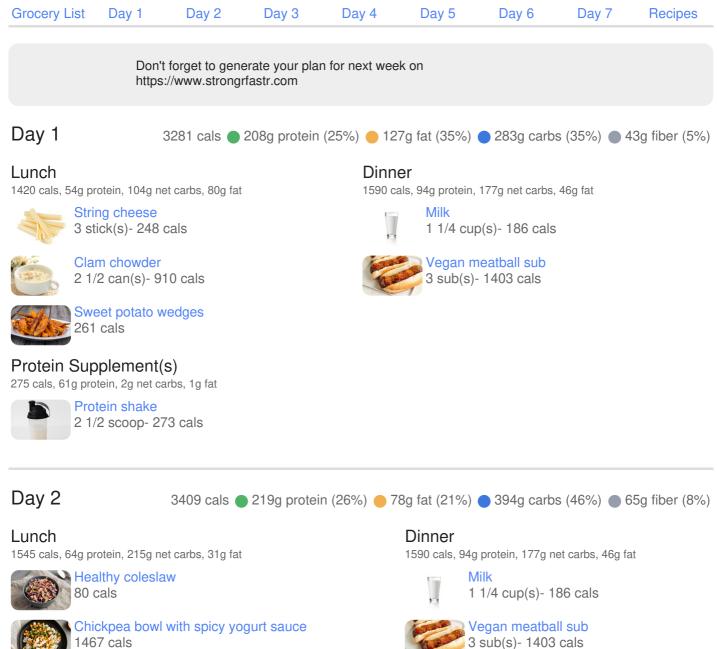
Meal Plan - 3400 calorie intermittent fasting pescetarian meal plan





Protein Supplement(s)

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

Protein shake 2 1/2 scoop- 273 cals



3 sub(s)- 1403 cals

Day 3

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



Day 4

Protein shake 2 1/2 scoop- 273 cals

Dinner

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

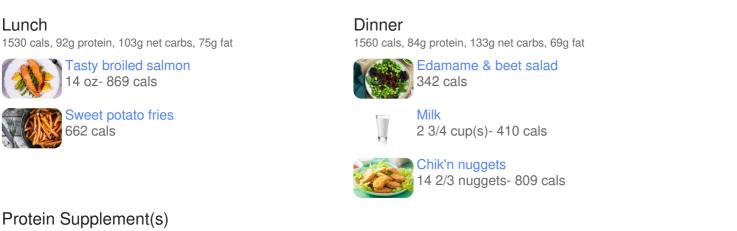


Quinoa 1 1/2 cup quinoa, cooked- 313 cals



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

Peanut tempeh 12 oz tempeh- 1301 cals



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



Protein shake 2 1/2 scoop- 273 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

Dinner

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



Edamame & beet salad 342 cals



2 3/4 cup(s)- 410 cals



Chik'n nuggets 14 2/3 nuggets- 809 cals

Protein Supplement(s)

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



Protein shake 2 1/2 scoop- 273 cals Day 6

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

1580 cals, 122g protein, 60g net carbs, 86g fat



Avocado tuna salad 982 cals



4 cup(s)- 596 cals



1580 cals, 122g protein, 60g net carbs, 86g fat



Avocado tuna salad 982 cals



4 cup(s)- 596 cals



Salmon & veggie one pot 8 oz salmon- 748 cals

Easy chickpea salad

1 cup rice, cooked- 220 cals

1435 cals, 81g protein, 122g net carbs, 55g fat

White rice

467 cals

Protein Supplement(s)

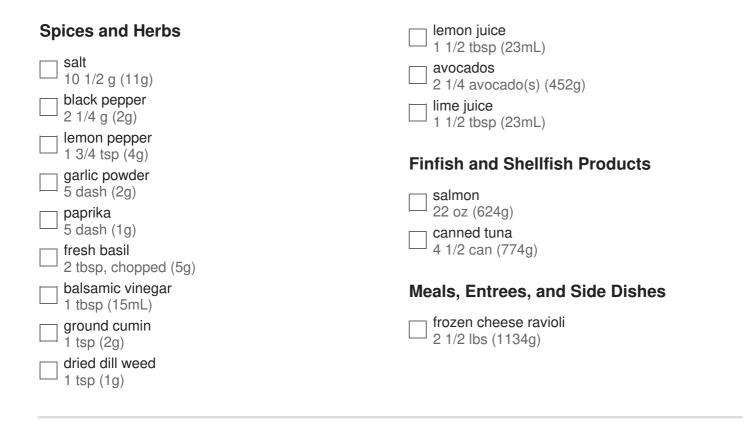
275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake 2 1/2 scoop- 273 cals

