

Meal Plan - 1900 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
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Day 1

1898 cals ● 179g protein (38%) ● 56g fat (27%) ● 139g carbs (29%) ● 30g fiber (6%)

Breakfast

335 cals, 25g protein, 18g net carbs, 18g fat



[Creamy scrambled eggs](#)
182 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Snacks

305 cals, 21g protein, 23g net carbs, 12g fat



[Blackberry & granola parfait](#)
229 cals



[Milk](#)
1/2 cup(s)- 75 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

620 cals, 23g protein, 87g net carbs, 15g fat



[Simple mixed greens salad](#)
68 cals



[Veggie burger](#)
2 burger- 550 cals

Dinner

260 cals, 25g protein, 9g net carbs, 10g fat



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



[Simple mixed greens and tomato salad](#)
76 cals

Day 2

1898 cals ● 179g protein (38%) ● 56g fat (27%) ● 139g carbs (29%) ● 30g fiber (6%)

Breakfast

335 cals, 25g protein, 18g net carbs, 18g fat



Creamy scrambled eggs
182 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

305 cals, 21g protein, 23g net carbs, 12g fat



Blackberry & granola parfait
229 cals



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

620 cals, 23g protein, 87g net carbs, 15g fat



Simple mixed greens salad
68 cals



Veggie burger
2 burger- 550 cals

Dinner

260 cals, 25g protein, 9g net carbs, 10g fat



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



Simple mixed greens and tomato salad
76 cals

Day 3

1938 cals ● 198g protein (41%) ● 78g fat (36%) ● 79g carbs (16%) ● 32g fiber (7%)

Breakfast

205 cals, 17g protein, 18g net carbs, 6g fat



Pumped up greek yogurt
1 container(s)- 206 cals

Snacks

265 cals, 31g protein, 22g net carbs, 5g fat



Yogurt and cucumber
264 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

545 cals, 30g protein, 19g net carbs, 35g fat



Pumpkin seeds
183 cals



String cheese
2 stick(s)- 165 cals



Edamame slaw salad bowl
196 cals

Dinner

540 cals, 35g protein, 18g net carbs, 30g fat



Sunflower seeds
120 cals



Crack slaw with tempeh
422 cals

Day 4

1938 cals ● 198g protein (41%) ● 78g fat (36%) ● 79g carbs (16%) ● 32g fiber (7%)

Breakfast

205 cals, 17g protein, 18g net carbs, 6g fat



Pumped up greek yogurt
1 container(s)- 206 cals

Lunch

545 cals, 30g protein, 19g net carbs, 35g fat



Pumpkin seeds
183 cals



String cheese
2 stick(s)- 165 cals



Edamame slaw salad bowl
196 cals

Snacks

265 cals, 31g protein, 22g net carbs, 5g fat



Yogurt and cucumber
264 cals

Dinner

540 cals, 35g protein, 18g net carbs, 30g fat



Sunflower seeds
120 cals



Crack slaw with tempeh
422 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 5

1886 cals ● 191g protein (41%) ● 75g fat (36%) ● 88g carbs (19%) ● 25g fiber (5%)

Breakfast

205 cals, 17g protein, 18g net carbs, 6g fat



Pumped up greek yogurt
1 container(s)- 206 cals

Lunch

550 cals, 30g protein, 45g net carbs, 27g fat



Crispy chik'n tenders
6 2/3 tender(s)- 381 cals



Simple mixed greens salad
170 cals

Snacks

230 cals, 21g protein, 5g net carbs, 13g fat



Tuna cucumber bites
115 cals



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

Dinner

520 cals, 38g protein, 17g net carbs, 27g fat



Basic tempeh
6 oz- 443 cals



Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 6

1929 cals ● 191g protein (40%) ● 85g fat (40%) ● 75g carbs (15%) ● 25g fiber (5%)

