

Meal Plan - 2700 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

2657 cals ● 183g protein (27%) ● 58g fat (20%) ● 276g carbs (41%) ● 75g fiber (11%)

Lunch

1300 cals, 88g protein, 152g net carbs, 23g fat



[Chunky canned soup \(non-creamy\)](#)
2 1/2 can(s)- 618 cals



[Lentils](#)
607 cals



[Simple mixed greens and tomato salad](#)
76 cals

Protein Supplement(s)

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



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

Dinner

1140 cals, 47g protein, 122g net carbs, 34g fat



[Tomato and avocado salad](#)
176 cals



[White bean cassoulet](#)
962 cals

Day 2

2657 cals ● 183g protein (27%) ● 58g fat (20%) ● 276g carbs (41%) ● 75g fiber (11%)

Lunch

1300 cals, 88g protein, 152g net carbs, 23g fat



[Chunky canned soup \(non-creamy\)](#)
2 1/2 can(s)- 618 cals



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Dinner

1140 cals, 47g protein, 122g net carbs, 34g fat



[Tomato and avocado salad](#)
176 cals



[White bean cassoulet](#)
962 cals

Day 3

2673 cals ● 204g protein (30%) ● 85g fat (29%) ● 224g carbs (34%) ● 49g fiber (7%)

Lunch

1245 cals, 44g protein, 132g net carbs, 47g fat



Simple mixed greens and tomato salad

189 cals



Spicy peanut & bean curry over rice

1057 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1210 cals, 112g protein, 91g net carbs, 37g fat



Lentils

405 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 4

2673 cals ● 204g protein (30%) ● 85g fat (29%) ● 224g carbs (34%) ● 49g fiber (7%)

Lunch

1245 cals, 44g protein, 132g net carbs, 47g fat



Simple mixed greens and tomato salad

189 cals



Spicy peanut & bean curry over rice

1057 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1210 cals, 112g protein, 91g net carbs, 37g fat



Lentils

405 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 5

2674 cals ● 203g protein (30%) ● 128g fat (43%) ● 147g carbs (22%) ● 31g fiber (5%)

Lunch

1250 cals, 79g protein, 80g net carbs, 62g fat



Salmon & veggie one pot

10 2/3 oz salmon- 998 cals



Couscous

251 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1205 cals, 75g protein, 65g net carbs, 65g fat



Simple mixed greens salad

237 cals



Quick tuna casserole

969 cals

Day 6

2691 cals ● 213g protein (32%) ● 136g fat (45%) ● 108g carbs (16%) ● 47g fiber (7%)

Lunch

1250 cals, 79g protein, 80g net carbs, 62g fat



Salmon & veggie one pot
10 2/3 oz salmon- 998 cals



Couscous
251 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1225 cals, 86g protein, 26g net carbs, 73g fat



Avocado tuna salad stuffed pepper
4 half pepper(s)- 911 cals



Tomato and avocado salad
313 cals

Day 7

2675 cals ● 173g protein (26%) ● 136g fat (46%) ● 131g carbs (20%) ● 58g fiber (9%)

Lunch

1235 cals, 40g protein, 103g net carbs, 62g fat



Simple mixed greens and tomato salad
227 cals



Hummus cheesesteak sub
1 1/2 sub(s)- 831 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1225 cals, 86g protein, 26g net carbs, 73g fat



Avocado tuna salad stuffed pepper
4 half pepper(s)- 911 cals



Tomato and avocado salad
313 cals

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)
- vegetable broth
1 1/4 cup(s) (mL)
- condensed cream of mushroom soup
1/2 11oz can (155g)

Spices and Herbs

- salt
1/2 oz (12g)
- garlic powder
1 tsp (3g)
- black pepper
3 g (3g)
- crushed red pepper
1 3/4 tsp (3g)
- ground cumin
2 tbsp (12g)
- dried dill weed
1 tbsp (3g)

Beverages

- water
28 1/3 cup(s) (6714mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Legumes and Legume Products

- lentils, raw
3 cup (560g)
- white beans, canned
2 1/2 can(s) (1098g)
- peanut butter
4 tbsp (64g)
- kidney beans
2 can (896g)
- hummus
6 tbsp (92g)

Fats and Oils

- salad dressing
1 1/4 cup (304mL)
- olive oil
1 tbsp (16mL)
- oil
1/4 lbs (115mL)

