

Meal Plan - 1100 calorie high protein 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

1136 cals ● 106g protein (37%) ● 41g fat (32%) ● 67g carbs (23%) ● 21g fiber (7%)

Breakfast

250 cals, 18g protein, 29g net carbs, 5g fat



[Breakfast cereal with protein milk](#)
248 cals

Lunch

235 cals, 12g protein, 10g net carbs, 14g fat



[Green beans](#)
63 cals



[Basic tofu](#)
4 oz- 171 cals

Dinner

435 cals, 27g protein, 26g net carbs, 20g fat



[Olive oil drizzled green beans](#)
72 cals



[Instant mashed potatoes](#)
69 cals



[Basic tempeh](#)
4 oz- 295 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 2

1061 cals ● 108g protein (41%) ● 40g fat (34%) ● 57g carbs (21%) ● 12g fiber (5%)

Breakfast

250 cals, 18g protein, 29g net carbs, 5g fat



[Breakfast cereal with protein milk](#)
248 cals

Lunch

235 cals, 12g protein, 10g net carbs, 14g fat



[Green beans](#)
63 cals



[Basic tofu](#)
4 oz- 171 cals

Dinner

360 cals, 29g protein, 16g net carbs, 19g fat



[Vegan bangers and cauliflower mash](#)
1 sausage link(s)- 361 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 3

1053 cal ● 105g protein (40%) ● 21g fat (18%) ● 96g carbs (37%) ● 16g fiber (6%)

Breakfast

220 cal, 23g protein, 9g net carbs, 9g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Boiled eggs

1 egg(s)- 69 cal



Protein shake (milk)

129 cal

Dinner

310 cal, 22g protein, 34g net carbs, 7g fat



Cottage cheese & honey

1/2 cup(s)- 125 cal



Zoodles marinara

113 cal



Milk

1/2 cup(s)- 75 cal

Lunch

305 cal, 11g protein, 51g net carbs, 3g fat



Pasta with store-bought sauce

255 cal



Simple salad with tomatoes and carrots

49 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Day 4

1180 cal ● 102g protein (35%) ● 22g fat (17%) ● 117g carbs (40%) ● 27g fiber (9%)

Breakfast

220 cal, 23g protein, 9g net carbs, 9g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Boiled eggs

1 egg(s)- 69 cal



Protein shake (milk)

129 cal

Dinner

375 cal, 15g protein, 52g net carbs, 7g fat



Bbq cauliflower wings

268 cal



Roasted rosemary sweet potatoes

105 cal

Lunch

370 cal, 15g protein, 53g net carbs, 6g fat



Green beans

95 cal



Veggie burger

1 burger- 275 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Day 5

1148 cal ● 97g protein (34%) ● 36g fat (28%) ● 89g carbs (31%) ● 21g fiber (7%)

Breakfast

195 cal, 10g protein, 7g net carbs, 13g fat



Egg in an eggplant
120 cal



Milk
1/2 cup(s)- 75 cal

Dinner

365 cal, 23g protein, 27g net carbs, 16g fat



Broccoli caesar salad with hard boiled eggs
260 cal



Tomato soup
1/2 can(s)- 105 cal

Lunch

370 cal, 15g protein, 53g net carbs, 6g fat



Green beans
95 cal



Veggie burger
1 burger- 275 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Day 6

1072 cal ● 98g protein (37%) ● 31g fat (26%) ● 78g carbs (29%) ● 23g fiber (8%)

Breakfast

195 cal, 10g protein, 7g net carbs, 13g fat



Egg in an eggplant
120 cal



Milk
1/2 cup(s)- 75 cal

Dinner

320 cal, 19g protein, 25g net carbs, 11g fat



Curried chickpea salad
322 cal

Lunch

335 cal, 20g protein, 44g net carbs, 6g fat



Spiced chickpea tabbouleh bowl
182 cal



Lowfat Greek yogurt
1 container(s)- 155 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Day 7

1072 cal ● 98g protein (37%) ● 31g fat (26%) ● 78g carbs (29%) ● 23g fiber (8%)

Breakfast

195 cal, 10g protein, 7g net carbs, 13g fat



Egg in an eggplant
120 cal



Milk
1/2 cup(s)- 75 cal

Dinner

320 cal, 19g protein, 25g net carbs, 11g fat



Curried chickpea salad
322 cal

Lunch

335 cal, 20g protein, 44g net carbs, 6g fat



Spiced chickpea tabbouleh bowl
182 cal



Lowfat Greek yogurt
1 container(s)- 155 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Beverages

- water
14 cup(s) (3318mL)
- protein powder
16 scoop (1/3 cup ea) (496g)

