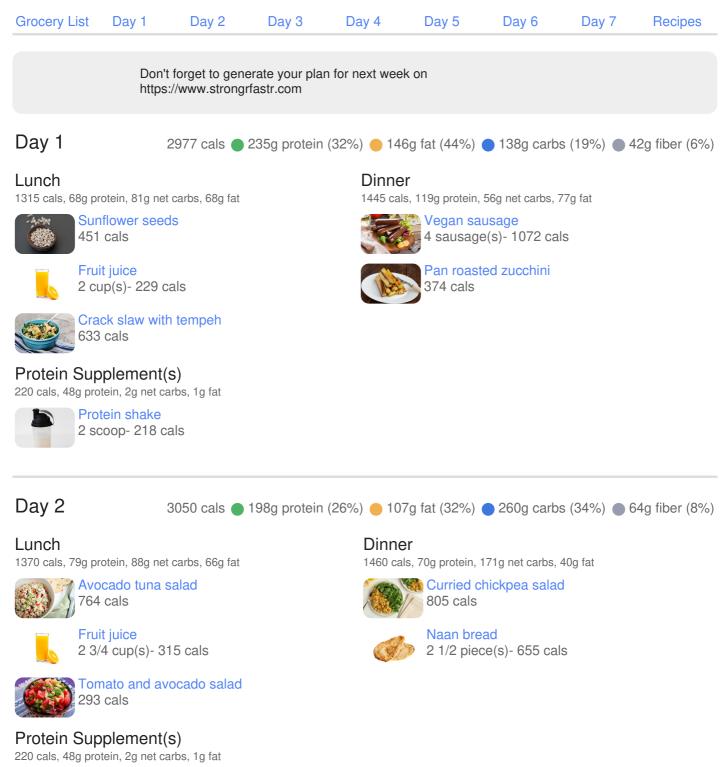
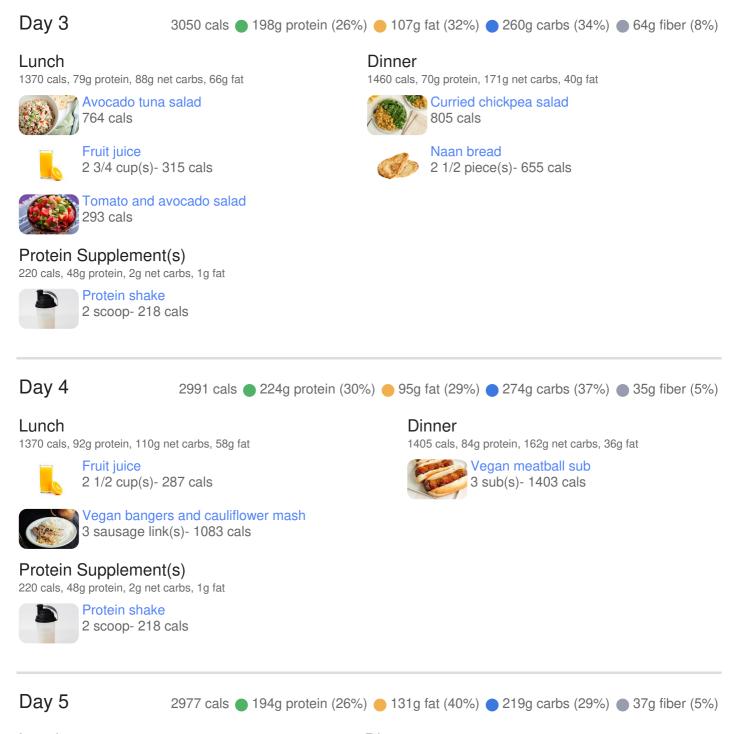
Meal Plan - 3000 calorie intermittent fasting pescetarian meal plan







Protein shake 2 scoop- 218 cals



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

Lunch

1380 cals, 68g protein, 111g net carbs, 64g fat



Grilled cheese with mushrooms 1131 cals



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

Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

Dinner

1400 cals, 97g protein, 28g net carbs, 89g fat



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



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



2997 cals 213g protein (28%) 154g fat (46%) 140g carbs (19%) 49g fiber (7%)

Lunch

1380 cals, 68g protein, 111g net carbs, 64g fat



Grilled cheese with mushrooms 1131 cals



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

Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals



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



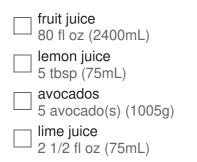
Avocado tuna salad stuffed pepper 4 half pepper(s)- 911 cals



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



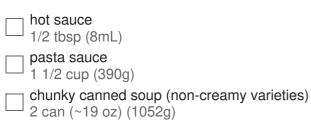
Legumes and Legume Products

| 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



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



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

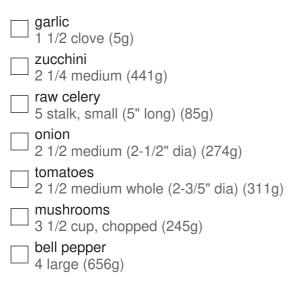
Finfish and Shellfish Products

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



Recipes



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)

- 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.
- Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
- 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 cals
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.

For single meal:

fruit juice 22 fl oz (660mL)

For single meal:

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

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



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 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.

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)

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. This recipe has no

instructions.

- 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.

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 mediumlow.
- 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.

Lunch 5 🗹

Eat on day 6, day 7

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.

Chunky canned soup (non-creamy) 1 can(s) - 247 cals
18g protein
7g fat
23g carbs
5g fiber



For single meal:

For all 2 meals:

varieties) 1 can (~19 oz) (526g)

chunky canned soup (non-creamy 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:

2 1/2 piece

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



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 single meal:

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 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.

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.