

Meal Plan - 3200 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

3199 cals ● 236g protein (30%) ● 156g fat (44%) ● 168g carbs (21%) ● 45g fiber (6%)

Lunch

1305 cals, 65g protein, 89g net carbs, 70g fat



Crispy chik'n tenders
14 2/3 tender(s)- 838 cals



Tomato and avocado salad
469 cals

Dinner

1620 cals, 110g protein, 77g net carbs, 85g fat



Buttery white rice
324 cals



Roasted cashews
1/6 cup(s)- 156 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 2

3199 cals ● 236g protein (30%) ● 156g fat (44%) ● 168g carbs (21%) ● 45g fiber (6%)

Lunch

1305 cals, 65g protein, 89g net carbs, 70g fat



Crispy chik'n tenders
14 2/3 tender(s)- 838 cals



Tomato and avocado salad
469 cals

Dinner

1620 cals, 110g protein, 77g net carbs, 85g fat



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324 cals



Roasted cashews
1/6 cup(s)- 156 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

3175 cals ● 221g protein (28%) ● 119g fat (34%) ● 265g carbs (33%) ● 39g fiber (5%)

Lunch

1470 cals, 102g protein, 69g net carbs, 79g fat



Tuna salad sandwich
2 1/2 sandwich(es)- 1239 cals



Simple kale & avocado salad
230 cals

Dinner

1435 cals, 59g protein, 194g net carbs, 39g fat



Fruit juice
2 cup(s)- 229 cals



Simple mixed greens and tomato salad
302 cals



Pasta with spinach and ricotta
903 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

3193 cals ● 218g protein (27%) ● 141g fat (40%) ● 218g carbs (27%) ● 46g fiber (6%)

Lunch

1470 cals, 102g protein, 69g net carbs, 79g fat



Tuna salad sandwich
2 1/2 sandwich(es)- 1239 cals



Simple kale & avocado salad
230 cals

Dinner

1450 cals, 56g protein, 147g net carbs, 60g fat



Simple mixed greens salad
68 cals



Hummus cheesesteak sub
2 1/2 sub(s)- 1384 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

3231 cals ● 212g protein (26%) ● 155g fat (43%) ● 206g carbs (26%) ● 41g fiber (5%)

Lunch

1485 cals, 63g protein, 86g net carbs, 90g fat



Grilled cheese with mushrooms
970 cals



Roasted peanuts
1/2 cup(s)- 518 cals

Dinner

1470 cals, 89g protein, 118g net carbs, 64g fat



Mashed sweet potatoes with butter
498 cals



Garlic pepper seitan
913 cals



Cooked peppers
1/2 bell pepper(s)- 60 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

3223 cals ● 202g protein (25%) ● 149g fat (42%) ● 189g carbs (23%) ● 80g fiber (10%)

Lunch

1485 cals, 63g protein, 86g net carbs, 90g fat



Grilled cheese with mushrooms

970 cals



Roasted peanuts

1/2 cup(s)- 518 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1465 cals, 79g protein, 101g net carbs, 58g fat



Curried chickpea salad

1288 cals



Avocado

176 cals

Day 7

3237 cals ● 225g protein (28%) ● 101g fat (28%) ● 246g carbs (30%) ● 112g fiber (14%)

Lunch

1500 cals, 85g protein, 143g net carbs, 42g fat



Smashed chickpea toast

4 toast(s)- 1271 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1465 cals, 79g protein, 101g net carbs, 58g fat



Curried chickpea salad

1288 cals



Avocado

176 cals

Vegetables and Vegetable Products

- ketchup
1/2 cup (125g)
- onion
3 1/2 medium (2-1/2" dia) (388g)
- tomatoes
3 1/4 medium whole (2-3/5" dia) (395g)
- bell pepper
7 1/3 large (1200g)
- raw celery
14 1/2 stalk, small (5" long) (247g)
- kale leaves
1 bunch (170g)
- frozen chopped spinach
2/3 10 oz package (189g)
- garlic
7 clove(s) (22g)
- sweet potatoes
2 sweetpotato, 5" long (420g)
- green pepper
2 3/4 tbsp, chopped (25g)
- mushrooms
3 cup, chopped (210g)

