

Meal Plan - 3500 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

3519 cals ● 225g protein (26%) ● 103g fat (26%) ● 336g carbs (38%) ● 86g fiber (10%)

Lunch

1435 cals, 71g protein, 152g net carbs, 45g fat



[Garlic collard greens](#)
266 cals



[White rice](#)
579 cals



[Basic tempeh](#)
8 oz- 590 cals

Protein Supplement(s)

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



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

Dinner

1810 cals, 93g protein, 182g net carbs, 57g fat



[Tomato cucumber salad](#)
282 cals



[Bean & tofu goulash](#)
1530 cals

Day 2

3477 cals ● 238g protein (27%) ● 128g fat (33%) ● 287g carbs (33%) ● 55g fiber (6%)

Lunch

1630 cals, 73g protein, 180g net carbs, 59g fat



[Cheese ravioli](#)
1225 cals



[Simple mozzarella and tomato salad](#)
403 cals

Protein Supplement(s)

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



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

Dinner

1575 cals, 104g protein, 105g net carbs, 68g fat



[White rice](#)
276 cals



[Peanut tempeh](#)
12 oz tempeh- 1301 cals

Day 3

3468 cal ● 238g protein (27%) ● 108g fat (28%) ● 342g carbs (39%) ● 43g fiber (5%)

Lunch

1630 cal, 73g protein, 180g net carbs, 59g fat



[Cheese ravioli](#)

1225 cal



[Simple mozzarella and tomato salad](#)

403 cal

Dinner

1565 cal, 104g protein, 160g net carbs, 48g fat



[Garlic collard greens](#)

212 cal



[White rice](#)

551 cal



[Vegan sausage](#)

3 sausage(s)- 804 cal

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cal

Day 4

3458 cal ● 233g protein (27%) ● 85g fat (22%) ● 401g carbs (46%) ● 39g fiber (5%)

Lunch

1620 cal, 68g protein, 239g net carbs, 35g fat



[Brown rice](#)

630 cal



[Pear](#)

2 pear(s)- 226 cal



[Crispy chik'n tenders](#)

13 1/3 tender(s)- 762 cal

Dinner

1565 cal, 104g protein, 160g net carbs, 48g fat



[Garlic collard greens](#)

212 cal



[White rice](#)

551 cal



[Vegan sausage](#)

3 sausage(s)- 804 cal

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cal

Day 5

3463 cal ● 224g protein (26%) ● 115g fat (30%) ● 345g carbs (40%) ● 38g fiber (4%)

Lunch

1620 cal, 68g protein, 239g net carbs, 35g fat



Brown rice
630 cal



Pear
2 pear(s)- 226 cal



Crispy chik'n tenders
13 1/3 tender(s)- 762 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Dinner

1570 cal, 96g protein, 103g net carbs, 78g fat



Tasty broiled salmon
14 2/3 oz- 910 cal



Sweet potato fries
662 cal

Day 6

3509 cal ● 254g protein (29%) ● 129g fat (33%) ● 288g carbs (33%) ● 44g fiber (5%)

Lunch

1665 cal, 98g protein, 183g net carbs, 50g fat



Vegan meatball sub
3 sub(s)- 1403 cal



Milk
1 3/4 cup(s)- 261 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Dinner

1570 cal, 96g protein, 103g net carbs, 78g fat



Tasty broiled salmon
14 2/3 oz- 910 cal



Sweet potato fries
662 cal

Day 7

3495 cal ● 257g protein (29%) ● 136g fat (35%) ● 250g carbs (29%) ● 61g fiber (7%)

Lunch

1665 cal, 98g protein, 183g net carbs, 50g fat



Vegan meatball sub
3 sub(s)- 1403 cal



Milk
1 3/4 cup(s)- 261 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Dinner

1560 cal, 99g protein, 65g net carbs, 85g fat



Cottage cheese & fruit cup
2 container- 213 cal



Crack slaw with tempeh
1054 cal



Walnuts
3/8 cup(s)- 291 cal

Vegetables and Vegetable Products

- collard greens
2 lbs (983g)
- garlic
14 1/2 clove(s) (43g)
- tomatoes
5 2/3 medium whole (2-3/5" dia) (701g)
- cucumber
1 cucumber (8-1/4") (301g)
- purple onions
1 small (70g)
- onion
1 3/4 medium (2-1/2" dia) (193g)
- ketchup
6 2/3 tbsp (113g)
- sweet potatoes
2 1/2 lbs (1135g)

Fats and Oils

- oil
7 oz (209mL)
- salad dressing
4 tbsp (60mL)
- balsamic vinaigrette
1/4 cup (50mL)
- olive oil
2 1/2 tbsp (38mL)