Breakfast

250 cals, 17g protein, 4g net carbs, 16g fat



Basic scrambled eggs
3 egg(s)- 213 cals



Raspberries
1/2 cup(s)- 36 cals

Snacks

230 cals, 21g protein, 5g net carbs, 13g fat



Tuna cucumber bites
115 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

550 cals, 30g protein, 45g net carbs, 27g fat



Crispy chik'n tenders
6 2/3 tender(s)- 381 cals



Simple mixed greens salad
170 cals

Dinner

520 cals, 38g protein, 17g net carbs, 27g fat



Basic tempeh
6 oz- 443 cals



Simple mixed greens and tomato salad
76 cals

Day 7

1912 cals ● 177g protein (37%) ● 55g fat (26%) ● 124g carbs (26%) ● 52g fiber (11%)

Breakfast

250 cals, 17g protein, 4g net carbs, 16g fat



Basic scrambled eggs
3 egg(s)- 213 cals



Raspberries
1/2 cup(s)- 36 cals

Snacks

230 cals, 21g protein, 5g net carbs, 13g fat



Tuna cucumber bites
115 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

470 cals, 20g protein, 46g net carbs, 16g fat



Simple mixed greens salad
102 cals



Teriyaki chickpea stir fry
369 cals

Dinner

580 cals, 34g protein, 66g net carbs, 9g fat



Lentil pasta
505 cals



Simple mixed greens and tomato salad
76 cals

Legumes and Legume Products

- ☐ vegetarian burger crumbles
2 1/2 cup (250g)
- ☐ tempeh
1 1/4 lbs (567g)
- ☐ roasted peanuts
6 tbsp (55g)
- ☐ chickpeas, canned
1/2 can (224g)

Fats and Oils

- ☐ salad dressing
1 1/2 cup (364mL)
- ☐ oil
2 oz (59mL)

Other

- ☐ mixed greens
4 2/3 package (5.5 oz) (721g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ cacao nibs
3 tsp (10g)
- ☐ coleslaw mix
7 cup (630g)
- ☐ meatless chik'n tenders
13 1/3 pieces (340g)
- ☐ teriyaki sauce
2 tbsp (31mL)
- ☐ lentil pasta
4 oz (113g)

Vegetables and Vegetable Products

- ☐ tomatoes
1 1/4 cup cherry tomatoes (186g)
- ☐ ketchup
1/2 cup (125g)
- ☐ cucumber
2 3/4 cucumber (8-1/4") (828g)
- ☐ garlic
2 clove (6g)
- ☐ carrots
2 small (5-1/2" long) (100g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ frozen mixed veggies
1/2 10oz package (142g)

Beverages

- ☐ water
24 1/2 cup(s) (5807mL)
- ☐ protein powder
1 3/4 lbs (777g)

Dairy and Egg Products

- ☐ eggs
10 1/2 medium (464g)
- ☐ butter
2 tsp (9g)
- ☐ whole milk
1 cup (271mL)
- ☐ lowfat flavored greek yogurt
5 (5.3 oz ea) container(s) (750g)
- ☐ lowfat greek yogurt
3 cup (840g)
- ☐ string cheese
4 stick (112g)

Spices and Herbs

- ☐ salt
2 dash (2g)
- ☐ black pepper
2 dash, ground (1g)

Fruits and Fruit Juices

- ☐ blackberries
1/2 cup (72g)
- ☐ raspberries
6 oz (169g)

Breakfast Cereals

- ☐ granola
1/2 cup (45g)

Baked Products

- ☐ hamburger buns
4 bun(s) (204g)

Nut and Seed Products

- ☐ sunflower kernels
2 oz (62g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Soups, Sauces, and Gravies

- ☐ hot sauce
2 tsp (10mL)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)

Finfish and Shellfish Products

- ☐ canned tuna
3 packet (222g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1 tbsp (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

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 ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Pumped up greek yogurt

