

# Meal Plan - 2000 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

2040 cals ● 133g protein (26%) ● 81g fat (36%) ● 173g carbs (34%) ● 20g fiber (4%)

### Lunch

1045 cals, 65g protein, 53g net carbs, 59g fat



[Buttered lima beans](#)  
110 cals



[Baked salmon with pecans and pesto](#)  
9 oz- 726 cals



[Instant mashed potatoes](#)  
207 cals

### Protein Supplement(s)

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



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

### Dinner

835 cals, 32g protein, 119g net carbs, 22g fat



[Pasta with store-bought sauce](#)  
510 cals



[Milk](#)  
1 2/3 cup(s)- 248 cals



[Simple mixed greens and tomato salad](#)  
76 cals

## Day 2

1946 cals ● 117g protein (24%) ● 29g fat (14%) ● 259g carbs (53%) ● 45g fiber (9%)

### Lunch

950 cals, 49g protein, 139g net carbs, 7g fat



[Mixed vegetables](#)  
1 1/2 cup(s)- 146 cals



[Bbq cauliflower wings](#)  
803 cals

### Protein Supplement(s)

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



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

### Dinner

835 cals, 32g protein, 119g net carbs, 22g fat



[Pasta with store-bought sauce](#)  
510 cals



[Milk](#)  
1 2/3 cup(s)- 248 cals



[Simple mixed greens and tomato salad](#)  
76 cals

## Day 3

2019 cals ● 153g protein (30%) ● 43g fat (19%) ● 211g carbs (42%) ● 46g fiber (9%)

### Lunch

950 cals, 49g protein, 139g net carbs, 7g fat



Mixed vegetables

1 1/2 cup(s)- 146 cals



Bbq cauliflower wings

803 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

910 cals, 67g protein, 70g net carbs, 35g fat



Avocado tuna salad

545 cals



Lowfat yogurt

2 container(s)- 362 cals

## Day 4

2032 cals ● 190g protein (37%) ● 84g fat (37%) ● 108g carbs (21%) ● 22g fiber (4%)

### Lunch

960 cals, 86g protein, 36g net carbs, 48g fat



Tomato and avocado salad

156 cals



Vegan sausage

3 sausage(s)- 804 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

910 cals, 67g protein, 70g net carbs, 35g fat



Avocado tuna salad

545 cals



Lowfat yogurt

2 container(s)- 362 cals

## Day 5

2004 cals ● 151g protein (30%) ● 86g fat (39%) ● 124g carbs (25%) ● 32g fiber (6%)

### Lunch

960 cals, 86g protein, 36g net carbs, 48g fat



Tomato and avocado salad

156 cals



Vegan sausage

3 sausage(s)- 804 cals

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

### Dinner

880 cals, 29g protein, 87g net carbs, 37g fat



Pistachios

188 cals



Raisins

1/4 cup- 137 cals



Pesto chickpeas & quinoa bowl

556 cals

## Day 6

1938 cals ● 121g protein (25%) ● 88g fat (41%) ● 123g carbs (25%) ● 42g fiber (9%)

### Lunch

895 cals, 56g protein, 35g net carbs, 50g fat



Avocado  
176 cals



Seitan salad  
718 cals

### Dinner

880 cals, 29g protein, 87g net carbs, 37g fat



Pistachios  
188 cals



Raisins  
1/4 cup- 137 cals



Pesto chickpeas & quinoa bowl  
556 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

## Day 7

1877 cals ● 123g protein (26%) ● 66g fat (32%) ● 146g carbs (31%) ● 51g fiber (11%)

### Lunch

895 cals, 56g protein, 35g net carbs, 50g fat



Avocado  
176 cals



Seitan salad  
718 cals

### Dinner

820 cals, 31g protein, 110g net carbs, 15g fat



White rice  
5/6 cup rice, cooked- 184 cals



Tomato and avocado salad  
117 cals



Quinoa and black beans  
519 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

## Vegetables and Vegetable Products

- ☐ lima beans, frozen  
1/4 package (10 oz) (71g)
- ☐ mashed potato mix  
2 oz (57g)
- ☐ tomatoes  
5 3/4 medium whole (2-3/5" dia) (708g)
- ☐ frozen mixed veggies  
3 cup (405g)
- ☐ cauliflower  
6 head small (4" dia.) (1590g)
- ☐ onion  
1 medium (2-1/2" dia) (108g)
- ☐ bell pepper  
1 large (164g)
- ☐ mushrooms  
2 cup, chopped (140g)
- ☐ fresh spinach  
8 cup(s) (240g)
- ☐ garlic  
1 clove(s) (3g)
- ☐ frozen corn kernels  
1/3 cup (45g)

