

Meal Plan - 2500 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

2470 cals ● 200g protein (32%) ● 67g fat (25%) ● 235g carbs (38%) ● 31g fiber (5%)

Lunch

1190 cals, 50g protein, 164g net carbs, 30g fat



Blueberries
1 cup(s)- 95 cals



Peanut butter and jelly sandwich
2 1/2 sandwich(es)- 954 cals



Protein greek yogurt
1 container- 139 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1065 cals, 102g protein, 69g net carbs, 37g fat



Vegan sausage
3 sausage(s)- 804 cals



Lentils
260 cals

Day 2

2453 cals ● 196g protein (32%) ● 44g fat (16%) ● 271g carbs (44%) ● 48g fiber (8%)

Lunch

1145 cals, 85g protein, 107g net carbs, 36g fat



Couscous
402 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1090 cals, 62g protein, 162g net carbs, 7g fat



Bbq cauliflower wings
803 cals



Lentils
289 cals

Day 3

2495 cals ● 191g protein (31%) ● 97g fat (35%) ● 187g carbs (30%) ● 27g fiber (4%)

Lunch

1145 cals, 85g protein, 107g net carbs, 36g fat



Couscous
402 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1135 cals, 58g protein, 78g net carbs, 60g fat



Crispy chik'n tenders
13 tender(s)- 743 cals



Tomato and avocado salad
391 cals

Day 4

2487 cals ● 176g protein (28%) ● 119g fat (43%) ● 150g carbs (24%) ● 28g fiber (4%)

Lunch

1135 cals, 70g protein, 71g net carbs, 58g fat



Baked pesto salmon
10 oz- 673 cals



Couscous
251 cals



Roasted carrots
4 carrots(s)- 211 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1135 cals, 58g protein, 78g net carbs, 60g fat



Crispy chik'n tenders
13 tender(s)- 743 cals



Tomato and avocado salad
391 cals

Day 5

2456 cals ● 241g protein (39%) ● 101g fat (37%) ● 117g carbs (19%) ● 28g fiber (5%)

Lunch

1180 cals, 119g protein, 57g net carbs, 47g fat



Broiled tilapia parmesan
16 oz- 787 cals



Lentils
289 cals



Roasted carrots
2 carrots(s)- 106 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1055 cals, 74g protein, 58g net carbs, 53g fat



Avocado tuna salad
582 cals



Kefir
300 cals




Walnuts
1/4 cup(s)- 175 cals

Day 6

2480 calsgreen201g protein (32%)orange70g fat (25%)blue226g carbs (36%)grey36g fiber (6%)

Lunch


1180 calsgreen119g protein, 57g net carbs, 47g fat

Broiled tilapia parmesan

16 oz- 787 calsgreen

Lentils


289 calsgreen

Roasted carrots

2 carrots(s)- 106 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

1080 calsgreen34g protein, 167g net carbs, 21g fat

Simple kale & avocado salad

230 calsgreen

Pasta with store-bought sauce


851 calsgreen

Day 7


2486 calsgreen183g protein (29%)orange89g fat (32%)blue192g carbs (31%)grey46g fiber (7%)

Lunch

1185 calsgreen100g protein, 24g net carbs, 67g fat

Cajun cod


18 oz- 561 calsgreen

Tomato and avocado salad

626 calsgreen

Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake


2 scoop- 218 calsgreen

Dinner

1080 calsgreen34g protein, 167g net carbs, 21g fat

Simple kale & avocado salad

230 calsgreen

Pasta with store-bought sauce

851 calsgreen

Beverages

- ☐ water
20 1/2 cup(s) (4859mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Fruits and Fruit Juices

- ☐ blueberries
1 cup (148g)
- ☐ avocados
4 2/3 avocado(s) (938g)
- ☐ lime juice
3 fl oz (97mL)
- ☐ lemon juice
2 tbsp (30mL)
- ☐ lemon
1 small (58g)

Sweets

- ☐ jelly
5 tbsp (105g)

Baked Products

- ☐ bread
5 slice (160g)

Legumes and Legume Products

- ☐ peanut butter
2 1/2 tbsp (40g)
- ☐ lentils, raw
1 1/2 cup (312g)

Other

- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ nutritional yeast
3/4 cup (45g)
- ☐ meatless chik'n tenders
26 pieces (663g)
- ☐ mixed greens
1 1/3 cup (40g)

