Meal Plan - 3100 calorie intermittent fasting pescetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

3062 cals ● 217g protein (28%) ● 138g fat (40%) ● 194g carbs (25%) ● 44g fiber (6%)

Lunch

1525 cals, 98g protein, 145g net carbs, 55g fat

Simple salad with tomatoes and carrots
98 cals

Seitan philly cheesesteak
2 1/2 sub(s)- 1427 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Dinner

1265 cals, 59g protein, 47g net carbs, 81g fat

Basic tempeh
8 oz- 590 cals

Brussels sprout, apple & walnut side salad
675 cals

Day 2

3116 cals ● 226g protein (29%) ● 117g fat (34%) ● 202g carbs (26%) ● 89g fiber (11%)

Lunch

1440 cals, 110g protein, 82g net carbs, 65g fat

String cheese
4 stick(s)- 331 cals

Avocado tuna salad sandwich
3 sandwich(es)- 1110 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Dinner

1405 cals, 56g protein, 118g net carbs, 51g fat

Black bean & sweet potato stew
1037 cals

Pecans
1/2 cup- 366 cals

Day 3

3099 cals 210g protein (27%) 98g fat (28%) 300g carbs (39%) 46g fiber (6%)

Lunch

1435 cals, 70g protein, 155g net carbs, 50g fat

Grilled peanut butter and banana sandwich
2 sandwich(es)- 970 cals

Lowfat Greek yogurt
3 container(s)- 465 cals

Dinner

1390 cals, 79g protein, 143g net carbs, 46g fat

Salmon & artichoke salad
736 cals

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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 4

3099 cals 210g protein (27%) 98g fat (28%) 300g carbs (39%) 46g fiber (6%)

Lunch

1435 cals, 70g protein, 155g net carbs, 50g fat

Grilled peanut butter and banana sandwich
2 sandwich(es)- 970 cals

Lowfat Greek yogurt
3 container(s)- 465 cals

Dinner

1390 cals, 79g protein, 143g net carbs, 46g fat

Salmon & artichoke salad
736 cals

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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 5

3076 cals 222g protein (29%) 119g fat (35%) 237g carbs (31%) 42g fiber (6%)

Lunch

1420 cals, 72g protein, 116g net carbs, 65g fat

Rosemary mushroom cheese sandwich
3 sandwich(es)- 1223 cals

Peach
3 peach(es)- 198 cals

Dinner

1380 cals, 89g protein, 118g net carbs, 53g fat

Avocado tuna salad
727 cals

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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 6

3076 cals 222g protein (29%) 119g fat (35%) 237g carbs (31%) 42g fiber (6%)

Lunch

1420 cals, 72g protein, 116g net carbs, 65g fat

Rosemary mushroom cheese sandwich
3 sandwich(es)- 1223 cals

Peach
3 peach(es)- 198 cals

Dinner

1380 cals, 89g protein, 118g net carbs, 53g fat

Avocado tuna salad
727 cals

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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Day 7

3066 cals 232g protein (30%) 160g fat (47%) 142g carbs (19%) 33g fiber (4%)

Lunch

1410 cals, 78g protein, 53g net carbs, 93g fat

Simple mixed greens salad
68 cals

Mixed nuts
2/3 cup(s)- 599 cals

Tuna salad sandwich
1 1/2 sandwich(es)- 743 cals

Dinner

1385 cals, 93g protein, 86g net carbs, 66g fat

Simple mixed greens and tomato salad
265 cals

Roasted rosemary sweet potatoes
315 cals

Vegan sausage
3 sausage(s)- 804 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake
2 1/2 scoop- 273 cals

Grocery List

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Fats and Oils

- [ ] salad dressing
  1/2 cup (113mL)
- [ ] oil
  1 2/3 oz (50mL)
- [ ] olive oil
  3 tbsp (45mL)
- [ ] cooking spray
  4 spray , about 1/3 second (1 NLEA serving) (1g)
- [ ] balsamic vinaigrette
  14 tbsp (210mL)
- [ ] mayonnaise
  2 1/4 tbsp (34mL)

Vegetables and Vegetable Products

- [ ] tomatoes
  5 1/2 medium whole (2-3/5" dia) (689g)
- [ ] carrots
  1/4 medium (15g)
- [ ] romaine lettuce
  1/2 hearts (250g)
- [ ] bell pepper
  1 1/4 small (93g)
- [ ] onion
  2 medium (2-1/2" dia) (212g)
- [ ] brussels sprouts
  2 cup (176g)
- [ ] tomato paste
  5 tsp (27g)
- [ ] kale leaves
  1 1/4 cup, chopped (50g)
- [ ] garlic
  1 2/3 clove(s) (5g)
- [ ] sweet potatoes
  2 sweetpotato, 5" long (385g)
- [ ] artichokes, canned
  2 1/3 cup hearts (392g)
- [ ] mushrooms
  1/2 lbs (255g)
- [ ] raw celery
  3/4 stalk, small (5" long) (13g)