## Spices and Herbs

- ☐ salt  
1/2 oz (16g)
- ☐ black pepper  
2 g (2g)
- ☐ garlic powder  
1/2 tsp (1g)
- ☐ cayenne pepper  
3/4 dash (0g)
- ☐ ground cumin  
1/3 tsp (1g)

## Dairy and Egg Products

- ☐ butter  
1 tsp (5g)
- ☐ whole milk  
3 1/3 cup (799mL)
- ☐ lowfat flavored yogurt  
4 container (6 oz) (680g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1/4 lbs (98g)

## Finfish and Shellfish Products

- ☐ salmon  
1 1/2 fillet/s (6 oz each) (255g)
- ☐ canned tuna  
2 1/2 can (430g)

## Nut and Seed Products

- ☐ pecans  
1 1/2 tbsp, chopped (10g)
- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/2 lbs (228g)
- ☐ quinoa, uncooked  
3/4 cup (127g)
- ☐ seitan  
3/4 lbs (340g)
- ☐ long-grain white rice  
1/4 cup (51g)

## Fats and Oils

- ☐ salad dressing  
1/2 cup (105mL)
- ☐ olive oil  
1/2 tbsp (7mL)
- ☐ oil  
2 tbsp (32mL)

## Other

- ☐ mixed greens  
5 1/2 cup (165g)
- ☐ nutritional yeast  
1/4 lbs (95g)
- ☐ vegan sausage  
6 sausage (600g)

## Beverages

- ☐ water  
11 cup(s) (2621mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Fruits and Fruit Juices

- ☐ pasta sauce  
1/2 jar (24 oz) (336g)
- ☐ barbecue sauce  
1 1/2 cup (429g)
- ☐ vegetable broth  
1/2 cup(s) (mL)

- ☐ avocados  
4 avocado(s) (838g)
- ☐ lime juice  
1 1/3 fl oz (40mL)
- ☐ raisins  
1/2 cup, packed (83g)
- ☐ lemon juice  
1 tsp (5mL)

## **Legumes and Legume Products**

- ☐ chickpeas, canned  
1 can (448g)
  - ☐ black beans  
2/3 can(s) (293g)
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## Lunch 1 [↗](#)

Eat on day 1

### Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



#### lima beans, frozen

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

#### salt

1 dash (1g)

#### butter

1 tsp (5g)

#### black pepper

1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

### Baked salmon with pecans and pesto

9 oz - 726 cals ● 54g protein ● 55g fat ● 2g carbs ● 2g fiber



Makes 9 oz

#### pesto sauce

2 1/4 tbsp (36g)

#### salmon

1 1/2 fillet/s (6 oz each) (255g)

#### pecans

1 1/2 tbsp, chopped (10g)

1. Preheat oven to 400°F (200°C). Prepare a parchment paper-lined baking sheet.
2. Spread the pesto on top of the salmon. Then coat the fillet with the chopped pecans.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

### Instant mashed potatoes

207 cals ● 6g protein ● 1g fat ● 40g carbs ● 4g fiber



#### mashed potato mix

2 oz (57g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Mixed vegetables

1 1/2 cup(s) - 146 cals ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



For single meal:

**frozen mixed veggies**

1 1/2 cup (203g)

For all 2 meals:

**frozen mixed veggies**

3 cup (405g)

1. Prepare according to instructions on package.

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### Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

**barbecue sauce**

3/4 cup (215g)

**salt**

1/4 tbsp (5g)

**nutritional yeast**

3/4 cup (45g)

**cauliflower**

3 head small (4" dia.) (795g)

For all 2 meals:

**barbecue sauce**

1 1/2 cup (429g)

**salt**

1/2 tbsp (9g)

**nutritional yeast**

1 1/2 cup (90g)

**cauliflower**

6 head small (4" dia.) (1590g)

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.
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## Lunch 3 [🔗](#)

Eat on day 4, day 5

### Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

**onion**

2 tsp minced (10g)

**lime juice**

2 tsp (10mL)

**avocados, cubed**

1/3 avocado(s) (67g)

**tomatoes, diced**

1/3 medium whole (2-3/5" dia) (41g)

**olive oil**

1/2 tsp (3mL)

**garlic powder**

1 1/3 dash (1g)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

For all 2 meals:

**onion**

4 tsp minced (20g)

**lime juice**

4 tsp (20mL)

**avocados, cubed**

2/3 avocado(s) (134g)

