

Meal Plan - 2300 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

2294 cals ● 141g protein (25%) ● 73g fat (29%) ● 204g carbs (36%) ● 63g fiber (11%)

Lunch

1125 cals, 61g protein, 115g net carbs, 28g fat



[Easy chickpea salad](#)
467 cals



[Bean & tofu goulash](#)
656 cals

Dinner

1010 cals, 44g protein, 88g net carbs, 44g fat



[Sunflower seeds](#)
406 cals



[Chickpea bowl with spicy yogurt sauce](#)
602 cals

Protein Supplement(s)

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



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

Day 2

2312 cals ● 164g protein (28%) ● 85g fat (33%) ● 152g carbs (26%) ● 71g fiber (12%)

Lunch

1125 cals, 61g protein, 115g net carbs, 28g fat



[Easy chickpea salad](#)
467 cals



[Bean & tofu goulash](#)
656 cals

Dinner

1025 cals, 67g protein, 35g net carbs, 57g fat



[Pumpkin seeds](#)
183 cals



[Crack slaw with tempeh](#)
843 cals

Protein Supplement(s)

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



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

Day 3

2326 calsgreen146g protein (25%)orange111g fat (43%)blue145g carbs (25%)grey40g fiber (7%)

Lunch

1020 calsgreen55g protein, 91g net carbs, 43g fat



Fish taco

2 tortilla(s)- 778 calsgreen




Buttery white rice

243 calsgreen


Dinner

1140 calsgreen54g protein, 53g net carbs, 68g fat




Simple mozzarella and tomato salad

484 calsgreen



Chunky canned soup (creamy)

1/2 can(s)- 177 calsgreen




Chickpea stuffed avocado

1/2 avocado- 481 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 calsgreen

Day 4

2326 calsgreen146g protein (25%)orange111g fat (43%)blue145g carbs (25%)grey40g fiber (7%)

Lunch

1020 calsgreen55g protein, 91g net carbs, 43g fat



Fish taco

2 tortilla(s)- 778 calsgreen




Buttery white rice

243 calsgreen


Dinner

1140 calsgreen54g protein, 53g net carbs, 68g fat




Simple mozzarella and tomato salad

484 calsgreen



Chunky canned soup (creamy)

1/2 can(s)- 177 calsgreen




Chickpea stuffed avocado

1/2 avocado- 481 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 calsgreen

Day 5

2284 calsgreen182g protein (32%)orange83g fat (33%)blue167g carbs (29%)grey34g fiber (6%)

Lunch

1075 calsgreen69g protein, 74g net carbs, 48g fat



Flavored rice mix
191 calsgreen



Simple kale & avocado salad
345 calsgreen



Vegan sausage
2 sausage(s)- 536 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

1050 calsgreen77g protein, 92g net carbs, 35g fat



Buttered corn
476 calsgreen



Lentils
260 calsgreen



Cajun cod
10 oz- 312 calsgreen

Day 6

2284 calsgreen182g protein (32%)orange83g fat (33%)blue167g carbs (29%)grey34g fiber (6%)

Lunch

1075 calsgreen69g protein, 74g net carbs, 48g fat



Flavored rice mix
191 calsgreen



Simple kale & avocado salad
345 calsgreen



Vegan sausage
2 sausage(s)- 536 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

1050 calsgreen77g protein, 92g net carbs, 35g fat



Buttered corn
476 calsgreen



Lentils
260 calsgreen



Cajun cod
10 oz- 312 calsgreen

Day 7

2340 cals ● 157g protein (27%) ● 88g fat (34%) ● 186g carbs (32%) ● 42g fiber (7%)

Lunch

1075 cals, 62g protein, 88g net carbs, 45g fat



Roasted almonds
1/4 cup(s)- 222 cals



Simple plant-based deli wrap
2 wrap(s)- 853 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

1100 cals, 59g protein, 97g net carbs, 43g fat



Corn
277 cals



Basic tempeh
8 oz- 590 cals



Tortilla chips
235 cals



Vegetables and Vegetable Products

- ☐ fresh parsley
5/6 bunch (16g)
- ☐ tomatoes
7 1/3 medium whole (2-3/5" dia) (904g)
- ☐ onion
2 1/2 medium (2-1/2" dia) (282g)
- ☐ garlic
3 1/2 clove (11g)
- ☐ cabbage
1/2 cup, shredded (35g)
- ☐ frozen corn kernels
6 cup (816g)
- ☐ kale leaves
1 1/2 bunch (255g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
2 tbsp (2mL)
- ☐ hot sauce
2 tsp (10mL)
- ☐ chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

