

Meal Plan - 2900 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

2757 cals ● 207g protein (30%) ● 119g fat (39%) ● 171g carbs (25%) ● 44g fiber (6%)

Lunch

1100 cals, 46g protein, 133g net carbs, 36g fat



Brown rice

3/4 cup brown rice, cooked- 172 cals



Pear

1 pear(s)- 113 cals



Mediterranean chik'n wrap

2 wrap(s)- 813 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1440 cals, 113g protein, 36g net carbs, 82g fat



Avocado tuna salad stuffed pepper

5 half pepper(s)- 1139 cals



Greek cucumber & feta salad

303 cals

Day 2

2889 cals ● 206g protein (29%) ● 163g fat (51%) ● 112g carbs (16%) ● 36g fiber (5%)

Lunch

1230 cals, 45g protein, 74g net carbs, 80g fat



Buttered broccoli

1 3/4 cup(s)- 234 cals



Buffalo tofu

709 cals



Flavored rice mix

287 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1440 cals, 113g protein, 36g net carbs, 82g fat



Avocado tuna salad stuffed pepper

5 half pepper(s)- 1139 cals



Greek cucumber & feta salad

303 cals

Day 3

2896 cals ● 262g protein (36%) ● 132g fat (41%) ● 129g carbs (18%) ● 37g fiber (5%)

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

Dinner

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



[Avocado tuna salad](#)

1309 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 4

2949 cals ● 218g protein (30%) ● 119g fat (36%) ● 203g carbs (28%) ● 47g fiber (6%)

Lunch

1425 cals, 48g protein, 184g net carbs, 46g fat



[Hummus cheesesteak sub](#)

2 sub(s)- 1107 cals



[Fruit juice](#)

2 3/4 cup(s)- 315 cals

Dinner

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



[Avocado tuna salad](#)

1309 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 5

2870 cals ● 182g protein (25%) ● 132g fat (41%) ● 186g carbs (26%) ● 54g fiber (7%)

Lunch

1335 cals, 47g protein, 171g net carbs, 38g fat



[Tomato and avocado salad](#)

235 cals



[Veggie burger](#)

4 burger- 1100 cals

Dinner

1320 cals, 87g protein, 13g net carbs, 93g fat



[Garlic collard greens](#)

358 cals



[Salmon with rosemary dill sauce](#)

12 oz salmon- 959 cals

Protein Supplement(s)

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



[Protein shake](#)


2 scoop- 218 cals

Day 6

2947 calsgreen206g protein (28%)yellow156g fat (48%)blue137g carbs (19%)grey42g fiber (6%)


Lunch

1420 calsgreen43g protein, 87g net carbs, 89g fat



Eggplant pesto sandwich

2 1/2 sandwich(es)- 1131 calsgreen




Walnuts

3/8 cup(s)- 291 calsgreen


Dinner

1305 calsgreen115g protein, 49g net carbs, 66g fat



Tomato and avocado salad

235 calsgreen




Vegan sausage

4 sausage(s)- 1072 calsgreen

Protein Supplement(s)

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



Protein shake


2 scoop- 218 calsgreen

Day 7

2947 calsgreen206g protein (28%)yellow156g fat (48%)blue137g carbs (19%)grey42g fiber (6%)


Lunch

1420 calsgreen43g protein, 87g net carbs, 89g fat



Eggplant pesto sandwich

2 1/2 sandwich(es)- 1131 calsgreen




Walnuts

3/8 cup(s)- 291 calsgreen


Dinner

1305 calsgreen115g protein, 49g net carbs, 66g fat



Tomato and avocado salad

235 calsgreen




Vegan sausage

4 sausage(s)- 1072 calsgreen

Protein Supplement(s)

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



Protein shake

2 scoop- 218 calsgreen

Cereal Grains and Pasta

- ☐ brown rice
4 tbsp (48g)

Spices and Herbs

- ☐ salt
1/2 oz (13g)
- ☐ black pepper
1/8 oz (4g)
- ☐ dill weed, fresh
2 1/2 tbsp, chopped (4g)
- ☐ red wine vinegar
5 tbsp (75mL)
- ☐ crushed red pepper
1 tsp (2g)
- ☐ dried dill weed
4 dash (1g)
- ☐ rosemary, dried
4 dash (1g)
- ☐ garlic powder
1/4 tbsp (2g)

Beverages

- ☐ water
14 1/2 cup(s) (3437mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Fruits and Fruit Juices

- ☐ pears
1 medium (178g)
- ☐ avocados
7 avocado(s) (1407g)
- ☐ lime juice
3 1/4 fl oz (100mL)
- ☐ fruit juice
42 fl oz (1260mL)

Other

- ☐ meatless chik'n tenders
5 oz (142g)
- ☐ mixed greens
2 package (5.5 oz) (308g)
- ☐ vegan sausage
11 sausage (1100g)
- ☐ frozen cauliflower
2 1/4 cup (255g)

Vegetables and Vegetable Products

- ☐ cucumber
2 2/3 cucumber (8-1 1/4") (805g)
- ☐ tomatoes
5 3/4 medium whole (2-3/5" dia) (710g)
- ☐ bell pepper
6 1/2 large (1058g)
- ☐ onion
4 1/2 medium (2-1 1/2" dia) (493g)
- ☐ frozen broccoli
1 3/4 cup (159g)
- ☐ garlic
11 clove(s) (33g)
- ☐ collard greens
18 oz (510g)
- ☐ ketchup
4 tbsp (68g)
- ☐ eggplant
2 1/2 small (1145g)

Dairy and Egg Products

- ☐ feta cheese
1/4 lbs (131g)
- ☐ butter
1 3/4 tbsp (25g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ sour cream
2 3/4 tbsp (38g)
- ☐ cheese
5 slice (1 oz each) (140g)

Finfish and Shellfish Products

- ☐ canned tuna
11 can (1892g)
- ☐ salmon
3/4 lbs (340g)

Fats and Oils

- ☐ olive oil
2 1/3 oz (74mL)
- ☐ ranch dressing
4 tbsp (60mL)
- ☐ oil
2 oz (64mL)
- ☐ mayonnaise
2 tbsp (31mL)

- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ veggie burger patty
4 patty (284g)

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)

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
13 1/4 tbsp, shelled (83g)
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Lunch 1 [↗](#)

Eat on day 1

Brown rice

3/4 cup brown rice, cooked - 172 cal ● 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)

1. (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.

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears

1 medium (178g)

1. This recipe has no instructions.

Mediterranean chik'n wrap

2 wrap(s) - 813 cal ● 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 ● 5g protein ● 20g fat ● 3g carbs ● 5g 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)

1. 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



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

1. Prepare according to instructions on package.

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.
3. 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)

1. This recipe has no instructions.
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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)

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.

Fruit juice

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber



Makes 2 3/4 cup(s)

fruit juice

22 fl oz (660mL)

1. This recipe has no instructions.
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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 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.

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.
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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)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Avocado tuna salad stuffed pepper

5 half pepper(s) - 1139 cal ● 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 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.

Greek cucumber & feta salad

303 cal ● 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.
3. 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 cal ● 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 dash (1g)

sour cream

2 1/2 tbsp (38g)

rosemary, dried

4 dash (1g)

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 cal ● 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 dash (1g)

salt

2 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 cal ● 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)

1. This recipe has no instructions.
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