

# 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

2451 cals ● 191g protein (31%) ● 93g fat (34%) ● 166g carbs (27%) ● 48g fiber (8%)

### Lunch

1235 cals, 79g protein, 85g net carbs, 55g fat



#### Fish taco

3 tortilla(s)- 1167 cals



#### Simple mixed greens salad

68 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

### Dinner

1000 cals, 63g protein, 79g net carbs, 36g fat



#### Mixed vegetables

1 1/2 cup(s)- 146 cals



#### Naan bread

1 piece(s)- 262 cals



#### Basic tempeh

8 oz- 590 cals

## Day 2

2496 cals ● 170g protein (27%) ● 74g fat (27%) ● 232g carbs (37%) ● 55g fiber (9%)

### Lunch

1235 cals, 79g protein, 85g net carbs, 55g fat



#### Fish taco

3 tortilla(s)- 1167 cals



#### Simple mixed greens salad

68 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

### Dinner

1045 cals, 43g protein, 145g net carbs, 18g fat



#### Naan bread

2 piece(s)- 524 cals



#### Black bean & sweet potato stew

519 cals

## Day 3

2350 cals ● 157g protein (27%) ● 124g fat (48%) ● 127g carbs (22%) ● 24g fiber (4%)

### Lunch

1140 cals, 50g protein, 68g net carbs, 70g fat



**Cottage cheese & fruit cup**  
2 container- 213 cals



**Clam chowder**  
1 1/2 can(s)- 546 cals



**Mixed nuts**  
1/2 cup(s)- 381 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

995 cals, 59g protein, 57g net carbs, 54g fat



**Salmon with avocado sauce**  
9 oz- 718 cals



**Mashed sweet potatoes**  
275 cals

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## Day 4

2350 cals ● 157g protein (27%) ● 124g fat (48%) ● 127g carbs (22%) ● 24g fiber (4%)

### Lunch

1140 cals, 50g protein, 68g net carbs, 70g fat



**Cottage cheese & fruit cup**  
2 container- 213 cals



**Clam chowder**  
1 1/2 can(s)- 546 cals



**Mixed nuts**  
1/2 cup(s)- 381 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

995 cals, 59g protein, 57g net carbs, 54g fat



**Salmon with avocado sauce**  
9 oz- 718 cals



**Mashed sweet potatoes**  
275 cals

## Day 5

2488 cal ● 163g protein (26%) ● 62g fat (22%) ● 263g carbs (42%) ● 56g fiber (9%)

### Lunch

1120 cal, 50g protein, 107g net carbs, 50g fat



**Egg & avocado salad**  
399 cal



**Milk**  
1 1/3 cup(s)- 199 cal



**Naan bread**  
2 piece(s)- 524 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Dinner

1150 cal, 65g protein, 154g net carbs, 11g fat



**Dinner roll**  
4 roll- 308 cal



**Lentil pasta**  
842 cal

## Day 6

2490 cal ● 163g protein (26%) ● 67g fat (24%) ● 244g carbs (39%) ● 65g fiber (10%)

### Lunch

1125 cal, 50g protein, 87g net carbs, 55g fat



**Chunky canned soup (non-creamy)**  
1/2 can(s)- 124 cal



**Patty melt**  
2 sandwich(es)- 999 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Dinner

1150 cal, 65g protein, 154g net carbs, 11g fat



**Dinner roll**  
4 roll- 308 cal



**Lentil pasta**  
842 cal

## Day 7

2536 cal ● 164g protein (26%) ● 104g fat (37%) ● 189g carbs (30%) ● 46g fiber (7%)

### Lunch

1125 cal, 50g protein, 87g net carbs, 55g fat



**Chunky canned soup (non-creamy)**  
1/2 can(s)- 124 cal



**Patty melt**  
2 sandwich(es)- 999 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Dinner

1195 cal, 66g protein, 100g net carbs, 49g fat



**Tomato and avocado salad**  
235 cal



**Spinach lasagna**  
960 cal

## Baked Products

- flour tortillas  
6 tortilla (approx 7-8" dia) (294g)
- naan bread  
5 piece (450g)
- Roll  
8 pan, dinner, or small roll (2" square, 2" high) (224g)
- bread  
8 slice(s) (256g)

## Finfish and Shellfish Products

- cod, raw  
6 4oz fillet(s) (680g)
- salmon  
1 lbs (510g)

## Fruits and Fruit Juices

- avocados  
3 avocado(s) (578g)
- limes  
1 1/2 fruit (2" dia) (101g)
- lemon juice  
3 1/2 tsp (18mL)
- lime juice  
1 tbsp (15mL)

## Vegetables and Vegetable Products

- cabbage  
3/4 cup, shredded (53g)
- frozen mixed veggies  
1 1/2 cup (203g)
- tomato paste  
2 1/2 tsp (13g)
- kale leaves  
10 tbsp, chopped (25g)
- garlic  
2 1/4 clove(s) (7g)
- onion  
2 medium (2-1/2" dia) (202g)
- sweet potatoes  
3 1/2 sweetpotato, 5" long (718g)
- tomatoes  
1/2 medium whole (2-3/5" dia) (62g)
- frozen chopped spinach  
2/3 10 oz package (189g)

