

# Meal Plan - 1400 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

1405 cals ● 94g protein (27%) ● 88g fat (56%) ● 28g carbs (8%) ● 33g fiber (9%)

### Lunch

705 cals, 31g protein, 9g net carbs, 53g fat



[Egg & avocado salad](#)  
531 cals



[Avocado](#)  
176 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Dinner

590 cals, 38g protein, 18g net carbs, 34g fat



[Buttered green beans](#)  
147 cals



[Basic tempeh](#)  
6 oz- 443 cals

## Day 2

1420 cals ● 113g protein (32%) ● 83g fat (52%) ● 35g carbs (10%) ● 22g fiber (6%)

### Lunch

705 cals, 31g protein, 9g net carbs, 53g fat



[Egg & avocado salad](#)  
531 cals



[Avocado](#)  
176 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Dinner

605 cals, 57g protein, 25g net carbs, 29g fat



[Vegan sausage](#)  
2 sausage(s)- 536 cals



[Simple mixed greens salad](#)  
68 cals

## Day 3

1372 cals ● 102g protein (30%) ● 61g fat (40%) ● 82g carbs (24%) ● 22g fiber (6%)

### Lunch

660 cals, 20g protein, 56g net carbs, 32g fat



[Buttered green beans](#)

391 cals



[Bbq cauliflower wings](#)

268 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Dinner

605 cals, 57g protein, 25g net carbs, 29g fat



[Vegan sausage](#)

2 sausage(s)- 536 cals



[Simple mixed greens salad](#)

68 cals

## Day 4

1364 cals ● 106g protein (31%) ● 49g fat (32%) ● 103g carbs (30%) ● 24g fiber (7%)

### Lunch

660 cals, 20g protein, 56g net carbs, 32g fat



[Buttered green beans](#)

391 cals



[Bbq cauliflower wings](#)

268 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Dinner

595 cals, 61g protein, 46g net carbs, 16g fat



[British kedgeree](#)

541 cals



[Simple kale salad](#)

1 cup(s)- 55 cals

## Day 5

1372 cals ● 111g protein (32%) ● 58g fat (38%) ● 76g carbs (22%) ● 26g fiber (7%)

### Lunch

645 cals, 46g protein, 52g net carbs, 24g fat



[Spiced yogurt baked salmon](#)

6 oz- 381 cals



[Basic baked potato](#)

1 potato(es)- 264 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Dinner

620 cals, 41g protein, 23g net carbs, 33g fat



[Buttered green beans](#)

147 cals



[Buffalo tempeh with tzatziki](#)

471 cals

## Day 6

1357 cals ● 95g protein (28%) ● 67g fat (45%) ● 78g carbs (23%) ● 15g fiber (4%)

### Lunch

585 cals, 32g protein, 40g net carbs, 30g fat



**Buffalo tofu**  
355 cals



**Lentils**  
231 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Dinner

665 cals, 39g protein, 37g net carbs, 37g fat



**Salmon with rosemary dill sauce**  
6 oz salmon- 480 cals



**Mashed sweet potatoes**  
183 cals

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## Day 7

1357 cals ● 95g protein (28%) ● 67g fat (45%) ● 78g carbs (23%) ● 15g fiber (4%)

### Lunch

585 cals, 32g protein, 40g net carbs, 30g fat



**Buffalo tofu**  
355 cals



**Lentils**  
231 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Dinner

665 cals, 39g protein, 37g net carbs, 37g fat



**Salmon with rosemary dill sauce**  
6 oz salmon- 480 cals



**Mashed sweet potatoes**  
183 cals

## Other

- mixed greens  
5 2/3 cup (170g)
- vegan sausage  
4 sausage (400g)
- nutritional yeast  
1/2 cup (30g)
- tzatziki  
1/6 cup(s) (42g)

## Fruits and Fruit Juices

- avocados  
2 1/3 avocado(s) (469g)
- lemon juice  
1/3 fl oz (11mL)

## Dairy and Egg Products

- eggs  
10 large (500g)
- butter  
1/2 cup (99g)
- nonfat greek yogurt, plain  
2 1/4 tbsp (39g)
- sour cream  
2 3/4 tbsp (38g)

## Spices and Herbs

- garlic powder  
1/2 tbsp (4g)
- salt  
1/4 oz (7g)
- black pepper  
1/4 tbsp (1g)
- curry powder  
4 dash (1g)
- dill weed, fresh  
6 tbsp sprigs (3g)
- paprika  
1/2 tsp (1g)
- ground cumin  
1/2 tsp (1g)
- dried dill weed  
4 dash (1g)
- rosemary, dried  
4 dash (1g)

## Vegetables and Vegetable Products

## Fats and Oils

- oil  
1 1/2 oz (43mL)
- salad dressing  
4 tbsp (60mL)
- ranch dressing  
4 tbsp (60mL)
- mayonnaise  
2 tbsp (31mL)

## Legumes and Legume Products

- tempeh  
3/4 lbs (340g)
- firm tofu  
14 oz (397g)
- lentils, raw  
2/3 cup (128g)

## Beverages

- water  
10 cup(s) (2410mL)
- protein powder  
7 scoop (1/3 cup ea) (217g)

## Soups, Sauces, and Gravies

- barbecue sauce  
1/2 cup (143g)
- Frank's Red Hot sauce  
1/2 cup (125mL)

## Finfish and Shellfish Products

- cod, raw  
1/2 lbs (227g)
- salmon  
18 oz (510g)

## Cereal Grains and Pasta

- brown rice  
4 tbsp (48g)