Other

- meatless chik'n tenders
29 1/3 pieces (748g)
- mixed greens
3 package (5.5 oz) (452g)
- sub roll(s)
2 1/2 roll(s) (213g)

Fruits and Fruit Juices

- lime juice
2 3/4 fl oz (85mL)
- avocados
6 1/2 avocado(s) (1307g)
- lemon
1 small (58g)
- fruit juice
16 fl oz (480mL)
- lemon juice
4 fl oz (125mL)

Fats and Oils

- olive oil
3 oz (100mL)

Dairy and Egg Products

- butter
3/8 stick (46g)
- part-skim ricotta cheese
2/3 cup (165g)
- parmesan cheese
2 tbsp (10g)
- sliced cheese
7 oz (196g)
- nonfat greek yogurt, plain
1 1/2 cup (420g)

Beverages

- water
19 cup (4531mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Cereal Grains and Pasta

- long-grain white rice
2/3 cup (123g)
- uncooked dry pasta
1/3 lbs (152g)
- seitan
2/3 lbs (302g)

Nut and Seed Products

- roasted cashews
6 tbsp, halves and whole (51g)
- sunflower kernels
1/2 cup (96g)

Finfish and Shellfish Products

- canned tuna
9 can (1569g)

Baked Products

- bread
2 lbs (832g)

Legumes and Legume Products

- hummus
10 tbsp (154g)
- roasted peanuts
1 1/2 cup (201g)

- mayonnaise
1/2 cup (113mL)
- salad dressing
1/2 cup (113mL)
- oil
3 1/2 tsp (18mL)

- chickpeas, canned
6 can (2688g)

Spices and Herbs

- garlic powder
1 tsp (3g)
 - salt
1/2 oz (16g)
 - black pepper
1/4 oz (6g)
 - crushed red pepper
1 1/4 tsp (2g)
 - thyme, dried
2 tbsp, ground (8g)
 - curry powder
4 tsp (8g)
 - mustard
2 tbsp (30g)
 - onion powder
2 tsp (5g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Crispy chik'n tenders

14 2/3 tender(s) - 838 cals ● 59g protein ● 33g fat ● 76g carbs ● 0g fiber



For single meal:

ketchup
1/4 cup (62g)
meatless chik'n tenders
14 2/3 pieces (374g)

For all 2 meals:

ketchup
1/2 cup (125g)
meatless chik'n tenders
29 1/3 pieces (748g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

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)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)

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 2 [↗](#)

Eat on day 3, day 4

Tuna salad sandwich

2 1/2 sandwich(es) - 1239 cals ● 97g protein ● 64g fat ● 60g carbs ● 10g fiber



For single meal:

bread
5 slice (160g)
mayonnaise
1/4 cup (56mL)
black pepper
1/3 tsp (0g)
raw celery, chopped
1 1/4 stalk, small (5" long) (21g)
salt
1/3 tsp (1g)
canned tuna
3/4 lbs (354g)

For all 2 meals:

bread
10 slice (320g)
mayonnaise
1/2 cup (113mL)
black pepper
5 dash (1g)
raw celery, chopped
2 1/2 stalk, small (5" long) (43g)
salt
5 dash (2g)
canned tuna
1 1/2 lbs (709g)

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.
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Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
lemon, juiced
1 small (58g)
avocados, chopped
1 avocado(s) (201g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Grilled cheese with mushrooms

970 cals ● 43g protein ● 49g fat ● 75g carbs ● 14g fiber



For single meal:

mushrooms
1 1/2 cup, chopped (105g)
olive oil
1 1/2 tbsp (23mL)
thyme, dried
1 tbsp, ground (4g)
bread
6 slice(s) (192g)
sliced cheese
3 slice (3/4 oz) (63g)

For all 2 meals:

mushrooms
3 cup, chopped (210g)
olive oil
3 tbsp (45mL)
thyme, dried
2 tbsp, ground (8g)
bread
12 slice(s) (384g)
sliced cheese
6 slice (3/4 oz) (126g)

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.