Spices and Herbs

Finfish and Shellfish Products

- ☐ tilapia, raw
3 1/3 lbs (1484g)
- ☐ salmon
1 2/3 fillet/s (6 oz each) (283g)
- ☐ canned tuna
1 1/3 can (229g)
- ☐ cod, raw
18 oz (510g)

Nut and Seed Products

- ☐ almonds
14 tbsp, slivered (95g)
- ☐ walnuts
4 tbsp, shelled (25g)

Fats and Oils

- ☐ olive oil
3 1/4 tbsp (49mL)
- ☐ oil
1 oz (34mL)
- ☐ mayonnaise
3 tbsp (45mL)

Vegetables and Vegetable Products

- ☐ cauliflower
3 head small (4" dia.) (795g)
- ☐ ketchup
6 1/2 tbsp (111g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (429g)
- ☐ onion
1 medium (2-1/2" dia) (113g)
- ☐ carrots
8 large (576g)
- ☐ kale leaves
1 bunch (170g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
3/4 cup (215g)
- ☐ pesto sauce
5 tsp (27g)
- ☐ pasta sauce
5/6 jar (24 oz) (560g)

Dairy and Egg Products

- ☐ salt
1 oz (24g)
- ☐ black pepper
1/4 oz (6g)
- ☐ garlic powder
1/2 tbsp (5g)
- ☐ cajun seasoning
2 tbsp (14g)

- ☐ butter
2 tbsp (28g)
- ☐ parmesan cheese
1/2 cup (50g)
- ☐ kefir, flavored
2 cup (480mL)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1 3/4 box (5.8 oz) (288g)
 - ☐ all-purpose flour
5/8 cup(s) (73g)
 - ☐ uncooked dry pasta
13 1/3 oz (380g)
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Lunch 1 [↗](#)

Eat on day 1

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

blueberries

1 cup (148g)

1. Rinse off blueberries and serve.

Peanut butter and jelly sandwich

2 1/2 sandwich(es) - 954 cal ● 29g protein ● 26g fat ● 138g carbs ● 13g fiber



Makes 2 1/2 sandwich(es)

jelly

5 tbsp (105g)

bread

5 slice (160g)

peanut butter

2 1/2 tbsp (40g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored

1 container (150g)

1. Enjoy.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

Couscous

402 cal ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



Translation missing:
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instant couscous, flavored
2/3 box (5.8 oz) (110g)

For all 2 meals:

instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

Almond crusted tilapia

10 1/2 oz - 741 cal ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



Translation missing:
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tilapia, raw
2/3 lbs (294g)
almonds
1/2 cup, slivered (47g)
olive oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
all-purpose flour
1/4 cup(s) (36g)

For all 2 meals:

tilapia, raw
1 1/3 lbs (588g)
almonds
14 tbsp, slivered (95g)
olive oil
1 3/4 tbsp (26mL)
salt
1/2 tsp (1g)
all-purpose flour
5/8 cup(s) (73g)

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.
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Lunch 3 [↗](#)

Eat on day 4

Baked pesto salmon

10 oz - 673 cals ● 59g protein ● 48g fat ● 1g carbs ● 1g fiber



Makes 10 oz

pesto sauce

5 tsp (27g)

salmon

1 2/3 fillet/s (6 oz each) (283g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
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)).

Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



instant couscous, flavored

3/8 box (5.8 oz) (69g)

1. Follow instructions on package.

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

carrots, sliced

4 large (288g)

oil

2 tsp (10mL)

1. Preheat oven to 400°F (200°C).
 2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Broiled tilapia parmesan

16 oz - 787 cals ● 98g protein ● 42g fat ● 5g carbs ● 0g fiber



Translation missing:
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butter, softened

1 tbsp (14g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

tilapia, raw

1 lbs (448g)

lemon juice

1 tbsp (15mL)

mayonnaise

1 1/2 tbsp (23mL)

parmesan cheese

4 tbsp (25g)

For all 2 meals:

butter, softened

2 tbsp (28g)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

tilapia, raw

2 lbs (896g)

lemon juice

2 tbsp (30mL)

mayonnaise

3 tbsp (45mL)

parmesan cheese

1/2 cup (50g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl.
3. Season fish with pepper and salt.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side.
6. Broil until fish flakes easily with a fork, about 2 minutes.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



Translation missing:
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salt

1 dash (1g)

water

1 2/3 cup(s) (395mL)

lentils, raw, rinsed

6 2/3 tbsp (80g)

For all 2 meals:

salt

1/4 tsp (1g)

water

3 1/3 cup(s) (790mL)

lentils, raw, rinsed

13 1/3 tbsp (160g)

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.

