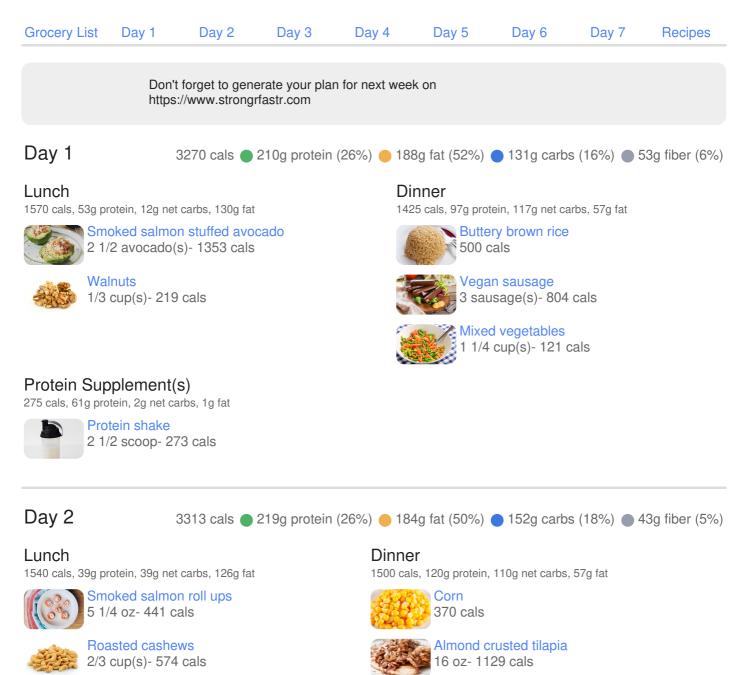
# Meal Plan - 3300 calorie intermittent fasting pescetarian meal plan

Avocado 527 cals

Protein Supplement(s) 275 cals, 61g protein, 2g net carbs, 1g fat Protein shake

2 1/2 scoop- 273 cals





Day 3

#### Lunch

1525 cals, 105g protein, 41g net carbs, 94g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Avocado tuna salad 982 cals

Roasted cashews 5/8 cup(s)- 522 cals

#### Protein Supplement(s)

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



Protein shake 2 1/2 scoop- 273 cals

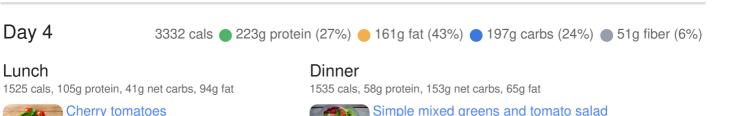
#### Dinner

1500 cals, 120g protein, 110g net carbs, 57g fat





Almond crusted tilapia 16 oz- 1129 cals

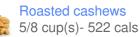




Cherry tomatoes 6 cherry tomatoes- 21 cals



Avocado tuna salad 982 cals



# Protein Supplement(s)

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



Protein shake 2 1/2 scoop- 273 cals



Simple mixed greens and tomato salad 151 cals



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

Day 5	3178 cals 🌑 207g protein (26%	6) 🛑 139g fat (39%) 🌑 236g carbs (30%) 🌑 39g fiber (5%)
Lunch 1500 cals, 83g protein, 110g Roasted almo 1/2 cup(s)- 49 Avocado tuna 2 half pepper	onds 99 cals a salad stuffed pepper (s)- 456 cals	Dinner 1410 cals, 63g protein, 124g net carbs, 66g fat Olive oil drizzled lima beans 323 cals Brown rice 2/3 cup brown rice, cooked- 153 cals Lemon ginger tofu chik'n
3 container(s Protein Supplemen 275 cals, 61g protein, 2g net Protein shake 2 1/2 scoop-	)- 543 cals t(s) carbs, 1g fat	17 1/2 oz tofu- 933 cals
Day 6	3263 cals 🔵 224g protein (27%	%) 🛑 86g fat (24%) 🔵 311g carbs (38%) 🌑 86g fiber (11%)
Lunch 1475 cals, 70g protein, 141g Lange Constraints, 70g protein, 141g Baked feta of 1219 cals Fruit juice 2 1/4 cup(s)- Protein Supplement 275 cals, 61g protein, 2g net Protein shake 2 1/2 scoop-	258 cals t(s) carbs, 1g fat	Dinner 1515 cals, 93g protein, 168g net carbs, 27g fat Milk 2 1/4 cup(s)- 335 cals Lentil pasta 1178 cals
Day 7	3263 cals 🔵 224g protein (27%	%) 🛑 86g fat (24%) 🌑 311g carbs (38%) 🌑 86g fiber (11%)
Lunch 1475 cals, 70g protein, 141g	net carbs, 58g fat	<b>Dinner</b> 1515 cals, 93g protein, 168g net carbs, 27g fat



