

Meal Plan - 2100 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

2052 cals ● 132g protein (26%) ● 65g fat (28%) ● 210g carbs (41%) ● 25g fiber (5%)

Lunch

925 cals, 42g protein, 77g net carbs, 42g fat



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



[Eggplant pesto sandwich](#)
1 1/2 sandwich(es)- 678 cals

Protein Supplement(s)

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



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

Dinner

965 cals, 53g protein, 132g net carbs, 22g fat



[Fruit juice](#)
3 1/2 cup(s)- 401 cals



[Maple seitan lettuce cups](#)
2 lettuce cup(s)- 564 cals

Day 2

2051 cals ● 152g protein (30%) ● 86g fat (38%) ● 132g carbs (26%) ● 35g fiber (7%)

Lunch

925 cals, 42g protein, 77g net carbs, 42g fat



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



[Eggplant pesto sandwich](#)
1 1/2 sandwich(es)- 678 cals

Protein Supplement(s)

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



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

Dinner

965 cals, 74g protein, 54g net carbs, 43g fat



[Avocado tuna salad](#)
764 cals



[Fruit juice](#)
1 3/4 cup(s)- 201 cals

Day 3

1974 cals ● 152g protein (31%) ● 64g fat (29%) ● 160g carbs (32%) ● 38g fiber (8%)

Lunch

845 cals, 41g protein, 104g net carbs, 20g fat



[Brown rice](#)

5/6 cup brown rice, cooked- 191 cals



[Bean & tofu goulash](#)

656 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

965 cals, 74g protein, 54g net carbs, 43g fat



[Avocado tuna salad](#)

764 cals



[Fruit juice](#)

1 3/4 cup(s)- 201 cals

Day 4

2025 cals ● 132g protein (26%) ● 63g fat (28%) ● 184g carbs (36%) ● 47g fiber (9%)

Lunch

845 cals, 41g protein, 104g net carbs, 20g fat



[Brown rice](#)

5/6 cup brown rice, cooked- 191 cals



[Bean & tofu goulash](#)

656 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

1015 cals, 55g protein, 79g net carbs, 42g fat



[Chickpea & kale soup](#)

409 cals



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals



[Roasted almonds](#)

1/3 cup(s)- 296 cals

Day 5

2093 cals ● 136g protein (26%) ● 87g fat (37%) ● 160g carbs (31%) ● 32g fiber (6%)

Lunch

1005 cals, 37g protein, 89g net carbs, 48g fat



[Sesame peanut zoodles](#)

588 cals



[Banana](#)

2 banana(s)- 233 cals



[Milk](#)

1 1/4 cup(s)- 186 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Dinner

920 cals, 62g protein, 70g net carbs, 38g fat



[Vegan sausage](#)

2 sausage(s)- 536 cals



[Baked fries](#)

386 cals

Day 6

2068 cals ● 144g protein (28%) ● 58g fat (25%) ● 205g carbs (40%) ● 37g fiber (7%)

Lunch

985 cals, 46g protein, 133g net carbs, 19g fat



Pear

2 pear(s)- 226 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals



Naan bread

1 piece(s)- 262 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

920 cals, 62g protein, 70g net carbs, 38g fat



Vegan sausage

2 sausage(s)- 536 cals



Baked fries

386 cals

Day 7

2094 cals ● 133g protein (25%) ● 61g fat (26%) ● 212g carbs (40%) ● 42g fiber (8%)

Lunch

985 cals, 46g protein, 133g net carbs, 19g fat



Pear

2 pear(s)- 226 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals



Naan bread

1 piece(s)- 262 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

950 cals, 51g protein, 77g net carbs, 41g fat



Peas

282 cals



Milk

1 1/2 cup(s)- 224 cals



Salmon burger

1 burger(s)- 442 cals

Other

- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ smoked paprika
1/2 tsp (1g)
- ☐ mixed greens
3 3/4 cup (113g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ coleslaw mix
1 cup (90g)
- ☐ salmon burger patty
1 patty (113g)