Dairy and Egg Products

- [ ] cheese
  1 lbs (409g)
- [ ] string cheese
  4 stick (112g)
- [ ] lowfat flavored greek yogurt
  6 (5.3 oz) container(s) (900g)

Legumes and Legume Products

- [ ] tempeh
  1/2 lbs (227g)
- [ ] black beans
  1 2/3 can(s) (732g)
- [ ] peanut butter
  1/2 cup (128g)

Fruits and Fruit Juices

- [ ] apples
  1/2 small (2-3/4" dia) (66g)
- [ ] lemon juice
  2 1/2 tsp (12mL)
- [ ] lime juice
  5 tsp (24mL)
- [ ] avocados
  2 1/2 avocado(s) (486g)
- [ ] banana
  4 medium (7" to 7-7/8" long) (472g)
- [ ] peach
  6 medium (2-2/3" dia) (900g)

Nut and Seed Products

- [ ] walnuts
  1/3 cup, chopped (37g)
- [ ] pecans
  1/2 cup, halves (50g)
- [ ] mixed nuts
  2/3 cup (92g)

Spices and Herbs

- [ ] apple cider vinegar
  2 tsp (10g)
- [ ] ground cumin
  1 1/4 tsp (3g)
- [ ] black pepper
  1/8 oz (2g)
- [ ] salt
  1/6 oz (6g)
- [ ] rosemary
  3 1/2 g (3g)

Sweets

- [ ] maple syrup
  1 tbsp (13mL)

Beverages

Cereal Grains and Pasta

- [ ] seitan
  1/2 lbs (213g)

Other

- [ ] sub roll(s)
  2 1/2 roll(s) (213g)
- [ ] mixed greens
  23 1/2 cup (708g)
- [ ] vegan sausage
  3 sausage (300g)
- [ ] water
  20 cup(s) (4740mL)
- [ ] protein powder
  17 1/2 scoop (1/3 cup ea) (543g)

Finfish and Shellfish Products

- [ ] canned tuna
  6 can (1044g)
- [ ] canned salmon
  1 1/3 lbs (595g)

Baked Products

- [ ] bread
  2 lbs (928g)
- [ ] naan bread
  10 piece (900g)

Recipes

Lunch 1

Eat on day 1

Simple salad with tomatoes and carrots

98 cals 4g protein 3g fat 7g carbs 6g fiber

salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Seitan philly cheesesteak

2 1/2 sub(s) - 1427 cals 94g protein 52g fat 138g carbs 9g fiber

Makes 2 1/2 sub(s)

cheese
2 1/2 slice (1 oz each) (70g)
seitan, cut into strips
1/2 lbs (213g)
bell pepper, sliced
1 1/4 small (93g)
onion, chopped
5/8 medium (2-1/2" dia) (69g)
oil
1 1/4 tbsp (19mL)
sub roll(s)
2 1/2 roll(s) (213g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to carmelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Lunch 2

Eat on day 2

String cheese

4 stick(s) - 331 cals 27g protein 22g fat 6g carbs 0g fiber

Makes 4 stick(s)

string cheese
4 stick (112g)

1. This recipe has no instructions.

Avocado tuna salad sandwich

3 sandwich(es) - 1110 cals 83g protein 43g fat 76g carbs 22g fiber

Makes 3 sandwich(es)

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
lime juice
1/2 tbsp (8mL)
avocados
3/4 avocado(s) (151g)
canned tuna, drained
1 1/2 can (258g)
bread
6 slice (192g)
onion, minced
3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 3

Eat on day 3, day 4

Grilled peanut butter and banana sandwich

2 sandwich(es) - 970 cals 33g protein 39g fat 106g carbs 17g fiber

For single meal:

bread
4 slice (128g)
banana, sliced
2 medium (7" to 7-7/8" long) (236g)
peanut butter
4 tbsp (64g)
cooking spray
2 spray , about 1/3 second (1 NLEA serving) (1g)

For all 2 meals:

bread
8 slice (256g)
banana, sliced
4 medium (7" to 7-7/8" long) (472g)
peanut butter
1/2 cup (128g)
cooking spray
4 spray , about 1/3 second (1 NLEA serving) (1g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Lowfat Greek yogurt

3 container(s) - 465 cals 37g protein 12g fat 49g carbs 5g fiber

For single meal:

lowfat flavored greek yogurt
3 (5.3 oz) container(s) (450g)

For all 2 meals:

lowfat flavored greek yogurt
6 (5.3 oz) container(s) (900g)

1. This recipe has no instructions.

Lunch 4

Eat on day 5, day 6

Rosemary mushroom cheese sandwich

3 sandwich(es) - 1223 cals 68g protein 64g fat 80g carbs 14g fiber

For single meal:

rosemary
1/4 tbsp (1g)
mixed greens
1 1/2 cup (45g)
mushrooms
1/4 lbs (128g)
cheese
1 1/2 cup, shredded (170g)
bread
6 slice(s) (192g)