Fruit juice 2 1/4 cup(s)- 258 cals

Protein Supplement(s) 275 cals, 61g protein, 2g net carbs, 1g fat

Protein shake 2 1/2 scoop- 273 cals



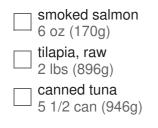




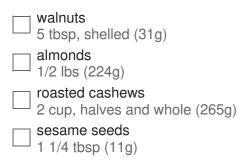
# Fruits and Fruit Juices



# Finfish and Shellfish Products



# **Nut and Seed Products**



# **Cereal Grains and Pasta**

brown rice		
3/4 cup (137g)		

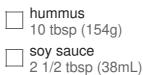
#### Other

	vegan sausage 3 sausage (300g)
	mixed greens 7 1/2 cup (225g)
	sub roll(s) 2 1/2 roll(s) (213g)
	italian seasoning 1/4 tbsp (3g)
	chickpea pasta 1 1/2 box (297g)
	lentil pasta 18 2/3 oz (529g)
Ve	getables and Vegetable Products
	frozen mixed veggies 1 1/4 cup (169g)
	frozen corn kernels 5 1/3 cup (725g)
	tomatoes 11 medium whole (2-3/5" dia) (1332g)
	onion 2 1/2 medium (2-1/2" dia) (284g)
	garlic 8 clove(s) (24g)
	bell pepper 3 large (462g)
	lima beans, frozen 3/4 package (10 oz) (213g)
	fresh ginger 3 3/4 inch (2.5cm) cube (19g)
	fresh spinach 3 cup(s) (90g)
Fa	ts and Oils
	olive oil 1/4 cup (51mL)
	salad dressing

#### <sup>1</sup> 3 tbsp (45mL) 1 oil

<sup>]</sup> 2 oz (63mL)

### **Legumes and Legume Products**

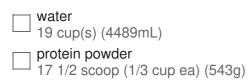




### **Spices and Herbs**



#### **Beverages**



☐ firm tofu 17 1/2 oz (496g)

#### Sweets

agave 2 1/2 tsp (17g)

#### Soups, Sauces, and Gravies

☐ **pasta sauce** 1 1/6 jar (24 oz) (784g)

# Recipes



### Lunch 1 🗹

Eat on day 1

Smoked salmon stuffed avocado

2 1/2 avocado(s) - 1353 cals 
48g protein 
110g fat 
10g carbs 
34g fiber



Makes 2 1/2 avocado(s)

lemon juice 1 1/4 tsp (6mL) goat cheese 2 1/2 oz (71g) smoked salmon 1/4 lbs (106g) avocados, halved, de-seeded, and de-skinned 2 1/2 avocado(s) (503g)

- 1. Chop the smoked salmon into pieces.
- 2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
- Stuff the holes of the avocado with the smoked salmon mixture.
- 4. Top with a drizzle of lemon juice and add pepper to taste.
- 5. Serve immediately.

#### Walnuts

1/3 cup(s) - 219 cals 
5g protein 
20g fat 
2g carbs 
2g fiber

Makes 1/3 cup(s)

walnuts 5 tbsp, shelled (31g)



Lunch 2 🗹

Eat on day 2

Smoked salmon roll ups

5 1/4 oz - 441 cals 
19g protein 
38g fat 
5g carbs 
0g fiber



Makes 5 1/4 oz

cream cheese 3 oz (85g) dried dill weed 1/4 tbsp (1g) smoked salmon 2 1/4 oz (64g)

- 1. Place cream cheese in between two sheets of plastic wrap.
- 2. Using a rolling pin, roll the cream cheese flat into a thin rectangular shape.
- 3. Remove the top sheet of plastic wrap and sprinkle the dill on top.
- 4. Then cover the cream cheese with an even layer of smoked salmon, gently pressing it in.
- 5. Add a new piece of plastic wrap on top to cover the salmon.
- 6. Flip everything so that the cream cheese side is on top, and remove the top layer of plastic wrap.
- Gently roll up one edge (of one of the longer sides) to the other side, pulling back the plastic wrap on the way.
- Once it's rolled up, wrap it in plastic wrap and store in the fridge until ready to eat. Slice and serve. (Although you can slice immediately, it's recommended it stays in the fridge a couple of hours to make it easier to slice)

Roasted cashews 2/3 cup(s) - 574 cals • 14g protein • 44g fat • 28g carbs • 3g fiber



Makes 2/3 cup(s)

**roasted cashews** 2/3 cup, halves and whole (94g)

#### Avocado

527 cals 
6g protein 
44g fat 
6g carbs 
20g fiber



avocados 1 1/2 avocado(s) (302g) lemon juice 1/2 tbsp (8mL)

- 1. Open the avocado and scoop out the flesh.
- 2. Sprinkle with lemon or lime juice as desired.
- 3. Serve and eat.

