

Meal Plan - 1500 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

1429 cals ● 110g protein (31%) ● 74g fat (47%) ● 60g carbs (17%) ● 21g fiber (6%)

Lunch

670 cals, 27g protein, 34g net carbs, 42g fat



[Sunflower seeds](#)
316 cals



[Chunky canned soup \(creamy\)](#)
1 can(s)- 354 cals

Protein Supplement(s)

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



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

Dinner

650 cals, 58g protein, 26g net carbs, 32g fat



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



[Simple kale & avocado salad](#)
115 cals

Day 2

1532 cals ● 98g protein (26%) ● 73g fat (43%) ● 90g carbs (23%) ● 30g fiber (8%)

Lunch

670 cals, 27g protein, 34g net carbs, 42g fat



[Sunflower seeds](#)
316 cals



[Chunky canned soup \(creamy\)](#)
1 can(s)- 354 cals

Protein Supplement(s)

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



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

Dinner

755 cals, 47g protein, 55g net carbs, 31g fat



[Shrimp-snap pea-lemon rice bowl](#)
408 cals



[Simple kale & avocado salad](#)
345 cals

Day 3

1492 cals ● 114g protein (31%) ● 60g fat (36%) ● 87g carbs (23%) ● 37g fiber (10%)

Lunch

660 cals, 39g protein, 68g net carbs, 18g fat



Simple plant-based deli wrap
1 wrap(s)- 426 cals



Easy chickpea salad
234 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

725 cals, 51g protein, 18g net carbs, 42g fat



Buttered broccoli
1 cup(s)- 134 cals



Basic tempeh
8 oz- 590 cals

Day 4

1492 cals ● 114g protein (31%) ● 60g fat (36%) ● 87g carbs (23%) ● 37g fiber (10%)

Lunch

660 cals, 39g protein, 68g net carbs, 18g fat



Simple plant-based deli wrap
1 wrap(s)- 426 cals



Easy chickpea salad
234 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

725 cals, 51g protein, 18g net carbs, 42g fat



Buttered broccoli
1 cup(s)- 134 cals



Basic tempeh
8 oz- 590 cals

Day 5

1438 cals ● 107g protein (30%) ● 39g fat (25%) ● 134g carbs (37%) ● 29g fiber (8%)

Lunch

655 cals, 58g protein, 39g net carbs, 27g fat



Pan seared breaded tilapia
9 oz- 451 cals



Olive oil drizzled sugar snap peas
82 cals



Mashed sweet potatoes with butter
125 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

670 cals, 26g protein, 94g net carbs, 12g fat



Carrot sticks
4 carrot(s)- 108 cals



Chickpea bowl with spicy yogurt sauce
564 cals

Day 6

1513 cals ● 92g protein (24%) ● 40g fat (24%) ● 161g carbs (43%) ● 35g fiber (9%)

Lunch

730 cals, 42g protein, 67g net carbs, 27g fat



Roasted cashews
1/4 cup(s)- 209 cals



Seitan & bean wrap
1 burrito(s)- 523 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

670 cals, 26g protein, 94g net carbs, 12g fat



Carrot sticks
4 carrot(s)- 108 cals



Chickpea bowl with spicy yogurt sauce
564 cals

Day 7

1493 cals ● 96g protein (26%) ● 60g fat (36%) ● 105g carbs (28%) ● 38g fiber (10%)

Lunch

730 cals, 42g protein, 67g net carbs, 27g fat



Roasted cashews
1/4 cup(s)- 209 cals



Seitan & bean wrap
1 burrito(s)- 523 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

650 cals, 29g protein, 38g net carbs, 32g fat



Chickpea stuffed avocado
1/2 avocado- 481 cals



Edamame & beet salad
171 cals

Nut and Seed Products

- sunflower kernels
4 oz (111g)
- roasted cashews
1/2 cup, halves and whole (69g)

Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)
2 can (~19 oz) (1066g)
- vegetable broth
1/4 cup(s) (mL)
- apple cider vinegar
1 tbsp (1mL)
- salsa
4 tbsp (65g)

Other

- vegan sausage
2 sausage (200g)
- mixed greens
2 1/2 cup (75g)
- plant-based deli slices
14 slices (146g)
- sriracha chili sauce
2 1/2 tsp (13g)
- nutritional yeast
2 tsp (3g)
- smoked paprika
1/4 tsp (1g)