Vegetables and Vegetable Products

- tomatoes
9 medium whole (2-3/5" dia) (1121g)
- onion
8 1/2 medium (2-1/2" dia) (927g)
- garlic
12 1/2 clove(s) (38g)
- raw celery
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)
- carrots
5 large (360g)
- canned peas
1/2 can (~15 oz) (241g)
- canned crushed tomatoes
2 2/3 cup (645g)
- bell pepper
7 large (1152g)

Fruits and Fruit Juices

- lime juice
2 2/3 fl oz (83mL)
- avocados
4 1/2 avocado(s) (921g)
- lemon juice
1/2 tsp (3mL)

Cereal Grains and Pasta

- long-grain white rice
2/3 cup (123g)
- instant couscous, flavored
5/6 box (5.8 oz) (137g)

Dairy and Egg Products

- butter
2 tbsp (28g)
- whole milk
2 tbsp (31mL)
- sliced cheese
1 1/2 slice (1 oz) (42g)

Meals, Entrees, and Side Dishes

- macaroni and cheese mix
1/2 package (~7.25 oz) (105g)

Finfish and Shellfish Products

Other

- mixed greens
20 1/4 cup (608g)
- vegan sausage
6 sausage (600g)
- sub roll(s)
1 1/2 roll(s) (128g)

- canned tuna
5 1/2 can (946g)
 - salmon
1 1/3 lbs (605g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cal ● 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.

Lentils

607 cal ● 41g protein ● 2g fat ● 89g carbs ● 18g fiber



For single meal:

salt

1/4 tsp (1g)

water

3 1/2 cup(s) (830mL)

lentils, raw, rinsed

14 tbsp (168g)

For all 2 meals:

salt

1/2 tsp (3g)

water

7 cup(s) (1659mL)

lentils, raw, rinsed

1 3/4 cup (336g)

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.

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1/4 cup (56mL)
mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing
1/2 cup (113mL)
mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Spicy peanut & bean curry over rice

1057 cal ● 40g protein ● 35g fat ● 119g carbs ● 27g fiber



For single meal:

oil
1 tbsp (15mL)
crushed red pepper
4 dash (1g)
long-grain white rice
1/3 cup (62g)
peanut butter
2 tbsp (32g)
water
1 cup(s) (237mL)
ground cumin
1/2 tbsp (3g)
garlic, diced
3 clove(s) (9g)
tomatoes, chopped
2 medium whole (2-3/5" dia) (246g)
onion, diced
1 medium (2-1/2" dia) (110g)
kidney beans, drained and rinsed
1 can (448g)

For all 2 meals:

oil
2 tbsp (30mL)
crushed red pepper
1 tsp (2g)
long-grain white rice
2/3 cup (123g)
peanut butter
4 tbsp (64g)
water
2 cup(s) (474mL)
ground cumin
1 tbsp (6g)
garlic, diced
6 clove(s) (18g)
tomatoes, chopped
4 medium whole (2-3/5" dia) (492g)
onion, diced
2 medium (2-1/2" dia) (220g)
kidney beans, drained and rinsed
2 can (896g)

1. Cook rice according to package instructions. Set aside.
 2. Heat oil in a large skillet over medium heat. Add onions and garlic and saute until softened, about 10 minutes.
 3. Add in tomatoes, cumin, crushed red pepper, and a hefty pinch of salt. Feel free to add more/less crushed red pepper depending on your preferred spice level. Stir and toast spices, about 1 minute.
 4. Add in kidney beans, water, and peanut butter. Stir peanut butter into the water and break it apart and turn it into a sauce-like consistency. Cook for 5-8 more minutes until beans are heated through and sauce is bubbly.
 5. Add rice to a plate and spoon the curry on top. Serve.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Salmon & veggie one pot

10 2/3 oz salmon - 998 cal ● 70g protein ● 61g fat ● 31g carbs ● 11g fiber



For single meal:

ground cumin
1/2 tbsp (3g)
water
1/3 cup(s) (79mL)
oil
4 tsp (20mL)
dried dill weed
1/2 tbsp (1g)
canned crushed tomatoes
1 1/3 cup (323g)
onion, sliced
1 1/3 small (93g)
bell pepper, sliced into strips
1 1/3 medium (159g)
salmon
2/3 lbs (302g)