## Spices and Herbs

## Fats and Oils

- oil  
1/4 lbs (111mL)
- salad dressing  
3 tbsp (45mL)
- vegan mayonnaise  
1/2 cup (120g)
- olive oil  
1 3/4 tsp (9mL)

## Other

- mixed greens  
4 cup (120g)
- cottage cheese & fruit cup  
4 container (532g)
- lentil pasta  
13 1/3 oz (378g)
- veggie burger patty  
4 patty (284g)

## Legumes and Legume Products

- tempeh  
1/2 lbs (227g)
- black beans  
5/6 can (366g)

## Beverages

- water  
15 3/4 cup(s) (3733mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Soups, Sauces, and Gravies

- canned clam chowder  
3 can (18.5 oz) (1557g)
- pasta sauce  
1 1/4 jar (24 oz) (863g)
- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)

## Nut and Seed Products

- mixed nuts  
14 tbsp (117g)
- coconut milk, canned  
1/6 can (86mL)

- cajun seasoning  
4 tbsp (27g)
  - ground cumin  
5 dash (1g)
  - fresh basil  
3 tbsp leaves, whole (5g)
  - garlic powder  
1/4 tbsp (2g)
  - dijon mustard  
2 tbsp (30g)
  - salt  
1/2 tsp (3g)
  - black pepper  
1/3 tsp, ground (1g)
  - basil  
1 1/2 dash, leaves (0g)
  - oregano, dried  
1 1/2 dash, leaves (0g)
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## Dairy and Egg Products

- eggs  
3 3/4 medium (165g)
- whole milk  
1 1/3 cup (319mL)
- low fat cottage cheese (1% milkfat)  
2/3 cup (151g)
- mozzarella cheese, shredded  
2 2/3 oz (76g)
- parmesan cheese  
4 tsp (8g)

## Cereal Grains and Pasta

- dry lasagna noodles  
2 2/3 oz (76g)

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Fish taco

3 tortilla(s) - 1167 cals ● 78g protein ● 51g fat ● 81g carbs ● 19g fiber



For single meal:

**flour tortillas**

3 tortilla (approx 7-8" dia) (147g)

**cod, raw**

3 4oz fillet(s) (340g)

**avocados, mashed**

3/4 avocado(s) (151g)

**cabbage**

6 tbsp, shredded (26g)

**cajun seasoning**

2 tbsp (14g)

**limes**

3/4 fruit (2" dia) (50g)

**oil**

1 tbsp (15mL)

For all 2 meals:

**flour tortillas**

6 tortilla (approx 7-8" dia) (294g)

**cod, raw**

6 4oz fillet(s) (680g)

**avocados, mashed**

1 1/2 avocado(s) (302g)

**cabbage**

3/4 cup, shredded (53g)

**cajun seasoning**

4 tbsp (27g)

**limes**

1 1/2 fruit (2" dia) (101g)

**oil**

2 tbsp (30mL)

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.

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**

1 1/2 cup (45g)

**salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
2 container (266g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (532g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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### Clam chowder

1 1/2 can(s) - 546 cal ● 18g protein ● 33g fat ● 38g carbs ● 6g fiber



For single meal:

**canned clam chowder**  
1 1/2 can (18.5 oz) (779g)

For all 2 meals:

**canned clam chowder**  
3 can (18.5 oz) (1557g)

1. Prepare according to instructions on package.

### Mixed nuts

1/2 cup(s) - 381 cal ● 12g protein ● 32g fat ● 8g carbs ● 4g fiber



For single meal:

**mixed nuts**  
1/2 cup (59g)

For all 2 meals:

**mixed nuts**  
14 tbsp (117g)

1. This recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 5

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### Egg & avocado salad

399 cal ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



#### mixed greens

1 cup (30g)

#### avocados

1/2 avocado(s) (101g)

#### eggs, hard-boiled and chilled

3 large (150g)

#### garlic powder

4 dash (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

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### Milk

1 1/3 cup(s) - 199 cal ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



Makes 1 1/3 cup(s)

#### whole milk

1 1/3 cup (320mL)

1. This recipe has no instructions.

### Naan bread

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



Makes 2 piece(s)

#### naan bread

2 piece (180g)

1. This recipe has no instructions.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cal ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

#### **chunky canned soup (non-creamy varieties)**

1/2 can (~19 oz) (263g)

For all 2 meals:

#### **chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

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### Patty melt

2 sandwich(es) - 999 cal ● 41g protein ● 51g fat ● 76g carbs ● 18g fiber



For single meal:

**oil**  
1 1/2 tbsp (23mL)  
**vegan mayonnaise**  
4 tbsp (60g)  
**dijon mustard**  
1 tbsp (15g)  
**onion, thinly sliced**  
1 small (70g)  
**veggie burger patty**  
2 patty (142g)  
**bread**  
4 slice(s) (128g)

