

Meal Plan - 3300 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 3270 cals ● 210g protein (26%) ● 188g fat (52%) ● 131g carbs (16%) ● 53g fiber (6%)

Lunch

1570 cals, 53g protein, 12g net carbs, 130g fat



Smoked salmon stuffed avocado
2 1/2 avocado(s)- 1353 cals



Walnuts
1/3 cup(s)- 219 cals

Dinner

1425 cals, 97g protein, 117g net carbs, 57g fat



Buttery brown rice
500 cals



Vegan sausage
3 sausage(s)- 804 cals



Mixed vegetables
1 1/4 cup(s)- 121 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 2 3313 cals ● 219g protein (26%) ● 184g fat (50%) ● 152g carbs (18%) ● 43g fiber (5%)

Lunch

1540 cals, 39g protein, 39g net carbs, 126g fat



Smoked salmon roll ups
5 1/4 oz- 441 cals



Roasted cashews
2/3 cup(s)- 574 cals



Avocado
527 cals

Dinner

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



Corn
370 cals



Almond crusted tilapia
16 oz- 1129 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

3296 cals ● 285g protein (35%) ● 152g fat (42%) ● 154g carbs (19%) ● 42g fiber (5%)

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



Corn

370 cals



Almond crusted tilapia

16 oz- 1129 cals

Day 4

3332 cals ● 223g protein (27%) ● 161g fat (43%) ● 197g carbs (24%) ● 51g fiber (6%)

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

1535 cals, 58g protein, 153g net carbs, 65g fat



Simple mixed greens and tomato salad

151 cals



Hummus cheesesteak sub

2 1/2 sub(s)- 1384 cals

Day 5

3255 cal ● 208g protein (26%) ● 140g fat (39%) ● 252g carbs (31%) ● 40g fiber (5%)

Lunch

1500 cal, 83g protein, 110g net carbs, 72g fat



Roasted almonds
1/2 cup(s)- 499 cal



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cal



Lowfat yogurt
3 container(s)- 543 cal

Dinner

1485 cal, 65g protein, 139g net carbs, 67g fat



Olive oil drizzled lima beans
323 cal



Brown rice
229 cal



Lemon ginger tofu chik'n
17 1/2 oz tofu- 933 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Day 6

3263 cal ● 224g protein (27%) ● 86g fat (24%) ● 311g carbs (38%) ● 86g fiber (11%)

Lunch

1475 cal, 70g protein, 141g net carbs, 58g fat



Baked feta chickpea pasta
1219 cal



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

Dinner

1515 cal, 93g protein, 168g net carbs, 27g fat



Milk
2 1/4 cup(s)- 335 cal



Lentil pasta
1178 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Day 7

3263 cal ● 224g protein (27%) ● 86g fat (24%) ● 311g carbs (38%) ● 86g fiber (11%)

Lunch

1475 cal, 70g protein, 141g net carbs, 58g fat



Baked feta chickpea pasta
1219 cal



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

Dinner

1515 cal, 93g protein, 168g net carbs, 27g fat



Milk
2 1/4 cup(s)- 335 cal



Lentil pasta
1178 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Fruits and Fruit Juices

- lemon juice
1 2/3 fl oz (51mL)
- avocados
6 3/4 avocado(s) (1357g)
- lime juice
2 tbsp (28mL)
- fruit juice
36 fl oz (1080mL)

Dairy and Egg Products

- goat cheese
2 1/2 oz (71g)
- butter
1 1/2 tbsp (21g)
- cream cheese
3 oz (85g)
- sliced cheese
2 1/2 slice (1 oz) (70g)
- lowfat flavored yogurt
3 container (6 oz) (510g)
- feta cheese
3/4 lbs (340g)
- whole milk
1/4 gallon (1080mL)

Finfish and Shellfish Products

- smoked salmon
6 oz (170g)
- tilapia, raw
2 lbs (896g)
- canned tuna
5 1/2 can (946g)