Spices and Herbs

- ☐ balsamic vinegar
2 tbsp (30mL)
- ☐ fresh thyme
1/4 tbsp (1g)
- ☐ paprika
1 1/2 tbsp (10g)
- ☐ cajun seasoning
5 tbsp (33g)
- ☐ black pepper
1/8 oz (1g)
- ☐ salt
5 1/2 g (5g)
- ☐ fresh basil
4 tbsp, chopped (11g)

Legumes and Legume Products

- ☐ chickpeas, canned
3 2/3 can (1643g)
- ☐ firm tofu
2/3 lbs (298g)
- ☐ white beans, canned
1 1/2 can(s) (659g)

Nut and Seed Products

- ☐ sunflower kernels
4 oz (112g)
- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)
- ☐ almonds
4 tbsp, whole (36g)

Other

- ☐ sriracha chili sauce
1/2 tbsp (7g)
- ☐ coleslaw mix
4 cup (360g)
- ☐ smoked paprika
1/2 tsp (1g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ mixed greens
1 cup (30g)
- ☐ plant-based deli slices
14 slices (146g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
2/3 container (117g)
- ☐ butter
2/3 stick (75g)
- ☐ fresh mozzarella cheese
1/2 lbs (227g)

Cereal Grains and Pasta

- ☐ long-grain white rice
13 1/4 tbsp (154g)

Beverages

- ☐ water
14 1/2 cup(s) (3437mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Baked Products

- ☐ flour tortillas
7 tortilla (approx 7-8" dia) (340g)

Finfish and Shellfish Products

- ☐ tempeh
1 lbs (454g)
- ☐ lentils, raw
3/4 cup (144g)
- ☐ hummus
4 tbsp (60g)

Fats and Oils

- ☐ oil
1/4 lbs (103mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

- ☐ cod, raw
2 1/4 lbs (1020g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (704g)
- ☐ limes
1 fruit (2" dia) (67g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ lemon
1 1/2 small (87g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
2/3 pouch (~5.6 oz) (105g)

Snacks

- ☐ tortilla chips
1 2/3 oz (47g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

fresh parsley, chopped

3 sprigs (3g)

apple cider vinegar

1 tbsp (1mL)

balsamic vinegar

1 tbsp (15mL)

tomatoes, halved

1 cup cherry tomatoes (149g)

onion, thinly sliced

1/2 small (35g)

chickpeas, canned, drained and rinsed

1 can (448g)

For all 2 meals:

fresh parsley, chopped

6 sprigs (6g)

apple cider vinegar

2 tbsp (2mL)

balsamic vinegar

2 tbsp (30mL)

tomatoes, halved

2 cup cherry tomatoes (298g)

onion, thinly sliced

1 small (70g)

chickpeas, canned, drained and rinsed

2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!

Bean & tofu goulash

656 cals ● 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 2 [🔗](#)

Eat on day 3, day 4

Fish taco

2 tortilla(s) - 778 cals ● 52g protein ● 34g fat ● 54g carbs ● 13g fiber



For single meal:

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

cod, raw

2 4oz fillet(s) (227g)

avocados, mashed

1/2 avocado(s) (101g)

cabbage

4 tbsp, shredded (18g)

cajun seasoning

4 tsp (9g)

limes

1/2 fruit (2" dia) (34g)

oil

2 tsp (10mL)

For all 2 meals:

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

cod, raw

4 4oz fillet(s) (453g)

avocados, mashed

1 avocado(s) (201g)

cabbage

1/2 cup, shredded (35g)

cajun seasoning

2 2/3 tbsp (18g)

limes

1 fruit (2" dia) (67g)

oil

4 tsp (20mL)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Buttery white rice

243 cals ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



For single meal:

black pepper
1 dash, ground (0g)
butter
3/4 tbsp (11g)
salt
2 dash (2g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

For all 2 meals:

black pepper
2 dash, ground (1g)
butter
1 1/2 tbsp (21g)
salt
4 dash (3g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



For single meal:

flavored rice mix
1/3 pouch (~5.6 oz) (53g)

For all 2 meals:

flavored rice mix
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

kale leaves, chopped
 3/4 bunch (128g)
lemon, juiced
 3/4 small (44g)
avocados, chopped
 3/4 avocado(s) (151g)

For all 2 meals:

kale leaves, chopped
 1 1/2 bunch (255g)
lemon, juiced
 1 1/2 small (87g)
avocados, chopped
 1 1/2 avocado(s) (302g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. 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.

