

Meal Plan - 1900 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 1849 cal ● 128g protein (28%) ● 71g fat (35%) ● 143g carbs (31%) ● 32g fiber (7%)

Lunch

785 cal, 32g protein, 76g net carbs, 35g fat



[Grilled peanut butter and banana sandwich](#)

1 sandwich(es)- 485 cal



[Milk](#)

2 cup(s)- 298 cal

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cal

Dinner

905 cal, 60g protein, 65g net carbs, 35g fat



[Quinoa](#)

1 1/2 cup quinoa, cooked- 313 cal



[Basic tempeh](#)

8 oz- 590 cal

Day 2 1932 cal ● 127g protein (26%) ● 110g fat (51%) ● 88g carbs (18%) ● 20g fiber (4%)

Lunch

785 cal, 32g protein, 76g net carbs, 35g fat



[Grilled peanut butter and banana sandwich](#)

1 sandwich(es)- 485 cal



[Milk](#)

2 cup(s)- 298 cal

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cal

Dinner

985 cal, 59g protein, 11g net carbs, 74g fat



[Salmon with avocado sauce](#)

9 oz- 869 cal



[Roasted brussels sprouts](#)

116 cal

Day 3

1869 cal ● 124g protein (27%) ● 63g fat (30%) ● 170g carbs (36%) ● 32g fiber (7%)

Lunch

805 cal, 25g protein, 76g net carbs, 38g fat



Roasted tomatoes

1 1/2 tomato(es)- 89 cal



Sweet potato wedges

521 cal



Simple salmon

3 oz- 192 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Dinner

900 cal, 63g protein, 93g net carbs, 24g fat



Mashed sweet potatoes

366 cal



Vegan sausage

2 sausage(s)- 536 cal

Day 4

1943 cal ● 143g protein (29%) ● 58g fat (27%) ● 178g carbs (37%) ● 36g fiber (7%)

Lunch

875 cal, 44g protein, 83g net carbs, 33g fat



Avocado

176 cal



Vegan meatball sub

1 1/2 sub(s)- 702 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Dinner

900 cal, 63g protein, 93g net carbs, 24g fat



Mashed sweet potatoes

366 cal



Vegan sausage

2 sausage(s)- 536 cal

Day 5

1902 cal ● 138g protein (29%) ● 74g fat (35%) ● 137g carbs (29%) ● 33g fiber (7%)

Lunch

855 cal, 36g protein, 39g net carbs, 58g fat



Roasted almonds

1/8 cup(s)- 111 cal



Grilled cheese sandwich

1 1/2 sandwich(es)- 743 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Dinner

885 cal, 65g protein, 97g net carbs, 15g fat



Tempeh & mushroom stir fry

885 cal

Day 6

1869 cal ● 137g protein (29%) ● 29g fat (14%) ● 215g carbs (46%) ● 50g fiber (11%)

Lunch

820 cal, 35g protein, 116g net carbs, 13g fat



Mixed vegetables
1 cup(s)- 97 cal



Bbq cauliflower wings
535 cal



Tortilla chips
188 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Dinner

885 cal, 65g protein, 97g net carbs, 15g fat



Tempeh & mushroom stir fry
885 cal

Day 7

1870 cal ● 127g protein (27%) ● 54g fat (26%) ● 193g carbs (41%) ● 26g fiber (6%)

Lunch

820 cal, 35g protein, 116g net carbs, 13g fat



Mixed vegetables
1 cup(s)- 97 cal



Bbq cauliflower wings
535 cal



Tortilla chips
188 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Dinner

885 cal, 56g protein, 76g net carbs, 40g fat



Milk
2 1/2 cup(s)- 373 cal



Crispy chik'n tenders
9 tender(s)- 514 cal

Baked Products

- bread
7 slice (224g)

Fruits and Fruit Juices

- banana
2 medium (7" to 7-7/8" long) (236g)
- lemon juice
1/4 fl oz (8mL)
- avocados
7/8 avocado(s) (176g)

