

# Meal Plan - 3000 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

2977 cals ● 235g protein (32%) ● 146g fat (44%) ● 138g carbs (19%) ● 42g fiber (6%)

### Lunch

1315 cals, 68g protein, 81g net carbs, 68g fat



[Sunflower seeds](#)  
451 cals



[Fruit juice](#)  
2 cup(s)- 229 cals



[Crack slaw with tempeh](#)  
633 cals

### Protein Supplement(s)

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



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

### Dinner

1445 cals, 119g protein, 56g net carbs, 77g fat



[Vegan sausage](#)  
4 sausage(s)- 1072 cals



[Pan roasted zucchini](#)  
374 cals

## Day 2

3050 cals ● 198g protein (26%) ● 107g fat (32%) ● 260g carbs (34%) ● 64g fiber (8%)

### Lunch

1370 cals, 79g protein, 88g net carbs, 66g fat



[Avocado tuna salad](#)  
764 cals



[Fruit juice](#)  
2 3/4 cup(s)- 315 cals



[Tomato and avocado salad](#)  
293 cals

### Protein Supplement(s)

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



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

### Dinner

1460 cals, 70g protein, 171g net carbs, 40g fat



[Curried chickpea salad](#)  
805 cals



[Naan bread](#)  
2 1/2 piece(s)- 655 cals

## Day 3

3050 cals ● 198g protein (26%) ● 107g fat (32%) ● 260g carbs (34%) ● 64g fiber (8%)

### Lunch

1370 cals, 79g protein, 88g net carbs, 66g fat



Avocado tuna salad

764 cals



Fruit juice

2 3/4 cup(s)- 315 cals



Tomato and avocado salad

293 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

1460 cals, 70g protein, 171g net carbs, 40g fat



Curried chickpea salad

805 cals



Naan bread

2 1/2 piece(s)- 655 cals

## Day 4

2991 cals ● 224g protein (30%) ● 95g fat (29%) ● 274g carbs (37%) ● 35g fiber (5%)

### Lunch

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



Fruit juice

2 1/2 cup(s)- 287 cals



Vegan bangers and cauliflower mash

3 sausage link(s)- 1083 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

1405 cals, 84g protein, 162g net carbs, 36g fat



Vegan meatball sub

3 sub(s)- 1403 cals

## Day 5

2977 cals ● 194g protein (26%) ● 131g fat (40%) ● 219g carbs (29%) ● 37g fiber (5%)

### Lunch

1355 cals, 61g protein, 54g net carbs, 94g fat



Pumpkin seeds

366 cals



Grilled cheese sandwich

2 sandwich(es)- 990 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Dinner

1405 cals, 84g protein, 162g net carbs, 36g fat



Vegan meatball sub

3 sub(s)- 1403 cals

Day 6

2997 calsgreen213g protein (28%)yellow154g fat (46%)blue140g carbs (19%)grey49g fiber (7%)

Lunch

1380 calsgreen68g protein, 111g net carbs, 64g fat



Grilled cheese with mushrooms  
1131 calsgreen



Chunky canned soup (non-creamy)  
1 can(s)- 247 calsgreen

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 calsgreen

Dinner

1400 calsgreen97g protein, 28g net carbs, 89g fat



Mixed nuts  
1/2 cup(s)- 490 calsgreen



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

Day 7

2997 calsgreen213g protein (28%)yellow154g fat (46%)blue140g carbs (19%)grey49g fiber (7%)

Lunch

1380 calsgreen68g protein, 111g net carbs, 64g fat



Grilled cheese with mushrooms  
1131 calsgreen



Chunky canned soup (non-creamy)  
1 can(s)- 247 calsgreen

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 calsgreen

Dinner

1400 calsgreen97g protein, 28g net carbs, 89g fat



Mixed nuts  
1/2 cup(s)- 490 calsgreen



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

## Nut and Seed Products

- ☐ sunflower kernels  
1/3 lbs (149g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ mixed nuts  
1 cup (151g)

## Fruits and Fruit Juices

- ☐ fruit juice  
80 fl oz (2400mL)
- ☐ lemon juice  
5 tbsp (75mL)
- ☐ avocados  
5 avocado(s) (1005g)
- ☐ lime juice  
2 1/2 fl oz (75mL)

## Legumes and Legume Products

- ☐ tempeh  
6 oz (170g)
- ☐ chickpeas, canned  
2 1/2 can (1120g)

