Meal Plan - 1200 calorie high protein pescetarian meal plan

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

Day 1

1205 cals ● 106g protein (35%) ● 32g fat (24%) ● 92g carbs (30%) ● 32g fiber (11%)

Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat

Eggs with tomato and avocado
163 cals

Lunch

375 cals, 27g protein, 22g net carbs, 15g fat

Pita bread
1 pita bread(s)- 78 cals

Basic tempeh
4 oz- 295 cals

Dinner

450 cals, 23g protein, 66g net carbs, 3g fat

Fruit juice
1 cup(s)- 115 cals

Lentil pasta
337 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 2

1152 cals ● 110g protein (38%) ● 41g fat (32%) ● 67g carbs (23%) ● 19g fiber (7%)

Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat

Eggs with tomato and avocado
163 cals

Lunch

395 cals, 19g protein, 37g net carbs, 19g fat

Kefir
150 cals

Grilled cheese sandwich
1/2 sandwich(es)- 248 cals

Dinner

375 cals, 35g protein, 27g net carbs, 9g fat

Cajun cod
4 1/2 oz- 140 cals

Easy chickpea salad
234 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 3

1177 cals ● 107g protein (36%) ● 32g fat (25%) ● 96g carbs (33%) ● 20g fiber (7%)

Breakfast

205 cals, 8g protein, 27g net carbs, 5g fat

Hummus toast
1 slice(s)- 146 cals

Fruit juice
1/2 cup(s)- 57 cals

Lunch

395 cals, 19g protein, 37g net carbs, 19g fat

Kefir
150 cals

Grilled cheese sandwich
1/2 sandwich(es)- 248 cals

Dinner

360 cals, 32g protein, 30g net carbs, 8g fat

Corn
139 cals

Vegan crumbles
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 4

1193 cals ● 113g protein (38%) ● 35g fat (27%) ● 83g carbs (28%) ● 24g fiber (8%)

Breakfast

205 cals, 8g protein, 27g net carbs, 5g fat

Hummus toast
1 slice(s)- 146 cals

Fruit juice
1/2 cup(s)- 57 cals

Lunch

415 cals, 25g protein, 24g net carbs, 22g fat

Cottage cheese & fruit cup
1 container- 107 cals

Goat cheese and marinara stuffed zucchini
2 zucchini halve(s)- 192 cals

Roasted peanuts
1/8 cup(s)- 115 cals

Dinner

360 cals, 32g protein, 30g net carbs, 8g fat

Corn
139 cals

Vegan crumbles
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 5

1222 cals ● 109g protein (36%) ● 41g fat (30%) ● 86g carbs (28%) ● 19g fiber (6%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat

Egg & guac sandwich
1/2 sandwich(es)- 191 cals

Lunch

360 cals, 24g protein, 30g net carbs, 15g fat

Rosemary mushroom cheese sandwich
1/2 sandwich(es)- 204 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Dinner

455 cals, 26g protein, 42g net carbs, 16g fat

Chips and salsa
163 cals

Caprese salad
107 cals

Southwest shrimp & black bean bowl
184 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 6

1175 cals ● 119g protein (41%) ● 36g fat (28%) ● 75g carbs (26%) ● 17g fiber (6%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat

Egg & guac sandwich
1/2 sandwich(es)- 191 cals

Lunch

370 cals, 27g protein, 35g net carbs, 10g fat

Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals

Dinner

395 cals, 33g protein, 26g net carbs, 16g fat

Pita bread
1 pita bread(s)- 78 cals

Almond crusted tilapia
4 1/2 oz- 318 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 7

1175 cals ● 119g protein (41%) ● 36g fat (28%) ● 75g carbs (26%) ● 17g fiber (6%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat

Egg & guac sandwich
1/2 sandwich(es)- 191 cals

Lunch

370 cals, 27g protein, 35g net carbs, 10g fat

Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals

Dinner

395 cals, 33g protein, 26g net carbs, 16g fat

Pita bread
1 pita bread(s)- 78 cals

Almond crusted tilapia
4 1/2 oz- 318 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Grocery List

Vegetables and Vegetable Products

- [ ] tomatoes
  1 1/2 medium whole (2-3/5" dia) (179g)
- [ ] fresh parsley
  1 1/2 sprigs (2g)
- [ ] onion
  1/4 small (18g)
- [ ] frozen corn kernels
  2 cup (283g)
- [ ] zucchini
  1 large (323g)
- [ ] mushrooms
  3/4 oz (21g)