For all 2 meals:

**oil**  
3 tbsp (45mL)  
**vegan mayonnaise**  
1/2 cup (120g)  
**dijon mustard**  
2 tbsp (30g)  
**onion, thinly sliced**  
2 small (140g)  
**veggie burger patty**  
4 patty (284g)  
**bread**  
8 slice(s) (256g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
  2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
  3. Place patty on bottom slice and top with onions and remaining bread slice.
  4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
  5. Cut in half and serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### Mixed vegetables

1 1/2 cup(s) - 146 cal ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



Makes 1 1/2 cup(s)

#### **frozen mixed veggies**

1 1/2 cup (203g)

1. Prepare according to instructions on package.

### Naan bread

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



Makes 1 piece(s)

#### **naan bread**

1 piece (90g)

1. This recipe has no instructions.

### Basic tempeh

8 oz - 590 cal ● 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.
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## Dinner 2 [↗](#)

Eat on day 2

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### Naan bread

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



Makes 2 piece(s)

#### naan bread

2 piece (180g)

1. This recipe has no instructions.

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### Black bean & sweet potato stew

519 cal ● 26g protein ● 8g fat ● 58g carbs ● 30g fiber



#### tomato paste

2 1/2 tsp (13g)

#### oil

1 1/4 tsp (6mL)

#### kale leaves

10 tbsp, chopped (25g)

#### lemon juice

1 1/4 tsp (6mL)

#### ground cumin

5 dash (1g)

#### garlic, diced

5/6 clove(s) (3g)

#### onion, chopped

3/8 small (29g)

#### sweet potatoes, cubed

3/8 sweetpotato, 5" long (88g)

#### water

1 1/4 cup(s) (296mL)

#### black beans, drained

5/6 can (366g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
  2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
  3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
  4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
  5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Salmon with avocado sauce

9 oz - 718 cal ● 54g protein ● 54g fat ● 3g carbs ● 3g fiber



For single meal:

**salmon**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)  
**avocados**  
1/6 avocado(s) (38g)  
**coconut milk, canned**  
1/8 can (42mL)  
**garlic**  
3/8 clove(s) (1g)  
**lemon juice**  
1 tsp (6mL)  
**fresh basil**  
1 1/2 tbsp leaves, whole (2g)

For all 2 meals:

**salmon**  
1 lbs (510g)  
**oil**  
3/4 tbsp (11mL)  
**avocados**  
3/8 avocado(s) (75g)  
**coconut milk, canned**  
1/6 can (85mL)  
**garlic**  
3/4 clove(s) (2g)  
**lemon juice**  
3/4 tbsp (11mL)  
**fresh basil**  
3 tbsp leaves, whole (5g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

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### Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
  2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Dinner roll

4 roll - 308 cal ● 11g protein ● 5g fat ● 53g carbs ● 2g fiber



For single meal:

#### Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

For all 2 meals:

#### Roll

8 pan, dinner, or small roll (2" square, 2" high) (224g)

1. Enjoy.
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### Lentil pasta

842 cal ● 54g protein ● 7g fat ● 102g carbs ● 40g fiber



For single meal:

#### pasta sauce

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

#### lentil pasta

6 2/3 oz (189g)

For all 2 meals:

#### pasta sauce

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

#### lentil pasta

13 1/3 oz (378g)

1. Cook lentil pasta according to package.
  2. Top with sauce and serve.
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## Dinner 5 [↗](#)

Eat on day 7

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 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.

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### Spinach lasagna

960 cal ● 63g protein ● 30g fat ● 94g carbs ● 15g fiber



**low fat cottage cheese (1% milkfat)**  
2/3 cup (151g)  
**basil**  
1 1/3 dash, leaves (0g)  
**eggs**  
1/3 medium (15g)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**mozzarella cheese, shredded, shredded**  
2 2/3 oz (76g)  
**water**  
1/2 cup(s) (118mL)  
**oregano, dried**  
1 1/3 dash, leaves (0g)  
**olive oil**  
1 tsp (5mL)  
**frozen chopped spinach**  
2/3 10 oz package (189g)  
**garlic, crushed**  
2/3 clove(s) (2g)  
**pasta sauce**  
1/3 jar (32 oz) (303g)  
**dry lasagna noodles**  
2 2/3 oz (76g)  
**parmesan cheese**  
4 tsp (8g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
2/3 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. In a large pot over medium heat saute spinach, onion, oregano, basil and garlic in the olive oil. Pour in spaghetti sauce and water; simmer 20 minutes.
3. In a large bowl mix cottage cheese, mozzarella cheese, parmesan cheese, salt, pepper and egg.
4. Place a small amount of sauce in the bottom of a lasagna pan. Place some uncooked noodles on top of sauce and top with layer of sauce. Add more noodles and layer with 1/2 sauce and 1/2 cheese mixture, noodles and repeat until all is layered, finishing with sauce.
5. Cover with foil and bake in a preheated oven for 55 minutes. Remove foil and bake another 15 minutes. Let sit 10 minutes before serving.

## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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