- frozen green beans  
7 1/3 cup (887g)
  - cauliflower  
2 head small (4" dia.) (530g)
  - frozen peas  
1/2 cup (67g)
  - kale leaves  
1 cup, chopped (40g)
  - potatoes  
1 large (3" to 4-1/4" dia.) (369g)
  - garlic  
1/2 clove (2g)
  - sweet potatoes  
2 sweetpotato, 5" long (420g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Egg & avocado salad

531 cal ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



For single meal:

**mixed greens**  
1 1/3 cup (40g)  
**avocados**  
2/3 avocado(s) (134g)  
**eggs, hard-boiled and chilled**  
4 large (200g)  
**garlic powder**  
1/4 tbsp (2g)

For all 2 meals:

**mixed greens**  
2 2/3 cup (80g)  
**avocados**  
1 1/3 avocado(s) (268g)  
**eggs, hard-boiled and chilled**  
8 large (400g)  
**garlic powder**  
1/2 tbsp (4g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Buttered green beans

391 cal ● 6g protein ● 30g fat ● 16g carbs ● 8g fiber



For single meal:

**frozen green beans**

2 2/3 cup (323g)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**butter**

2 2/3 tbsp (36g)

For all 2 meals:

**frozen green beans**

5 1/3 cup (645g)

**salt**

4 dash (2g)

**black pepper**

4 dash (0g)

**butter**

1/3 cup (72g)

1. Prepare green beans according to instructions on package.
  2. Top with butter and season with salt and pepper.
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### Bbq cauliflower wings

268 cal ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

**barbecue sauce**

4 tbsp (72g)

**salt**

2 dash (2g)

**nutritional yeast**

4 tbsp (15g)

**cauliflower**

1 head small (4" dia.) (265g)

For all 2 meals:

**barbecue sauce**

1/2 cup (143g)

**salt**

4 dash (3g)

**nutritional yeast**

1/2 cup (30g)

**cauliflower**

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
  2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
  3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
  4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
  5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
  6. Toss florets with the barbeque sauce. Serve.
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## Lunch 3 [↗](#)

Eat on day 5

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### Spiced yogurt baked salmon

6 oz - 381 cal ● 39g protein ● 23g fat ● 3g carbs ● 1g fiber



Makes 6 oz

**lemon juice**

1 tsp (6mL)

**dill weed, fresh, chopped**

6 tbsp sprigs (3g)

**paprika**

1/2 tsp (1g)

**ground cumin**

1/2 tsp (1g)

**nonfat greek yogurt, plain**

2 1/4 tbsp (39g)

**salmon**

6 oz (170g)

1. Preheat oven to 400°F (200°C).
2. Place salmon on a parchment lined baking sheet. Set aside.
3. In a small bowl, mix together the Greek yogurt, cumin, paprika, dill, lemon juice and a pinch of salt. Mix well.
4. Spoon mixture over the salmon and bake for 15-18 minutes, until salmon is fully cooked. Serve with extra lemon juice.

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### Basic baked potato

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





Makes 1 potato(es)

**potatoes**

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

**salt**

1 dash (0g)

**oil**

1/2 tsp (3mL)

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.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Buffalo tofu

355 cal ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1/2 tbsp (8mL)  
**Frank's Red Hot sauce**  
2 1/2 tbsp (40mL)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)

For all 2 meals:

**ranch dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (15mL)  
**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

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### Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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 1 [↗](#)

Eat on day 1

### Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



#### frozen green beans

1 cup (121g)

#### salt

3/4 dash (0g)

#### black pepper

3/4 dash (0g)

#### butter

1 tbsp (14g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

### 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.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Vegan sausage

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



For single meal:

#### vegan sausage

2 sausage (200g)

For all 2 meals:

#### vegan sausage

4 sausage (400g)

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

## Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

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## Dinner 3 [↗](#)

Eat on day 4

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### British kedgerree

541 cal ● 60g protein ● 13g fat ● 41g carbs ● 5g fiber



**frozen peas**  
1/2 cup (67g)  
**curry powder**  
4 dash (1g)  
**cod, raw, cut into small chunks**  
1/2 lbs (227g)  
**eggs**  
2 large (100g)  
**water**  
1/2 cup(s) (119mL)  
**brown rice**  
4 tbsp (48g)

1. Cook rice and water according to package instructions. Set aside.
2. Hard boil the eggs: Add eggs to a saucepan and cover with cold water. Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
3. Put chunks of fish into a large frying pan and add a small splash of water. Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
5. Season to taste with salt and pepper and top with eggs. Serve.

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### Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

**salad dressing**

1 tbsp (15mL)

**kale leaves**

1 cup, chopped (40g)

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

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## Dinner 4 [↗](#)

Eat on day 5

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### Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



**frozen green beans**

1 cup (121g)

**salt**

3/4 dash (0g)

**black pepper**

3/4 dash (0g)

**butter**

1 tbsp (14g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

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### Buffalo tempeh with tzatziki

471 cal ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



**oil**

3/4 tbsp (11mL)

**tzatziki**

1/6 cup(s) (42g)

**Frank's Red Hot sauce**

3 tbsp (45mL)

**tempeh, roughly chopped**

6 oz (170g)

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 tzatziki.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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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, dried**  
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, dried**  
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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### Mashed sweet potatoes

183 cal ● 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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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 scoop - 109 cal ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

**water**

1 cup(s) (237mL)

**protein powder**

1 scoop (1/3 cup ea) (31g)

For all 7 meals:

**water**

7 cup(s) (1659mL)

**protein powder**

7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.
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