

# Meal Plan - 1700 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

1675 cals ● 140g protein (33%) ● 66g fat (35%) ● 114g carbs (27%) ● 18g fiber (4%)

### Lunch

775 cals, 55g protein, 78g net carbs, 25g fat



[Avocado tuna salad](#)  
327 cals



[Kefir](#)  
450 cals

### Protein Supplement(s)

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



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

### Dinner

790 cals, 61g protein, 35g net carbs, 40g fat



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



[Olive oil drizzled green beans](#)  
253 cals

## Day 2

1651 cals ● 120g protein (29%) ● 69g fat (38%) ● 105g carbs (25%) ● 33g fiber (8%)

### Lunch

795 cals, 46g protein, 70g net carbs, 31g fat



[Almond crusted tilapia](#)  
6 oz- 424 cals



[Mashed sweet potatoes with butter](#)  
374 cals

### Protein Supplement(s)

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



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

### Dinner

745 cals, 50g protein, 34g net carbs, 37g fat



[Basic tempeh](#)  
8 oz- 590 cals



[Sweet potato medallions](#)  
1/2 sweet potato- 155 cals

## Day 3

1679 cals ● 134g protein (32%) ● 52g fat (28%) ● 149g carbs (35%) ● 20g fiber (5%)

### Lunch

740 cals, 61g protein, 85g net carbs, 15g fat



[Cajun shrimp sandwich](#)  
2 sandwich(es)- 739 cals

### Dinner

830 cals, 49g protein, 63g net carbs, 37g fat



[Protein bar](#)  
1 bar- 245 cals



[Crunchy Asian tofu salad](#)  
587 cals

### Protein Supplement(s)

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



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

## Day 4

1679 cals ● 134g protein (32%) ● 52g fat (28%) ● 149g carbs (35%) ● 20g fiber (5%)

### Lunch

740 cals, 61g protein, 85g net carbs, 15g fat



[Cajun shrimp sandwich](#)  
2 sandwich(es)- 739 cals

### Dinner

830 cals, 49g protein, 63g net carbs, 37g fat



[Protein bar](#)  
1 bar- 245 cals



[Crunchy Asian tofu salad](#)  
587 cals

### Protein Supplement(s)

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



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

## Day 5

1692 cals ● 121g protein (29%) ● 46g fat (25%) ● 158g carbs (37%) ● 41g fiber (10%)

### Lunch

755 cals, 47g protein, 66g net carbs, 26g fat



[Chunky canned soup \(non-creamy\)](#)  
2 1/2 can(s)- 618 cals



[Simple mixed greens salad](#)  
136 cals

### Dinner

830 cals, 49g protein, 91g net carbs, 19g fat



[Bean & tofu goulash](#)  
656 cals



[Lentils](#)  
174 cals

### Protein Supplement(s)

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



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

Day 6

1683 calsgreen116g protein (28%)yellow78g fat (42%)blue104g carbs (25%)grey26g fiber (6%)

Lunch

815 calsgreen37g protein, 86g net carbs, 28g fat



Chickpea bowl with spicy yogurt sauce  
564 calsgreen



Caprese salad  
249 calsgreen

Protein Supplement(s)

110 calsgreen24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 calsgreen

Dinner

760 calsgreen54g protein, 17g net carbs, 50g fat



Slow-baked salmon with lemon and thyme  
9 oz- 603 calsgreen



Roasted carrots  
3 carrots(s)- 158 calsgreen

Day 7

1683 calsgreen116g protein (28%)yellow78g fat (42%)blue104g carbs (25%)grey26g fiber (6%)

Lunch

815 calsgreen37g protein, 86g net carbs, 28g fat



Chickpea bowl with spicy yogurt sauce  
564 calsgreen



Caprese salad  
249 calsgreen

Protein Supplement(s)

110 calsgreen24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 calsgreen

Dinner

760 calsgreen54g protein, 17g net carbs, 50g fat



Slow-baked salmon with lemon and thyme  
9 oz- 603 calsgreen



Roasted carrots  
3 carrots(s)- 158 calsgreen

## Fruits and Fruit Juices

- ☐ avocados  
3/8 avocado(s) (75g)
- ☐ lime juice  
2 1/4 tbsp (34mL)
- ☐ lemon  
3/4 large (63g)

## Spices and Herbs

- ☐ salt  
1/8 oz (2g)
- ☐ black pepper  
1/3 tsp (0g)
- ☐ cajun seasoning  
4 dash (1g)
- ☐ fresh thyme  
3 dash (0g)
- ☐ paprika  
3/4 tbsp (5g)
- ☐ fresh basil  
9 1/4 tbsp leaves, whole (14g)
- ☐ thyme, dried  
1/4 tbsp, leaves (1g)

## Other

- ☐ mixed greens  
2 1/4 package (5.5 oz) (353g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ sub roll(s)  
4 roll(s) (340g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ sesame oil  
1 tbsp (15mL)
- ☐ sriracha chili sauce  
2 1/2 tsp (13g)