Dairy and Egg Products

- [ ] eggs
  5 large (250g)
- [ ] kefir, flavored
  2 cup (480mL)
- [ ] butter
  1 tbsp (14g)
- [ ] sliced cheese
  2 slice (1 oz) (56g)
- [ ] goat cheese
  1 oz (28g)
- [ ] cheese
  4 tbsp, shredded (28g)
- [ ] lowfat flavored greek yogurt
  1 (5.3 oz) container(s) (150g)
- [ ] fresh mozzarella cheese
  3/4 oz (21g)

Fruits and Fruit Juices

- [ ] avocados
  1/2 avocado(s) (101g)
- [ ] fruit juice
  16 fl oz (480mL)
- [ ] lime juice
  1/2 tsp (3mL)

Spices and Herbs

- [ ] salt
  1/2 tsp (1g)
- [ ] black pepper
  2 dash (0g)
- [ ] fresh basil
  4 g (4g)

Other

- [ ] lentil pasta
  2 2/3 oz (76g)
- [ ] cottage cheese & fruit cup
  1 container (133g)
- [ ] guacamole, store-bought
  3 tbsp (46g)
- [ ] mixed greens
  1/3 package (5.5 oz) (46g)

Baked Products

- [ ] pita bread
  3 pita, small (4" dia) (84g)
- [ ] bread
  1/2 lbs (256g)

Fats and Oils

- [ ] oil
  4 tsp (19mL)
- [ ] balsamic vinaigrette
  1/2 tbsp (8mL)
- [ ] olive oil
  3/4 tbsp (11mL)

Legumes and Legume Products

- [ ] tempeh
  4 oz (113g)
- [ ] chickpeas, canned
  1/2 can (224g)
- [ ] vegetarian burger crumbles
  3 cup (300g)
- [ ] hummus
  5 tbsp (75g)
- [ ] roasted peanuts
  2 tbsp (18g)
- [ ] black beans
  1/6 can(s) (73g)

Finfish and Shellfish Products

- [ ] cod, raw
  1/4 lbs (128g)
- [ ] shrimp, raw
  2 oz (57g)
- [ ] tilapia, raw
  1/2 lbs (252g)

Snacks

- [ ] cajun seasoning
  1/2 tbsp (3g)
- [ ] balsamic vinegar
  1/2 tbsp (8mL)
- [ ] rosemary
  1 dash (0g)
- [ ] chili powder
  1 1/2 dash (0g)

Beverages

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

Soups, Sauces, and Gravies

- [ ] pasta sauce
  1/4 jar (24 oz) (177g)
- [ ] apple cider vinegar
  5/6 tbsp (1mL)
- [ ] salsa
  4 tbsp (65g)
- [ ] chunky canned soup (non-creamy varieties)
  3 can (~19 oz) (1578g)
- [ ] tortilla chips
  1 oz (28g)

Cereal Grains and Pasta

- [ ] brown rice
  1 tbsp (11g)
- [ ] all-purpose flour
  4 tbsp (31g)

Nut and Seed Products

- [ ] almonds
  6 tbsp, slivered (41g)

Recipes

Breakfast 1

Eat on day 1, day 2

Eggs with tomato and avocado

163 cals 8g protein 12g fat 2g carbs 4g fiber

For single meal:

tomatoes
1 slice(s), thick/large (1/2" thick) (27g)
eggs
1 large (50g)
avocados, sliced
1/4 avocado(s) (50g)
salt
1 dash (0g)
black pepper
1 dash (0g)
fresh basil, chopped
1 leaves (1g)

For all 2 meals:

tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
eggs
2 large (100g)
avocados, sliced
1/2 avocado(s) (101g)
salt
2 dash (1g)
black pepper
2 dash (0g)
fresh basil, chopped
2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Breakfast 2

Eat on day 3, day 4

Hummus toast

1 slice(s) - 146 cals 7g protein 5g fat 15g carbs 4g fiber

For single meal:

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 2 meals:

hummus
5 tbsp (75g)
bread
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Fruit juice

1/2 cup(s) - 57 cals 1g protein 0g fat 13g carbs 0g fiber

For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. This recipe has no instructions.

Breakfast 3

Eat on day 5, day 6, day 7

Egg & guac sandwich

1/2 sandwich(es) - 191 cals 11g protein 10g fat 13g carbs 3g fiber

For single meal:

oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
eggs
1 large (50g)
bread
1 slice(s) (32g)

For all 3 meals:

oil
1/4 tbsp (4mL)
guacamole, store-bought
3 tbsp (46g)
eggs
3 large (150g)
bread
3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Lunch 1

Eat on day 1

Pita bread

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

Makes 1 pita bread(s)

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

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.

Basic tempeh

4 oz - 295 cals 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.

