

Meal Plan - 3400 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

3281 cal ● 208g protein (25%) ● 127g fat (35%) ● 283g carbs (35%) ● 43g fiber (5%)

Lunch

1420 cal, 54g protein, 104g net carbs, 80g fat



[String cheese](#)
3 stick(s)- 248 cal



[Clam chowder](#)
2 1/2 can(s)- 910 cal



[Sweet potato wedges](#)
261 cal

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cal

Dinner

1590 cal, 94g protein, 177g net carbs, 46g fat



[Milk](#)
1 1/4 cup(s)- 186 cal



[Vegan meatball sub](#)
3 sub(s)- 1403 cal

Day 2

3409 cal ● 219g protein (26%) ● 78g fat (21%) ● 394g carbs (46%) ● 65g fiber (8%)

Lunch

1545 cal, 64g protein, 215g net carbs, 31g fat



[Healthy coleslaw](#)
80 cal



[Chickpea bowl with spicy yogurt sauce](#)
1467 cal

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cal

Dinner

1590 cal, 94g protein, 177g net carbs, 46g fat



[Milk](#)
1 1/4 cup(s)- 186 cal



[Vegan meatball sub](#)
3 sub(s)- 1403 cal

Day 3

3434 cals ● 235g protein (27%) ● 105g fat (27%) ● 309g carbs (36%) ● 78g fiber (9%)

Lunch

1545 cals, 64g protein, 215g net carbs, 31g fat



Healthy coleslaw

80 cals



Chickpea bowl with spicy yogurt sauce

1467 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1615 cals, 110g protein, 92g net carbs, 73g fat



Quinoa

1 1/2 cup quinoa, cooked- 313 cals



Peanut tempeh

12 oz tempeh- 1301 cals

Day 4

3364 cals ● 236g protein (28%) ● 145g fat (39%) ● 238g carbs (28%) ● 40g fiber (5%)

Lunch

1530 cals, 92g protein, 103g net carbs, 75g fat



Tasty broiled salmon

14 oz- 869 cals



Sweet potato fries

662 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1560 cals, 84g protein, 133g net carbs, 69g fat



Edamame & beet salad

342 cals



Milk

2 3/4 cup(s)- 410 cals



Chik'n nuggets

14 2/3 nuggets- 809 cals

Day 5

3436 cals ● 214g protein (25%) ● 121g fat (32%) ● 329g carbs (38%) ● 44g fiber (5%)

Lunch

1605 cals, 69g protein, 194g net carbs, 51g fat



Cheese ravioli

1361 cals



Simple mozzarella and tomato salad

242 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1560 cals, 84g protein, 133g net carbs, 69g fat



Edamame & beet salad

342 cals



Milk

2 3/4 cup(s)- 410 cals



Chik'n nuggets

14 2/3 nuggets- 809 cals

Day 6

3453 calsgreen252g protein (29%)yellow138g fat (36%)blue257g carbs (30%)grey44g fiber (5%)

Lunch

1605 calsgreen69g protein, 194g net carbs, 51g fat



Cheese ravioli
1361 calsgreen



Simple mozzarella and tomato salad
242 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

1580 calsgreen122g protein, 60g net carbs, 86g fat



Avocado tuna salad
982 calsgreen



Milk
4 cup(s)- 596 calsgreen

Day 7

3286 calsgreen264g protein (32%)yellow142g fat (39%)blue184g carbs (22%)grey53g fiber (6%)

Lunch

1435 calsgreen81g protein, 122g net carbs, 55g fat



White rice
1 cup rice, cooked- 220 calsgreen



Easy chickpea salad
467 calsgreen



Salmon & veggie one pot
8 oz salmon- 748 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

1580 calsgreen122g protein, 60g net carbs, 86g fat



Avocado tuna salad
982 calsgreen



Milk
4 cup(s)- 596 calsgreen

Dairy and Egg Products

- ☐ string cheese
3 stick (84g)
- ☐ whole milk
1 gallon (3840mL)
- ☐ nonfat greek yogurt, plain
1 3/4 container (298g)
- ☐ fresh mozzarella cheese
4 oz (113g)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
2 1/2 can (18.5 oz) (1298g)
- ☐ pasta sauce
2 1/4 jar (24 oz) (1510g)
- ☐ apple cider vinegar
2 1/2 tbsp (2mL)

Fats and Oils

- ☐ oil
1/4 lbs (109mL)
- ☐ balsamic vinaigrette
3 oz (90mL)
- ☐ olive oil
1 1/4 tbsp (19mL)

Vegetables and Vegetable Products

- ☐ sweet potatoes
3 2/3 sweetpotato, 5" long (778g)
- ☐ onion
6 small (411g)
- ☐ fresh parsley
2 1/2 bunch (52g)
- ☐ beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- ☐ edamame, frozen, shelled
2 cup (236g)
- ☐ ketchup
1/2 cup (125g)
- ☐ garlic
1 3/4 clove(s) (5g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (625g)
- ☐ canned crushed tomatoes
1 cup (242g)
- ☐ bell pepper
1 medium (119g)

