Meal Plan - 1000 calorie low carb 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

1002 cals 120g protein (48%) 41g fat (37%) 30g carbs (12%) 8g fiber (3%)

Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat

Boiled eggs
2 egg(s)- 139 cals

Lunch

295 cals, 32g protein, 19g net carbs, 10g fat

Teriyaki seitan wings
4 oz seitan- 297 cals

Dinner

350 cals, 27g protein, 9g net carbs, 20g fat

Honey dijon salmon
4 oz- 268 cals

Garlic collard greens
80 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 2

1043 cals 108g protein (41%) 50g fat (43%) 27g carbs (10%) 13g fiber (5%)

Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat

Boiled eggs
2 egg(s)- 139 cals

Lunch

340 cals, 20g protein, 16g net carbs, 19g fat

Roasted peanuts
1/6 cup(s)- 153 cals

Avocado tuna salad sandwich
1/2 sandwich(es)- 185 cals

Dinner

350 cals, 27g protein, 9g net carbs, 20g fat

Honey dijon salmon
4 oz- 268 cals

Garlic collard greens
80 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 3

1039 cals 103g protein (40%) 48g fat (41%) 29g carbs (11%) 21g fiber (8%)

Breakfast

110 cals, 7g protein, 1g net carbs, 8g fat

Chili and cheese omelet
108 cals

Lunch

340 cals, 20g protein, 16g net carbs, 19g fat

Roasted peanuts
1/6 cup(s)- 153 cals

Avocado tuna salad sandwich
1/2 sandwich(es)- 185 cals

Dinner

375 cals, 28g protein, 10g net carbs, 19g fat

Garlic collard greens
80 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 4

967 cals 104g protein (43%) 45g fat (42%) 23g carbs (9%) 14g fiber (6%)

Breakfast

110 cals, 7g protein, 1g net carbs, 8g fat

Chili and cheese omelet
108 cals

Lunch

290 cals, 27g protein, 12g net carbs, 13g fat

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

Cottage cheese & honey
1/4 cup(s)- 62 cals

Dinner

350 cals, 20g protein, 9g net carbs, 23g fat

Chik'n satay with peanut sauce
2 skewers- 233 cals

Tomato and avocado salad
117 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 5

933 cals 104g protein (44%) 45g fat (44%) 19g carbs (8%) 9g fiber (4%)

Breakfast

110 cals, 7g protein, 1g net carbs, 8g fat

Chili and cheese omelet
108 cals

Lunch

290 cals, 27g protein, 12g net carbs, 13g fat

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

Cottage cheese & honey
1/4 cup(s)- 62 cals

Dinner

315 cals, 21g protein, 5g net carbs, 23g fat

Salmon & coconut ginger broccoli
3 oz salmon- 316 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 6

1043 cals 104g protein (40%) 50g fat (43%) 33g carbs (13%) 12g fiber (5%)

Breakfast

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

Roasted almonds
1/8 cup(s)- 111 cals

Strawberries
1 cup(s)- 52 cals

Scrambled egg whites
61 cals

Lunch

285 cals, 24g protein, 16g net carbs, 13g fat

Protein greek yogurt
1 container- 139 cals

Brussels sprouts & broccoli salad
146 cals

Dinner

315 cals, 21g protein, 5g net carbs, 23g fat

Salmon & coconut ginger broccoli
3 oz salmon- 316 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 7

1032 cals 106g protein (41%) 46g fat (40%) 32g carbs (13%) 15g fiber (6%)

Breakfast

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

Roasted almonds
1/8 cup(s)- 111 cals

Strawberries
1 cup(s)- 52 cals

Scrambled egg whites
61 cals

Lunch

285 cals, 24g protein, 16g net carbs, 13g fat

Protein greek yogurt
1 container- 139 cals

Brussels sprouts & broccoli salad
146 cals

Dinner

305 cals, 22g protein, 4g net carbs, 20g fat

Simple roasted cod
4 oz- 148 cals

Tomato and avocado salad
156 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Grocery List

Beverages

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

Finfish and Shellfish Products

- [ ] salmon
  14 oz (397g)
- [ ] canned tuna
  1 1/2 can (258g)
- [ ] cod, raw
  4 oz (113g)

Spices and Herbs

- [ ] dijon mustard
  2 tbsp (28g)
- [ ] salt
  3 1/2 g (3g)
- [ ] black pepper
  1/8 oz (1g)
- [ ] chili powder
  1/4 tbsp (2g)
- [ ] ground coriander
  1/4 tbsp (1g)
- [ ] garlic powder
  1/4 tsp (1g)

Sweets

- [ ] honey
  1 1/2 oz (39g)

Fats and Oils

- [ ] olive oil
  1 1/3 oz (41mL)
- [ ] oil
  1 oz (36mL)

Vegetables and Vegetable Products

- [ ] garlic
  3 clove(s) (9g)
- [ ] collard greens
  3/4 lbs (340g)
- [ ] onion
  3/8 medium (2-1/2" dia) (44g)

