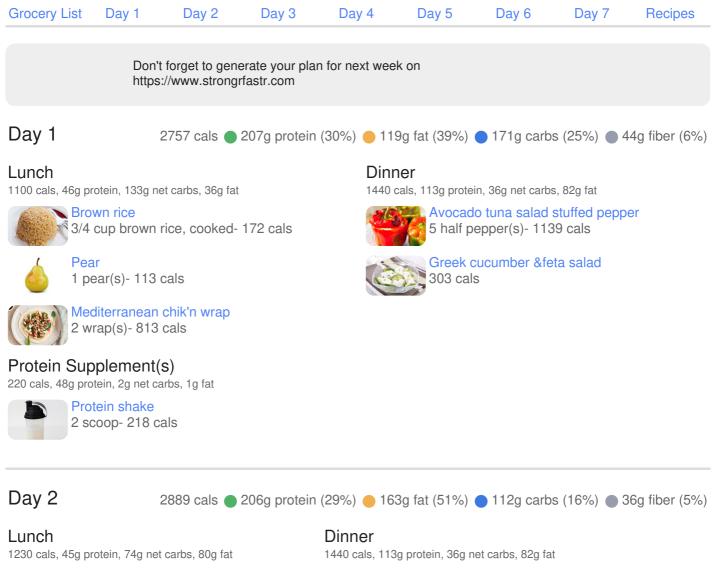
Meal Plan - 2900 calorie intermittent fasting pescetarian meal plan







Buffalo tofu 709 cals



Flavored rice mix 287 cals

Buttered broccoli

1 3/4 cup(s)- 234 cals

Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals



Avocado tuna salad stuffed pepper 5 half pepper(s)- 1139 cals



Greek cucumber &feta salad 303 cals



Lunch

1370 cals, 92g protein, 110g net carbs, 58g fat



Vegan bangers and cauliflower mash 3 sausage link(s)- 1083 cals

Fruit juice 2 1/2 cup(s)- 287 cals

Protein Supplement(s)

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

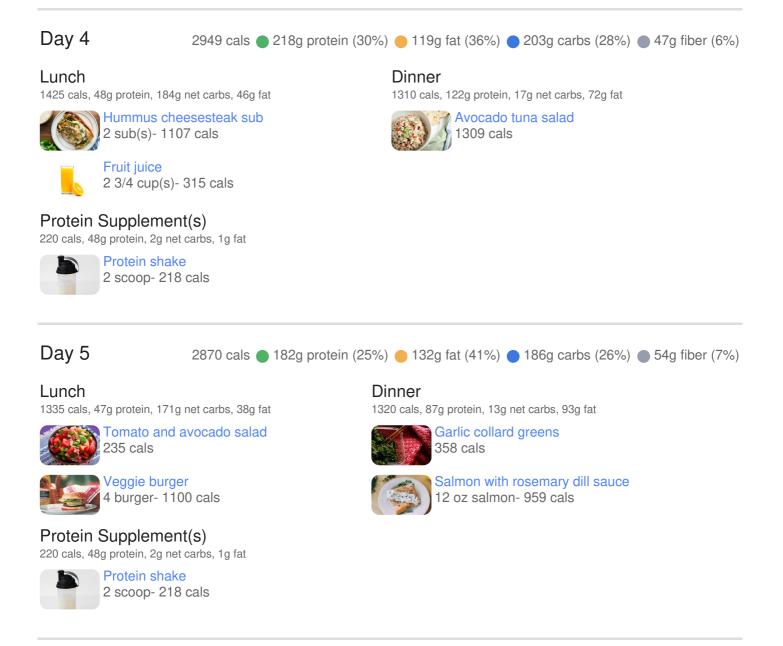


Protein shake 2 scoop- 218 cals Dinner

1310 cals, 122g protein, 17g net carbs, 72g fat



Avocado tuna salad 1309 cals



Day 6

Lunch

1420 cals, 43g protein, 87g net carbs, 89g fat



Eggplant pesto sandwich 2 1/2 sandwich(es)- 1131 cals

Walnuts 3/8 cup(s)- 291 cals

Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

Dinner

1305 cals, 115g protein, 49g net carbs, 66g fat



Tomato and avocado salad 235 cals



Vegan sausage 4 sausage(s)- 1072 cals



Lunch

2947 cals 206g protein (28%) 156g fat (48%) 137g carbs (19%) 42g fiber (6%)

Dinner

1305 cals, 115g protein, 49g net carbs, 66g fat



Tomato and avocado salad 235 cals



Vegan sausage 4 sausage(s)- 1072 cals



2 1/2 sandwich(es)- 1131 cals **Walnuts**

Eggplant pesto sandwich



3/8 cup(s)- 291 cals

1420 cals, 43g protein, 87g net carbs, 89g fat

Protein Supplement(s)