Other

- ☐ vegan meatballs, frozen
24 meatball(s) (720g)
- ☐ nutritional yeast
1/2 oz (13g)
- ☐ sub roll(s)
6 roll(s) (510g)
- ☐ coleslaw mix
1/2 package (14 oz) (199g)
- ☐ sriracha chili sauce
2 tbsp (33g)
- ☐ mixed greens
8 1/2 cup (255g)
- ☐ vegan chik'n nuggets
29 1/3 nuggets (631g)

Beverages

- ☐ water
19 1/2 cup(s) (4603mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Sweets

- ☐ honey
1 tbsp (21g)
- ☐ brown sugar
1/4 cup unpacked (32g)

Legumes and Legume Products

- ☐ chickpeas, canned
4 1/4 can (1904g)
- ☐ soy sauce
1/4 lbs (85mL)
- ☐ peanut butter
6 tbsp (97g)
- ☐ tempeh
3/4 lbs (340g)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 cup (362g)
- ☐ quinoa, uncooked
1/2 cup (85g)

Fruits and Fruit Juices

Spices and Herbs

- ☐ salt
10 1/2 g (11g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ lemon pepper
1 3/4 tsp (4g)
- ☐ garlic powder
5 dash (2g)
- ☐ paprika
5 dash (1g)
- ☐ fresh basil
2 tbsp, chopped (5g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ ground cumin
1 tsp (2g)
- ☐ dried dill weed
1 tsp (1g)

- ☐ lemon juice
1 1/2 tbsp (23mL)
- ☐ avocados
2 1/4 avocado(s) (452g)
- ☐ lime juice
1 1/2 tbsp (23mL)

Finfish and Shellfish Products

- ☐ salmon
22 oz (624g)
- ☐ canned tuna
4 1/2 can (774g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
2 1/2 lbs (1134g)
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Lunch 1 [↗](#)

Eat on day 1

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

string cheese

3 stick (84g)

1. This recipe has no instructions.

Clam chowder

2 1/2 can(s) - 910 cals ● 30g protein ● 55g fat ● 63g carbs ● 11g fiber



Makes 2 1/2 can(s)

canned clam chowder

2 1/2 can (18.5 oz) (1298g)

1. Prepare according to instructions on package.

Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



oil

3/4 tbsp (11mL)

sweet potatoes, cut into wedges

1 sweetpotato, 5" long (210g)

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Lunch 2 [↗](#)

Eat on day 2, day 3

Healthy coleslaw

80 cals ● 4g protein ● 0g fat ● 13g carbs ● 2g fiber



For single meal:

honey
1/2 tbsp (11g)
coleslaw mix
1/4 package (14 oz) (99g)
apple cider vinegar
3/4 tbsp (1mL)
nonfat greek yogurt, plain
2 tbsp (35g)

For all 2 meals:

honey
1 tbsp (21g)
coleslaw mix
1/2 package (14 oz) (199g)
apple cider vinegar
1 1/2 tbsp (1mL)
nonfat greek yogurt, plain
4 tbsp (70g)

1. In a small bowl mix together the Greek yogurt, vinegar, honey, and some salt/pepper until smooth.
2. Place coleslaw mix in a large bowl and pour dressing on top. Toss to coat. Serve.

Chickpea bowl with spicy yogurt sauce

1467 cals ● 60g protein ● 31g fat ● 201g carbs ● 37g fiber



For single meal:

onion, diced
1 1/2 small (114g)
sriracha chili sauce
1 tbsp (16g)
nonfat greek yogurt, plain
6 1/2 tbsp (114g)
chickpeas, canned, rinsed & drained
1 1/2 can (728g)
long-grain white rice
13 tbsp (150g)
fresh parsley, chopped
6 1/2 tbsp chopped (24g)
oil
1 tbsp (16mL)

For all 2 meals:

onion, diced
3 1/4 small (228g)
sriracha chili sauce
2 tbsp (33g)
nonfat greek yogurt, plain
13 tbsp (228g)
chickpeas, canned, rinsed & drained
3 1/4 can (1456g)
long-grain white rice
1 1/2 cup (301g)
fresh parsley, chopped
13 tbsp chopped (49g)
oil
2 tbsp (33mL)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Lunch 3 [↗](#)

Eat on day 4

Tasty broiled salmon

14 oz - 869 cals ● 82g protein ● 58g fat ● 4g carbs ● 0g fiber



Makes 14 oz

oil

1/4 cup (53mL)

soy sauce

1/4 cup (70mL)

lemon pepper

1 3/4 tsp (4g)

garlic, minced

1 3/4 clove(s) (5g)

brown sugar

1/4 cup unpacked (32g)

salmon, skin-on

14 oz (397g)

1. Whisk together the soy sauce, oil, brown sugar, lemon pepper, and garlic in a shallow dish; lay the salmon fillets into the mixture with the skin side facing up. Allow to marinate covered in the refrigerator 4 to 8 hours or overnight.
2. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
3. Remove salmon from the marinade and arrange on a baking sheet. Discard the marinade.
4. Cook the salmon under the broiler until lightly browned and the flesh flakes easily with a fork, about 7 to 10 minutes. Allow the salmon to rest 5 minutes before slicing and serving.

