Meal Plan - 1000 calorie high protein pescetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1001 cals 92g protein (37%) 37g fat (33%) 62g carbs (25%) 13g fiber (5%)

Breakfast

275 cals, 10g protein, 31g net carbs, 10g fat

Boiled eggs
1 egg(s)- 69 cals

Small granola bar
1 bar(s)- 119 cals

Orange
1 orange(s)- 85 cals

Lunch

175 cals, 8g protein, 2g net carbs, 14g fat

Cheese and guac tacos
1 taco(s)- 175 cals

Dinner

335 cals, 26g protein, 28g net carbs, 11g fat

Buttered lima beans
55 cals

Baked fries
97 cals

Simple seitan
3 oz- 183 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Day 2

970 cals 96g protein (40%) 39g fat (36%) 42g carbs (17%) 17g fiber (7%)

Breakfast

275 cals, 10g protein, 31g net carbs, 10g fat

Boiled eggs
1 egg(s)- 69 cals

Small granola bar
1 bar(s)- 119 cals

Orange
1 orange(s)- 85 cals

Lunch

175 cals, 8g protein, 2g net carbs, 14g fat

Cheese and guac tacos
1 taco(s)- 175 cals

Dinner

305 cals, 30g protein, 7g net carbs, 14g fat

Vegan crumbles
1 1/4 cup(s)- 183 cals

Simple mozzarella and tomato salad
121 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Day 3

996 cals 99g protein (40%) 34g fat (30%) 53g carbs (21%) 22g fiber (9%)

Breakfast

170 cals, 10g protein, 11g net carbs, 9g fat

Egg & cheese mini muffin
2 mini muffin(s)- 112 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Clementine
1 clementine(s)- 39 cals

Lunch

305 cals, 10g protein, 33g net carbs, 10g fat

Egg & avocado salad
133 cals

Orange
2 orange(s)- 170 cals

Dinner

305 cals, 30g protein, 7g net carbs, 14g fat

Vegan crumbles
1 1/4 cup(s)- 183 cals

Simple mozzarella and tomato salad
121 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Day 4

1033 cals 96g protein (37%) 40g fat (34%) 53g carbs (20%) 20g fiber (8%)

Breakfast

170 cals, 10g protein, 11g net carbs, 9g fat

Egg & cheese mini muffin
2 mini muffin(s)- 112 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Clementine
1 clementine(s)- 39 cals

Lunch

335 cals, 16g protein, 19g net carbs, 16g fat

Raspberries
3/4 cup(s)- 54 cals

Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Dinner

310 cals, 22g protein, 20g net carbs, 14g fat

Baked fries
97 cals

Almond crusted tilapia
3 oz- 212 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Day 5

1001 cals 119g protein (48%) 23g fat (21%) 57g carbs (23%) 22g fiber (9%)

Breakfast

175 cals, 29g protein, 10g net carbs, 1g fat

Clementine
1 clementine(s)- 39 cals

Double chocolate protein shake
137 cals

Lunch

335 cals, 16g protein, 19g net carbs, 16g fat

Raspberries
3/4 cup(s)- 54 cals

Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Dinner

270 cals, 26g protein, 26g net carbs, 5g fat

Cajun cod
4 1/2 oz- 140 cals

Basic baked potato
1/2 potato(es)- 132 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Day 6

998 cals 126g protein (51%) 13g fat (12%) 74g carbs (30%) 20g fiber (8%)

Breakfast

175 cals, 29g protein, 10g net carbs, 1g fat

Clementine
1 clementine(s)- 39 cals

Double chocolate protein shake
137 cals

Lunch

330 cals, 23g protein, 36g net carbs, 6g fat

Pita bread
1 pita bread(s)- 78 cals

Veggie burger patty
2 patty- 254 cals

Dinner

270 cals, 26g protein, 26g net carbs, 5g fat

Cajun cod
4 1/2 oz- 140 cals

Basic baked potato
1/2 potato(es)- 132 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Day 7

959 cals 104g protein (44%) 25g fat (24%) 59g carbs (24%) 20g fiber (8%)

Breakfast

175 cals, 29g protein, 10g net carbs, 1g fat

Clementine
1 clementine(s)- 39 cals

Double chocolate protein shake
137 cals

Lunch

330 cals, 23g protein, 36g net carbs, 6g fat

Pita bread
1 pita bread(s)- 78 cals

Veggie burger patty
2 patty- 254 cals

Dinner

235 cals, 5g protein, 11g net carbs, 17g fat

Grapes
58 cals

Walnuts
1/4 cup(s)- 175 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 cals