Roasted peanuts

1/2 cup(s) - 518 cals ● 20g protein ● 41g fat ● 10g carbs ● 7g fiber



For single meal:

roasted peanuts
1/2 cup (82g)

For all 2 meals:

roasted peanuts
1 cup (164g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 7

Smashed chickpea toast

4 toast(s) - 1271 cal ● 76g protein ● 24g fat ● 138g carbs ● 50g fiber



Makes 4 toast(s)

nonfat greek yogurt, plain

1/2 cup (140g)

mustard

2 tbsp (30g)

onion powder

2 tsp (5g)

raw celery, diced

4 stalk, small (5" long) (68g)

chickpeas, canned, drained & rinsed

2 can (896g)

bread

4 slice(s) (128g)

1. Toast bread (optional).
2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
3. Mix in the remaining whole chickpeas.
4. Top the toast with the chickpea mixture and serve.

Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Buttery white rice

324 cal ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



For single meal:

black pepper
1 1/3 dash, ground (0g)
butter
1 tbsp (14g)
salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

For all 2 meals:

black pepper
1/3 tsp, ground (1g)
butter
2 tbsp (28g)
salt
1/4 tsp (4g)
water
1 1/3 cup(s) (316mL)
long-grain white rice
2/3 cup (123g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Roasted cashews

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews
3 tbsp, halves and whole (26g)

For all 2 meals:

roasted cashews
6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

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.

Dinner 2 [↗](#)

Eat on day 3

Fruit juice

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



Makes 2 cup(s)

fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

302 cal ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

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

Pasta with spinach and ricotta

903 cal ● 49g protein ● 19g fat ● 123g carbs ● 11g fiber

**uncooked dry pasta**

1/3 lbs (152g)

frozen chopped spinach, thawed and drained

2/3 10 oz package (189g)

garlic, minced

1 1/3 clove(s) (4g)

part-skim ricotta cheese

2/3 cup (165g)

parmesan cheese, divided

2 tbsp (10g)

salt

1 1/3 dash (1g)

black pepper

4 dash, ground (1g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

Dinner 3 [↗](#)

Eat on day 4

Simple mixed greens salad

68 cal ● 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.

Hummus cheesesteak sub

2 1/2 sub(s) - 1384 cal ● 55g protein ● 56g fat ● 143g carbs ● 23g fiber



Makes 2 1/2 sub(s)

sub roll(s), split

2 1/2 roll(s) (213g)

sliced cheese

2 1/2 slice (1 oz) (70g)

hummus

10 tbsp (154g)

crushed red pepper

1 1/4 tsp (2g)

garlic, minced

2 1/2 clove (8g)

bell pepper, deseeded and sliced into thin strips

2 1/2 medium (298g)

onion, sliced into thin strips

1 1/4 large (188g)

oil

2 1/2 tsp (13mL)

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.

Dinner 4 [↗](#)

Eat on day 5

Mashed sweet potatoes with butter

498 cal ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Garlic pepper seitan

913 cal ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber



olive oil
2 2/3 tbsp (40mL)
onion
1/3 cup, chopped (53g)
garlic, minced
3 1/3 clove(s) (10g)
green pepper
2 2/3 tbsp, chopped (25g)
seitan, chicken style
2/3 lbs (302g)
black pepper
1/3 tsp, ground (1g)
water
4 tsp (20mL)
salt
1 1/3 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Cooked peppers

1/2 bell pepper(s) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1/2 bell pepper(s)

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Dinner 5 [↗](#)

Eat on day 6, day 7

Curried chickpea salad

1288 cal ● 77g protein ● 43g fat ● 99g carbs ● 50g fiber



For single meal:

mixed greens
4 oz (113g)
sunflower kernels
4 tbsp (48g)
raw celery, sliced
4 stalk, small (5" long) (68g)
curry powder
2 tsp (4g)
nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice, divided
4 tbsp (60mL)
chickpeas, canned, drained & rinsed
2 can (896g)

For all 2 meals:

mixed greens
1/2 lbs (227g)
sunflower kernels
1/2 cup (96g)
raw celery, sliced
8 stalk, small (5" long) (136g)
curry powder
4 tsp (8g)
nonfat greek yogurt, plain
1 cup (280g)
lemon juice, divided
1/2 cup (120mL)
chickpeas, canned, drained & rinsed
4 can (1792g)

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.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 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.
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