) (15g)
- onion  
1/2 medium (2-1/2" dia) (55g)
- zucchini  
1 1/2 large (485g)

## Nut and Seed Products

- coconut milk, canned  
1 cup (240mL)
- almonds  
4 tbsp, whole (36g)

## Baked Products

- bread  
10 slice (320g)

## Finfish and Shellfish Products

- canned tuna  
5 oz (142g)

## Dairy and Egg Products

- goat cheese  
1 1/2 oz (43g)

- tempeh  
6 oz (170g)
  - lentils, raw  
1 2/3 cup (320g)
  - vegetarian burger crumbles  
4 cup (400g)
  - hummus  
1 1/2 tbsp (23g)
  - chickpeas, canned  
1 can (448g)
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## Lunch 1 [↗](#)

Eat on day 1

### Tomato soup

2 can(s) - 421 cal ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

**condensed canned tomato soup**  
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

### Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

**pears**  
1 medium (178g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Chik'n nuggets

4 nuggets - 221 cal ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

**vegan chik'n nuggets**  
4 nuggets (86g)  
**ketchup**  
1 tbsp (17g)

For all 2 meals:

**vegan chik'n nuggets**  
8 nuggets (172g)  
**ketchup**  
2 tbsp (34g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

### Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:  
**cottage cheese & fruit cup**  
2 container (266g)

For all 2 meals:  
**cottage cheese & fruit cup**  
4 container (532g)

1. Mix cottage cheese and fruit portions of the container together and serve.

## Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:  
**pears**  
1 medium (178g)

For all 2 meals:  
**pears**  
2 medium (356g)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4

### Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Makes 1 cup(s)  
**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

### Tuna salad sandwich

1 sandwich(es) - 495 cal ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

**bread**

2 slice (64g)

**mayonnaise**

1 1/2 tbsp (23mL)

**black pepper**

1 dash (0g)

**raw celery, chopped**

1/2 stalk, small (5" long) (9g)

**salt**

1 dash (0g)

**canned tuna**

5 oz (142g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

## Lunch 4 [↗](#)

Eat on day 5

### Vegetable and hummus sandwich

1 sandwich(es) - 363 cal ● 11g protein ● 18g fat ● 31g carbs ● 8g fiber



Makes 1 sandwich(es)

**lemon juice**

1 tsp (5mL)

**tomatoes, slices**

1 plum tomato (62g)

**hummus**

1 1/2 tbsp (23g)

**olive oil**

1 tbsp (15mL)

**carrots, peeled and grated**

1 small (5-1/2" long) (50g)

**fresh spinach**

1/2 cup(s) (15g)

**bread**

2 slice (64g)

1. Toast bread.
2. In a small bowl combine the spinach, carrot, olive oil, and lemon juice.
3. Spread hummus on bread and top with spinach mixture and tomato slices.
4. Place other slice on top and serve.

### Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



Makes 2 container

**cottage cheese & fruit cup**

2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.



## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Vegetarian chickpea sandwiches

1 1/2 sandwich(es) - 514 cals ● 24g protein ● 13g fat ● 59g carbs ● 17g fiber



For single meal:

**raw celery, chopped**

1/2 stalk, medium (7-1/2" - 8" long)  
(20g)

**onion, chopped**

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

**mayonnaise**

1/2 tbsp (8mL)

**lemon juice**

1/2 tbsp (8mL)

**dried dill weed**

4 dash (1g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**bread**

3 slice (96g)

**chickpeas, canned**

1/2 can (224g)

For all 2 meals:

**raw celery, chopped**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**onion, chopped**

1/2 medium (2-1/2" dia) (55g)

**mayonnaise**

1 tbsp (15mL)

**lemon juice**

1 tbsp (15mL)

**dried dill weed**

1 tsp (1g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**bread**

6 slice (192g)

**chickpeas, canned**

1 can (448g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

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### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**

2 tbsp, whole (18g)

For all 2 meals:

**almonds**

4 tbsp, whole (36g)

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

Eat on day 1

### Teriyaki seitan wings

8 oz seitan - 595 cal ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



Makes 8 oz seitan

#### teriyaki sauce

4 tbsp (60mL)

#### oil

1 tbsp (15mL)

#### seitan

1/2 lbs (227g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Dinner 2 [↗](#)

Eat on day 2

### Basic tempeh

6 oz - 443 cal ● 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.

### White rice

83 cal ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)  
**black pepper**  
3/4 dash, ground (0g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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.

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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



For single meal:

**frozen broccoli**  
3 cup (273g)

For all 2 meals:

**frozen broccoli**  
6 cup (546g)

1. Prepare according to instructions on package.

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### Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



For single meal:

**lentils, raw**  
1/3 cup (64g)  
**water**  
2/3 cup(s) (158mL)  
**salt**  
2/3 dash (1g)  
**coconut milk, canned**  
1/2 cup (120mL)  
**curry paste**  
2 tsp (10g)

For all 2 meals:

**lentils, raw**  
2/3 cup (128g)  
**water**  
1 1/3 cup(s) (316mL)  
**salt**  
1 1/3 dash (1g)  
**coconut milk, canned**  
1 cup (240mL)  
**curry paste**  
4 tsp (20g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

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

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### Lentils

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



For single meal:

**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.
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## Dinner 5 [↗](#)

Eat on day 7

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### Lentils

174 cal ● 12g protein ● 1g fat ● 25g carb ● 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.

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### Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cal ● 16g protein ● 15g fat ● 16g carb ● 7g fiber



Makes 3 zucchini halve(s)

**zucchini**

1 1/2 large (485g)

**pasta sauce**

6 tbsp (98g)

**goat cheese**

1 1/2 oz (43g)

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.
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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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