## Other

- ☐ coleslaw mix  
3 cup (270g)
- ☐ vegan sausage  
7 sausage (700g)
- ☐ mixed greens  
1 1/2 package (5.5 oz) (247g)
- ☐ vegan meatballs, frozen  
24 meatball(s) (720g)
- ☐ nutritional yeast  
2 tbsp (8g)
- ☐ sub roll(s)  
6 roll(s) (510g)
- ☐ frozen cauliflower  
2 1/4 cup (255g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
1/2 tbsp (8mL)
- ☐ pasta sauce  
1 1/2 cup (390g)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)

## Spices and Herbs

- ☐ black pepper  
1/3 oz (10g)
- ☐ oregano, dried  
1 tsp, ground (2g)
- ☐ garlic powder  
1 3/4 tsp (5g)
- ☐ salt  
1/2 oz (14g)
- ☐ curry powder  
2 1/2 tsp (5g)
- ☐ thyme, dried  
2 1/3 tbsp, ground (10g)

## Beverages

- ☐ water  
14 cup(s) (3318mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Dairy and Egg Products

- ☐ nonfat greek yogurt, plain  
10 tbsp (175g)
- ☐ butter  
2 tbsp (28g)
- ☐ sliced cheese  
9 oz (259g)

## Baked Products

- ☐ naan bread  
5 piece (450g)
- ☐ bread  
1 1/4 lbs (576g)

## Finfish and Shellfish Products

- ☐ canned tuna  
7 1/2 can (1290g)

## Fats and Oils

- ☐ oil  
1 1/4 oz (37mL)
- ☐ olive oil  
6 1/2 tbsp (96mL)

## Vegetables and Vegetable Products

- ☐ garlic  
1 1/2 clove (5g)
  - ☐ zucchini  
2 1/4 medium (441g)
  - ☐ raw celery  
5 stalk, small (5" long) (85g)
  - ☐ onion  
2 1/2 medium (2-1/2" dia) (274g)
  - ☐ tomatoes  
2 1/2 medium whole (2-3/5" dia) (311g)
  - ☐ mushrooms  
3 1/2 cup, chopped (245g)
  - ☐ bell pepper  
4 large (656g)
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## Lunch 1 [↗](#)

Eat on day 1

### Sunflower seeds

451 cals ● 21g protein ● 36g fat ● 6g carbs ● 6g fiber



#### sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

### Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Makes 2 cup(s)

#### fruit juice

16 fl oz (480mL)

1. This recipe has no instructions.

### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



**tempeh, cubed**  
6 oz (170g)  
**coleslaw mix**  
3 cup (270g)  
**hot sauce**  
1/2 tbsp (8mL)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 1/2 clove (5g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Lunch 2 [🔗](#)

Eat on day 2, day 3

### Avocado tuna salad

764 cal ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



For single meal:

**avocados**  
7/8 avocado(s) (176g)  
**lime juice**  
1 3/4 tsp (9mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
1 3/4 cup (53g)  
**onion, minced**  
1/2 small (31g)  
**canned tuna**  
1 3/4 can (301g)  
**tomatoes**  
1/2 cup, chopped (79g)

For all 2 meals:

**avocados**  
1 3/4 avocado(s) (352g)  
**lime juice**  
3 1/2 tsp (18mL)  
**salt**  
1/2 tsp (1g)  
**black pepper**  
1/2 tsp (0g)  
**mixed greens**  
3 1/2 cup (105g)  
**onion, minced**  
7/8 small (61g)  
**canned tuna**  
3 1/2 can (602g)  
**tomatoes**  
14 tbsp, chopped (158g)

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.

### Fruit juice

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



For single meal:

**fruit juice**

22 fl oz (660mL)

For all 2 meals:

**fruit juice**

44 fl oz (1320mL)

1. This recipe has no instructions.

## Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



For single meal:

**onion**

1 1/4 tbsp minced (19g)

**lime juice**

1 1/4 tbsp (19mL)

**avocados, cubed**

5/8 avocado(s) (126g)

**tomatoes, diced**

5/8 medium whole (2-3/5" dia) (77g)

**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 1/2 tbsp minced (38g)

**lime juice**

2 1/2 tbsp (38mL)

**avocados, cubed**

1 1/4 avocado(s) (251g)

**tomatoes, diced**

1 1/4 medium whole (2-3/5" dia) (154g)

**olive oil**

2 tsp (9mL)