Sweet potato fries

662 cals ● 9g protein ● 17g fat ● 99g carbs ● 18g fiber



sweet potatoes, peeled

1 1/4 lbs (568g)

olive oil

1 1/4 tbsp (19mL)

garlic powder

5 dash (2g)

paprika

5 dash (1g)

salt

5 dash (4g)

black pepper

1/3 tsp, ground (1g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Cheese ravioli

1361 cals ● 56g protein ● 34g fat ● 188g carbs ● 21g fiber



For single meal:

pasta sauce

5/6 jar (24 oz) (560g)

frozen cheese ravioli

1 1/4 lbs (567g)

For all 2 meals:

pasta sauce

1 2/3 jar (24 oz) (1120g)

frozen cheese ravioli

2 1/2 lbs (1134g)

1. Prepare the ravioli as instructed on the package.
 2. Top with pasta sauce and enjoy.
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Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

tomatoes, sliced

3/4 large whole (3" dia) (137g)

fresh mozzarella cheese, sliced

2 oz (57g)

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

For all 2 meals:

tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Lunch 5 [🔗](#)

Eat on day 7

White rice

1 cup rice, cooked - 220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber

Makes 1 cup rice, cooked

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)



1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



fresh parsley, chopped

3 sprigs (3g)

apple cider vinegar

1 tbsp (1mL)

balsamic vinegar

1 tbsp (15mL)

tomatoes, halved

1 cup cherry tomatoes (149g)

onion, thinly sliced

1/2 small (35g)

chickpeas, canned, drained and rinsed

1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!

Salmon & veggie one pot

8 oz salmon - 748 cals ● 53g protein ● 46g fat ● 23g carbs ● 8g fiber



Makes 8 oz salmon

ground cumin

1 tsp (2g)

water

1/4 cup(s) (59mL)

oil

1 tbsp (15mL)

dried dill weed

1 tsp (1g)

canned crushed tomatoes

1 cup (242g)

onion, sliced

1 small (70g)

bell pepper, sliced into strips

1 medium (119g)

salmon

1/2 lbs (227g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

whole milk

1 1/4 cup (300mL)

For all 2 meals:

whole milk

2 1/2 cup (600mL)

1. This recipe has no instructions.

Vegan meatball sub

3 sub(s) - 1403 cals ● 84g protein ● 36g fat ● 162g carbs ● 23g fiber



For single meal:

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 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 2 [🔗](#)

Eat on day 3

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Peanut tempeh

12 oz tempeh - 1301 cals ● 98g protein ● 68g fat ● 44g carbs ● 30g fiber



Makes 12 oz tempeh

nutritional yeast

1 1/2 tbsp (6g)

soy sauce

1 tbsp (15mL)

lemon juice

1 1/2 tbsp (23mL)

peanut butter

6 tbsp (97g)

tempeh

3/4 lbs (340g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

For all 2 meals:

balsamic vinaigrette

4 tbsp (60mL)

beets, precooked (canned or refrigerated), chopped

8 beets (2" dia, sphere) (400g)

edamame, frozen, shelled

2 cup (236g)

mixed greens

4 cup (120g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Milk

2 3/4 cup(s) - 410 cals ● 21g protein ● 22g fat ● 32g carbs ● 0g fiber



For single meal:
whole milk
2 3/4 cup (660mL)

For all 2 meals:
whole milk
1/3 gallon (1320mL)

1. This recipe has no instructions.

Chik'n nuggets

14 2/3 nuggets - 809 cal● 45g protein ● 33g fat ● 76g carbs ● 8g fiber



For single meal:
vegan chik'n nuggets
14 2/3 nuggets (315g)
ketchup
1/4 cup (62g)

For all 2 meals:
vegan chik'n nuggets
29 1/3 nuggets (631g)
ketchup
1/2 cup (125g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 4 [↗](#)

Eat on day 6, day 7

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.

Milk

4 cup(s) - 596 cals ● 31g protein ● 32g fat ● 47g carbs ● 0g fiber



For single meal:

whole milk

4 cup (960mL)

For all 2 meals:

whole milk

1/2 gallon (1920mL)

1. This recipe has no instructions.

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.