For all 2 meals:

rosemary
1/2 tbsp (2g)
mixed greens
3 cup (90g)
mushrooms
1/2 lbs (255g)
cheese
3 cup, shredded (339g)
bread
12 slice(s) (384g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Peach

3 peach(es) - 198 cals 4g protein 1g fat 36g carbs 7g fiber

For single meal:

peach
3 medium (2-2/3" dia) (450g)

For all 2 meals:

peach
6 medium (2-2/3" dia) (900g)

1. This recipe has no instructions.

Lunch 5

Eat on day 7

Simple mixed greens salad

68 cals 1g protein 5g fat 4g carbs 1g fiber

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Mixed nuts

2/3 cup(s) - 599 cals 18g protein 50g fat 13g carbs 6g fiber

Makes 2/3 cup(s)

mixed nuts
2/3 cup (92g)

1. This recipe has no instructions.

Tuna salad sandwich

1 1/2 sandwich(es) - 743 cals 58g protein 38g fat 36g carbs 6g fiber

Makes 1 1/2 sandwich(es)

bread
3 slice (96g)
mayonnaise
2 1/4 tbsp (34mL)
black pepper
1 1/2 dash (0g)
raw celery, chopped
3/4 stalk, small (5" long) (13g)
salt
1 1/2 dash (1g)
canned tuna
1/2 lbs (213g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Dinner 1

Eat on day 1

Basic tempeh

8 oz - 590 cals 48g protein 30g fat 16g carbs 16g fiber

Makes 8 oz

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Brussels sprout, apple & walnut side salad

675 cals 11g protein 51g fat 31g carbs 11g fiber

brussels sprouts, ends trimmed and discarded
2 cup (176g)
apples, chopped
1/2 small (2-3/4" dia) (66g)
walnuts
1/3 cup, chopped (37g)
apple cider vinegar
2 tsp (10g)
maple syrup
2 2/3 tsp (13mL)
olive oil
2 tbsp (30mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Dinner 2

Eat on day 2

Black bean & sweet potato stew

1037 cals 51g protein 15g fat 116g carbs 59g fiber

tomato paste
5 tsp (27g)
oil
2 1/2 tsp (12mL)
kale leaves
1 1/4 cup, chopped (50g)
lemon juice
2 1/2 tsp (12mL)
ground cumin
1 1/4 tsp (3g)
garlic, diced
1 2/3 clove(s) (5g)
onion, chopped
5/6 small (58g)
sweet potatoes, cubed
5/6 sweetpotato, 5" long (175g)
water
2 1/2 cup(s) (592mL)
black beans, drained
1 2/3 can(s) (732g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Pecans

1/2 cup - 366 cals 5g protein 36g fat 2g carbs 5g fiber

Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Dinner 3

Eat on day 3, day 4

Salmon & artichoke salad

736 cals 58g protein 33g fat 35g carbs 17g fiber

For single meal:

balsamic vinaigrette
1/2 cup (105mL)
tomatoes, halved
56 tsp cherry tomatoes (174g)
mixed greens
5 1/4 cup (158g)
artichokes, canned
56 tsp hearts (196g)
canned salmon
2/3 lbs (298g)

For all 2 meals:

balsamic vinaigrette
14 tbsp (210mL)
tomatoes, halved
2 1/3 cup cherry tomatoes (347g)
mixed greens
10 1/2 cup (315g)
artichokes, canned
2 1/3 cup hearts (392g)
canned salmon
1 1/3 lbs (595g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

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 4

Eat on day 5, day 6

Avocado tuna salad

727 cals 68g protein 40g fat 10g carbs 14g fiber

For single meal:

avocados
5/6 avocado(s) (168g)
lime juice
1/2 tbsp (8mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 2/3 cup (50g)
onion, minced
3/8 small (29g)
canned tuna
1 2/3 can (287g)
tomatoes
6 2/3 tbsp, chopped (75g)

For all 2 meals:

avocados
1 2/3 avocado(s) (335g)
lime juice
1 tbsp (17mL)
salt
1/2 tsp (1g)
black pepper
1/2 tsp (0g)
mixed greens
3 1/3 cup (100g)
onion, minced
5/6 small (58g)
canned tuna
3 1/3 can (573g)
tomatoes
13 1/3 tbsp, chopped (150g)

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.

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 5

Eat on day 7

Simple mixed greens and tomato salad

265 cals 6g protein 16g fat 18g carbs 5g fiber

salad dressing
1/3 cup (79mL)
mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)

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

Roasted rosemary sweet potatoes

315 cals 3g protein 14g fat 37g carbs 7g fiber

sweet potatoes, cut into 1" cubes
1 sweetpotato, 5" long (210g)
rosemary
1/2 tbsp (2g)
olive oil
1 tbsp (15mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Vegan sausage

3 sausage(s) - 804 cals 84g protein 36g fat 32g carbs 5g fiber

Makes 3 sausage(s)

vegan sausage
3 sausage (300g)

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

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals 61g protein 1g fat 2g carbs 3g fiber

For single meal:

water
2 1/2 cup(s) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.