Meal Plan - 1600 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

1562 cals | 134g protein (34%) | 60g fat (35%) | 101g carbs (26%) | 20g fiber (5%)

Lunch

735 cals, 50g protein, 70g net carbs, 24g fat

Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals

Lowfat yogurt
1 container(s)- 181 cals

Dinner

715 cals, 60g protein, 31g net carbs, 36g fat

Olive oil drizzled green beans
181 cals

Vegan sausage
2 sausage(s)- 536 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 2

1601 cals | 123g protein (31%) | 82g fat (46%) | 76g carbs (19%) | 18g fiber (5%)

Lunch

775 cals, 39g protein, 44g net carbs, 46g fat

Mixed nuts
1/6 cup(s)- 163 cals

Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals

Dinner

715 cals, 60g protein, 31g net carbs, 36g fat

Olive oil drizzled green beans
181 cals

Vegan sausage
2 sausage(s)- 536 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Days 3-7 and your grocery list

The rest of this week's plan is ready in the free meal planner, where you can swap any meal and check off your grocery list as you shop.

See days 3-7 · Open the grocery list

Recipes

Lunch 1

Eat on day 1

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals 42g protein 21g fat 38g carbs 11g fiber

Makes 1 1/2 sandwich(es)

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
lime juice
1/4 tbsp (4mL)
avocados
3/8 avocado(s) (75g)
bread
3 slice (96g)
canned tuna, drained
3/4 can(s) (129g)
onion, minced
1/6 small (13g)

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.

Lowfat yogurt

1 container(s) - 181 cals 8g protein 2g fat 32g carbs 0g fiber

Makes 1 container(s)

lowfat flavored yogurt
1 container (6 oz) (170g)

1. The recipe has no instructions.

Lunch 2

Eat on day 2

Mixed nuts

1/6 cup(s) - 163 cals 5g protein 14g fat 4g carbs 2g fiber

Makes 1/6 cup(s)

mixed nuts
3 tbsp (25g)

1. The recipe has no instructions.

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals 34g protein 32g fat 40g carbs 7g fiber

Makes 1 1/2 sandwich(es)

bread
3 slice(s) (96g)
cheese
3/4 cup, shredded (85g)
mushrooms
2 1/4 oz (64g)
rosemary, dried
3 dash (0g)
mixed greens
3/4 cup (23g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Dinner 1

Eat on day 1 and day 2

Olive oil drizzled green beans

181 cals 4g protein 12g fat 10g carbs 5g fiber

For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen green beans
1 2/3 cup (202g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen green beans
3 1/3 cup (403g)
olive oil
5 tsp (25mL)

1. Prepare green beens according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Vegan sausage

2 sausage(s) - 536 cals 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.

Protein Supplement(s)

Eat every day

Protein shake

1 scoop - 109 cals 24g protein 1g fat 1g carbs 1g fiber

For single meal:

protein powder
1 scoop (1/3 cup ea) (31g)
water
1 cup(s) (237mL)

For all 7 meals:

protein powder
7 scoop (1/3 cup ea) (217g)
water
7 cup(s) (1659mL)

1. The recipe has no instructions.