

# Meal Plan - 1800 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

1779 cals ● 156g protein (35%) ● 85g fat (43%) ● 69g carbs (16%) ● 30g fiber (7%)

### Lunch

765 cals, 34g protein, 35g net carbs, 44g fat



[Avocado](#)  
351 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Avocado tuna salad sandwich](#)  
1 sandwich(es)- 370 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Dinner

850 cals, 86g protein, 33g net carbs, 40g fat



[Sautéed mushrooms](#)  
2 oz mushrooms- 48 cals



[Vegan sausage](#)  
3 sausage(s)- 804 cals

## Day 2

1754 cals ● 116g protein (26%) ● 79g fat (40%) ● 114g carbs (26%) ● 33g fiber (7%)

### Lunch

765 cals, 34g protein, 35g net carbs, 44g fat



[Avocado](#)  
351 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Avocado tuna salad sandwich](#)  
1 sandwich(es)- 370 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Dinner

825 cals, 46g protein, 77g net carbs, 34g fat



[Chik'n nuggets](#)  
15 nuggets- 827 cals

## Day 3

1781 cals ● 120g protein (27%) ● 62g fat (31%) ● 155g carbs (35%) ● 31g fiber (7%)

### Lunch

785 cals, 35g protein, 91g net carbs, 24g fat



Green beans

63 cals



Veggie burger with cheese

2 burger- 722 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

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



Protein bar

1 bar- 245 cals



Crunchy Asian tofu salad

587 cals

## Day 4

1847 cals ● 113g protein (24%) ● 86g fat (42%) ● 132g carbs (29%) ● 24g fiber (5%)

### Lunch

785 cals, 35g protein, 91g net carbs, 24g fat



Green beans

63 cals



Veggie burger with cheese

2 burger- 722 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

900 cals, 42g protein, 39g net carbs, 61g fat



Simple mozzarella and tomato salad

363 cals



Baked fries

193 cals



Basic tofu

8 oz- 342 cals

## Day 5

1760 cals ● 142g protein (32%) ● 94g fat (48%) ● 52g carbs (12%) ● 33g fiber (8%)

### Lunch

830 cals, 60g protein, 24g net carbs, 47g fat



Avocado tuna salad

545 cals



Carrot sticks

2 1/2 carrot(s)- 68 cals



Celery and peanut butter

218 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

765 cals, 46g protein, 27g net carbs, 46g fat



Salmon & artichoke salad

421 cals



Roasted peanuts

3/8 cup(s)- 345 cals

## Day 6

1760 cals ● 142g protein (32%) ● 94g fat (48%) ● 52g carbs (12%) ● 33g fiber (8%)

### Lunch

830 cals, 60g protein, 24g net carbs, 47g fat



Avocado tuna salad

545 cals



Carrot sticks

2 1/2 carrot(s)- 68 cals



Celery and peanut butter

218 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

765 cals, 46g protein, 27g net carbs, 46g fat



Salmon & artichoke salad

421 cals



Roasted peanuts

3/8 cup(s)- 345 cals

## Day 7

1766 cals ● 133g protein (30%) ● 54g fat (28%) ● 139g carbs (32%) ● 46g fiber (11%)

### Lunch

805 cals, 57g protein, 58g net carbs, 28g fat



Basic tempeh

6 oz- 443 cals



Lentils

289 cals



Olive oil drizzled green beans

72 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

800 cals, 40g protein, 80g net carbs, 26g fat



Lentil Soup

542 cals



Edamame & beet salad

257 cals

## Fruits and Fruit Juices

- ☐ avocados  
3 3/4 avocado(s) (754g)
- ☐ lemon juice  
2 tsp (10mL)
- ☐ lime juice  
2 tbsp (33mL)

## Vegetables and Vegetable Products

- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (924g)
- ☐ onion  
5/6 medium (2-1/2" dia) (89g)
- ☐ mushrooms  
2 oz (57g)
- ☐ ketchup  
1/2 cup (132g)
- ☐ frozen green beans  
3 1/3 cup (403g)
- ☐ cabbage  
2 1/4 cup, shredded (158g)
- ☐ carrots  
6 1/4 medium (381g)
- ☐ potatoes  
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ artichokes, canned  
1 1/3 cup hearts (224g)
- ☐ raw celery  
4 1/2 stalk, medium (7-1/2" - 8" long) (180g)
- ☐ garlic  
1/2 clove(s) (2g)
- ☐ canned crushed tomatoes  
1/4 can (101g)
- ☐ fresh spinach  
1/8 cup(s) (4g)
- ☐ beets, precooked (canned or refrigerated)  
3 beets (2" dia, sphere) (150g)
- ☐ edamame, frozen, shelled  
3/4 cup (89g)