Vegetables and Vegetable Products

- ☐ eggplant
1 1/2 small (687g)
- ☐ garlic
6 clove(s) (18g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (293g)
- ☐ romaine lettuce
2 leaf inner (12g)
- ☐ cucumber
6 slices (42g)
- ☐ shallots
1/2 shallot (57g)
- ☐ onion
2 medium (2-1/2" dia) (226g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ potatoes
2 large (3" to 4-1/4" dia.) (738g)
- ☐ green onions
2 tbsp, sliced (16g)
- ☐ zucchini
2 medium (392g)
- ☐ frozen peas
2 2/3 cup (357g)

Fats and Oils

- ☐ olive oil
1 1/2 tbsp (23mL)
- ☐ oil
2 oz (67mL)
- ☐ ranch dressing
1 tbsp (15mL)
- ☐ mayonnaise
1 1/2 tbsp (23mL)

Dairy and Egg Products

- ☐ cheese
3 slice (1 oz each) (84g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ whole milk
2 3/4 cup (660mL)

Fruits and Fruit Juices

- ☐ fruit juice
56 fl oz (1680mL)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ lime juice
1 fl oz (33mL)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)
- ☐ pears
4 medium (712g)

Sweets

- ☐ maple syrup
1 tbsp (15mL)

Cereal Grains and Pasta

- ☐ seitan
6 oz (170g)
- ☐ brown rice
1/2 cup (106g)

Beverages

- ☐ water
11 1/2 cup(s) (2752mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Spices and Herbs

- ☐ salt
4 g (4g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ fresh thyme
1/4 tbsp (1g)
- ☐ paprika
1 1/2 tbsp (10g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
3 tbsp (48g)
- ☐ vegetable broth
3 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

Baked Products

- ☐ kaiser rolls
3 roll (3-1/2" dia) (171g)
- ☐ naan bread
2 piece (180g)
- ☐ hamburger buns
1 bun(s) (51g)

- ☐ dried dill weed
2 dash (0g)

Finfish and Shellfish Products

- ☐ canned tuna
3 1/2 can (602g)

Legumes and Legume Products

- ☐ firm tofu
2/3 lbs (298g)
- ☐ white beans, canned
1 1/2 can(s) (659g)
- ☐ chickpeas, canned
3/4 can (336g)
- ☐ soy sauce
2 tbsp (30mL)
- ☐ peanut butter
4 tbsp (64g)

Nut and Seed Products

- ☐ almonds
1/3 cup, whole (48g)
 - ☐ chia seeds
1 tsp (5g)
 - ☐ sesame seeds
1 tsp (3g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

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.

Eggplant pesto sandwich

1 1/2 sandwich(es) - 678 cals ● 22g protein ● 37g fat ● 51g carbs ● 14g fiber



For single meal:

eggplant, halved and sliced
3/4 small (344g)
olive oil
3/4 tbsp (11mL)
pesto sauce
1 1/2 tbsp (24g)
garlic
1 1/2 clove (5g)
kaiser rolls
1 1/2 roll (3-1/2" dia) (86g)
tomatoes
4 1/2 slice(s), thin/small (68g)
cheese
1 1/2 slice (1 oz each) (42g)

For all 2 meals:

eggplant, halved and sliced
1 1/2 small (687g)
olive oil
1 1/2 tbsp (23mL)
pesto sauce
3 tbsp (48g)
garlic
3 clove (9g)
kaiser rolls
3 roll (3-1/2" dia) (171g)
tomatoes
9 slice(s), thin/small (135g)
cheese
3 slice (1 oz each) (84g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Brown rice

5/6 cup brown rice, cooked - 191 cal ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



For single meal:

brown rice
1/4 cup (53g)
salt
1/4 tsp (1g)
water
1/2 cup(s) (132mL)
black pepper
1/4 tsp, ground (0g)

For all 2 meals:

brown rice
1/2 cup (106g)
salt
1/2 tsp (3g)
water
1 cup(s) (263mL)
black pepper
1/2 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Bean & tofu goulash

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



For single meal:

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)

For all 2 meals:

fresh thyme
1/4 tbsp (1g)
paprika
1 1/2 tbsp (10g)
oil
1 1/2 tbsp (23mL)
garlic, minced
1 1/2 clove (5g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
firm tofu, drained and diced
2/3 lbs (298g)
white beans, canned, drained & rinsed
1 1/2 can(s) (659g)

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.