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



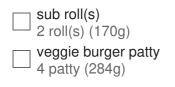
Protein shake 2 scoop- 218 cals



frozen cauliflower 2 1/4 cup (255g)



Cereal Grains and Pasta	Vegetables and Vegetable Products
brown rice 4 tbsp (48g)	Cucumber 2 2/3 cucumber (8-1/4") (805g)
Spices and Herbs	tomatoes 5 3/4 medium whole (2-3/5" dia) (710g) bell pepper
□ salt 1/2 oz (13g)	6 1/2 large (1058g)
black pepper 1/8 oz (4g)	onion 4 1/2 medium (2-1/2" dia) (493g)
🖂 dill weed, fresh	frozen broccoli 1 3/4 cup (159g)
2 1/2 tbsp, chopped (4g)	☐ garlic 11 clove(s) (33g)
└── 5 tbsp (75mL) ┌── crushed red pepper	Collard greens 18 oz (510g)
└── 1 tsp (2g) ┌── dried dill weed	└── <mark>ketchup</mark> 4 tbsp (68g)
└── 4 dash (1g) ┌─┐ rosemary, dried	eggplant 2 1/2 small (1145g)
└── 4 dash (1g) ┌── garlic powder	
1/4 tbsp (2g)	Dairy and Egg Products
Beverages	feta cheese 1/4 lbs (131g)
water	□ butter 1 3/4 tbsp (25g)
□ 14 1/2 cup(s) (3437mL) □ protein powder	☐ sliced cheese 2 slice (1 oz ea) (56g)
└── 14 scoop (1/3 cup ea) (434g)	sour cream 2 3/4 tbsp (38g)
Fruits and Fruit Juices	Cheese 5 slice (1 oz each) (140g)
pears 1 medium (178g)	
avocados 7 avocado(s) (1407g)	Finfish and Shellfish Products
└── lime juice	☐ canned tuna 11 can (1892g)
└── 3 1/4 fl oz (100mL) ┌── fruit juice	salmon 3/4 lbs (340g)
└── 42 fl oz (1260mL)	
Other	Fats and Oils
meatless chik'n tenders	□ olive oil 2 1/3 oz (74mL)
5 oz (142g) mixed greens	anch dressing 4 tbsp (60mL)
2 package (5.5 oz) (308g) vegan sausage	□ <mark>oil</mark> 2 oz (64mL)
└── 11 sausage (1100g) ┌── frozen cauliflower	2 tbsp (31mL)



Baked Products

flour tortillas 2 tortilla (approx 7-8" dia) (98g)

- hamburger buns 4 bun(s) (204g)
- kaiser rolls 5 roll (3-1/2" dia) (285g)
 - 5 Toll (0 1/2 did) (2009)

Legumes and Legume Products

hummus 6 1/2 oz (183g) firm tofu 14 oz (397g)

Soups, Sauces, and Gravies

Frank's Red Hot sauce 1/3 cup (79mL)

pesto sauce 5 tbsp (80g)

Meals, Entrees, and Side Dishes

flavored rice mix 1/2 pouch (~5.6 oz) (79g)

Nut and Seed Products

- walnuts

¹ 13 1/4 tbsp, shelled (83g)

Recipes



Lunch 1 🗹

Eat on day 1

Brown rice

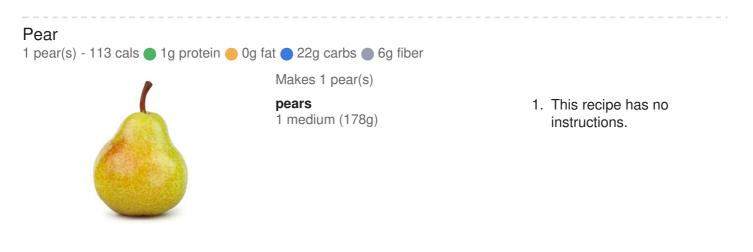
3/4 cup brown rice, cooked - 172 cals
4g protein
1g fat
35g carbs
2g fiber



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)

- (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.