# Lunch 3 🗹

Eat on day 3, day 4

Cherry tomatoes

6 cherry tomatoes - 21 cals 
1g protein 
0g fat 
3g carbs 
1g fiber



For single meal:

tomatoes 6 cherry tomatoes (102g) For all 2 meals:

tomatoes 12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Avocado tuna salad 982 cals • 91g protein • 54g fat • 13g carbs • 19g fiber



For single meal:

avocados 1 avocado(s) (226g) lime juice 3/4 tbsp (11mL) salt 1/4 tsp (1g) black pepper 1/4 tsp (0g) mixed greens 2 1/4 cup (68g) onion, minced 1/2 small (39g) canned tuna 2 1/4 can (387g) tomatoes 1/2 cup, chopped (101g) For all 2 meals:

avocados 2 1/4 avocado(s) (452g) lime juice 1 1/2 tbsp (23mL) salt 1/2 tsp (2g) black pepper 1/2 tsp (0g)mixed greens 4 1/2 cup (135g) onion, minced 1 small (79g) canned tuna 4 1/2 can (774g) tomatoes 1 cup, chopped (203g)

- 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.

#### Roasted cashews

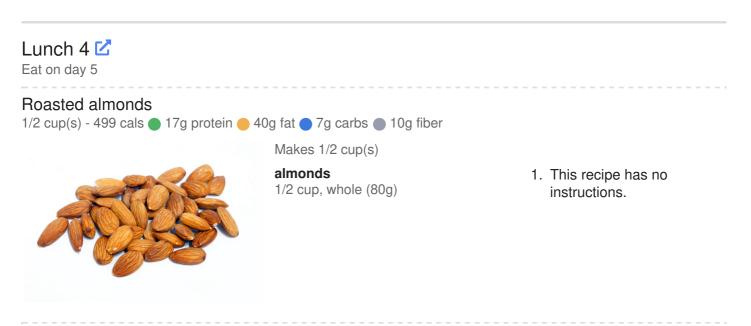
5/8 cup(s) - 522 cals 
13g protein 
40g fat 
26g carbs 
3g fiber

For single meal:



**roasted cashews** 10 tbsp, halves and whole (86g) For all 2 meals:

roasted cashews 1 1/4 cup, halves and whole (171g)



#### 2 half pepper(s) - 456 cals 41g protein 24g fat 8g carbs 10g fiber



Makes 2 half pepper(s)

canned tuna, drained 1 can (172g) avocados 1/2 avocado(s) (101g) lime juice 1 tsp (5mL) salt 1 dash (0g) black pepper 1 dash (0g) bell pepper 1 large (164g) onion 1/4 small (18g)

- 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.
- You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

# Lowfat yogurt 3 container(s) - 543 cals • 25g protein • 7g fat • 95g carbs • 0g fiber Makes 3 container(s) Iowfat flavored yogurt 3 container (6 oz) (510g)

Lunch 5 🗹

Eat on day 6, day 7

#### Baked feta chickpea pasta

1219 cals 
66g protein 
57g fat 
84g carbs 
27g fiber



For single meal:

garlic, peeled & smashed 1 1/2 clove(s) (5g) italian seasoning 3 dash (1g) chickpea pasta 3/4 box (149g) fresh spinach 1 1/2 cup(s) (45g) feta cheese, drained 6 oz (170g) oil 3/4 tbsp (11mL) tomatoes 15 oz, cherry tomatoes (425g) For all 2 meals:

garlic, peeled & smashed 3 clove(s) (9g) italian seasoning 1/4 tbsp (3g) chickpea pasta 1 1/2 box (297g) fresh spinach 3 cup(s) (90g) feta cheese, drained 3/4 lbs (340g) oil 1 1/2 tbsp (23mL) tomatoes 30 oz, cherry tomatoes (851g)

- 1. Preheat oven to 400°F (200°C).
- 2. In a baking dish, add the tomatoes, garlic, and the feta (do not crumble). Drizzle with the oil and season with some salt/pepper. Bake for 30-35 minutes until tomatoes are bursting.
- 3. Meanwhile cook chickpea pasta according to package instructions. Set aside.
- 4. Remove the baking dish from the oven and smash everything with a fork until the feta is creamy, but the tomatoes are still a bit chunky.
- 5. Add spinach and hot pasta into the baking dish and toss gently until spinach wilts and pasta is coated. Garnish with Italian seasoning and serve.

