

Meal Plan - 2400 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

2354 cals ● 156g protein (26%) ● 96g fat (37%) ● 163g carbs (28%) ● 55g fiber (9%)

Lunch

940 cals, 38g protein, 55g net carbs, 55g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Chunky canned soup \(creamy\)](#)

1 1/2 can(s)- 530 cals



[Pumpkin seeds](#)

366 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

Dinner

1200 cals, 69g protein, 106g net carbs, 40g fat



[Tomato and avocado salad](#)

313 cals



[Tempeh & mushroom stir fry](#)

885 cals

Day 2

2226 cals ● 148g protein (27%) ● 86g fat (35%) ● 187g carbs (34%) ● 28g fiber (5%)

Lunch

1090 cals, 44g protein, 109g net carbs, 49g fat



[Asparagus](#)

188 cals



[Lemon pepper tofu](#)

10 1/2 oz- 378 cals



[Naan bread](#)

2 piece(s)- 524 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

Dinner

920 cals, 55g protein, 76g net carbs, 36g fat



[Brown rice](#)

1 1/6 cup brown rice, cooked- 267 cals



[Peanut tempeh](#)

6 oz tempeh- 651 cals

Day 3

2226 cals ● 148g protein (27%) ● 86g fat (35%) ● 187g carbs (34%) ● 28g fiber (5%)

Lunch

1090 cals, 44g protein, 109g net carbs, 49g fat



Asparagus

188 cals



Lemon pepper tofu

10 1/2 oz- 378 cals



Naan bread

2 piece(s)- 524 cals

Dinner

920 cals, 55g protein, 76g net carbs, 36g fat



Brown rice

1 1/6 cup brown rice, cooked- 267 cals



Peanut tempeh

6 oz tempeh- 651 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Day 4

2255 cals ● 155g protein (27%) ● 64g fat (25%) ● 226g carbs (40%) ● 40g fiber (7%)

Lunch

975 cals, 46g protein, 155g net carbs, 7g fat



Brown rice

3/4 cup brown rice, cooked- 172 cals



Bbq cauliflower wings

803 cals

Dinner

1065 cals, 60g protein, 69g net carbs, 56g fat



Buttery brown rice

333 cals



Buttered broccoli

1 1/2 cup(s)- 200 cals



Almond crusted tilapia

7 1/2 oz- 529 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Day 5

2396 cals ● 157g protein (26%) ● 121g fat (45%) ● 139g carbs (23%) ● 31g fiber (5%)

Lunch

1115 cals, 48g protein, 68g net carbs, 64g fat



Avocado
176 cals



Chik'n nuggets
12 nuggets- 662 cals



Roasted almonds
1/3 cup(s)- 277 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

1065 cals, 60g protein, 69g net carbs, 56g fat



Buttery brown rice
333 cals



Buttered broccoli
1 1/2 cup(s)- 200 cals



Almond crusted tilapia
7 1/2 oz- 529 cals

Day 6

2392 cals ● 179g protein (30%) ● 118g fat (44%) ● 96g carbs (16%) ● 57g fiber (9%)

Lunch

1095 cals, 88g protein, 40g net carbs, 59g fat



Tomato and avocado salad
293 cals



Vegan sausage
3 sausage(s)- 804 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

1075 cals, 43g protein, 55g net carbs, 58g fat



Simple kale & avocado salad
115 cals



Chickpea stuffed avocado
1 avocado- 961 cals

Day 7

2392 cals ● 179g protein (30%) ● 118g fat (44%) ● 96g carbs (16%) ● 57g fiber (9%)

Lunch

1095 cals, 88g protein, 40g net carbs, 59g fat



Tomato and avocado salad
293 cals



Vegan sausage
3 sausage(s)- 804 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

1075 cals, 43g protein, 55g net carbs, 58g fat



Simple kale & avocado salad
115 cals



Chickpea stuffed avocado
1 avocado- 961 cals

Vegetables and Vegetable Products

- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (440g)
- ☐ onion
4 tbsp minced (57g)
- ☐ bell pepper
1 large (164g)
- ☐ mushrooms
2 cup, chopped (140g)
- ☐ asparagus
3/4 lbs (340g)
- ☐ frozen broccoli
3 cup (273g)
- ☐ cauliflower
3 head small (4" dia.) (795g)
- ☐ ketchup
3 tbsp (51g)
- ☐ kale leaves
1/2 bunch (85g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)
- ☐ barbecue sauce
3/4 cup (215g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almonds
4 oz (112g)
- ☐ sunflower kernels
4 tbsp (48g)

Fruits and Fruit Juices

- ☐ lime juice
4 tbsp (57mL)
- ☐ avocados
5 avocado(s) (988g)
- ☐ lemon juice
3 fl oz (89mL)
- ☐ lemon
2 small (116g)

Fats and Oils

- ☐ olive oil
1/4 cup (67mL)

Legumes and Legume Products

- ☐ soy sauce
2 oz (45mL)
- ☐ tempeh
1 1/4 lbs (567g)
- ☐ peanut butter
6 tbsp (97g)
- ☐ firm tofu
1 1/3 lbs (595g)
- ☐ chickpeas, canned
2 can (896g)

Cereal Grains and Pasta

- ☐ brown rice
2 cup (417g)
- ☐ cornstarch
3 tbsp (24g)
- ☐ all-purpose flour
3/8 cup(s) (52g)

Beverages

- ☐ water
17 1/2 cup(s) (4121mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Other

- ☐ nutritional yeast
1 3/4 oz (51g)
- ☐ vegan chik'n nuggets
12 nuggets (258g)
- ☐ vegan sausage
6 sausage (600g)
- ☐ smoked paprika
1 tsp (2g)