Legumes and Legume Products

- peanut butter
4 tbsp (64g)
- tempeh
1 1/2 lbs (680g)
- soy sauce
4 tbsp (60mL)

Fats and Oils

- cooking spray
2 spray , about 1/3 second (1 NLEA serving) (1g)
- oil
2 oz (57mL)
- olive oil
1/2 tbsp (8mL)

Dairy and Egg Products

- whole milk
6 1/2 cup (1560mL)
- butter
1 1/2 tbsp (21g)
- sliced cheese
3 slice (1 oz) (84g)

Cereal Grains and Pasta

- quinoa, uncooked
1/2 cup (85g)
- brown rice
1 cup (190g)

Beverages

- water
11 1/2 cup(s) (2726mL)

Vegetables and Vegetable Products

- garlic
3/4 clove(s) (2g)
- brussels sprouts
4 oz (113g)
- tomatoes
1 1/2 small whole (2-2/5" dia) (137g)
- sweet potatoes
6 sweetpotato, 5" long (1260g)
- bell pepper
2 large (328g)
- mushrooms
4 cup, chopped (280g)
- frozen mixed veggies
2 cup (270g)
- cauliflower
4 head small (4" dia.) (1060g)
- ketchup
2 1/4 tbsp (38g)

Nut and Seed Products

- coconut milk, canned
1/6 can (86mL)
- almonds
2 tbsp, whole (18g)

Finfish and Shellfish Products

- salmon
3/4 lbs (340g)

Other

- vegan sausage
4 sausage (400g)
- sub roll(s)
1 1/2 roll(s) (128g)
- nutritional yeast
2 oz (62g)
- vegan meatballs, frozen
6 meatball(s) (180g)
- meatless chik'n tenders
9 pieces (230g)

Soups, Sauces, and Gravies

- pasta sauce
6 tbsp (98g)
- barbecue sauce
1 cup (286g)

- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Snacks

- tortilla chips
2 2/3 oz (76g)

Spices and Herbs

- fresh basil
1 1/2 tbsp leaves, whole (2g)
 - salt
2 tsp (13g)
 - black pepper
1/2 tsp, ground (1g)
 - ground ginger
1 tsp (2g)
 - garlic powder
2 tsp (6g)
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cal ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



For single meal:

bread
2 slice (64g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)
peanut butter
2 tbsp (32g)
cooking spray
1 spray , about 1/3 second (1 NLEA serving) (0g)

For all 2 meals:

bread
4 slice (128g)
banana, sliced
2 medium (7" to 7-7/8" long) (236g)
peanut butter
4 tbsp (64g)
cooking spray
2 spray , about 1/3 second (1 NLEA serving) (1g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Milk

2 cup(s) - 298 cal ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

whole milk
2 cup (480mL)

For all 2 meals:

whole milk
4 cup (960mL)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

tomatoes

1 1/2 small whole (2-2/5" dia) (137g)

oil

1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Sweet potato wedges

521 cals ● 7g protein ● 17g fat ● 72g carbs ● 13g fiber



oil

1 1/2 tbsp (23mL)

sweet potatoes, cut into wedges

2 sweetpotato, 5" long (420g)

salt

1 tsp (6g)

black pepper

4 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Simple salmon

3 oz - 192 cals ● 17g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 3 oz

salmon
3 oz (85g)
oil
1/2 tsp (3mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: **PAN FRY:** Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. **BAKING:** Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Lunch 3 [↗](#)

Eat on day 4

Avocado

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



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

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

Vegan meatball sub

1 1/2 sub(s) - 702 cal ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



Makes 1 1/2 sub(s)
sub roll(s)
1 1/2 roll(s) (128g)
nutritional yeast
1/2 tbsp (2g)
pasta sauce
6 tbsp (98g)
vegan meatballs, frozen
6 meatball(s) (180g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Lunch 4 [↗](#)

Eat on day 5

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cal ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

butter

1 1/2 tbsp (21g)

sliced cheese

3 slice (1 oz) (84g)

1. Preheat skillet to medium-low.
 2. Spread butter on one side of one slice of bread.
 3. Place bread on skillet, butter-side down and top with cheese.
 4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
 5. Grill until lightly browned and then flip. Continue until cheese is melted.
-

Lunch 5 [↗](#)

Eat on day 6, day 7

Mixed vegetables

1 cup(s) - 97 cal ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:

frozen mixed veggies
1 cup (135g)

For all 2 meals:

frozen mixed veggies
2 cup (270g)

1. Prepare according to instructions on package.

Bbq cauliflower wings

535 cal ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

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.