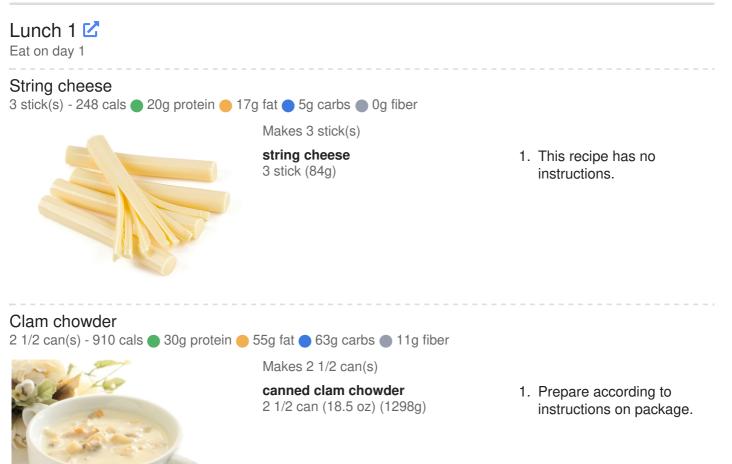


Dairy and Egg Products	Other
string cheese	🖂 vegan meatballs, frozen
□ 3 stick (84g)	└── 24 meatball(s) (720g)
whole milk 1 gallon (3840mL)	$\prod_{1/2 \text{ oz } (13g)} \text{nutritional yeast}$
nonfat greek yogurt, plain	sub roll(s)
1 3/4 container (298g)	6 roll(s) (510g)
fresh mozzarella cheese	coleslaw mix
└── 4 oz (113g)	└── 1/2 package (14 oz) (199g) ┌── sriracha chili sauce
Soups, Sauces, and Gravies	2 tbsp (33g)
• • •	mixed greens
canned clam chowder 2 1/2 can (18.5 oz) (1298g)	└── 8 1/2 cup (255g)
\square pasta sauce	vegan chik'n nuggets 29 1/3 nuggets (631g)
2 1/4 jar (24 oz) (1510g)	
apple cider vinegar	Beverages
2 1/2 tbsp (2mL)	m water
Fats and Oils	19 1/2 cup(s) (4603mL)
	protein powder
□	└─┘ 17 1/2 scoop (1/3 cup ea) (543g)
□ balsamic vinaigrette	Currente
3 oz (90mL)	Sweets
	honey
└── 1 1/4 tbsp (19mL)	└── 1 tbsp (21g)
Vegetables and Vegetable Products	brown sugar 1/4 cup unpacked (32g)
sweet potatoes 3 2/3 sweetpotato, 5" long (778g)	Legumes and Legume Products
\square onion	🖂 chickpeas, canned
└── 6 small (411g)	4 1/4 can (1904g)
fresh parsley 2 1/2 bunch (52g)	soy sauce 1/4 lbs (85mL)
beets, precooked (canned or refrigerated)	peanut butter
8 beets (2" dia, sphere) (400g)	6 tbsp (97g)
edamame, frozen, shelled	
└── 2 cup (236g)	└── 3/4 lbs (340g)
ketchup 1/2 cup (125g)	Cereal Grains and Pasta
☐ garlic	
1 3/4 clove(s) (5g)	long-grain white rice 2 cup (362g)
5 medium whole (2-3/5" dia) (625g)	quinoa, uncooked
\square canned crushed tomatoes	1/2 cup (85g)
1 cup (242g)	
bell pepper	Fruits and Fruit Juices
└─┘ 1 medium (119g)	



Recipes





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).
- 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)

- 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.
- 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
9 g 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.

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.

Lunch 5 🗹

Eat on day 7

- White rice
- 1 cup rice, cooked 220 cals
 4g protein
 9g 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)

- (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.
- 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.
- 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)

- 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.
- 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.
- Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
- 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)

- 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 nuggetshaped slices.
- 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.

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 cals
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.

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



whole milk 4 cup (960mL) For all 2 meals:

whole milk 1/2 gallon (1920mL)



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.