

Meal Plan - 2100 calorie intermittent fasting pescetarian meal plan



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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

2070 cals ● 154g protein (30%) ● 65g fat (28%) ● 179g carbs (35%) ● 39g fiber (8%)

Lunch

940 cals, 43g protein, 123g net carbs, 21g fat



Brown rice
286 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

2120 cals ● 134g protein (25%) ● 64g fat (27%) ● 203g carbs (38%) ● 48g fiber (9%)

Lunch

940 cals, 43g protein, 123g net carbs, 21g fat



Brown rice
286 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 cal ● 144g protein (28%) ● 58g fat (25%) ● 205g carbs (40%) ● 37g fiber (7%)

Lunch

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



Pear

2 pear(s)- 226 cal



Chunky canned soup (non-creamy)

2 can(s)- 494 cal



Naan bread

1 piece(s)- 262 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Dinner

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



Vegan sausage

2 sausage(s)- 536 cal



Baked fries

386 cal

Day 7

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

Lunch

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



Pear

2 pear(s)- 226 cal



Chunky canned soup (non-creamy)

2 can(s)- 494 cal



Naan bread

1 piece(s)- 262 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Dinner

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



Peas

282 cal



Milk

1 1/2 cup(s)- 224 cal



Salmon burger

1 burger(s)- 442 cal

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 eggplant (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) 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
13 1/4 tbsp (158g)

Beverages

- water
12 cup(s) (2884mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Spices and Herbs

- salt
5 g (5g)
- black pepper
1/8 oz (2g)
- 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 (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 cal ● 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 cal ● 22g protein ● 37g fat ● 51g carbs ● 14g fiber



For single meal:

eggplant, halved and sliced
3/4 small eggplant (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 eggplant (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

286 cal ● 6g protein ● 2g fat ● 58g carbs ● 3g fiber



For single meal:

brown rice
6 2/3 tbsp (79g)
salt
1/3 tsp (2g)
water
5/6 cup(s) (198mL)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

brown rice
13 1/3 tbsp (158g)
salt
5 dash (4g)
water
1 2/3 cup(s) (395mL)
black pepper
5 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

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.
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Lunch 3 [↗](#)

Eat on day 5

Sesame peanut zoodles

588 cal ● 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 cal ● 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 cal ● 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 cal ● 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.
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Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 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 cal ● 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.
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Dinner 1 [↗](#)

Eat on day 1

Fruit juice

3 1/2 cup(s) - 401 cal ● 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 cal ● 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.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Avocado tuna salad

764 cal ● 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 cal ● 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.
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Dinner 3 [↗](#)

Eat on day 4

Chickpea & kale soup

409 cal ● 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 cal ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

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

1. This recipe has no instructions.

Roasted almonds

1/3 cup(s) - 296 cal ● 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 cal ● 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.
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Baked fries

386 cal ● 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 cal ● 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 cal ● 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 cal ● 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 (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.
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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) (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.
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