## Vegetables and Vegetable Products

- ☐ onion  
1 2/3 medium (2-1/2" dia) (183g)
- ☐ tomatoes  
1 2/3 medium whole (2-3/5" dia) (208g)
- ☐ frozen green beans  
2 1/3 cup (282g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)

## Dairy and Egg Products

- ☐ kefir, flavored  
3 cup (720mL)
- ☐ butter  
1 tbsp (14g)
- ☐ nonfat greek yogurt, plain  
1/2 cup (158g)
- ☐ fresh mozzarella cheese  
1/4 lbs (99g)

## Fats and Oils

- ☐ olive oil  
3/4 oz (25mL)
- ☐ oil  
2 2/3 oz (82mL)
- ☐ mayonnaise  
2 tbsp (30mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ balsamic vinaigrette  
2 1/3 tbsp (35mL)

## Beverages

- ☐ water  
8 cup(s) (1896mL)
- ☐ protein powder  
7 scoop (1/3 cup ea) (217g)

## Legumes and Legume Products

- ☐ tempeh  
1/2 lbs (227g)
- ☐ soy sauce  
2 tbsp (30mL)
- ☐ roasted peanuts  
3 tbsp (27g)
- ☐ peanut butter  
2 tbsp (32g)
- ☐ firm tofu  
17 1/4 oz (489g)
- ☐ white beans, canned  
3/4 can(s) (329g)
- ☐ lentils, raw  
4 tbsp (48g)
- ☐ chickpeas, canned  
1 1/4 can (560g)

## Nut and Seed Products

- ☐ cabbage  
4 1/2 cup, shredded (315g)
- ☐ carrots  
8 1/2 medium (524g)
- ☐ garlic  
3/4 clove (2g)
- ☐ fresh parsley  
5 tbsp chopped (19g)

### **Finfish and Shellfish Products**

- ☐ canned tuna  
3/4 can (129g)
- ☐ tilapia, raw  
6 oz (168g)
- ☐ shrimp, cooked  
3/4 lbs (340g)
- ☐ salmon  
18 oz (510g)

- ☐ almonds  
4 tbsp, slivered (27g)

### **Cereal Grains and Pasta**

- ☐ all-purpose flour  
1/6 cup(s) (21g)
- ☐ quinoa, uncooked  
6 tbsp (64g)
- ☐ long-grain white rice  
10 tbsp (116g)

### **Soups, Sauces, and Gravies**

- ☐ chunky canned soup (non-creamy varieties)  
2 1/2 can (~19 oz) (1315g)
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## Lunch 1 [↗](#)

Eat on day 1

### Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber

**avocados**

3/8 avocado(s) (75g)

**lime juice**

1/4 tbsp (4mL)

**salt**

3/4 dash (0g)

**black pepper**

3/4 dash (0g)

**mixed greens**

3/4 cup (23g)

**onion, minced**

1/6 small (13g)

**canned tuna**

3/4 can (129g)

**tomatoes**

3 tbsp, chopped (34g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### Kefir

450 cals ● 24g protein ● 7g fat ● 74g carbs ● 0g fiber

**kefir, flavored**

3 cup (720mL)

1. Pour into a glass and drink.

## Lunch 2 [🔗](#)

Eat on day 2

### Almond crusted tilapia

6 oz - 424 cals ● 41g protein ● 20g fat ● 16g carbs ● 4g fiber



Makes 6 oz

**tilapia, raw**

6 oz (168g)

**almonds**

4 tbsp, slivered (27g)

**all-purpose flour**

1/6 cup(s) (21g)

**salt**

1 dash (0g)

**olive oil**

1/2 tbsp (8mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

### Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



**butter**

1 tbsp (14g)

**sweet potatoes**

1 1/2 sweetpotato, 5" long (315g)

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 3 [↗](#)

Eat on day 3, day 4

### Cajun shrimp sandwich

2 sandwich(es) - 739 cals ● 61g protein ● 15g fat ● 85g carbs ● 5g fiber



For single meal:

**cajun seasoning**  
2 dash (1g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**mixed greens**  
1 cup (30g)  
**mayonnaise**  
1 tbsp (15mL)  
**shrimp, cooked, peeled & deveined**  
6 oz (170g)  
**sub roll(s)**  
2 roll(s) (170g)

For all 2 meals:

**cajun seasoning**  
4 dash (1g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**mixed greens**  
2 cup (60g)  
**mayonnaise**  
2 tbsp (30mL)  
**shrimp, cooked, peeled & deveined**  
3/4 lbs (340g)  
**sub roll(s)**  
4 roll(s) (340g)

1. In a medium bowl, mix the mayonnaise, greek yogurt, cajun seasoning, and some salt and pepper.
2. Spread about 1/3 of the sauce inside the roll. Add the shrimp to the bowl and toss to coat with remaining sauce.
3. Stuff rolls with greens and shrimp. Serve.

