

Meal Plan - 2600 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

2591 cals ● 174g protein (27%) ● 47g fat (16%) ● 303g carbs (47%) ● 66g fiber (10%)

Lunch

1325 cals, 78g protein, 142g net carbs, 32g fat



[Bean & tofu goulash](#)
1093 cals



[Lentils](#)
231 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

1050 cals, 48g protein, 159g net carbs, 14g fat



[Lentil & tomato pasta](#)
947 cals



[Simple mixed greens salad](#)
102 cals

Day 2

2500 cals ● 168g protein (27%) ● 54g fat (20%) ● 292g carbs (47%) ● 43g fiber (7%)

Lunch

1235 cals, 72g protein, 132g net carbs, 40g fat



[Milk](#)
2 cup(s)- 298 cals



[Vegan meatball sub](#)
2 sub(s)- 936 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Dinner

1050 cals, 48g protein, 159g net carbs, 14g fat



[Lentil & tomato pasta](#)
947 cals



[Simple mixed greens salad](#)
102 cals

Day 3

2616 cals ● 164g protein (25%) ● 74g fat (25%) ● 287g carbs (44%) ● 36g fiber (6%)

Lunch

1235 cals, 72g protein, 132g net carbs, 40g fat



Milk

2 cup(s)- 298 cals



Vegan meatball sub

2 sub(s)- 936 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1165 cals, 44g protein, 154g net carbs, 33g fat



Cheese ravioli

953 cals



Tomato cucumber salad

212 cals

Day 4

2634 cals ● 164g protein (25%) ● 84g fat (29%) ● 268g carbs (41%) ● 37g fiber (6%)

Lunch

1205 cals, 72g protein, 124g net carbs, 40g fat



Chunky canned soup (non-creamy)

2 1/2 can(s)- 618 cals



Lowfat yogurt

2 container(s)- 362 cals



Sunflower seeds

226 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1210 cals, 44g protein, 142g net carbs, 44g fat



Crispy chik'n tenders

8 tender(s)- 457 cals



Sweet potato fries

618 cals



Simple mixed greens salad

136 cals

Day 5

2634 cals ● 164g protein (25%) ● 84g fat (29%) ● 268g carbs (41%) ● 37g fiber (6%)

Lunch

1205 cals, 72g protein, 124g net carbs, 40g fat



Chunky canned soup (non-creamy)

2 1/2 can(s)- 618 cals



Lowfat yogurt

2 container(s)- 362 cals



Sunflower seeds

226 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1210 cals, 44g protein, 142g net carbs, 44g fat



Crispy chik'n tenders

8 tender(s)- 457 cals



Sweet potato fries

618 cals



Simple mixed greens salad

136 cals

Day 6

2615 calsgreen165g protein (25%)orange115g fat (40%)blue170g carbs (26%)grey61g fiber (9%)

Lunch

1185 calsgreen52g protein, 68g net carbs, 62g fat



Milk

1 1/2 cup(s)- 224 calsgreen




Chickpea stuffed avocado

1 avocado- 961 calsgreen


Dinner

1210 calsgreen64g protein, 100g net carbs, 51g fat




Simple sauteed spinach

348 calsgreen



Simple seitan

6 oz- 365 calsgreen




Mashed sweet potatoes with butter

498 calsgreen

Protein Supplement(s)

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



Protein shake

2 scoop- 218 calsgreen

Day 7

2615 calsgreen165g protein (25%)orange115g fat (40%)blue170g carbs (26%)grey61g fiber (9%)

Lunch

1185 calsgreen52g protein, 68g net carbs, 62g fat



Milk

1 1/2 cup(s)- 224 calsgreen




Chickpea stuffed avocado

1 avocado- 961 calsgreen


Dinner

1210 calsgreen64g protein, 100g net carbs, 51g fat




Simple sauteed spinach

348 calsgreen



Simple seitan

6 oz- 365 calsgreen




Mashed sweet potatoes with butter

498 calsgreen

Protein Supplement(s)

