

Meal Plan - 1100 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

1101 cals ● 96g protein (35%) ● 55g fat (45%) ● 32g carbs (12%) ● 23g fiber (8%)

Breakfast

260 cals, 15g protein, 9g net carbs, 15g fat



[Kale & eggs](#)
189 cals



[Raspberries](#)
1 cup(s)- 72 cals

Dinner

295 cals, 14g protein, 6g net carbs, 23g fat



[Basic tofu](#)
6 oz- 257 cals



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

Lunch

380 cals, 31g protein, 16g net carbs, 16g fat



[Garlic collard greens](#)
199 cals



[Simple seitan](#)
3 oz- 183 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 2

1085 cals ● 108g protein (40%) ● 49g fat (40%) ● 28g carbs (10%) ● 26g fiber (10%)

Breakfast

260 cals, 15g protein, 9g net carbs, 15g fat



[Kale & eggs](#)
189 cals



[Raspberries](#)
1 cup(s)- 72 cals

Dinner

325 cals, 30g protein, 4g net carbs, 18g fat



[Avocado tuna salad](#)
327 cals

Lunch

335 cals, 26g protein, 14g net carbs, 15g fat



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



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

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 3

1106 cals ● 91g protein (33%) ● 60g fat (49%) ● 32g carbs (12%) ● 17g fiber (6%)

Breakfast

260 cals, 15g protein, 9g net carbs, 15g fat



Kale & eggs

189 cals



Raspberries

1 cup(s)- 72 cals

Dinner

295 cals, 17g protein, 8g net carbs, 21g fat



Cajun tofu

236 cals



Roasted tomatoes

1 tomato(es)- 60 cals

Lunch

385 cals, 23g protein, 15g net carbs, 24g fat



Brussel sprout, chik'n & apple salad

387 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Day 4

1075 cals ● 96g protein (36%) ● 56g fat (47%) ● 29g carbs (11%) ● 18g fiber (7%)

Breakfast

165 cals, 12g protein, 3g net carbs, 11g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Basic scrambled eggs

2 egg(s)- 142 cals

Dinner

360 cals, 25g protein, 9g net carbs, 21g fat



Buttered broccoli

1/2 cup(s)- 67 cals



Basic tempeh

4 oz- 295 cals

Lunch

385 cals, 23g protein, 15g net carbs, 24g fat



Brussel sprout, chik'n & apple salad

387 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Day 5

1055 cals ● 105g protein (40%) ● 53g fat (45%) ● 30g carbs (12%) ● 9g fiber (4%)

Breakfast

165 cals, 12g protein, 3g net carbs, 11g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Basic scrambled eggs](#)

2 egg(s)- 142 cals

Dinner

365 cals, 27g protein, 10g net carbs, 23g fat



[Buttered broccoli](#)

1 1/4 cup(s)- 167 cals



[Pan seared breaded tilapia](#)

4 oz- 200 cals

Lunch

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



[Vegan bangers and cauliflower mash](#)

1 sausage link(s)- 361 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 6

1127 cals ● 108g protein (38%) ● 55g fat (44%) ● 33g carbs (12%) ● 16g fiber (6%)

Breakfast

155 cals, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)

1 jar(s)- 155 cals

Dinner

450 cals, 29g protein, 13g net carbs, 26g fat



[Buffalo tempeh with tzatziki](#)

314 cals

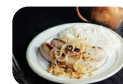


[Buttered broccoli](#)

1 cup(s)- 134 cals

Lunch

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



[Vegan bangers and cauliflower mash](#)

1 sausage link(s)- 361 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 7

1065 cals ● 95g protein (36%) ● 57g fat (48%) ● 24g carbs (9%) ● 18g fiber (7%)

Breakfast

155 cals, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)

1 jar(s)- 155 cals

Dinner

450 cals, 29g protein, 13g net carbs, 26g fat



[Buffalo tempeh with tzatziki](#)

314 cals



[Buttered broccoli](#)