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Translation missing:
en.for_single_meal

carrots, sliced
2 large (144g)
oil
1 tsp (5mL)

For all 2 meals:
carrots, sliced
4 large (288g)
oil
2 tsp (10mL)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Lunch 5 [↗](#)

Eat on day 7

Cajun cod

18 oz - 561 cals ● 92g protein ● 18g fat ● 6g carbs ● 2g fiber



Makes 18 oz

oil
1 tbsp (15mL)
cajun seasoning
2 tbsp (14g)
cod, raw
18 oz (510g)

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.

Tomato and avocado salad

626 cals ● 8g protein ● 49g fat ● 18g carbs ● 21g fiber



tomatoes, diced
1 1/3 medium whole (2-3/5" dia) (164g)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
garlic powder
1/4 tbsp (2g)
olive oil
2 tsp (10mL)
avocados, cubed
1 1/3 avocado(s) (268g)
lime juice
2 2/3 tbsp (40mL)
onion
2 2/3 tbsp minced (40g)

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.

Dinner 1 [↗](#)

Eat on day 1

Vegan sausage

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



Makes 3 sausage(s)

vegan sausage

3 sausage (300g)

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

Lentils

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



salt

3/4 dash (1g)

water

1 1/2 cup(s) (356mL)

lentils, raw, rinsed

6 tbsp (72g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Bbq cauliflower wings

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



cauliflower

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

nutritional yeast

3/4 cup (45g)

salt

1/4 tbsp (5g)

barbecue sauce

3/4 cup (215g)

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.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



salt

1 dash (1g)

water

1 2/3 cup(s) (395mL)

lentils, raw, rinsed

6 2/3 tbsp (80g)

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.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



Translation missing:
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ketchup

3 1/4 tbsp (55g)

meatless chik'n tenders

13 pieces (332g)

For all 2 meals:

ketchup

6 1/2 tbsp (111g)

meatless chik'n tenders

26 pieces (663g)

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

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



Translation missing:
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tomatoes, diced

5/6 medium whole (2-3/5" dia)
(103g)

black pepper

1/2 tsp, ground (1g)

salt

1/2 tsp (3g)

garlic powder

1/2 tsp (1g)

olive oil

1 1/4 tsp (6mL)

avocados, cubed

5/6 avocado(s) (168g)

lime juice

5 tsp (25mL)

onion

5 tsp minced (25g)

For all 2 meals:

tomatoes, diced

1 2/3 medium whole (2-3/5" dia)
(205g)

black pepper

1 tsp, ground (2g)

salt

1 tsp (5g)

garlic powder

1 tsp (3g)

olive oil

2 1/2 tsp (13mL)

avocados, cubed

1 2/3 avocado(s) (335g)

lime juice

1/4 cup (50mL)

onion

1/4 cup minced (50g)

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.

Dinner 4 [↗](#)

Eat on day 5

Avocado tuna salad

582 cals ● 54g protein ● 32g fat ● 8g carbs ● 11g fiber



onion, minced

1/3 small (23g)

tomatoes

1/3 cup, chopped (60g)

canned tuna

1 1/3 can (229g)

mixed greens

1 1/3 cup (40g)

black pepper

1 1/3 dash (0g)

salt

1 1/3 dash (1g)

lime juice

1/2 tbsp (7mL)

avocados

2/3 avocado(s) (134g)

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.

Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



kefir, flavored

2 cup (480mL)

1. Pour into a glass and drink.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 1/4 cup(s)

walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



Translation missing:
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lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

kale leaves, chopped

1/2 bunch (85g)

For all 2 meals:

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

kale leaves, chopped

1 bunch (170g)

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.

Pasta with store-bought sauce

851 cals ● 29g protein ● 6g fat ● 157g carbs ● 13g fiber



Translation missing:
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pasta sauce

3/8 jar (24 oz) (280g)

uncooked dry pasta

6 2/3 oz (190g)

For all 2 meals:

pasta sauce

5/6 jar (24 oz) (560g)

uncooked dry pasta

13 1/3 oz (380g)

1. Cook the pasta as directed on the package.
 2. Top with sauce and enjoy.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



Translation missing:
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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. The recipe has no instructions.