Lunch 3 [🔗](#)

Eat on day 5

Sesame peanut zoodles

588 cals ● 25g protein ● 37g fat ● 26g carbs ● 12g fiber



chia seeds

1 tsp (5g)

lime juice

1 tbsp (15mL)

green onions

2 tbsp, sliced (16g)

sesame seeds

1 tsp (3g)

soy sauce

2 tbsp (30mL)

peanut butter

4 tbsp (64g)

coleslaw mix

1 cup (90g)

zucchini, spiralized

2 medium (392g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber

Makes 2 banana(s)

banana

2 medium (7" to 7-7/8" long) (236g)



1. This recipe has no instructions.

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber

Makes 1 1/4 cup(s)

whole milk

1 1/4 cup (300mL)



1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

- 1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

- 1. Prepare according to instructions on package.

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece (90g)

For all 2 meals:

naan bread
2 piece (180g)

- 1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Fruit juice

3 1/2 cup(s) - 401 cals ● 6g protein ● 2g fat ● 89g carbs ● 2g fiber



Makes 3 1/2 cup(s)

fruit juice

28 fl oz (840mL)

1. This recipe has no instructions.

Maple seitan lettuce cups

2 lettuce cup(s) - 564 cals ● 47g protein ● 20g fat ● 44g carbs ● 4g fiber



Makes 2 lettuce cup(s)

smoked paprika

1/2 tsp (1g)

oil

2 tsp (10mL)

ranch dressing

1 tbsp (15mL)

romaine lettuce

2 leaf inner (12g)

cucumber, diced

6 slices (42g)

maple syrup

1 tbsp (15mL)

shallots, sliced

1/2 shallot (57g)

seitan, crumbled

6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and top with cucumber and a drizzle of ranch. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



For single meal:

avocados

7/8 avocado(s) (176g)

lime juice

1 3/4 tsp (9mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

1 3/4 cup (53g)

onion, minced

1/2 small (31g)

canned tuna

1 3/4 can (301g)

tomatoes

1/2 cup, chopped (79g)

For all 2 meals:

avocados

1 3/4 avocado(s) (352g)

lime juice

3 1/2 tsp (18mL)

salt

1/2 tsp (1g)

black pepper

1/2 tsp (0g)

mixed greens

3 1/2 cup (105g)

onion, minced

7/8 small (61g)

canned tuna

3 1/2 can (602g)

tomatoes

14 tbsp, chopped (158g)

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.

Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

fruit juice

14 fl oz (420mL)

For all 2 meals:

fruit juice

28 fl oz (840mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



oil

1/4 tbsp (4mL)

garlic, minced

1 1/2 clove(s) (5g)

vegetable broth

3 cup(s) (mL)

kale leaves, chopped

1 1/2 cup, chopped (60g)

chickpeas, canned, drained

3/4 can (336g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.
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Dinner 4 [🔗](#)

Eat on day 5, day 6

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.

Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



For single meal:

oil
1 tbsp (15mL)
potatoes
1 large (3" to 4-1/4" dia.) (369g)

For all 2 meals:

oil
2 tbsp (30mL)
potatoes
2 large (3" to 4-1/4" dia.) (738g)

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.
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Dinner 5 [↗](#)

Eat on day 7

Peas

282 cals ● 19g protein ● 2g fat ● 33g carbs ● 16g fiber



frozen peas

2 2/3 cup (357g)

1. Prepare according to instructions on package.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Salmon burger

1 burger(s) - 442 cals ● 20g protein ● 28g fat ● 27g carbs ● 1g fiber



Makes 1 burger(s)

oil

1/4 tsp (1mL)

dried dill weed

2 dash (0g)

mayonnaise

1 1/2 tbsp (23mL)

mixed greens

4 tbsp (8g)

salmon burger patty

1 patty (113g)

hamburger buns

1 bun(s) (51g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

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.