Lunch 2

Eat on day 2, day 3

Kefir

150 cals 8g protein 2g fat 25g carbs 0g fiber

For single meal:

kefir, flavored
1 cup (240mL)

For all 2 meals:

kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals 11g protein 16g fat 12g carbs 2g fiber

For single meal:

bread
1 slice (32g)
butter
1/2 tbsp (7g)
sliced cheese
1 slice (1 oz) (28g)

For all 2 meals:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 3

Eat on day 4

Cottage cheese & fruit cup

1 container - 107 cals 10g protein 3g fat 11g carbs 0g fiber

Makes 1 container

cottage cheese & fruit cup
1 container (133g)

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

Goat cheese and marinara stuffed zucchini

2 zucchini halve(s) - 192 cals 11g protein 10g fat 10g carbs 5g fiber

Makes 2 zucchini halve(s)

zucchini
1 large (323g)
pasta sauce
4 tbsp (65g)
goat cheese
1 oz (28g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Roasted peanuts

1/8 cup(s) - 115 cals 4g protein 9g fat 2g carbs 2g fiber

Makes 1/8 cup(s)

roasted peanuts
2 tbsp (18g)

1. This recipe has no instructions.

Lunch 4

Eat on day 5

Rosemary mushroom cheese sandwich

1/2 sandwich(es) - 204 cals 11g protein 11g fat 13g carbs 2g fiber

Makes 1/2 sandwich(es)

rosemary
1 dash (0g)
mixed greens
4 tbsp (8g)
mushrooms
3/4 oz (21g)
cheese
4 tbsp, shredded (28g)
bread
1 slice(s) (32g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lowfat Greek yogurt

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

Makes 1 container(s)

lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

1. This recipe has no instructions.

Lunch 5

Eat on day 6, day 7

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals 27g protein 10g fat 35g carbs 8g fiber

For single meal:

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Dinner 1

Eat on day 1

Fruit juice

1 cup(s) - 115 cals 2g protein 1g fat 25g carbs 1g fiber

Makes 1 cup(s)

fruit juice
8 fl oz (240mL)

1. This recipe has no instructions.

Lentil pasta

337 cals 22g protein 3g fat 41g carbs 16g fiber

pasta sauce
1/6 jar (24 oz) (112g)
lentil pasta
2 2/3 oz (76g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 2

Eat on day 2

Cajun cod

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

Makes 4 1/2 oz

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

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.

Easy chickpea salad

234 cals 12g protein 5g fat 25g carbs 11g fiber

fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

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

Dinner 3

Eat on day 3, day 4

Corn

139 cals 4g protein 1g fat 25g carbs 3g fiber

For single meal:

frozen corn kernels
1 cup (136g)

For all 2 meals:

frozen corn kernels
2 cup (272g)

1. Prepare according to instructions on package.

Vegan crumbles

1 1/2 cup(s) - 219 cals 28g protein 7g fat 4g carbs 8g fiber

For single meal:

vegetarian burger crumbles
1 1/2 cup (150g)

For all 2 meals:

vegetarian burger crumbles
3 cup (300g)

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

Dinner 4

Eat on day 5

Chips and salsa

163 cals 3g protein 6g fat 21g carbs 3g fiber

salsa
4 tbsp (65g)
tortilla chips
1 oz (28g)

1. Serve salsa with the tortilla chips.

Caprese salad

107 cals 6g protein 7g fat 4g carbs 1g fiber

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
2 tbsp leaves, whole (3g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
mixed greens
1/4 package (5.5 oz) (39g)
fresh mozzarella cheese
3/4 oz (21g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Southwest shrimp & black bean bowl

184 cals 17g protein 2g fat 18g carbs 6g fiber

tomatoes, chopped
1/6 roma tomato (13g)
shrimp, raw, peeled and deveined
2 oz (57g)
black beans, rinsed and drained
1/6 can(s) (73g)
frozen corn kernels
4 tsp (11g)
brown rice
2 2/3 tsp (11g)
chili powder
1 1/3 dash (0g)
oil
1/3 tsp (2mL)
lime juice
1/2 tsp (3mL)
apple cider vinegar
1/3 tbsp (0mL)

1. Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Dinner 5

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.

Almond crusted tilapia

4 1/2 oz - 318 cals 31g protein 15g fat 12g carbs 3g fiber

For single meal:

tilapia, raw
1/4 lbs (126g)
almonds
3 tbsp, slivered (20g)
all-purpose flour
2 tbsp (16g)
salt
3/4 dash (0g)
olive oil
1 tsp (6mL)

For all 2 meals:

tilapia, raw
1/2 lbs (252g)
almonds
6 tbsp, slivered (41g)
all-purpose flour
4 tbsp (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

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.

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.