Spices and Herbs

- black pepper
1/2 g (0g)
- salt
3 g (3g)
- rosemary
4 dash (1g)
- dijon mustard
1 tsp (5g)
- curry powder
1 tsp (2g)
- ground cumin
1/3 tsp (1g)

Vegetables and Vegetable Products

- frozen green beans
7 1/3 cup (887g)
- mashed potato mix
2/3 oz (19g)
- onion
1/2 small (35g)
- tomatoes
2 medium whole (2-3/5" dia) (261g)
- carrots
1/8 medium (8g)
- romaine lettuce
1/3 head (219g)
- zucchini
1 medium (196g)
- cauliflower
1 head small (4" dia.) (265g)
- sweet potatoes
1/3 sweetpotato, 5" long (70g)
- ketchup
2 tbsp (34g)
- eggplant
3 1 inch (2.5 cm) slice(s) (180g)
- broccoli
1/2 cup chopped (46g)
- raw celery
2 stalk, small (5" long) (34g)
- fresh parsley
1 1/3 sprigs (1g)

Legumes and Legume Products

- tempeh
4 oz (113g)
- firm tofu
1/2 lbs (227g)
- chickpeas, canned
1 1/3 can (597g)

Dairy and Egg Products

- whole milk
4 cup (960mL)
- low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- eggs
7 large (350g)
- parmesan cheese
1 tbsp (5g)
- nonfat greek yogurt, plain
5 tbsp (88g)
- lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)

Breakfast Cereals

- breakfast cereal
2 serving (60g)

Other

- vegan sausage
1 sausage (100g)
- frozen cauliflower
3/4 cup (85g)
- nutritional yeast
4 tbsp (15g)
- veggie burger patty
2 patty (142g)
- mixed greens
4 oz (113g)

Cereal Grains and Pasta

- uncooked dry pasta
2 oz (57g)
- instant couscous, flavored
1/3 box (5.8 oz) (55g)

Soups, Sauces, and Gravies

- cucumber
1/6 cucumber (8-1/4") (50g)

Fats and Oils

- olive oil
1/3 oz (10mL)
- oil
1 2/3 oz (52mL)
- salad dressing
1 tsp (6mL)

- pasta sauce
1/3 jar (24 oz) (214g)
- barbecue sauce
4 tbsp (72g)
- condensed canned tomato soup
1/2 can (10.5 oz) (149g)

Sweets

- honey
2 tsp (14g)

Baked Products

- hamburger buns
2 bun (102g)

Fruits and Fruit Juices

- lemon juice
2 2/3 tbsp (40mL)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
1 tbsp (7g)
 - sunflower kernels
2 tbsp (24g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Breakfast cereal with protein milk

248 cal ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

whole milk
1/2 cup (120mL)
breakfast cereal
1 serving (30g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
breakfast cereal
2 serving (60g)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Boiled eggs

1 egg(s) - 69 cal ● 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.

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
 2. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

eggs

1 large (50g)

eggplant

1 1 inch (2.5 cm) slice(s) (60g)

oil

1 tsp (5mL)

For all 3 meals:

eggs

3 large (150g)

eggplant

3 1 inch (2.5 cm) slice(s) (180g)

oil

1 tbsp (15mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
 2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
 3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
 4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.
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Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup (120mL)

For all 3 meals:

whole milk

1 1/2 cup (360mL)

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

Eat on day 1, day 2

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

frozen green beans
1 1/3 cup (161g)

For all 2 meals:

frozen green beans
2 2/3 cup (323g)

1. Prepare according to instructions on package.

Basic tofu

4 oz - 171 cals ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

firm tofu
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

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

1. Slice tofu 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 3

Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



uncooked dry pasta
2 oz (57g)
pasta sauce
1/8 jar (24 oz) (84g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Simple salad with tomatoes and carrots

49 cal ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



salad dressing
1 tsp (6mL)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
carrots, sliced
1/8 medium (8g)
romaine lettuce, roughly chopped
1/4 hearts (125g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Lunch 3 [↗](#)

Eat on day 4, day 5

Green beans

95 cal ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

frozen green beans
2 cup (242g)

For all 2 meals:

frozen green beans
4 cup (484g)

1. Prepare according to instructions on package.

Veggie burger

1 burger - 275 cal ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



For single meal:

veggie burger patty
1 patty (71g)
hamburger buns
1 bun (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)

For all 2 meals:

veggie burger patty
2 patty (142g)
hamburger buns
2 bun (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lunch 4 [↗](#)