## Spices and Herbs

- ☐ black pepper  
1/2 g (1g)
- ☐ salt  
1/8 oz (4g)
- ☐ fresh basil  
1 1/2 tbsp, chopped (4g)
- ☐ oregano, dried  
2 dash, leaves (0g)

## Baked Products

- ☐ bread  
4 slice (128g)
- ☐ hamburger buns  
4 bun(s) (204g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (45mL)
- ☐ balsamic vinaigrette  
5 2/3 oz (165mL)
- ☐ olive oil  
3/4 oz (20mL)

## Other

- ☐ vegan sausage  
3 sausage (300g)
- ☐ vegan chik'n nuggets  
15 nuggets (323g)
- ☐ mixed greens  
2 2/3 package (5.5 oz) (413g)
- ☐ veggie burger patty  
4 patty (284g)
- ☐ protein bar (20g protein)  
1 bar (50g)
- ☐ sesame oil  
1/2 tbsp (8mL)

## Beverages

- ☐ water  
14 cup(s) (3394mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Dairy and Egg Products

- ☐ sliced cheese  
4 slice (3/4 oz ea) (84g)
- ☐ fresh mozzarella cheese  
3 oz (85g)

## Legumes and Legume Products

- ☐ soy sauce  
1 tbsp (15mL)
- ☐ roasted peanuts  
1/4 lbs (123g)

- ☐ basil, dried  
2 dash, leaves (0g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 1/2 can (602g)
- ☐ canned salmon  
3/4 lbs (340g)

- ☐ peanut butter  
3 oz (80g)
- ☐ firm tofu  
14 oz (397g)
- ☐ tempeh  
6 oz (170g)
- ☐ lentils, raw  
1 cup (176g)

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
3 tbsp (32g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

#### **avocados**

1 avocado(s) (201g)

#### **lemon juice**

1 tsp (5mL)

For all 2 meals:

#### **avocados**

2 avocado(s) (402g)

#### **lemon juice**

2 tsp (10mL)

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

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

#### **tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

#### **tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

### Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**avocados**  
1/4 avocado(s) (50g)  
**canned tuna, drained**  
1/2 can (86g)  
**bread**  
2 slice (64g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**avocados**  
1/2 avocado(s) (101g)  
**canned tuna, drained**  
1 can (172g)  
**bread**  
4 slice (128g)  
**onion, minced**  
1/4 small (18g)

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.

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## Lunch 2 [🔗](#)

Eat on day 3, day 4

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### Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

**frozen green beans**  
1 1/3 cup (161g)

For all 2 meals:

**frozen green beans**  
2 2/3 cup (323g)

1. Prepare according to instructions on package.

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### Veggie burger with cheese

2 burger - 722 cals ● 32g protein ● 24g fat ● 83g carbs ● 11g fiber





For single meal:

- hamburger buns**  
2 bun(s) (102g)
- ketchup**  
2 tbsp (34g)
- mixed greens**  
2 oz (57g)
- veggie burger patty**  
2 patty (142g)
- sliced cheese**  
2 slice (3/4 oz ea) (42g)

For all 2 meals:

- hamburger buns**  
4 bun(s) (204g)
- ketchup**  
4 tbsp (68g)
- mixed greens**  
4 oz (113g)
- veggie burger patty**  
4 patty (284g)
- sliced cheese**  
4 slice (3/4 oz ea) (84g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

### Lunch 3 [↗](#)

Eat on day 5, day 6

#### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

- avocados**  
5/8 avocado(s) (126g)
- lime juice**  
1 1/4 tsp (6mL)
- salt**  
1 1/4 dash (1g)
- black pepper**  
1 1/4 dash (0g)
- mixed greens**  
1 1/4 cup (38g)
- onion, minced**  
1/3 small (22g)
- canned tuna**  
1 1/4 can (215g)
- tomatoes**  
5 tbsp, chopped (56g)

For all 2 meals:

- avocados**  
1 1/4 avocado(s) (251g)
- lime juice**  
2 1/2 tsp (13mL)
- salt**  
1/3 tsp (1g)
- black pepper**  
1/3 tsp (0g)
- mixed greens**  
2 1/2 cup (75g)
- onion, minced**  
5/8 small (44g)
- canned tuna**  
2 1/2 can (430g)
- tomatoes**  
10 tbsp, chopped (113g)

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.

#### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber





For single meal:  
**carrots**  
2 1/2 medium (153g)

For all 2 meals:  
**carrots**  
5 medium (305g)

1. Cut carrots into strips and serve.

## Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:  
**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**peanut butter**  
2 tbsp (32g)

For all 2 meals:  
**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)  
**peanut butter**  
4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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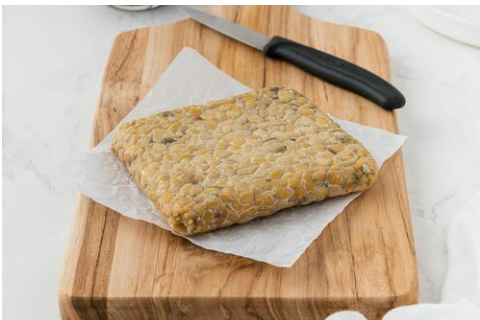
## Lunch 4 [🔗](#)

Eat on day 7

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### Basic tempeh

6 oz - 443 cals ● 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.

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## Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (399mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

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.

## Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen green beans**  
2/3 cup (81g)  
**olive oil**  
1 tsp (5mL)

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

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## Dinner 1 [↗](#)

Eat on day 1

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### Sauteed mushrooms

2 oz mushrooms - 48 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



Makes 2 oz mushrooms

**oil**  
1/4 tbsp (4mL)  
**mushrooms, sliced**  
2 oz (57g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

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## Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

**vegan sausage**  
3 sausage (300g)

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

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## Dinner 2 [↗](#)

Eat on day 2

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### Chik'n nuggets

15 nuggets - 827 cals ● 46g protein ● 34g fat ● 77g carbs ● 8g fiber



Makes 15 nuggets

**vegan chik'n nuggets**  
15 nuggets (323g)  
**ketchup**  
1/4 cup (64g)

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

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## Dinner 3 [↗](#)

Eat on day 3

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### Protein bar

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



Makes 1 bar

**protein bar (20g protein)**  
1 bar (50g)

1. This recipe has no instructions.

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### Crunchy Asian tofu salad

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



**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)

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.

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## Dinner 4 [🔗](#)

Eat on day 4

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### Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



**tomatoes, sliced**  
1 large whole (3" dia) (205g)  
**fresh mozzarella cheese, sliced**  
3 oz (85g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**fresh basil**  
1 1/2 tbsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



**oil**

1/2 tbsp (8mL)

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

## Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

**firm tofu**

1/2 lbs (227g)

**oil**

4 tsp (20mL)

1. Slice tofu 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 5 [🔗](#)

Eat on day 5, day 6

Salmon & artichoke salad

421 cals ● 33g protein ● 19g fat ● 20g carbs ● 10g fiber



For single meal:

- balsamic vinaigrette**  
4 tbsp (60mL)
- tomatoes, halved**  
2/3 cup cherry tomatoes (99g)
- mixed greens**  
3 cup (90g)
- artichokes, canned**  
2/3 cup hearts (112g)
- canned salmon**  
6 oz (170g)

For all 2 meals:

- balsamic vinaigrette**  
1/2 cup (120mL)
- tomatoes, halved**  
1 1/3 cup cherry tomatoes (198g)
- mixed greens**  
6 cup (180g)
- artichokes, canned**  
1 1/3 cup hearts (224g)
- canned salmon**  
3/4 lbs (340g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

- roasted peanuts**  
6 tbsp (55g)

For all 2 meals:

- roasted peanuts**  
3/4 cup (110g)

1. This recipe has no instructions.

## Dinner 6 [↗](#)

Eat on day 7

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### Lentil Soup

542 cals ● 26g protein ● 15g fat ● 61g carbs ● 14g fiber



**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**carrots, diced**  
1/2 medium (31g)  
**raw celery, chopped**  
1/2 stalk, medium (7-1/2" - 8" long) (20g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**oregano, dried**  
2 dash, leaves (0g)  
**canned crushed tomatoes**  
1/4 can (101g)  
**lentils, raw**  
1/2 cup (96g)  
**water**  
2 cup(s) (479mL)  
**fresh spinach, thinly sliced**  
1/8 cup(s) (4g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 tbsp (15mL)  
**basil, dried**  
2 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

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### Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**beets, precooked (canned or refrigerated), chopped**  
3 beets (2" dia, sphere) (150g)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**mixed greens**  
1 1/2 cup (45g)

1. Cook edamame according to package instructions.
  2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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# Protein Supplement(s)

Eat every day

## 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) (359mL)
- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

- water**  
10 1/2 cup(s) (2515mL)
- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.