Dairy and Egg Products

- [ ] eggs
  7 large (350g)
- [ ] cheddar cheese
  1 1/2 tbsp, shredded (11g)
- [ ] low fat cottage cheese (1% milkfat)
  1/2 cup (113g)
- [ ] egg whites
  1/2 cup (122g)
- [ ] parmesan cheese
  1 tsp (2g)

Cereal Grains and Pasta

- [ ] seitan
  4 oz (113g)

Other

- [ ] teriyaki sauce
  2 tbsp (30mL)
- [ ] sesame oil
  1 tsp (5mL)
- [ ] vegan chik'n strips
  2 2/3 oz (76g)
- [ ] skewer(s)
  2 skewer(s) (2g)
- [ ] protein greek yogurt, flavored
  2 container (300g)

Legumes and Legume Products

- [ ] roasted peanuts
  1/3 cup (49g)
- [ ] tempeh
  4 oz (113g)
- [ ] peanut butter
  2 tsp (11g)

Fruits and Fruit Juices

- [ ] lime juice
  1 fl oz (33mL)
- [ ] avocados
  1 1/3 avocado(s) (268g)
- [ ] strawberries
  2 cup, whole (288g)

Baked Products

- [ ] fresh ginger
  3 g (3g)
- [ ] tomatoes
  5/8 medium whole (2-3/5" dia) (72g)
- [ ] bell pepper
  1 large (164g)
- [ ] broccoli
  1/2 lbs (242g)
- [ ] brussels sprouts
  1 cup, shredded (50g)
- [ ] bread
  2 slice (64g)

Nut and Seed Products

- [ ] coconut milk, canned
  1/4 can (113mL)
- [ ] almonds
  1 1/2 oz (46g)

Soups, Sauces, and Gravies

- [ ] apple cider vinegar
  1/2 tbsp (0mL)

Recipes

Breakfast 1

Eat on day 1 and day 2

Boiled eggs

2 egg(s) - 139 cals 13g protein 10g fat 1g carbs 0g fiber

For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Breakfast 2

Eat on day 3, day 4, and day 5

Chili and cheese omelet

108 cals 7g protein 8g fat 1g carbs 0g fiber

For single meal:

olive oil
1/2 tsp (3mL)
chili powder
2 dash (1g)
ground coriander
2 dash (0g)
cheddar cheese
1/2 tbsp, shredded (4g)
eggs, beaten
1 large (50g)

For all 3 meals:

olive oil
1/2 tbsp (8mL)
chili powder
1/4 tbsp (2g)
ground coriander
1/4 tbsp (1g)
cheddar cheese
1 1/2 tbsp, shredded (11g)
eggs, beaten
3 large (150g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Breakfast 3

Eat on day 6 and day 7

Roasted almonds

1/8 cup(s) - 111 cals 4g protein 9g fat 2g carbs 2g fiber

For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Strawberries

1 cup(s) - 52 cals 1g protein 0g fat 8g carbs 3g fiber

For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. The recipe has no instructions.

Scrambled egg whites

61 cals 7g protein 4g fat 0g carbs 0g fiber

For single meal:

egg whites
4 tbsp (61g)
oil
1/4 tbsp (4mL)

For all 2 meals:

egg whites
1/2 cup (122g)
oil
1/2 tbsp (8mL)

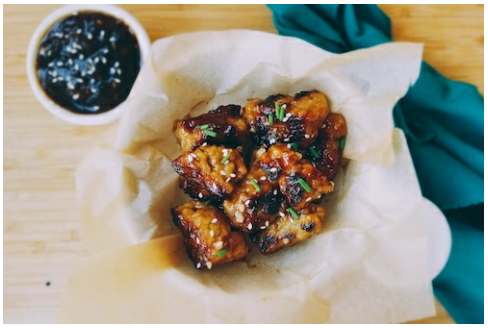
1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Lunch 1

Eat on day 1

Teriyaki seitan wings

4 oz seitan - 297 cals 32g protein 10g fat 19g carbs 1g fiber



Makes 4 oz seitan

seitan
4 oz (113g)
oil
1/2 tbsp (8mL)
teriyaki sauce
2 tbsp (30mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Lunch 2

Eat on day 2 and day 3

Roasted peanuts

1/6 cup(s) - 153 cals 6g protein 12g fat 3g carbs 2g fiber

For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Avocado tuna salad sandwich

1/2 sandwich(es) - 185 cals 14g protein 7g fat 13g carbs 4g fiber

For single meal:

black pepper
1/4 dash (0g)
salt
1/4 dash (0g)
lime juice
1/4 tsp (1mL)
avocados
1/8 avocado(s) (25g)
bread
1 slice (32g)
canned tuna, drained
1/4 can (43g)
onion, minced
1/8 small (4g)

For all 2 meals:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
bread
2 slice (64g)
canned tuna, drained
1/2 can (86g)
onion, minced
1/8 small (9g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 3