Spices and Herbs

- salt
2 tbsp (37g)
- black pepper
1 1/2 tbsp, ground (10g)
- fresh thyme
1 tsp (1g)
- paprika
2 tbsp (15g)
- fresh basil
3 1/3 tbsp, chopped (9g)
- lemon pepper
1 1/4 tbsp (8g)
- garlic powder
1 1/4 tsp (4g)

Beverages

- water
27 cup(s) (6418mL)

Other

- nutritional yeast
1/2 oz (13g)
- vegan sausage
6 sausage (600g)
- meatless chik'n tenders
26 2/3 pieces (680g)
- sub roll(s)
6 roll(s) (510g)
- vegan meatballs, frozen
24 meatball(s) (720g)
- cottage cheese & fruit cup
2 container (266g)
- coleslaw mix
5 cup (450g)

Fruits and Fruit Juices

- lemon juice
1 1/2 tbsp (23mL)
- pears
4 medium (712g)

Soups, Sauces, and Gravies

- pasta sauce
2 jar (24 oz) (1398g)
- hot sauce
2 1/2 tsp (13mL)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli
2 1/4 lbs (1021g)

Dairy and Egg Products

- fresh mozzarella cheese
6 2/3 oz (189g)
- whole milk
1/4 gallon (840mL)

Sweets

- brown sugar
1/2 cup unpacked (66g)

Finfish and Shellfish Products

- salmon
2 lbs (832g)

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

Cereal Grains and Pasta

- long-grain white rice
3 cup (547g)
- brown rice
2 cup (348g)

Legumes and Legume Products

- tempeh
2 lbs (851g)
 - firm tofu
3/4 lbs (347g)
 - white beans, canned
1 3/4 can(s) (768g)
 - soy sauce
7 oz (162mL)
 - peanut butter
6 tbsp (97g)
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Nut and Seed Products

- sunflower kernels
2 1/2 tbsp (30g)
- walnuts
6 3/4 tbsp shelled (50 halves) (42g)

Lunch 1 [↗](#)

Eat on day 1

Garlic collard greens

266 cal ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
garlic, minced
2 1/2 clove(s) (8g)
salt
1/4 tsp (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

White rice

579 cal ● 12g protein ● 1g fat ● 128g carbs ● 2g fiber



salt
1 tsp (5g)
water
1 3/4 cup(s) (415mL)
long-grain white rice
14 tbsp (162g)
black pepper
1/4 tbsp, ground (2g)

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, season with pepper, and serve.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Lunch 2 [↗](#)

Eat on day 2, day 3

Cheese ravioli

1225 cals ● 50g protein ● 30g fat ● 169g carbs ● 19g fiber



For single meal:

pasta sauce
3/4 jar (24 oz) (504g)
frozen cheese ravioli
1 lbs (510g)

For all 2 meals:

pasta sauce
1 1/2 jar (24 oz) (1008g)
frozen cheese ravioli
2 1/4 lbs (1021g)

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

Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



For single meal:

tomatoes, sliced
1 1/4 large whole (3" dia) (228g)
fresh mozzarella cheese, sliced
1/4 lbs (95g)
balsamic vinaigrette
5 tsp (25mL)
fresh basil
5 tsp, chopped (4g)

For all 2 meals:

tomatoes, sliced
2 1/2 large whole (3" dia) (455g)
fresh mozzarella cheese, sliced
6 2/3 oz (189g)
balsamic vinaigrette
1/4 cup (50mL)
fresh basil
1/4 cup, chopped (9g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 3 [↗](#)

Eat on day 4, day 5

Brown rice

630 cal ● 13g protein ● 5g fat ● 128g carbs ● 6g fiber



For single meal:

brown rice
1 cup (174g)
salt
1/4 tbsp (4g)
water
2 cup(s) (435mL)
black pepper
1/4 tbsp, ground (2g)

For all 2 meals:

brown rice
2 cup (348g)
salt
1/2 tbsp (8g)
water
3 2/3 cup(s) (869mL)
black pepper
1/2 tbsp, ground (3g)

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.