1 cup(s)- 134 cals

Lunch

300 cals, 17g protein, 6g net carbs, 21g fat



[Salmon patty salad](#)

1 patty (~3oz each)- 299 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Beverages

- water
10 1/2 cup(s) (2489mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Legumes and Legume Products

- firm tofu
13 1/2 oz (383g)
- vegetarian burger crumbles
1 1/4 cup (125g)
- tempeh
3/4 lbs (340g)

Fats and Oils

- oil
1/4 lbs (106mL)
- salad dressing
1/3 cup (71mL)
- olive oil
5 tsp (25mL)

Other

- mixed greens
6 cup (180g)
- vegan chik'n strips
6 oz (170g)
- vegan sausage
2 sausage (200g)
- frozen cauliflower
1 1/2 cup (170g)
- tzatziki
1/4 cup(s) (56g)

Vegetables and Vegetable Products

- tomatoes
3 3/4 medium whole (2-3/5" dia) (462g)
- collard greens
10 oz (284g)
- garlic
2 clove(s) (6g)
- kale leaves
1 1/2 cup, chopped (60g)
- onion
1 2/3 small (118g)
- brussels sprouts
1 1/2 cup (132g)

Spices and Herbs

- salt
4 1/4 g (4g)
- black pepper
1/2 g (1g)
- apple cider vinegar
1/2 tbsp (7g)
- cajun seasoning
1/4 tbsp (2g)

Cereal Grains and Pasta

- seitan
3 oz (85g)
- all-purpose flour
4 tsp (10g)

Dairy and Egg Products

- eggs
16 medium (701g)
- butter
4 tbsp (58g)

Fruits and Fruit Juices

- raspberries
3 cup (369g)
- avocados
5/8 avocado(s) (126g)
- lime juice
1/4 tbsp (4mL)
- apples
1/3 small (2-3/4" dia) (50g)
- lemon juice
1/2 tbsp (8mL)

Finfish and Shellfish Products

- canned tuna
3/4 can (129g)
- tilapia, raw
4 oz (112g)
- canned salmon
2 1/2 oz (71g)

Nut and Seed Products

- walnuts
4 tbsp, chopped (28g)

frozen broccoli
3 3/4 cup (341g)

bell pepper
1 small (74g)

Sweets

maple syrup
2 tsp (10mL)

Soups, Sauces, and Gravies

Frank's Red Hot sauce
4 tbsp (60mL)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

For all 3 meals:

salt
3 dash (1g)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
oil
1 tbsp (15mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.
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Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/2 tsp (3mL)

eggs

2 medium (88g)

For all 2 meals:

oil

1 tsp (5mL)

eggs

4 medium (176g)

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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 2 meals:

onion, diced
1/2 small (35g)
bell pepper, chopped
1 small (74g)
eggs
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Lunch 1 [↗](#)

Eat on day 1

Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 11g fiber



collard greens
10 oz (284g)
oil
2 tsp (9mL)
garlic, minced
2 clove(s) (6g)
salt
1 1/4 dash (1g)

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.

Simple seitan

3 oz - 183 cal ● 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.

Lunch 2 [↗](#)

Eat on day 2

Vegan crumbles

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



Makes 1 1/4 cup(s)

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

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

Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



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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Lunch 3 [↗](#)

Eat on day 3, day 4

Brussel sprout, chik'n & apple salad

387 cals ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



For single meal:

vegan chik'n strips
3 oz (85g)
brussels sprouts, ends trimmed and discarded
3/4 cup (66g)
apples, chopped
1/6 small (2-3/4" dia) (25g)
walnuts
2 tbsp, chopped (14g)
apple cider vinegar
1/4 tbsp (4g)
maple syrup
1 tsp (5mL)
olive oil
3/4 tbsp (11mL)

For all 2 meals:

vegan chik'n strips
6 oz (170g)
brussels sprouts, ends trimmed and discarded
1 1/2 cup (132g)
apples, chopped
1/3 small (2-3/4" dia) (50g)
walnuts
4 tbsp, chopped (28g)
apple cider vinegar
1/2 tbsp (7g)
maple syrup
2 tsp (10mL)
olive oil
1 1/2 tbsp (23mL)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Vegan bangers and cauliflower mash