Mediterranean chik'n wrap

2 wrap(s) - 813 cals
42g protein
34g fat
77g carbs
8g fiber



Makes 2 wrap(s)

meatless chik'n tenders 5 oz (142g) flour tortillas 2 tortilla (approx 7-8" dia) (98g) mixed greens 1/2 cup (15g) hummus 4 tbsp (60g) cucumber, chopped 1/2 cup slices (52g) feta cheese 4 tbsp (38g) tomatoes, chopped

2 slice(s), thin/small (30g)

- 1. Cook chik'n according to package.
- 2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Lunch 2 🗹

Eat on day 2

Buttered broccoli

1 3/4 cup(s) - 234 cals Sg protein Sg protein 320g fat 32 g carbs 52 g fiber



Makes 1 3/4 cup(s)

black pepper 1 dash (0g) salt 1 dash (0g) frozen broccoli 1 3/4 cup (159g) butter 1 3/4 tbsp (25g)

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

Buffalo tofu

709 cals
32g protein
59g fat
13g carbs
1g fiber



ranch dressing 4 tbsp (60mL) oil 1 tbsp (15mL) Frank's Red Hot sauce 1/3 cup (79mL) firm tofu, patted dry & cubed 14 oz (397g)

- Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
- 2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
- 3. Serve tofu with ranch.

Flavored rice mix 287 cals
8g protein
1g fat
58g carbs
2g fiber



Lunch 3 🗹

Eat on day 3

Vegan bangers and cauliflower mash

3 sausage link(s) - 1083 cals
87g protein
57g fat
47g carbs
8g fiber



Makes 3 sausage link(s) onion, thinly sliced

1 1/2 small (105g) vegan sausage 3 sausage (300g) oil 1 1/2 tbsp (23mL) frozen cauliflower 2 1/4 cup (255g)

- 1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
- 2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
- When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
- 4. When all elements are done, plate and serve.

Fruit juice

2 1/2 cup(s) - 287 cals 4g protein 1g fat 63g carbs 1g fiber

Makes 2 1/2 cup(s)



fruit juice 20 fl oz (600mL)

Lunch 4 🗹

Eat on day 4

Hummus cheesesteak sub

2 sub(s) - 1107 cals
44g protein
45g fat
114g carbs
19g fiber



Makes 2 sub(s)

sub roll(s), split 2 roll(s) (170g) sliced cheese 2 slice (1 oz ea) (56g) hummus 1/2 cup (123g) crushed red pepper 1 tsp (2g) garlic, minced 2 clove (6g) bell pepper, deseeded and sliced into thin strips 2 medium (238g) onion, sliced into thin strips 1 large (150g) oil 2 tsp (10mL)

- 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.
- Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
- 4. Serve.

Fruit juice

2 3/4 cup(s) - 315 cals Sg protein Ig fat 70g carbs 1g fiber



Makes 2 3/4 cup(s) fruit juice 22 fl oz (660mL)

Lunch 5 🗹

Eat on day 5

Tomato and avocado salad

235 cals
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 $2 \operatorname{dash}(1g)$ 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.
- Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
- 4. Serve chilled.

Veggie burger

4 burger - 1100 cals
44g protein
20g fat
165g carbs
22g fiber



Makes 4 burger

veggie burger patty 4 patty (284g) hamburger buns 4 bun(s) (204g) ketchup 4 tbsp (68g) mixed greens 4 oz (113g)

- 1. Cook patty according to instructions on package.
- 2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lunch 6 🗹

Eat on day 6, day 7

Eggplant pesto sandwich

2 1/2 sandwich(es) - 1131 cals
37g protein
62g fat
84g carbs
23g fiber



For single meal:

eggplant, halved and sliced 1 1/4 small (573g) olive oil 1 1/4 tbsp (19mL) pesto sauce 2 1/2 tbsp (40g) garlic 2 1/2 clove (8g) kaiser rolls 2 1/2 roll (3-1/2" dia) (143g) tomatoes 7 1/2 slice(s), thin/small (113g) cheese 2 1/2 slice (1 oz each) (70g) For all 2 meals:

eggplant, halved and sliced 2 1/2 small (1145g) olive oil 2 1/2 tbsp (38mL) pesto sauce 5 tbsp (80g) garlic 5 clove (15g) kaiser rolls 5 roll (3-1/2" dia) (285g) tomatoes 15 slice(s), thin/small (225g) cheese 5 slice (1 oz each) (140g)

- 1. Preheat your oven's broiler.
- 2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
- 3. Split the roll lengthwise, and toast.
- 4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
- 5. Fill the roll with eggplant slices, tomato, and cheese.
- 6. Serve.