Vegetables and Vegetable Products

- kale leaves
1 bunch (170g)
- frozen sugar snap peas
6 oz (167g)
- tomatoes
1 2/3 medium whole (2-3/5" dia) (209g)
- fresh parsley
1 bunch (22g)
- onion
1 3/4 small (123g)
- frozen broccoli
2 cup (182g)
- carrots
8 medium (488g)
- sweet potatoes
1/2 sweetpotato, 5" long (105g)

Beverages

- water
7 1/4 cup(s) (1718mL)
- protein powder
7 scoop (1/3 cup ea) (217g)

Spices and Herbs

- lemon pepper
1/3 tsp (1g)
- salt
1/8 oz (4g)
- black pepper
1 1/2 g (1g)
- balsamic vinegar
1 tbsp (15mL)
- ground cumin
2 tsp (4g)

Cereal Grains and Pasta

- long-grain white rice
14 tbsp (162g)
- all-purpose flour
3 tbsp (23g)
- seitan
6 oz (170g)

Fats and Oils

- olive oil
1/2 oz (18mL)
- oil
4 tbsp (58mL)
- balsamic vinaigrette
1 tbsp (15mL)

Finfish and Shellfish Products

- shrimp, raw
6 oz (170g)
- tilapia, raw
1/2 lbs (252g)

Legumes and Legume Products

- hummus
4 tbsp (60g)
- chickpeas, canned
2 3/4 can (1232g)

beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)

edamame, frozen, shelled
1/2 cup (59g)

Fruits and Fruit Juices

lemon
1 small (58g)

avocados
1 1/2 avocado(s) (302g)

lemon juice
1 tbsp (15mL)

tempeh
1 lbs (454g)

black beans
1/2 lbs (227g)

Baked Products

flour tortillas
4 tortilla (approx 10" dia) (288g)

Dairy and Egg Products

butter
3/8 stick (44g)

nonfat greek yogurt, plain
3/4 container (123g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

316 cal ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels
1 3/4 oz (50g)

For all 2 meals:

sunflower kernels
1/4 lbs (99g)

1. This recipe has no instructions.

Chunky canned soup (creamy)

1 can(s) - 354 cal ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



For single meal:

chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

For all 2 meals:

chunky canned soup (creamy varieties)
2 can (~19 oz) (1066g)

1. Prepare according to instructions on package.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Simple plant-based deli wrap

1 wrap(s) - 426 cal ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

hummus

2 tbsp (30g)

tomatoes

2 slice(s), thin/small (30g)

mixed greens

1/2 cup (15g)

flour tortillas

1 tortilla (approx 10" dia) (72g)

plant-based deli slices

7 slices (73g)

For all 2 meals:

hummus

4 tbsp (60g)

tomatoes

4 slice(s), thin/small (60g)

mixed greens

1 cup (30g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

plant-based deli slices

14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

For all 2 meals:

fresh parsley, chopped

3 sprigs (3g)

apple cider vinegar

1 tbsp (1mL)

balsamic vinegar

1 tbsp (15mL)

tomatoes, halved

1 cup cherry tomatoes (149g)

onion, thinly sliced

1/2 small (35g)

chickpeas, canned, drained and rinsed

1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!
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Lunch 3 [↗](#)

Eat on day 5

Pan seared breaded tilapia

9 oz - 451 cal ● 53g protein ● 18g fat ● 18g carbs ● 1g fiber



Makes 9 oz

butter, melted

3/4 tbsp (11g)

all-purpose flour

3 tbsp (23g)

tilapia, raw

1/2 lbs (252g)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

olive oil

1 tsp (6mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Olive oil drizzled sugar snap peas

82 cal ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen sugar snap peas

2/3 cup (96g)

olive oil

1 tsp (5mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



butter
1 tsp (5g)
sweet potatoes
1/2 sweetpotato, 5" long (105g)

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, top with butter, and serve.

Lunch 4 [↗](#)

Eat on day 6, day 7

Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
4 tbsp, halves and whole (34g)

For all 2 meals:

roasted cashews
1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

Seitan & bean wrap

1 burrito(s) - 523 cal ● 37g protein ● 11g fat ● 57g carbs ● 12g fiber



For single meal:

oil
1/2 tsp (3mL)
nutritional yeast
1 tsp (1g)
mixed greens
4 tbsp (8g)
ground cumin
1 tsp (2g)
salsa
2 tbsp (32g)
black beans
4 oz (113g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
seitan, cut into strips
3 oz (85g)

For all 2 meals:

oil
1 tsp (5mL)
nutritional yeast
2 tsp (3g)
mixed greens
1/2 cup (15g)
ground cumin
2 tsp (4g)
salsa
4 tbsp (65g)
black beans
1/2 lbs (227g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
seitan, cut into strips
6 oz (170g)