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



For single meal:

onion, thinly sliced
1/2 small (35g)
vegan sausage
1 sausage (100g)
oil
1/2 tbsp (8mL)
frozen cauliflower
3/4 cup (85g)

For all 2 meals:

onion, thinly sliced
1 small (70g)
vegan sausage
2 sausage (200g)
oil
1 tbsp (15mL)
frozen cauliflower
1 1/2 cup (170g)

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.

Lunch 5 [↗](#)

Eat on day 7

Salmon patty salad

1 patty (~3oz each) - 299 cal ● 17g protein ● 21g fat ● 6g carbs ● 5g fiber



Makes 1 patty (~3oz each)

oil

1/2 tbsp (8mL)

lemon juice

1/2 tbsp (8mL)

salad dressing

1 tbsp (15mL)

tomatoes, chopped

1/2 roma tomato (40g)

avocados, sliced

1/4 avocado(s) (50g)

mixed greens

1 1/2 cup (45g)

eggs

1/2 large (25g)

canned salmon

2 1/2 oz (71g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

Dinner 1 [↗](#)

Eat on day 1

Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

firm tofu

6 oz (170g)

oil

1 tbsp (15mL)

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.

Simple mixed greens and tomato salad

38 cal ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



salad dressing
3/4 tbsp (11mL)
mixed greens
3/4 cup (23g)
tomatoes
2 tbsp cherry tomatoes (19g)

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

Dinner 2 [↗](#)

Eat on day 2

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
onion, minced
1/6 small (13g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 3 [↗](#)

Eat on day 3

Cajun tofu

236 cals ● 17g protein ● 16g fat ● 5g carbs ● 0g fiber



oil
1/2 tbsp (8mL)
cajun seasoning
1/4 tbsp (2g)
firm tofu, patted dry & cubed
1/2 lbs (213g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 4 [↗](#)

Eat on day 4

Buttered broccoli

1/2 cup(s) - 67 cal ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)

black pepper

1/4 dash (0g)

salt

1/4 dash (0g)

frozen broccoli

1/2 cup (46g)

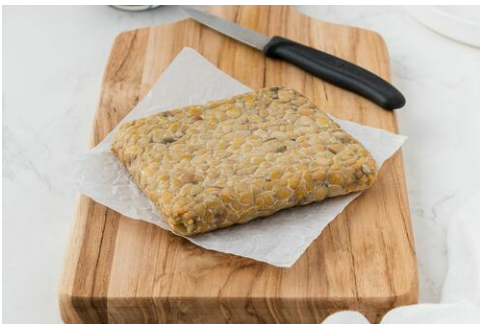
butter

1/2 tbsp (7g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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 5 [↗](#)

Eat on day 5

Buttered broccoli

1 1/4 cup(s) - 167 cal ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

black pepper

5/8 dash (0g)

salt

5/8 dash (0g)

frozen broccoli

1 1/4 cup (114g)

butter

1 1/4 tbsp (18g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Pan seared breaded tilapia

4 oz - 200 cal ● 24g protein ● 8g fat ● 8g carbs ● 0g fiber



Makes 4 oz

butter, melted

1 tsp (5g)

all-purpose flour

4 tsp (10g)

tilapia, raw

4 oz (112g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

olive oil

1/2 tsp (3mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
 2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.
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Dinner 6 [↗](#)

Eat on day 6, day 7

Buffalo tempeh with tzatziki

314 cal ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



For single meal:

oil
1/2 tbsp (8mL)
tzatziki
1/8 cup(s) (28g)
Frank's Red Hot sauce
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
tzatziki
1/4 cup(s) (56g)
Frank's Red Hot sauce
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
butter
2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
 2. Mix in butter until melted and season with salt and pepper to taste.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

water

10 1/2 cup(s) (2489mL)

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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