Tortilla chips

188 cal ● 3g protein ● 8g fat ● 24g carbs ● 2g fiber



For single meal:

tortilla chips
1 1/3 oz (38g)

For all 2 meals:

tortilla chips
2 2/3 oz (76g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Quinoa

1 1/2 cup quinoa, cooked - 313 cal ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

quinoa, uncooked

1/2 cup (85g)

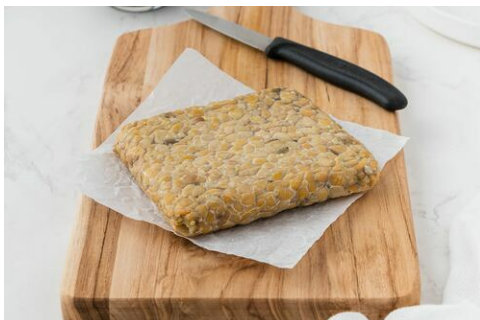
water

1 cup(s) (237mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Basic tempeh

8 oz - 590 cal ● 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.
-

Dinner 2 [↗](#)

Eat on day 2

Salmon with avocado sauce

9 oz - 869 cal ● 56g protein ● 68g fat ● 5g carbs ● 5g fiber



Makes 9 oz

fresh basil

1 1/2 tbsp leaves, whole (2g)

lemon juice

1 tsp (6mL)

garlic

3/4 clove(s) (2g)

coconut milk, canned

1/6 can (85mL)

avocados

3/8 avocado(s) (75g)

oil

1 tsp (6mL)

salmon

1/2 lbs (255g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Roasted brussels sprouts

116 cal ● 3g protein ● 7g fat ● 6g carbs ● 4g fiber



brussels sprouts

4 oz (113g)

olive oil

1/2 tbsp (8mL)

salt

1 dash (1g)

black pepper

2/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
 2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
 3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
 4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
 5. Remove from oven and serve.
-

Dinner 3 [↗](#)

Eat on day 3, day 4

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes

4 sweetpotato, 5" long (840g)

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.
-

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.
-

Dinner 4 [↗](#)

Eat on day 5, day 6

Tempeh & mushroom stir fry

885 cal ● 65g protein ● 15g fat ● 97g carbs ● 24g fiber



For single meal:

soy sauce
2 tbsp (30mL)
bell pepper, sliced
1 large (164g)
mushrooms, chopped
2 cup, chopped (140g)
brown rice
1/2 cup (95g)
ground ginger
4 dash (1g)
garlic powder
1 tsp (3g)
tempeh, sliced
1/2 lbs (227g)

For all 2 meals:

soy sauce
4 tbsp (60mL)
bell pepper, sliced
2 large (328g)
mushrooms, chopped
4 cup, chopped (280g)
brown rice
1 cup (190g)
ground ginger
1 tsp (2g)
garlic powder
2 tsp (6g)
tempeh, sliced
1 lbs (454g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Dinner 5 [↗](#)

Eat on day 7

Milk

2 1/2 cup(s) - 373 cal ● 19g protein ● 20g fat ● 29g carbs ● 0g fiber



Makes 2 1/2 cup(s)

whole milk
2 1/2 cup (600mL)

1. This recipe has no instructions.

Crispy chik'n tenders

9 tender(s) - 514 cal ● 36g protein ● 20g fat ● 46g carbs ● 0g fiber



Makes 9 tender(s)

ketchup

2 1/4 tbsp (38g)

meatless chik'n tenders

9 pieces (230g)

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

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) (356mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

water

10 1/2 cup(s) (2489mL)

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
-