Walnuts

3/8 cup(s) - 291 cals
6g protein
27g fat
3g carbs
3g fiber



For single meal:

walnuts 6 2/3 tbsp, shelled (42g) For all 2 meals:

walnuts 13 1/3 tbsp, shelled (83g)

Dinner 1 🗹

Eat on day 1, day 2

Avocado tuna salad stuffed pepper

5 half pepper(s) - 1139 cals
102g protein
61g fat
21g carbs
25g fiber



For single meal:

canned tuna, drained 2 1/2 can (430g) avocados 1 1/4 avocado(s) (251g) lime juice 2 1/2 tsp (13mL) salt 1/3 tsp (1g) black pepper 1/3 tsp (0g) bell pepper 2 1/2 large (410g) onion 5/8 small (44g) For all 2 meals:

canned tuna, drained 5 can (860g) **avocados** 2 1/2 avocado(s) (503g) **lime juice** 5 tsp (25mL) **salt** 5 dash (2g) **black pepper** 5 dash (1g) **bell pepper** 5 large (820g) **onion** 1 1/4 small (88g)

- 1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until wellblended.
- 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.

Greek cucumber & feta salad

303 cals 🔵 11g protein 🛑 21g fat 🔵 15g carbs 🔵 2g fiber



For single meal:

cucumber 1 1/4 cucumber (8-1/4") (376g) dill weed, fresh 1 1/4 tbsp, chopped (2g) black pepper 1 1/4 dash (0g) feta cheese 5 tbsp, crumbled (47g) red wine vinegar 2 1/2 tbsp (38mL) olive oil 2 1/2 tsp (13mL) salt 1 1/4 dash (1g) For all 2 meals:

cucumber 2 1/2 cucumber (8-1/4") (753g) dill weed, fresh 2 1/2 tbsp, chopped (4g) black pepper 1/3 tsp (0g) feta cheese 10 tbsp, crumbled (94g) red wine vinegar 5 tbsp (75mL) olive oil 5 tsp (25mL) salt 1/3 tsp (1g)

- 1. Cut cucumber to preferred size.
- 2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
- 3. Drizzle over cucumbers.
- 4. Sprinkle dill and feta on top.
- 5. Serve.

Dinner 2 🗹

Eat on day 3, day 4

Avocado tuna salad

1309 cals
122g protein
72g fat
17g carbs
25g fiber



For single meal: avocados 1 1/2 avocado(s) (302g) lime juice 1 tbsp (15mL) salt 3 dash (1g) black pepper 3 dash (0g) mixed greens 3 cup (90g) onion, minced 3/4 small (53g) canned tuna 3 can (516g) tomatoes 3/4 cup, chopped (135g) For all 2 meals:

avocados 3 avocado(s) (603g) lime juice 2 tbsp (30mL) salt 1/4 tbsp (2g) black pepper 1/4 tbsp (1g) mixed greens 6 cup (180g) onion, minced 1 1/2 small (105g) canned tuna 6 can (1032g) tomatoes 1 1/2 cup, chopped (270g)

- 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.

Dinner 3 🗹

Eat on day 5

Garlic collard greens

358 cals 🌑 16g protein 🛑 19g fat 🔵 10g carbs 🌑 21g fiber



collard greens 18 oz (510g) oil 1 tbsp (17mL) garlic, minced 3 1/2 clove(s) (10g) salt 1/4 tsp (2g)

- 1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
- 2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
- Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
- 4. Season with salt and serve.

Salmon with rosemary dill sauce

12 oz salmon - 959 cals
71g protein
74g fat
3g carbs
0g fiber



Makes 12 oz salmon

mayonnaise 2 tbsp (30mL) garlic, diced 1/2 clove (2g) dried dill weed $4 \operatorname{dash}(1g)$ sour cream 2 1/2 tbsp (38g) rosemary, dried $4 \operatorname{dash}(1 \alpha)$ salmon 3/4 lbs (340g)

- 1. Preheat oven to 350 F (180 C).
- 2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
- 3. Bake for 20 minutes or until done.
- 4. Meanwhile, in a small bowl. combine the remaining ingredients and stir until well-mixed.
- 5. When salmon is done, plate it and top with rosemary dill sauce.

Dinner 4 🗹

Eat on day 6, day 7

Tomato and avocado salad

235 cals
3g protein
18g fat
7g carbs
8g fiber



For single meal:

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 $2 \operatorname{dash}(1 \operatorname{a})$ salt $2 \operatorname{dash}(2g)$ black pepper 2 dash, ground (1g)

For all 2 meals:

onion 2 tbsp minced (30g) lime juice 2 tbsp (30mL) avocados, cubed 1 avocado(s) (201g) tomatoes, diced 1 medium whole (2-3/5" dia) (123g) olive oil 1/2 tbsp (8mL) garlic powder 4 dash (2g) salt 4 dash (3g) black pepper 4 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 4 sausage(s) - 1072 cals
112g protein
48g fat
42g carbs
6g fiber



For single meal:

vegan sausage 4 sausage (400g) For all 2 meals:

vegan sausage 8 sausage (800g)

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

Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cals
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)