1 container(s) - 206 cal ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

cacao nibs

1 tsp (3g)

raspberries

8 raspberries (15g)

protein powder

1 tbsp (6g)

lowfat flavored greek yogurt

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

For all 3 meals:

cacao nibs

3 tsp (10g)

raspberries

24 raspberries (46g)

protein powder

3 tbsp (17g)

lowfat flavored greek yogurt

3 (5.3 oz ea) container(s) (450g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

3 egg(s) - 213 cal ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

eggs

3 medium (132g)

For all 2 meals:

oil

1/2 tbsp (8mL)

eggs

6 medium (264g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Raspberries

1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

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

For all 2 meals:

veggie burger patty
4 patty (284g)
hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)

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.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Edamame slaw salad bowl

196 cals ● 8g protein ● 9g fat ● 13g carbs ● 7g fiber



For single meal:

salad dressing
2 tbsp (30mL)
coleslaw mix
1 1/2 cup (135g)
carrots, sliced into matchsticks
1 small (5-1/2" long) (50g)
edamame, frozen, shelled
1/2 cup (59g)

For all 2 meals:

salad dressing
4 tbsp (60mL)
coleslaw mix
3 cup (270g)
carrots, sliced into matchsticks
2 small (5-1/2" long) (100g)
edamame, frozen, shelled
1 cup (118g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

Lunch 3 [↗](#)

Eat on day 5, day 6

Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

ketchup

5 tsp (28g)

meatless chik'n tenders

6 2/3 pieces (170g)

For all 2 meals:

ketchup

1/4 cup (57g)

meatless chik'n tenders

13 1/3 pieces (340g)

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

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

mixed greens

3 3/4 cup (113g)

salad dressing

1/4 cup (56mL)

For all 2 meals:

mixed greens

7 1/2 cup (225g)

salad dressing

1/2 cup (113mL)

1. Mix greens and dressing in a small bowl. Serve.

Lunch 4 [↗](#)

Eat on day 7

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

1. Mix greens and dressing in a small bowl. Serve.

Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



chickpeas, canned, drained and rinsed
1/2 can (224g)
teriyaki sauce
2 tbsp (30mL)
oil
1/4 tbsp (4mL)
frozen mixed veggies
1/2 10oz package (142g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Blackberry & granola parfait

229 cals ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

blackberries, roughly chopped
4 tbsp (36g)
lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)

For all 2 meals:

blackberries, roughly chopped
1/2 cup (72g)
lowfat greek yogurt
1 cup (280g)
granola
1/2 cup (45g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Milk

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



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Yogurt and cucumber

264 cal ● 31g protein ● 5g fat ● 22g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)
lowfat greek yogurt
1 cup (280g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)
lowfat greek yogurt
2 cup (560g)

1. Slice cucumber and dip in yogurt.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Tuna cucumber bites

115 cal ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced
1/4 cucumber (8-1/4") (75g)
canned tuna
1 packet (74g)

For all 3 meals:

cucumber, sliced
3/4 cucumber (8-1/4") (226g)
canned tuna
3 packet (222g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Roasted peanuts

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



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

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 mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

2/3 oz (19g)

For all 2 meals:

sunflower kernels

1 1/3 oz (38g)

1. This recipe has no instructions.

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

tempeh, cubed

4 oz (113g)

coleslaw mix

2 cup (180g)

hot sauce

1 tsp (5mL)

sunflower kernels

1 tbsp (12g)

oil

2 tsp (10mL)

garlic, minced

1 clove (3g)

For all 2 meals:

tempeh, cubed

1/2 lbs (227g)

coleslaw mix

4 cup (360g)

hot sauce

2 tsp (10mL)

sunflower kernels

2 tbsp (24g)

oil

4 tsp (20mL)

garlic, minced

2 clove (6g)

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.
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Dinner 3 [↗](#)

Eat on day 5, day 6

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Dinner 4 [↗](#)

Eat on day 7

Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

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

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake
3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:
water
3 1/2 cup(s) (830mL)
protein powder
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:
water
24 1/2 cup(s) (5807mL)
protein powder
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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