Lunch 4 [🔗](#)

Eat on day 7

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds
 4 tbsp, whole (36g)

1. This recipe has no instructions.

Simple plant-based deli wrap

2 wrap(s) - 853 cals ● 54g protein ● 27g fat ● 85g carbs ● 13g fiber



Makes 2 wrap(s)

hummus

4 tbsp (60g)

tomatoes

4 slice(s), thin/small (60g)

mixed greens

1 cup (30g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

plant-based deli slices

14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Dinner 1 [↗](#)

Eat on day 1

Sunflower seeds

406 cal ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



sunflower kernels

2 1/4 oz (64g)

1. This recipe has no instructions.

Chickpea bowl with spicy yogurt sauce

602 cal ● 25g protein ● 13g fat ● 83g carbs ● 15g fiber



onion, diced

2/3 small (47g)

sriracha chili sauce

1/2 tbsp (7g)

nonfat greek yogurt, plain

2 2/3 tbsp (47g)

chickpeas, canned, rinsed & drained

2/3 can (299g)

long-grain white rice

1/3 cup (62g)

fresh parsley, chopped

2 2/3 tbsp chopped (10g)

oil

1/2 tbsp (7mL)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Dinner 2 [↗](#)

Eat on day 2

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Crack slaw with tempeh

843 cals ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber



tempeh, cubed
1/2 lbs (227g)
coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
 2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
 3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
 4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
 5. Season with salt and pepper to taste. Serve hot or cold.
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Dinner 3 [🔗](#)

Eat on day 3, day 4

Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

For all 2 meals:

tomatoes, sliced

3 large whole (3" dia) (546g)

fresh mozzarella cheese, sliced

1/2 lbs (227g)

balsamic vinaigrette

4 tbsp (60mL)

fresh basil

4 tbsp, chopped (11g)

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

Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

chunky canned soup (creamy varieties)

1/2 can (~19 oz) (267g)

For all 2 meals:

chunky canned soup (creamy varieties)

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Chickpea stuffed avocado

1/2 avocado - 481 cals ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



For single meal:

- avocados**
1/2 avocado(s) (101g)
- sunflower kernels**
1 tbsp (12g)
- smoked paprika**
1/4 tsp (1g)
- nonfat greek yogurt, plain**
2 tbsp (35g)
- lemon juice**
1/2 tbsp (8mL)
- chickpeas, canned, drained & rinsed**
1/2 can (224g)

For all 2 meals:

- avocados**
1 avocado(s) (201g)
- sunflower kernels**
2 tbsp (24g)
- smoked paprika**
1/2 tsp (1g)
- nonfat greek yogurt, plain**
4 tbsp (70g)
- lemon juice**
1 tbsp (15mL)
- chickpeas, canned, drained & rinsed**
1 can (448g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

Dinner 4 [↗](#)

Eat on day 5, day 6

Buttered corn

476 cals ● 8g protein ● 24g fat ● 51g carbs ● 6g fiber



For single meal:

- black pepper**
1 1/2 dash (0g)
- salt**
1 1/2 dash (1g)
- butter**
2 tbsp (27g)
- frozen corn kernels**
2 cup (272g)

For all 2 meals:

- black pepper**
3 dash (0g)
- salt**
3 dash (1g)
- butter**
4 tbsp (54g)
- frozen corn kernels**
4 cup (544g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

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.

Cajun cod

10 oz - 312 cals ● 51g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

cod, raw
10 oz (283g)
cajun seasoning
1 tbsp (8g)
oil
1/2 tbsp (8mL)

For all 2 meals:

cod, raw
1 1/4 lbs (567g)
cajun seasoning
2 1/4 tbsp (15g)
oil
1 tbsp (17mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Dinner 5 [↗](#)

Eat on day 7

Corn

277 cals ● 8g protein ● 2g fat ● 51g carbs ● 6g fiber

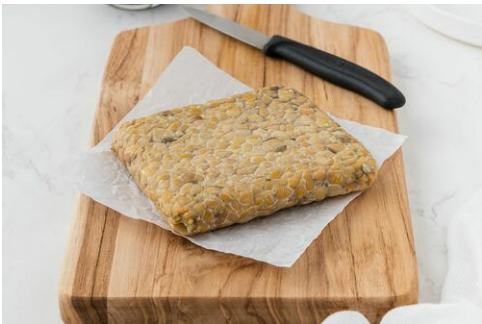


frozen corn kernels
2 cup (272g)

1. Prepare according to instructions on package.

Basic tempeh

8 oz - 590 cals ● 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.

Tortilla chips

235 cals ● 3g protein ● 11g fat ● 30g carbs ● 2g fiber

tortilla chips
1 2/3 oz (47g)

1. This recipe has no instructions.



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.