**tomatoes, diced**

2/3 medium whole (2-3/5" dia) (82g)

**olive oil**

1 tsp (5mL)

**garlic powder**

1/3 tsp (1g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Vegan sausage

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



For single meal:

**vegan sausage**

3 sausage (300g)

For all 2 meals:

**vegan sausage**

6 sausage (600g)

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



## Lunch 4 [↗](#)

Eat on day 6, day 7

### Avocado

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



For single meal:

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

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

### Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, sliced**  
6 oz (170g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**nutritional yeast**  
4 tsp (5g)  
**salad dressing**  
4 tbsp (60mL)  
**avocados, sliced**  
1 avocado(s) (201g)  
**tomatoes, halved**  
24 cherry tomatoes (408g)  
**fresh spinach**  
8 cup(s) (240g)  
**seitan, sliced**  
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



For single meal:

**uncooked dry pasta**

4 oz (114g)

**pasta sauce**

1/4 jar (24 oz) (168g)

For all 2 meals:

**uncooked dry pasta**

1/2 lbs (228g)

**pasta sauce**

1/2 jar (24 oz) (336g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

### Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**

1 2/3 cup (400mL)

For all 2 meals:

**whole milk**

1/4 gallon (800mL)

1. This recipe has no instructions.

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**salad dressing**

1 1/2 tbsp (23mL)

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

For all 2 meals:

**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

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

## Dinner 2 [↗](#)

Eat on day 3, day 4

### 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.

### Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

#### lowfat flavored yogurt

2 container (6 oz) (340g)

For all 2 meals:

#### lowfat flavored yogurt

4 container (6 oz) (680g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5, day 6

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**  
1/2 cup (62g)

- 1. This recipe has no instructions.

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 2 meals:

**raisins**  
1/2 cup, packed (83g)

- 1. This recipe has no instructions.

Pesto chickpeas & quinoa bowl

556 cals ● 21g protein ● 23g fat ● 50g carbs ● 16g fiber



For single meal:

**bell pepper, sliced**

1/2 large (82g)

**mushrooms**

1 cup, chopped (70g)

**oil**

1 tsp (5mL)

**pesto sauce**

2 tbsp (31g)

**quinoa, uncooked**

4 tbsp (43g)

**chickpeas, canned, drained and rinsed**

1/2 can (224g)

For all 2 meals:

**bell pepper, sliced**

1 large (164g)

**mushrooms**

2 cup, chopped (140g)

**oil**

2 tsp (10mL)

**pesto sauce**

4 tbsp (62g)

**quinoa, uncooked**

1/2 cup (85g)

**chickpeas, canned, drained and rinsed**

1 can (448g)

1. Cook quinoa according to package. Set aside.
2. Preheat oven to 400°F (200°C). Place chickpeas, mushrooms, and bell pepper strips on a sheet pan. Drizzle with oil, sprinkle some salt/pepper, and toss to coat.
3. Roast chickpeas and veggies for about 20 minutes, stirring once halfway through.
4. Remove chickpeas and veggies from oven and toss with pesto. Serve with the quinoa.

## Dinner 4 [↗](#)

Eat on day 7

### White rice

5/6 cup rice, cooked - 184 cal ● 4g protein ● 0g fat ● 41g carbs ● 1g fiber



Makes 5/6 cup rice, cooked

**long-grain white rice**

1/4 cup (51g)

**water**

1/2 cup(s) (132mL)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

## Tomato and avocado salad



117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**

1/2 tbsp minced (8g)

**lime juice**

1/2 tbsp (8mL)

**avocados, cubed**

1/4 avocado(s) (50g)

**tomatoes, diced**

1/4 medium whole (2-3/5" dia) (31g)

**olive oil**

3/8 tsp (2mL)

**garlic powder**

1 dash (0g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Quinoa and black beans

519 cals ● 26g protein ● 6g fat ● 66g carbs ● 25g fiber



**black pepper**

2/3 dash, ground (0g)

**salt**

1 1/3 dash (1g)

**cayenne pepper**

2/3 dash (0g)

**vegetable broth**

1/2 cup(s) (mL)

**garlic, chopped**

1 clove(s) (3g)

**oil**

1/3 tsp (2mL)

**onion, chopped**

1/3 medium (2-1/2" dia) (37g)

**quinoa, uncooked**

4 tbsp (42g)

**ground cumin**

1/3 tsp (1g)

**frozen corn kernels**

1/3 cup (45g)

**black beans, rinsed and drained**

2/3 can(s) (293g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

# Protein Supplement(s)

Eat every day

## Protein shake

1 1/2 scoop - 164 cals  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.