1. Heat oil in a pan over medium heat. Add the seitan strips and cook until browned and crispy, a few minutes on each side.
2. Remove seitan from the pan and set aside.
3. Add the black beans, salsa, cumin, and nutritional yeast to the skillet and cook for a few minutes until warmed through.
4. On the tortilla, place the mixed greens in the center and top with seitan, and then bean mixture.
5. Wrap up tortilla and serve.
6. Leftover Notes: Once ingredients have cooled you can make the burrito, wrap it in plastic wrap, freeze it, and use the microwave when ready to reheat. Alternatively you can store seitan and bean mixtures in an airtight container in the fridge then reheat and make the burrito.

Dinner 1 [↗](#)

Eat on day 1

Vegan sausage

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



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

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

Simple kale & avocado salad

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

**kale leaves, chopped**

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

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.

Dinner 2 [↗](#)

Eat on day 2

Shrimp-snap pea-lemon rice bowl

408 cal ● 40g protein ● 8g fat ● 41g carbs ● 3g fiber

**lemon pepper**

1/3 tsp (1g)

water

1/4 cup(s) (59mL)

lemon juice

1/2 tbsp (8mL)

long-grain white rice

4 tbsp (46g)

olive oil, divided

1/2 tbsp (8mL)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

vegetable broth

1/4 cup(s) (mL)

frozen sugar snap peas

1/4 package (10 oz) (71g)

shrimp, raw, peeled and deveined

6 oz (170g)

1. Prepare the rice:
2. Combine the rice, lemon juice, water, broth and half of the oil in a saucepan.
3. Bring to a boil, then reduce heat.
4. Cover and simmer for 20 minutes or until tender.
5. Mix in lemon pepper. Set aside.
6. Meanwhile, prepare the shrimp:
7. Heat the second half of the oil in a large skillet over medium-high heat.
8. Add the shrimp and season with salt and pepper. Cook for 5-6 minutes or until shrimp is fully pink and opaque.
9. Prepare the snap peas according to its package.
10. Bring the shrimp, snap peas, and rice together; stir (or keep it all separate-whichever you prefer!) Serve.

Simple kale & avocado salad

345 cal ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



kale leaves, chopped
3/4 bunch (128g)
lemon, juiced
3/4 small (44g)
avocados, chopped
3/4 avocado(s) (151g)

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.

Dinner 3 [↗](#)

Eat on day 3, day 4

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
butter
2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic tempeh

8 oz - 590 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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 4 [↗](#)

Eat on day 5, day 6

Carrot sticks

4 carrot(s) - 108 cal ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 2 meals:

carrots
8 medium (488g)

1. Cut carrots into strips and serve.
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Chickpea bowl with spicy yogurt sauce

564 cal ● 23g protein ● 12g fat ● 77g carbs ● 14g fiber



For single meal:

onion, diced
5/8 small (44g)
sriracha chili sauce
1 1/4 tsp (6g)
nonfat greek yogurt, plain
2 1/2 tbsp (44g)
chickpeas, canned, rinsed & drained
5/8 can (280g)
long-grain white rice
5 tbsp (58g)
fresh parsley, chopped
2 1/2 tbsp chopped (9g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

onion, diced
1 1/4 small (88g)
sriracha chili sauce
2 1/2 tsp (13g)
nonfat greek yogurt, plain
5 tbsp (88g)
chickpeas, canned, rinsed & drained
1 1/4 can (560g)
long-grain white rice
10 tbsp (116g)
fresh parsley, chopped
5 tbsp chopped (19g)
oil
2 1/2 tsp (13mL)

1. Cook rice according to package and set aside.
 2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
 3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
 4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
 5. Turn off heat and stir in parsley.
 6. Serve chickpea mixture over rice and drizzle spicy sauce on top.
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Dinner 5 [↗](#)

Eat on day 7

Chickpea stuffed avocado

1/2 avocado - 481 cal ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



Makes 1/2 avocado

avocados

1/2 avocado(s) (101g)

sunflower kernels

1 tbsp (12g)

smoked paprika

1/4 tsp (1g)

nonfat greek yogurt, plain

2 tbsp (35g)

lemon juice

1/2 tbsp (8mL)

chickpeas, canned, drained & rinsed

1/2 can (224g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

Edamame & beet salad

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



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)

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

Protein Supplement(s) [↗](#)

Eat every day

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.