Pear

2 pear(s) - 226 cal ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

1. This recipe has no instructions.

Crispy chik'n tenders

13 1/3 tender(s) - 762 cal ● 54g protein ● 30g fat ● 69g carbs ● 0g fiber



For single meal:

ketchup
3 1/3 tbsp (57g)
meatless chik'n tenders
13 1/3 pieces (340g)

For all 2 meals:

ketchup
6 2/3 tbsp (113g)
meatless chik'n tenders
26 2/3 pieces (680g)

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

Lunch 4 [🔗](#)

Eat on day 6, day 7

Vegan meatball sub

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



For single meal:

sub roll(s)
3 roll(s) (255g)
nutritional yeast
1 tbsp (4g)
pasta sauce
3/4 cup (195g)
vegan meatballs, frozen
12 meatball(s) (360g)

For all 2 meals:

sub roll(s)
6 roll(s) (510g)
nutritional yeast
2 tbsp (8g)
pasta sauce
1 1/2 cup (390g)
vegan meatballs, frozen
24 meatball(s) (720g)

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.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 3/4 cup (420mL)

For all 2 meals:

whole milk
1/4 gallon (840mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Tomato cucumber salad

282 cals ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



tomatoes, thinly sliced

2 medium whole (2-3/5" dia) (246g)

cucumber, thinly sliced

1 cucumber (8-1/4") (301g)

purple onions, thinly sliced

1 small (70g)

salad dressing

4 tbsp (60mL)

1. Mix ingredients together in a bowl and serve.

Bean & tofu goulash

1530 cals ● 87g protein ● 44g fat ● 152g carbs ● 45g fiber



fresh thyme

1 tsp (1g)

paprika

1 3/4 tbsp (12g)

oil

1 3/4 tbsp (26mL)

garlic, minced

1 3/4 clove (5g)

onion, diced

1 3/4 medium (2-1/2" dia) (193g)

firm tofu, drained and diced

3/4 lbs (347g)

white beans, canned, drained & rinsed

1 3/4 can(s) (768g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
 2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
 3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.
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Dinner 2 [↗](#)

Eat on day 2

White rice

276 cal ● 6g protein ● 1g fat ● 61g carbs ● 1g fiber



salt

1/2 tsp (3g)

water

5/6 cup(s) (198mL)

long-grain white rice

6 2/3 tbsp (77g)

black pepper

1/3 tsp, ground (1g)

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, season with pepper, and serve.

Peanut tempeh

12 oz tempeh - 1301 cal ● 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.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens
2/3 lbs (302g)
oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)
salt
1 1/3 dash (1g)

For all 2 meals:

collard greens
1 1/3 lbs (605g)
oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)
salt
1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

White rice

551 cals ● 11g protein ● 1g fat ● 122g carbs ● 2g fiber



For single meal:

salt
1/4 tbsp (5g)
water
1 2/3 cup(s) (395mL)
long-grain white rice
13 1/3 tbsp (154g)
black pepper
5 dash, ground (1g)

For all 2 meals:

salt
1/2 tbsp (10g)
water
3 1/3 cup(s) (790mL)
long-grain white rice
1 2/3 cup (308g)
black pepper
1 1/4 tsp, ground (3g)

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, season with pepper, and serve.

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

1. Prepare according to package instructions.
2. Serve.

Dinner 4 [↗](#)

Eat on day 5, day 6

Tasty broiled salmon

14 2/3 oz - 910 cal ● 86g protein ● 61g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1/4 cup (55mL)
soy sauce
5 tbsp (73mL)
lemon pepper
2 tsp (4g)
garlic, minced
2 clove(s) (6g)
brown sugar
1/4 cup unpacked (33g)
salmon, skin-on
1 lbs (416g)

For all 2 meals:

oil
1/2 cup (110mL)
soy sauce
9 3/4 tbsp (147mL)
lemon pepper
1 1/4 tbsp (8g)
garlic, minced
3 2/3 clove(s) (11g)
brown sugar
1/2 cup unpacked (66g)
salmon, skin-on
2 lbs (832g)

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 cal ● 9g protein ● 17g fat ● 99g carbs ● 18g fiber



For single meal:

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)

For all 2 meals:

sweet potatoes, peeled

2 1/2 lbs (1135g)

olive oil

2 1/2 tbsp (38mL)

garlic powder

1 1/4 tsp (4g)

paprika

1 1/4 tsp (3g)

salt

1 1/4 tsp (8g)

black pepper

5 dash, 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.

Dinner 5 [↗](#)

Eat on day 7

Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Crack slaw with tempeh

1054 cal ● 72g protein ● 53g fat ● 40g carbs ● 33g fiber



tempeh, cubed
10 oz (284g)
coleslaw mix
5 cup (450g)
hot sauce
2 1/2 tsp (13mL)
sunflower kernels
2 1/2 tbsp (30g)
oil
5 tsp (25mL)
garlic, minced
2 1/2 clove (8g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Walnuts

3/8 cup(s) - 291 cal ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber

Makes 3/8 cup(s)

walnuts
6 2/3 tbsp shelled (50 halves) (42g)



1. This recipe has no instructions.
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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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