Baked Products

- ☐ naan bread
4 piece (360g)

Dairy and Egg Products

- ☐ butter
5 tbsp (71g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)

☐ oil
1 1/2 tbsp (23mL)

Spices and Herbs

☐ garlic powder
2 tsp (6g)

☐ salt
1 oz (24g)

☐ black pepper
1/4 oz (7g)

☐ ground ginger
4 dash (1g)

☐ lemon pepper
1/4 tbsp (2g)

Finfish and Shellfish Products

☐ tilapia, raw
15 oz (420g)

Lunch 1 [↗](#)

Eat on day 1

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



Makes 1 1/2 can(s)

chunky canned soup (creamy varieties)

1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Asparagus

188 cals ● 4g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

asparagus
6 oz (170g)
lemon juice
1 tbsp (17mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
olive oil
1 tbsp (17mL)

For all 2 meals:

asparagus
3/4 lbs (340g)
lemon juice
2 1/4 tbsp (34mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
2 1/4 tbsp (34mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Lemon pepper tofu

10 1/2 oz - 378 cals ● 23g protein ● 24g fat ● 18g carbs ● 1g fiber



For single meal:

lemon pepper
3 dash (1g)
oil
3/4 tbsp (11mL)
cornstarch
1 1/2 tbsp (12g)
lemon, zested
3/4 small (44g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

lemon pepper
1/4 tbsp (2g)
oil
1 1/2 tbsp (23mL)
cornstarch
3 tbsp (24g)
lemon, zested
1 1/2 small (87g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

naan bread

2 piece (180g)

For all 2 meals:

naan bread

4 piece (360g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

brown rice

4 tbsp (48g)

salt

1 1/2 dash (1g)

water

1/2 cup(s) (119mL)

black pepper

1 1/2 dash, ground (0g)

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.

Bbq cauliflower wings

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



barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

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.

Lunch 4 [🔗](#)

Eat on day 5

Avocado

176 cals ● 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.

Chik'n nuggets

12 nuggets - 662 cals ● 37g protein ● 27g fat ● 62g carbs ● 6g fiber



Makes 12 nuggets
vegan chik'n nuggets
12 nuggets (258g)
ketchup
3 tbsp (51g)

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

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



For single meal:

onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

avocados, cubed

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

onion

2 1/2 tbsp minced (38g)

lime juice

2 1/2 tbsp (38mL)

avocados, cubed

1 1/4 avocado(s) (251g)

tomatoes, diced

1 1/4 medium whole (2-3/5" dia) (154g)

olive oil

2 tsp (9mL)

garlic powder

5 dash (2g)

salt

5 dash (4g)

black pepper

5 dash, 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.

Dinner 1 [🔗](#)

Eat on day 1

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



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.

Tempeh & mushroom stir fry

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



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)

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 2 [↗](#)

Eat on day 2, day 3

Brown rice

1 1/6 cup brown rice, cooked - 267 cal● 6g protein ● 2g fat ● 54g carbs ● 3g fiber



For single meal:

brown rice
6 1/4 tbsp (74g)
salt
1/4 tsp (2g)
water
3/4 cup(s) (184mL)
black pepper
1/4 tsp, ground (1g)

For all 2 meals:

brown rice
3/4 cup (148g)
salt
1/2 tsp (3g)
water
1 1/2 cup(s) (369mL)
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.

Peanut tempeh

6 oz tempeh - 651 cal● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

nutritional yeast
3/4 tbsp (3g)
soy sauce
1/2 tbsp (8mL)
lemon juice
3/4 tbsp (11mL)
peanut butter
3 tbsp (48g)
tempeh
6 oz (170g)

For all 2 meals:

nutritional yeast
1 1/2 tbsp (6g)
soy sauce
1 tbsp (15mL)
lemon juice
1 1/2 tbsp (23mL)
peanut butter
6 tbsp (97g)
tempeh
3/4 lbs (340g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
 2. Cut tempeh into nugget-shaped slices.
 3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
 4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
 5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
 6. Drizzle extra sauce on top and serve.
-

Dinner 3 [↗](#)

Eat on day 4, day 5

Buttery brown rice

333 cals ● 5g protein ● 13g fat ● 46g carbs ● 2g fiber



For single meal:

butter
1 tbsp (14g)
brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

For all 2 meals:

butter
2 tbsp (28g)
brown rice
2/3 cup (127g)
salt
4 dash (3g)
water
1 1/3 cup(s) (316mL)
black pepper
4 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, mix in butter, and season with salt and pepper.

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
butter
1 1/2 tbsp (21g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
butter
3 tbsp (43g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:

tilapia, raw
1/2 lbs (210g)
almonds
5 tbsp, slivered (34g)
all-purpose flour
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

tilapia, raw
15 oz (420g)
almonds
10 tbsp, slivered (68g)
all-purpose flour
3/8 cup(s) (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

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.

Chickpea stuffed avocado

1 avocado - 961 cals ● 41g protein ● 51g fat ● 50g carbs ● 36g fiber



For single meal:

- 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)

For all 2 meals:

- avocados**
2 avocado(s) (402g)
- sunflower kernels**
4 tbsp (48g)
- smoked paprika**
1 tsp (2g)
- nonfat greek yogurt, plain**
1/2 cup (140g)
- lemon juice**
2 tbsp (30mL)
- chickpeas, canned, drained & rinsed**
2 can (896g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

- water**
2 cup(s) (474mL)
- protein powder**
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

- water**
14 cup(s) (3318mL)
- protein powder**
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.