Eat on day 6, day 7

Spiced chickpea tabbouleh bowl

182 cals ● 8g protein ● 2g fat ● 28g carbs ● 5g fiber



For single meal:

lemon juice

1/4 tsp (1mL)

fresh parsley, chopped

2/3 sprigs (1g)

tomatoes, chopped

1/6 roma tomato (13g)

cucumber, chopped

1/8 cucumber (8-1/4") (25g)

ground cumin

1 1/3 dash (0g)

oil

1/8 tsp (0mL)

chickpeas, canned, drained & rinsed

1/6 can (75g)

instant couscous, flavored

1/6 box (5.8 oz) (27g)

For all 2 meals:

lemon juice

1/2 tsp (2mL)

fresh parsley, chopped

1 1/3 sprigs (1g)

tomatoes, chopped

1/3 roma tomato (27g)

cucumber, chopped

1/6 cucumber (8-1/4") (50g)

ground cumin

1/3 tsp (1g)

oil

1/6 tsp (1mL)

chickpeas, canned, drained & rinsed

1/3 can (149g)

instant couscous, flavored

1/3 box (5.8 oz) (55g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Olive oil drizzled green beans

72 cal ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen green beans

2/3 cup (81g)

olive oil

1 tsp (5mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Instant mashed potatoes

69 cal ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



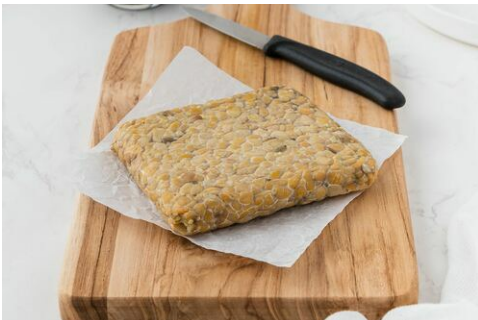
mashed potato mix

2/3 oz (19g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

oil

2 tsp (10mL)

tempeh

4 oz (113g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

onion, thinly sliced

1/2 small (35g)

vegan sausage

1 sausage (100g)

oil

1/2 tbsp (8mL)

frozen cauliflower

3/4 cup (85g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Dinner 3 [↗](#)

Eat on day 3

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Zoodles marinara

113 cals ● 4g protein ● 2g fat ● 14g carbs ● 5g fiber



pasta sauce
1/2 cup (130g)
zucchini
1 medium (196g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber

Makes 1/2 cup(s)

whole milk
1/2 cup (120mL)



1. This recipe has no instructions.
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Dinner 4 [↗](#)

Eat on day 4

Bbq cauliflower wings

268 cal ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



barbecue sauce

4 tbsp (72g)

salt

2 dash (2g)

nutritional yeast

4 tbsp (15g)

cauliflower

1 head small (4" dia.) (265g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Roasted rosemary sweet potatoes

105 cal ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



sweet potatoes, cut into 1" cubes

1/3 sweetpotato, 5" long (70g)

rosemary

4 dash (1g)

olive oil

1 tsp (5mL)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
 2. Combine all ingredients in a medium mixing bowl and toss to coat.
 3. Spread sweet potatoes evenly over the baking sheet.
 4. Cook in the oven for about 30 minutes until golden.
 5. Remove from oven and serve.
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Dinner 5 [↗](#)

Eat on day 5

Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



lemon juice

1/2 tbsp (8mL)

roasted pumpkin seeds, unsalted

1 tbsp (7g)

parmesan cheese

1 tbsp (5g)

dijon mustard

1 tsp (5g)

nonfat greek yogurt, plain

1 tbsp (18g)

broccoli

1/2 cup chopped (46g)

eggs

2 large (100g)

romaine lettuce

2 cup shredded (94g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Tomato soup

1/2 can(s) - 105 cals ● 2g protein ● 1g fat ● 21g carbs ● 2g fiber



Makes 1/2 can(s)

condensed canned tomato soup

1/2 can (10.5 oz) (149g)

1. Prepare according to instructions on package.
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Dinner 6 [↗](#)

Eat on day 6, day 7

Curried chickpea salad

322 cal ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

mixed greens
1 oz (28g)
sunflower kernels
1 tbsp (12g)
raw celery, sliced
1 stalk, small (5" long) (17g)
curry powder
4 dash (1g)
nonfat greek yogurt, plain
2 tbsp (35g)
lemon juice, divided
1 tbsp (15mL)
chickpeas, canned, drained & rinsed
1/2 can (224g)

For all 2 meals:

mixed greens
2 oz (57g)
sunflower kernels
2 tbsp (24g)
raw celery, sliced
2 stalk, small (5" long) (34g)
curry powder
1 tsp (2g)
nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice, divided
2 tbsp (30mL)
chickpeas, canned, drained & rinsed
1 can (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 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.
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