For all 2 meals:

ground cumin
1 tbsp (6g)
water
2/3 cup(s) (158mL)
oil
2 2/3 tbsp (40mL)
dried dill weed
1 tbsp (3g)
canned crushed tomatoes
2 2/3 cup (645g)
onion, sliced
2 2/3 small (187g)
bell pepper, sliced into strips
2 2/3 medium (317g)
salmon
1 1/3 lbs (605g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Couscous

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



For single meal:

instant couscous, flavored
3/8 box (5.8 oz) (69g)

For all 2 meals:

instant couscous, flavored
5/6 box (5.8 oz) (137g)

1. Follow instructions on package.
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Lunch 4 [↗](#)

Eat on day 7

Simple mixed greens and tomato salad

227 cal ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



salad dressing

1/4 cup (68mL)

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

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

Hummus cheesesteak sub

1 1/2 sub(s) - 831 cal ● 33g protein ● 33g fat ● 86g carbs ● 14g fiber



Makes 1 1/2 sub(s)

sub roll(s), split

1 1/2 roll(s) (128g)

sliced cheese

1 1/2 slice (1 oz) (42g)

hummus

6 tbsp (92g)

crushed red pepper

1/4 tbsp (1g)

garlic, minced

1 1/2 clove (5g)

bell pepper, deseeded and sliced into thin strips

1 1/2 medium (179g)

onion, sliced into thin strips

3/4 large (113g)

oil

1/2 tbsp (8mL)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

Avocado

176 cal ● 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.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Tomato and avocado salad

176 cal ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia) (46g)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)

For all 2 meals:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 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.

White bean cassoulet

962 cal ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



For single meal:

garlic, minced
2 1/2 clove(s) (8g)
oil
1 1/4 tbsp (19mL)
vegetable broth
5/8 cup(s) (mL)
white beans, canned, drained & rinsed
1 1/4 can(s) (549g)
onion, diced
1 1/4 medium (2-1/2" dia) (138g)
raw celery, thinly sliced
1 1/4 stalk, medium (7-1/2" - 8" long) (50g)
carrots, peeled & slices
2 1/2 large (180g)

For all 2 meals:

garlic, minced
5 clove(s) (15g)
oil
2 1/2 tbsp (38mL)
vegetable broth
1 1/4 cup(s) (mL)
white beans, canned, drained & rinsed
2 1/2 can(s) (1098g)
onion, diced
2 1/2 medium (2-1/2" dia) (275g)
raw celery, thinly sliced
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)
carrots, peeled & slices
5 large (360g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Lentils

405 cal ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

salt
1 dash (1g)
water
2 1/3 cup(s) (553mL)
lentils, raw, rinsed
9 1/3 tbsp (112g)

For all 2 meals:

salt
1/4 tsp (2g)
water
4 2/3 cup(s) (1106mL)
lentils, raw, rinsed
56 tsp (224g)

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.

Vegan sausage

3 sausage(s) - 804 cal ● 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 3 [↗](#)

Eat on day 5

Simple mixed greens salad

237 cal ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

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

Quick tuna casserole

969 cal ● 71g protein ● 49g fat ● 51g carbs ● 11g fiber



condensed cream of mushroom soup
1/2 11oz can (155g)
butter
2 tbsp (28g)
whole milk
2 tbsp (30mL)
canned peas, drained
1/2 can (~15 oz) (241g)
macaroni and cheese mix
1/2 package (~7.25 oz) (105g)
canned tuna, drained
1 1/2 can (258g)

1. Preheat oven to 350°F (175°C).
 2. Use the butter and milk to prepare macaroni and cheese mix according to package directions. Set aside in a large bowl.
 3. Stir in the cream of mushroom soup, tuna and peas in with the macaroni. Mix well, transfer to a baking dish and heat until bubbly, about 20-25 minutes.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cal ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

canned tuna, drained

2 can (344g)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

For all 2 meals:

canned tuna, drained

4 can (688g)

avocados

2 avocado(s) (402g)

lime juice

4 tsp (20mL)

salt

4 dash (2g)

black pepper

4 dash (0g)

bell pepper

4 large (656g)

onion

1 small (70g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Tomato and avocado salad

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



For single meal:

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)

For all 2 meals:

onion

2 2/3 tbsp minced (40g)

lime juice

2 2/3 tbsp (40mL)

avocados, cubed

1 1/3 avocado(s) (268g)

tomatoes, diced

1 1/3 medium whole (2-3/5" dia) (164g)

olive oil

2 tsp (10mL)

garlic powder

1/4 tbsp (2g)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

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.

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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