Grocery List

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Beverages

- [ ] water
  1 gallon (4070mL)
- [ ] protein powder
  14 scoop (1/3 cup ea) (434g)

Vegetables and Vegetable Products

- [ ] lima beans, frozen
  1/8 package (10 oz) (36g)
- [ ] potatoes
  1 1/2 large (3" to 4-1/4" dia.) (554g)
- [ ] tomatoes
  3 1/4 medium whole (2-3/5" dia) (396g)

Spices and Herbs

- [ ] salt
  1/8 oz (1g)
- [ ] black pepper
  1/4 dash, ground (0g)
- [ ] fresh basil
  1 tbsp, chopped (3g)
- [ ] garlic powder
  1/4 tbsp (2g)
- [ ] cajun seasoning
  1 tbsp (7g)

Dairy and Egg Products

- [ ] butter
  4 dash (2g)
- [ ] cheddar cheese
  2 3/4 oz (78g)
- [ ] eggs
  8 large (400g)
- [ ] fresh mozzarella cheese
  2 oz (57g)
- [ ] nonfat greek yogurt, plain
  6 tbsp (105g)

Fats and Oils

- [ ] oil
  2/3 oz (21mL)
- [ ] balsamic vinaigrette
  1 tbsp (14mL)
- [ ] olive oil
  1/4 tbsp (4mL)

Cereal Grains and Pasta

Other

- [ ] guacamole, store-bought
  4 tbsp (62g)
- [ ] mixed greens
  1/3 cup (10g)
- [ ] protein powder, chocolate
  3 scoop (1/3 cup ea) (93g)
- [ ] veggie burger patty
  4 patty (284g)

Snacks

- [ ] small granola bar
  2 bar (50g)

Fruits and Fruit Juices

- [ ] orange
  4 orange (616g)
- [ ] avocados
  2/3 avocado(s) (134g)
- [ ] clementines
  5 fruit (370g)
- [ ] raspberries
  1 1/2 cup (185g)
- [ ] grapes
  1 cup (92g)

Legumes and Legume Products

- [ ] vegetarian burger crumbles
  2 1/2 cup (250g)

Finfish and Shellfish Products

- [ ] tilapia, raw
  3 oz (84g)
- [ ] cod, raw
  1/2 lbs (255g)

Nut and Seed Products

- [ ] almonds
  2 tbsp, slivered (14g)
- [ ] walnuts
  4 tbsp, shelled (25g)

Baked Products

- [ ] bread
  2 slice (64g)

- [ ] seitan
  3 oz (85g)
- [ ] all-purpose flour
  4 tsp (10g)
- [ ] pita bread
  2 pita, small (4" dia) (56g)

Sweets

- [ ] cocoa powder
  1 tbsp (5g)

Recipes

Breakfast 1

Eat on day 1, day 2

Boiled eggs

1 egg(s) - 69 cals 6g protein 5g fat 0g carbs 0g fiber

For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Small granola bar

1 bar(s) - 119 cals 3g protein 5g fat 15g carbs 1g fiber

For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. This recipe has no instructions.

Orange

1 orange(s) - 85 cals 1g protein 0g fat 16g carbs 3g fiber

For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Breakfast 2

Eat on day 3, day 4

Egg & cheese mini muffin

2 mini muffin(s) - 112 cals 9g protein 8g fat 1g carbs 0g fiber

For single meal:

cheddar cheese
1 1/2 tbsp, shredded (11g)
water
1 tsp (5mL)
eggs
1 large (50g)

For all 2 meals:

cheddar cheese
3 tbsp, shredded (21g)
water
2 tsp (10mL)
eggs
2 large (100g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

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.

Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber

For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 5, day 6, day 7

Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber

For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

1. This recipe has no instructions.

Double chocolate protein shake

137 cals 28g protein 1g fat 3g carbs 2g fiber

For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

water
3 cup(s) (711mL)
cocoa powder
1 tbsp (5g)
nonfat greek yogurt, plain
6 tbsp (105g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Lunch 1

Eat on day 1, day 2

Cheese and guac tacos

1 taco(s) - 175 cals 8g protein 14g fat 2g carbs 2g fiber

For single meal:

cheddar cheese
4 tbsp, shredded (28g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 2

Eat on day 3

Egg & avocado salad

133 cals 7g protein 10g fat 2g carbs 3g fiber

mixed greens
1/3 cup (10g)
avocados
1/6 avocado(s) (34g)
eggs, hard-boiled and chilled
1 large (50g)
garlic powder
1 1/3 dash (1g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Orange

2 orange(s) - 170 cals 3g protein 0g fat 32g carbs 7g fiber

Makes 2 orange(s)

orange
2 orange (308g)

1. This recipe has no instructions.

Lunch 3

Eat on day 4, day 5

Raspberries

3/4 cup(s) - 54 cals 1g protein 1g fat 5g carbs 6g fiber

For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals 15g protein 16g fat 14g carbs 6g fiber

For single meal:

tomatoes, halved
3 tbsp cherry tomatoes (28g)
garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

tomatoes, halved
6 tbsp cherry tomatoes (56g)
garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 4

Eat on day 6, day 7

Pita bread

1 pita bread(s) - 78 cals 3g protein 0g fat 14g carbs 2g fiber

For single meal:

pita bread
1 pita, small (4" dia) (28g)

For all 2 meals:

pita bread
2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Veggie burger patty

2 patty - 254 cals 20g protein 6g fat 22g carbs 8g fiber

For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Dinner 1

Eat on day 1

Buttered lima beans

55 cals 2g protein 2g fat 5g carbs 2g fiber

lima beans, frozen
1/8 package (10 oz) (36g)
salt
1/2 dash (0g)
butter
4 dash (2g)
black pepper
1/4 dash, ground (0g)

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

Baked fries

97 cals 2g protein 4g fat 12g carbs 2g fiber

oil
1/4 tbsp (4mL)
potatoes
1/4 large (3" to 4-1/4" dia.) (92g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Simple seitan

3 oz - 183 cals 23g protein 6g fat 10g carbs 0g fiber

Makes 3 oz

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Dinner 2

Eat on day 2, day 3

Vegan crumbles

1 1/4 cup(s) - 183 cals 23g protein 6g fat 4g carbs 7g fiber

For single meal:

vegetarian burger crumbles
1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles
2 1/2 cup (250g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Simple mozzarella and tomato salad

121 cals 7g protein 8g fat 3g carbs 1g fiber

For single meal:

tomatoes, sliced
3/8 large whole (3" dia) (68g)
fresh mozzarella cheese, sliced
1 oz (28g)
balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)

For all 2 meals:

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)

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

Dinner 3

Eat on day 4

Baked fries

97 cals 2g protein 4g fat 12g carbs 2g fiber

oil
1/4 tbsp (4mL)
potatoes
1/4 large (3" to 4-1/4" dia.) (92g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Almond crusted tilapia

3 oz - 212 cals 20g protein 10g fat 8g carbs 2g fiber

Makes 3 oz

tilapia, raw
3 oz (84g)
almonds
2 tbsp, slivered (14g)
all-purpose flour
4 tsp (10g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)

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 4

Eat on day 5, day 6

Cajun cod

4 1/2 oz - 140 cals 23g protein 5g fat 2g carbs 0g fiber

For single meal:

cod, raw
1/4 lbs (128g)
cajun seasoning
1/2 tbsp (3g)
oil
1/4 tbsp (4mL)

For all 2 meals:

cod, raw
1/2 lbs (255g)
cajun seasoning
1 tbsp (7g)
oil
1/2 tbsp (8mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Basic baked potato

1/2 potato(es) - 132 cals 3g protein 0g fat 25g carbs 4g fiber

For single meal:

potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
salt
1/2 dash (0g)
oil
1/4 tsp (1mL)

For all 2 meals:

potatoes
1 large (3" to 4-1/4" dia.) (369g)
salt
1 dash (0g)
oil
1/2 tsp (3mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Dinner 5

Eat on day 7

Grapes

58 cals 1g protein 0g fat 9g carbs 4g fiber

grapes
1 cup (92g)

1. This recipe has no instructions.

Walnuts

1/4 cup(s) - 175 cals 4g protein 16g fat 2g carbs 2g fiber

Makes 1/4 cup(s)

walnuts
4 tbsp, shelled (25g)

1. This recipe has no instructions.

Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cals 48g protein 1g fat 2g carbs 2g fiber

For single meal:

water
2 cup(s) (474mL)
protein powder
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water
14 cup(s) (3318mL)
protein powder
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.