Nut and Seed Products

- walnuts
5 tbsp shelled (50 halves) (31g)
- almonds
1/2 lbs (23 whole kernels) (224g)
- roasted cashews
2 cup, halves and whole (265g)
- sesame seeds
1 1/4 tbsp (11g)

Cereal Grains and Pasta

- brown rice
13 1/4 tbsp (158g)

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)

Vegetables 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 1 inch cube (19g)
- fresh spinach
3 cup(s) (90g)

Fats and Oils

- olive oil
1/4 cup (51mL)
- salad dressing
3 tbsp (45mL)
- oil
2 oz (63mL)

Legumes and Legume Products

- hummus
10 tbsp (154g)
- soy sauce
2 1/2 tbsp (38mL)

all-purpose flour
1 cup (111g)

cornstarch
1/4 cup (30g)

Spices and Herbs

salt
10 1/4 g (10g)

black pepper
2 1/2 g (2g)

dried dill weed
1/4 tbsp (1g)

crushed red pepper
1 1/4 tsp (2g)

Beverages

water
19 cup(s) (4543mL)

protein powder
17 1/2 scoop (1/3 cup ea) (543g)

firm tofu
1 lbs (496g)

Sweets

agave
2 1/2 tsp (17g)

Soups, Sauces, and Gravies

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

Lunch 1 [↗](#)

Eat on day 1

Smoked salmon stuffed avocado

2 1/2 avocado(s) - 1353 cal ● 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.
3. 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 cal ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



Makes 1/3 cup(s)

walnuts

5 tbsp shelled (50 halves) (31g)

1. This recipe has no instructions.
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Lunch 2 [↗](#)

Eat on day 2

Smoked salmon roll ups

5 1/4 oz - 441 cal ● 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.
7. Gently roll up one edge (of one of the longer sides) to the other side, pulling back the plastic wrap on the way.
8. 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 cal ● 14g protein ● 44g fat ● 28g carbs ● 3g fiber



Makes 2/3 cup(s)

roasted cashews

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

1. This recipe has no instructions.

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)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Roasted almonds

1/2 cup(s) - 499 cals ● 17g protein ● 40g fat ● 7g carbs ● 10g fiber



Makes 1/2 cup(s)

almonds
1/2 cup, whole (80g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 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.
3. 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 cal ● 25g protein ● 7g fat ● 95g carbs ● 0g fiber



Makes 3 container(s)

lowfat flavored yogurt

3 container (6 oz) (510g)

1. This recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Baked feta chickpea pasta

1219 cal ● 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 cal ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber



For single meal:

fruit juice

18 fl oz (540mL)

For all 2 meals:

fruit juice

36 fl oz (1080mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Buttery brown rice

500 cal ● 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 cal ● 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

1 1/4 cup(s) - 121 cal ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



Makes 1 1/4 cup(s)

frozen mixed veggies

1 1/4 cup (169g)

1. Prepare according to instructions on package.
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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.
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Almond crusted tilapia

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



For single meal:

tilapia, raw

1 lbs (448g)

almonds

2/3 cup, slivered (72g)

all-purpose flour

1/2 cup (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

14 1/4 tbsp (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.
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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) (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

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

229 cal ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



brown rice

1/3 cup (63g)

salt

2 dash (1g)

water

2/3 cup(s) (158mL)

black pepper

2 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, fluff with a fork, and season with salt and pepper.

Lemon ginger tofu chik'n

17 1/2 oz tofu - 933 cal ● 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 1 inch 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

1 lbs (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.
 3. 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.
 6. 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.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Milk

2 1/4 cup(s) - 335 cal ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber



For single meal:

whole milk
2 1/4 cup (540mL)

For all 2 meals:

whole milk
1/4 gallon (1080mL)

1. This recipe has no instructions.

Lentil pasta

1178 cal ● 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 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.