**garlic powder**

5 dash (2g)

**salt**

5 dash (4g)

**black pepper**

5 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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## Lunch 3 [↗](#)

Eat on day 4

### 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.

## 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.

## Lunch 4 [↗](#)

Eat on day 5

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



#### roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

## Grilled cheese sandwich

2 sandwich(es) - 990 cals ● 43g protein ● 65g fat ● 49g carbs ● 8g fiber



Makes 2 sandwich(es)

### bread

4 slice (128g)

### butter

2 tbsp (28g)

### sliced cheese

4 slice (1 oz ea) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Grilled cheese with mushrooms

1131 cals ● 50g protein ● 57g fat ● 88g carbs ● 16g fiber



For single meal:

### mushrooms

1 3/4 cup, chopped (123g)

### olive oil

1 3/4 tbsp (26mL)

### thyme, dried

3 1/2 tsp, ground (5g)

### bread

7 slice(s) (224g)

### sliced cheese

3 1/2 slice (3/4 oz ea) (74g)

For all 2 meals:

### mushrooms

3 1/2 cup, chopped (245g)

### olive oil

1/4 cup (53mL)

### thyme, dried

2 1/3 tbsp, ground (10g)

### bread

14 slice(s) (448g)

### sliced cheese

7 slice (3/4 oz ea) (147g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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## Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

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

1 can (~19 oz) (526g)

For all 2 meals:

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

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

## Dinner 1 [🔗](#)

Eat on day 1

### Vegan sausage

4 sausage(s) - 1072 cals ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



Makes 4 sausage(s)

**vegan sausage**

4 sausage (400g)

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

### Pan roasted zucchini

374 cals ● 7g protein ● 29g fat ● 14g carbs ● 8g fiber



**zucchini**

2 1/4 medium (441g)

**black pepper**

1 tbsp, ground (8g)

**oregano, dried**

1 tsp, ground (2g)

**garlic powder**

1 tsp (3g)

**salt**

1 tsp (7g)

**olive oil**

2 1/4 tbsp (34mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Curried chickpea salad

805 cals ● 48g protein ● 27g fat ● 62g carbs ● 31g fiber



For single meal:

**mixed greens**

2 1/2 oz (71g)

**sunflower kernels**

2 1/2 tbsp (30g)

**raw celery, sliced**

2 1/2 stalk, small (5" long) (43g)

**curry powder**

1 1/4 tsp (3g)

**nonfat greek yogurt, plain**

5 tbsp (88g)

**lemon juice, divided**

2 1/2 tbsp (38mL)

**chickpeas, canned, drained & rinsed**

1 1/4 can (560g)

For all 2 meals:

**mixed greens**

5 oz (142g)

**sunflower kernels**

5 tbsp (60g)

**raw celery, sliced**

5 stalk, small (5" long) (85g)

**curry powder**

2 1/2 tsp (5g)

**nonfat greek yogurt, plain**

10 tbsp (175g)

**lemon juice, divided**

5 tbsp (75mL)

**chickpeas, canned, drained & rinsed**

2 1/2 can (1120g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

### Naan bread

2 1/2 piece(s) - 655 cals ● 22g protein ● 13g fat ● 109g carbs ● 5g fiber



For single meal:

**naan bread**

2 1/2 piece (225g)

For all 2 meals:

**naan bread**

5 piece (450g)

1. This recipe has no instructions.



## Dinner 3 [↗](#)

Eat on day 4, day 5

### Vegan meatball sub

3 sub(s) - 1403 cals ● 84g protein ● 36g fat ● 162g carbs ● 23g fiber



For single meal:

**vegan meatballs, frozen**

12 meatball(s) (360g)

**pasta sauce**

3/4 cup (195g)

**nutritional yeast**

1 tbsp (4g)

**sub roll(s)**

3 roll(s) (255g)

For all 2 meals:

**vegan meatballs, frozen**

24 meatball(s) (720g)

**pasta sauce**

1 1/2 cup (390g)

**nutritional yeast**

2 tbsp (8g)

**sub roll(s)**

6 roll(s) (510g)

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.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Mixed nuts

1/2 cup(s) - 490 cals ● 15g protein ● 41g fat ● 11g carbs ● 5g fiber



For single meal:

**mixed nuts**

1/2 cup (75g)

For all 2 meals:

**mixed nuts**

1 cup (151g)

1. This recipe has no instructions.

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 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.

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## 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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