#### Fruit juice

2 1/4 cup(s) - 258 cals Ag protein Ag fat 57g carbs 1g fiber

For single meal:

fruit juice 18 fl oz (540mL) For all 2 meals:

fruit juice 36 fl oz (1080mL)

# Dinner 1 🗹

Eat on day 1

#### Buttery brown rice

500 cals 
7g protein 
20g fat 
70g carbs 
3g fiber



butter 1 1/2 tbsp (21g) brown rice 1/2 cup (95g) salt 3 dash (2g) water 1 cup(s) (237mL) black pepper 3 dash, ground (1g)

- 1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
- 2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
- 3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
- 4. Pour the rice into a strainer over the sink and drain for 10 seconds.
- 5. Return the rice to the same pot, off the heat.
- 6. Cover immediately and set aside for 10 minutes (this is the steaming part).
- 7. Uncover, mix in butter, and season with salt and pepper.

#### 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.

#### Mixed vegetables



Makes 1 1/4 cup(s) frozen mixed veggies

1 1/4 cup (169g)

1. Prepare according to instructions on package.

# Dinner 2 🗹

Eat on day 2, day 3

#### Corn

370 cals 
11g protein 
3g fat 
68g carbs 
8g fiber



For single meal:

frozen corn kernels 2 2/3 cup (363g)

For all 2 meals:

frozen corn kernels 5 1/3 cup (725g)

1. Prepare according to instructions on package.

Almond crusted tilapia

16 oz - 1129 cals 
109g protein 
54g fat 
43g carbs 
9g fiber



For single meal:

tilapia, raw 16 oz (448g) almonds 2/3 cup, slivered (72g) all-purpose flour 1/2 cup(s) (56g) salt 1/3 tsp (1g) olive oil 4 tsp (20mL)

For all 2 meals:

tilapia, raw 2 lbs (896g) almonds 1 1/3 cup, slivered (144g) all-purpose flour 7/8 cup(s) (111g) salt 1/4 tbsp (2g) olive oil 2 2/3 tbsp (40mL)

- 1. Take half of the almonds and combine them with the flour in a shallow bowl.
- 2. Season fish with salt and dredge in flour mixture.
- 3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
- 4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
- 5. Sprinkle almonds over fish.
- 6. Serve.

Dinner 3 🗹

Eat on day 4

#### Simple mixed greens and tomato salad

151 cals • 3g protein • 9g fat • 10g carbs • 3g fiber



salad dressing 3 tbsp (45mL) mixed greens 3 cup (90g) tomatoes 1/2 cup cherry tomatoes (75g) 1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

#### Hummus cheesesteak sub

2 1/2 sub(s) - 1384 cals 
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 ea) (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.
- Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
- 4. Serve.

# Dinner 4 🗹

Eat on day 5

Olive oil drizzled lima beans 323 cals 
14g protein 
11g fat 
31g carbs 
12g fiber



black pepper 1 1/2 dash, ground (0g) salt 3 dash (2g) lima beans, frozen 3/4 package (10 oz) (213g) olive oil 3/4 tbsp (11mL)

- 1. Cook lima beans according to package.
- 2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
- 3. Serve.

Brown rice

#### 2/3 cup brown rice, cooked - 153 cals 3g protein 1g fat 31g carbs 1g fiber



Makes 2/3 cup brown rice, cooked

brown rice 1/4 cup (42g) salt 1 1/3 dash (1g) water 1/2 cup(s) (105mL) black pepper 1 1/3 dash, ground (0g)

- (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.
- 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.

#### Lemon ginger tofu chik'n

17 1/2 oz tofu - 933 cals 🌑 46g protein 😑 54g fat 🔵 62g carbs 🌑 3g fiber



Makes 17 1/2 oz tofu agave 2 1/2 tsp (17g) sesame seeds 1 1/4 tbsp (11g) garlic, minced 2 1/2 clove(s) (8g) fresh ginger, peeled & minced 3 3/4 inch (2.5cm) cube (19g) oil 2 tbsp (28mL) lemon juice 2 1/2 tbsp (38mL) cornstarch 1/4 cup (30g) soy sauce, divided 2 1/2 tbsp (38mL) firm tofu, patted dry 17 1/2 oz (496g)

- 1. Preheat oven to 425°F (220°C).
- 2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
- Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
- 4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
- 5. both bowls aside.
- Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
- 7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
- 8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

# Dinner 5 🗹

Eat on day 6, day 7



1. This recipe has no instructions.

#### Lentil pasta

1178 cals 
76g protein 
9g fat 
142g carbs 
56g fiber



For single meal:

**pasta sauce** 5/8 jar (24 oz) (392g) **lentil pasta** 9 1/3 oz (265g) For all 2 meals:

**pasta sauce** 1 1/6 jar (24 oz) (784g) **lentil pasta** 18 2/3 oz (529g)

- 1. Cook lentil pasta according to package.
- 2. Top with sauce and 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)