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



Protein shake

2 scoop- 218 calsgreen

Spices and Herbs

- ☐ fresh thyme
5 dash (1g)
- ☐ paprika
2 tbsp (13g)
- ☐ salt
2 tsp (13g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ garlic powder
1 tsp (4g)
- ☐ black pepper
1/2 tbsp, ground (3g)

Fats and Oils

- ☐ oil
1 1/4 oz (39mL)
- ☐ salad dressing
1/2 lbs (203mL)
- ☐ olive oil
6 tbsp (87mL)

Vegetables and Vegetable Products

- ☐ garlic
6 1/4 clove(s) (19g)
- ☐ onion
2 1/4 medium (2-1/2" dia) (250g)
- ☐ tomato paste
1 1/2 tbsp (24g)
- ☐ canned crushed tomatoes
1 1/2 can (608g)
- ☐ carrots
1 1/2 medium (92g)
- ☐ tomatoes
1 1/2 medium whole (2-3/5" dia) (185g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ red onion
3/4 small (53g)
- ☐ ketchup
4 tbsp (68g)
- ☐ sweet potatoes
9 sweetpotato, 5" long (1899g)
- ☐ fresh spinach
28 cup(s) (840g)

Legumes and Legume Products

Beverages

- ☐ water
16 2/3 cup(s) (3946mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
6 3/4 oz (192g)
- ☐ seitan
3/4 lbs (340g)

Other

- ☐ mixed greens
10 1/2 cup (315g)
- ☐ vegan meatballs, frozen
16 meatball(s) (480g)
- ☐ nutritional yeast
4 tsp (5g)
- ☐ sub roll(s)
4 roll(s) (340g)
- ☐ meatless chik'n tenders
16 pieces (408g)
- ☐ smoked paprika
1 tsp (2g)

Dairy and Egg Products

- ☐ whole milk
1/2 gallon (1680mL)
- ☐ lowfat flavored yogurt
4 container (6 oz) (680g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ butter
2 2/3 tbsp (36g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 jar (24 oz) (652g)
- ☐ chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
14 oz (397g)

- ☐ firm tofu
1/2 lbs (248g)
- ☐ white beans, canned
1 1/4 can(s) (549g)
- ☐ lentils, raw
1 1/2 cup (280g)
- ☐ chickpeas, canned
2 can (896g)

Nut and Seed Products

- ☐ sunflower kernels
4 oz (119g)

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (402g)
 - ☐ lemon juice
2 tbsp (30mL)
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Lunch 1 [↗](#)

Eat on day 1

Bean & tofu goulash

1093 cals ● 62g protein ● 31g fat ● 109g carbs ● 32g fiber

**fresh thyme**

5 dash (1g)

paprika

1 1/4 tbsp (9g)

oil

1 1/4 tbsp (19mL)

garlic, minced

1 1/4 clove (4g)

onion, diced

1 1/4 medium (2-1/2" dia) (138g)

firm tofu, drained and diced

1/2 lbs (248g)

white beans, canned, drained & rinsed

1 1/4 can(s) (549g)

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.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber

**salt**

2/3 dash (0g)

water

1 1/3 cup(s) (316mL)

lentils, raw, rinsed

1/3 cup (64g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

whole milk
2 cup (480mL)

For all 2 meals:

whole milk
4 cup (960mL)

1. This recipe has no instructions.

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

vegan meatballs, frozen
8 meatball(s) (240g)
pasta sauce
1/2 cup (130g)
nutritional yeast
2 tsp (3g)
sub roll(s)
2 roll(s) (170g)

For all 2 meals:

vegan meatballs, frozen
16 meatball(s) (480g)
pasta sauce
1 cup (260g)
nutritional yeast
4 tsp (5g)
sub roll(s)
4 roll(s) (340g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Lunch 3 [↗](#)

Eat on day 4, day 5

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 1/2 can (~19 oz) (1315g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.

Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt

2 container (6 oz) (340g)

For all 2 meals:

lowfat flavored yogurt

4 container (6 oz) (680g)

1. This recipe has no instructions.

Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 6, day 7

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

whole milk

1 1/2 cup (360mL)

For all 2 meals:

whole milk

3 cup (720mL)

1. This recipe has no instructions.

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Lentil & tomato pasta

947 cals ● 46g protein ● 7g fat ● 152g carbs ● 24g fiber



For single meal:

tomato paste

3/4 tbsp (12g)

oil

1/2 tsp (3mL)

ground cumin

3 dash (1g)

paprika

3 dash (1g)

water

2/3 cup(s) (156mL)

canned crushed tomatoes

3/4 can (304g)

carrots, chopped

3/4 medium (46g)

garlic, minced

3/4 clove(s) (2g)

onion, diced

3/8 large (56g)

lentils, raw

1/2 cup (108g)

uncooked dry pasta

1/4 lbs (96g)

For all 2 meals:

tomato paste

1 1/2 tbsp (24g)

oil

1 tsp (6mL)

ground cumin

1/4 tbsp (2g)

paprika

1/4 tbsp (2g)

water

1 1/3 cup(s) (311mL)

canned crushed tomatoes

1 1/2 can (608g)

carrots, chopped

1 1/2 medium (92g)

garlic, minced

1 1/2 clove(s) (5g)

onion, diced

3/4 large (113g)

lentils, raw

1 cup (216g)

uncooked dry pasta

6 3/4 oz (192g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Dinner 2 [↗](#)

Eat on day 3

Cheese ravioli

953 cals ● 39g protein ● 24g fat ● 131g carbs ● 15g fiber



pasta sauce

5/8 jar (24 oz) (392g)

frozen cheese ravioli

14 oz (397g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Tomato cucumber salad

212 cals ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



tomatoes, thinly sliced

1 1/2 medium whole (2-3/5" dia) (185g)

cucumber, thinly sliced

3/4 cucumber (8-1/4") (226g)

red onion, thinly sliced

3/4 small (53g)

salad dressing

3 tbsp (45mL)

1. Mix ingredients together in a bowl and serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Crispy chik'n tenders

8 tender(s) - 457 cals ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



For single meal:

ketchup

2 tbsp (34g)

meatless chik'n tenders

8 pieces (204g)

For all 2 meals:

ketchup

4 tbsp (68g)

meatless chik'n tenders

16 pieces (408g)

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

Sweet potato fries

618 cals ● 9g protein ● 16g fat ● 92g carbs ● 17g fiber



For single meal:

sweet potatoes, peeled

18 2/3 oz (530g)

olive oil

3 1/2 tsp (18mL)

garlic powder

1/2 tsp (2g)

paprika

1/2 tsp (1g)

salt

1/2 tsp (4g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

sweet potatoes, peeled

2 1/3 lbs (1059g)

olive oil

2 1/3 tbsp (35mL)

garlic powder

1 tsp (4g)

paprika

1 tsp (3g)

salt

1 tsp (7g)

black pepper

1/2 tsp, ground (1g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Simple sauteed spinach

348 cals ● 13g protein ● 25g fat ● 8g carbs ● 9g fiber



For single meal:

garlic, diced
1 3/4 clove (5g)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
olive oil
1 3/4 tbsp (26mL)
fresh spinach
14 cup(s) (420g)

For all 2 meals:

garlic, diced
3 1/2 clove (11g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (5g)
olive oil
1/4 cup (53mL)
fresh spinach
28 cup(s) (840g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

For all 2 meals:

oil
1 tbsp (15mL)
seitan
3/4 lbs (340g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

butter

2 2/3 tbsp (36g)

sweet potatoes

4 sweetpotato, 5" long (840g)

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, top with butter, and serve.

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.
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