## Lunch 4 [↗](#)

Eat on day 5

### Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



Makes 2 1/2 can(s)

**chunky canned soup (non-creamy varieties)**  
2 1/2 can (~19 oz) (1315g)

1. Prepare according to instructions on package.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



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

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



## Lunch 5 [↗](#)

Eat on day 6, day 7

### 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.

### Caprese salad

249 cal ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



For single meal:

**balsamic vinaigrette**  
3 1/2 tsp (17mL)  
**fresh basil**  
1/4 cup leaves, whole (7g)  
**tomatoes, halved**  
9 1/3 tbsp cherry tomatoes (87g)  
**mixed greens**  
5/8 package (5.5 oz) (90g)  
**fresh mozzarella cheese**  
1 3/4 oz (50g)

For all 2 meals:

**balsamic vinaigrette**  
2 1/3 tbsp (35mL)  
**fresh basil**  
9 1/3 tbsp leaves, whole (14g)  
**tomatoes, halved**  
56 tsp cherry tomatoes (174g)  
**mixed greens**  
1 1/6 package (5.5 oz) (181g)  
**fresh mozzarella cheese**  
1/4 lbs (99g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Dinner 1 [🔗](#)

Eat on day 1

### Vegan sausage

2 sausage(s) - 536 cals ● 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.

### Olive oil drizzled green beans

253 cals ● 5g protein ● 16g fat ● 14g carbs ● 7g fiber



#### black pepper

1/4 tsp (0g)

#### salt

1/4 tsp (1g)

#### frozen green beans

2 1/3 cup (282g)

#### olive oil

3 1/2 tsp (18mL)

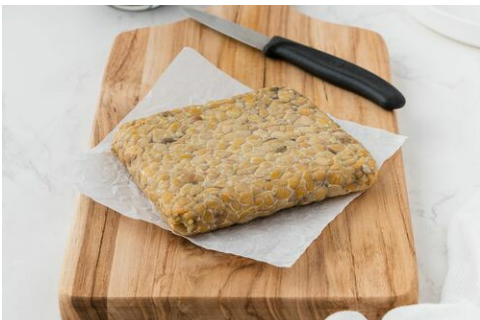
1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

## Dinner 2 [🔗](#)

Eat on day 2

### Basic tempeh

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



Makes 8 oz

#### oil

4 tsp (20mL)

#### tempeh

1/2 lbs (227g)

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.

### Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

**sweet potatoes, sliced**

1/2 sweet potato, 5" long (105g)

**oil**

1/2 tbsp (8mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**

1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**

2 bar (100g)

1. This recipe has no instructions.

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### Crunchy Asian tofu salad

587 cals ● 29g protein ● 32g fat ● 37g carbs ● 10g fiber



For single meal:

**cabbage, shredded**  
2 1/4 cup, shredded (158g)  
**lime juice**  
1 tbsp (15mL)  
**soy sauce**  
1 tbsp (15mL)  
**roasted peanuts**  
1 1/2 tbsp (14g)  
**peanut butter**  
1 tbsp (16g)  
**carrots, cut into matchsticks**  
3/4 medium (46g)  
**quinoa, uncooked**  
3 tbsp (32g)  
**sesame oil**  
1/2 tbsp (8mL)  
**firm tofu, drained**  
6 oz (170g)

For all 2 meals:

**cabbage, shredded**  
4 1/2 cup, shredded (315g)  
**lime juice**  
2 tbsp (30mL)  
**soy sauce**  
2 tbsp (30mL)  
**roasted peanuts**  
3 tbsp (27g)  
**peanut butter**  
2 tbsp (32g)  
**carrots, cut into matchsticks**  
1 1/2 medium (92g)  
**quinoa, uncooked**  
6 tbsp (64g)  
**sesame oil**  
1 tbsp (15mL)  
**firm tofu, drained**  
3/4 lbs (340g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

## Dinner 4 [🔗](#)

Eat on day 5

### Bean & tofu goulash

656 cals ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



**fresh thyme**  
3 dash (0g)  
**paprika**  
3/4 tbsp (5g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
3/4 clove (2g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**firm tofu, drained and diced**  
1/3 lbs (149g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 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.

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Slow-baked salmon with lemon and thyme

9 oz - 603 cal ● 53g protein ● 42g fat ● 2g carbs ● 1g fiber



For single meal:  
**salmon, skin on**  
1/2 lbs (255g)  
**oil**  
1/2 tbsp (8mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**lemon, cut into wedges**  
3/8 large (32g)

For all 2 meals:  
**salmon, skin on**  
18 oz (510g)  
**oil**  
1 tbsp (17mL)  
**thyme, dried**  
1/4 tbsp, leaves (1g)  
**lemon, cut into wedges**  
3/4 large (63g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

### Roasted carrots

3 carrots(s) - 158 cal ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:  
**oil**  
1/2 tbsp (8mL)  
**carrots, sliced**  
3 large (216g)

For all 2 meals:  
**oil**  
1 tbsp (15mL)  
**carrots, sliced**  
6 large (432g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

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# Protein Supplement(s)

Eat every day

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## Protein shake

1 scoop - 109 cals  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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