Eat on day 4 and day 5

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals 20g protein 12g fat 4g carbs 5g fiber

For single meal:

avocados
1/4 avocado(s) (50g)
lime juice
1/2 tsp (3mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bell pepper
1/2 large (82g)
onion
1/8 small (9g)
canned tuna, drained
1/2 can (86g)

For all 2 meals:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)
canned tuna, drained
1 can (172g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Cottage cheese & honey

1/4 cup(s) - 62 cals 7g protein 1g fat 7g carbs 0g fiber

For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

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

Lunch 4

Eat on day 6 and day 7

Protein greek yogurt

1 container - 139 cals 20g protein 3g fat 8g carbs 0g fiber

For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Brussels sprouts & broccoli salad

146 cals 4g protein 10g fat 8g carbs 3g fiber

For single meal:

almonds
3/4 tbsp, slivered (5g)
honey
1/4 tbsp (5g)
apple cider vinegar
1/4 tbsp (0mL)
dijon mustard
1/4 tbsp (4g)
olive oil
1/2 tbsp (8mL)
parmesan cheese
4 dash (1g)
broccoli, chopped
1/2 cup chopped (46g)
brussels sprouts, sliced
1/2 cup, shredded (25g)

For all 2 meals:

almonds
1 1/2 tbsp, slivered (10g)
honey
1/2 tbsp (11g)
apple cider vinegar
1/2 tbsp (0mL)
dijon mustard
1/2 tbsp (8g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tsp (2g)
broccoli, chopped
1 cup chopped (91g)
brussels sprouts, sliced
1 cup, shredded (50g)

1. Make dressing by mixing olive oil, dijon, honey, apple cider vinegar and some salt and pepper in a small bowl. Set aside.
2. Toss brussel sprouts, broccoli, and almonds in a bowl. Sprinkle parmesan and drizzle dressing on top. Serve.

Dinner 1

Eat on day 1 and day 2

Honey dijon salmon

4 oz - 268 cals 24g protein 16g fat 6g carbs 0g fiber

For single meal:

salmon
2/3 fillet/s (6 oz each) (113g)
dijon mustard
2 tsp (10g)
honey
1 tsp (7g)
olive oil
1/4 tbsp (3mL)
garlic, minced
1/3 clove (1g)

For all 2 meals:

salmon
1 1/3 fillet/s (6 oz each) (227g)
dijon mustard
4 tsp (20g)
honey
2 tsp (14g)
olive oil
1/2 tbsp (7mL)
garlic, minced
2/3 clove (2g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Garlic collard greens

80 cals 4g protein 4g fat 2g carbs 5g fiber

For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
salt
1/2 dash (0g)
garlic, minced
3/4 clove(s) (2g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
salt
1 dash (1g)
garlic, minced
1 1/2 clove(s) (5g)

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.

Dinner 2

Eat on day 3

Garlic collard greens

80 cals 4g protein 4g fat 2g carbs 5g fiber

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
salt
1/2 dash (0g)
garlic, minced
3/4 clove(s) (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.

Basic tempeh

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

Makes 4 oz

tempeh
4 oz (113g)
oil
2 tsp (10mL)

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.

Dinner 3

Eat on day 4

Chik'n satay with peanut sauce

2 skewers - 233 cals 19g protein 14g fat 5g carbs 2g fiber

Makes 2 skewers

peanut butter
2 tsp (11g)
lime juice
1/2 tbsp (7mL)
sesame oil
1 tsp (5mL)
vegan chik'n strips
2 2/3 oz (76g)
skewer(s)
2 skewer(s) (2g)
fresh ginger, grated or minced
1/3 inch (2.5cm) cube (2g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Tomato and avocado salad

117 cals 2g protein 9g fat 3g carbs 4g fiber

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 4

Eat on day 5 and day 6

Salmon & coconut ginger broccoli

3 oz salmon - 316 cals 21g protein 23g fat 5g carbs 2g fiber

For single meal:

salmon
3 oz (85g)
coconut milk, canned
1/8 can (56mL)
broccoli, cut into florets
1/2 stalk (76g)
fresh ginger, peeled and thinly sliced
1/4 slices (1" dia) (1g)

For all 2 meals:

salmon
6 oz (170g)
coconut milk, canned
1/4 can (113mL)
broccoli, cut into florets
1 stalk (151g)
fresh ginger, peeled and thinly sliced
1/2 slices (1" dia) (1g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

Dinner 5

Eat on day 7

Simple roasted cod

4 oz - 148 cals 20g protein 8g fat 0g carbs 0g fiber

Makes 4 oz

olive oil
1/2 tbsp (8mL)
cod, raw
4 oz (113g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Tomato and avocado salad

156 cals 2g protein 12g fat 4g carbs 5g fiber

onion
2 tsp minced (10g)
lime juice
2 tsp (10mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/3 dash (1g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
avocados, cubed
1/3 avocado(s) (67g)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Protein Supplement(s)

Eat every day

Protein shake

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

For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.