

Meal Plan - 1100 calorie 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

1184 cals ● 102g protein (34%) ● 34g fat (26%) ● 102g carbs (34%) ● 15g fiber (5%)

Breakfast

240 cals, 16g protein, 23g net carbs, 8g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
110 cals



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



[Peach](#)
1 peach(es)- 66 cals

Dinner

240 cals, 6g protein, 37g net carbs, 5g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Belizean rice & beans](#)
181 cals

Lunch

540 cals, 43g protein, 40g net carbs, 21g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cals

Protein Supplement(s)

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



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

Day 2

1119 cals ● 99g protein (35%) ● 44g fat (36%) ● 62g carbs (22%) ● 20g fiber (7%)

Breakfast

240 cals, 16g protein, 23g net carbs, 8g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
110 cals



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



[Peach](#)
1 peach(es)- 66 cals

Dinner

315 cals, 26g protein, 28g net carbs, 6g fat



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



[Basic baked potato](#)
1/2 potato(es)- 132 cals

Lunch

405 cals, 20g protein, 10g net carbs, 30g fat



[Basic tofu](#)
8 oz- 342 cals



[Tossed salad](#)
61 cals

Protein Supplement(s)

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



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

Day 3

1126 cals ● 91g protein (32%) ● 56g fat (45%) ● 42g carbs (15%) ● 23g fiber (8%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado
176 cals



Boiled eggs
1 egg(s)- 69 cals

Dinner

315 cals, 26g protein, 28g net carbs, 6g fat



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



Basic baked potato
1/2 potato(es)- 132 cals

Lunch

405 cals, 20g protein, 10g net carbs, 30g fat



Basic tofu
8 oz- 342 cals



Tossed salad
61 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 4

1127 cals ● 100g protein (36%) ● 64g fat (51%) ● 16g carbs (6%) ● 21g fiber (8%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado
176 cals



Boiled eggs
1 egg(s)- 69 cals

Dinner

390 cals, 25g protein, 8g net carbs, 26g fat



Mixed nuts
1/6 cup(s)- 163 cals



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

Lunch

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



Avocado tuna salad
327 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 5

1127 cals ● 100g protein (36%) ● 64g fat (51%) ● 16g carbs (6%) ● 21g fiber (8%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



[Avocado](#)

176 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Dinner

390 cals, 25g protein, 8g net carbs, 26g fat



[Mixed nuts](#)

1/6 cup(s)- 163 cals



[Avocado tuna salad stuffed pepper](#)

1 half pepper(s)- 228 cals

Lunch

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



[Avocado tuna salad](#)

327 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 6

1103 cals ● 91g protein (33%) ● 55g fat (45%) ● 41g carbs (15%) ● 20g fiber (7%)

Breakfast

230 cals, 13g protein, 19g net carbs, 8g fat



[Southwest avocado toast](#)

1 toast(s)- 193 cals



[Vegan breakfast sausage links](#)

1 links- 38 cals

Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)

359 cals

Lunch

350 cals, 15g protein, 4g net carbs, 29g fat



[Cheese and guac tacos](#)

2 taco(s)- 350 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 7

1103 cals ● 91g protein (33%) ● 55g fat (45%) ● 41g carbs (15%) ● 20g fiber (7%)

Breakfast

230 cals, 13g protein, 19g net carbs, 8g fat



[Southwest avocado toast](#)

1 toast(s)- 193 cals



[Vegan breakfast sausage links](#)

1 links- 38 cals

Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)

359 cals

Lunch

350 cals, 15g protein, 4g net carbs, 29g fat



[Cheese and guac tacos](#)

2 taco(s)- 350 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Beverages

- ☐ water
2/3 gallon (2573mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Fruits and Fruit Juices

- ☐ Grapefruit
1/2 large (approx 4-1/2" dia) (166g)
- ☐ avocados
3 1/2 avocado(s) (704g)
- ☐ peach
2 medium (2-2/3" dia) (300g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ lime juice
2 1/2 tsp (13mL)

Vegetables and Vegetable Products

- ☐ garlic
3/8 clove(s) (1g)
- ☐ onion
1/2 medium (2-1/2" dia) (51g)
- ☐ red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (435g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ red onion
1/8 medium (2-1/2" dia) (14g)
- ☐ cucumber
1/8 cucumber (8-1/4") (38g)
- ☐ romaine lettuce
1/2 hearts (250g)
- ☐ carrots
1/2 small (5-1/2" long) (25g)
- ☐ potatoes
1 large (3" to 4-1/4" dia.) (369g)
- ☐ bell pepper
1 large (164g)
- ☐ fresh spinach
4 1/4 cup(s) (128g)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 tbsp (23g)

Nut and Seed Products

- ☐ coconut milk, canned
1 1/2 tbsp (22mL)
- ☐ mixed nuts
6 tbsp (50g)

Other

- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ mixed greens
1 1/2 cup (45g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ guacamole, store-bought
3/4 cup (185g)
- ☐ vegan breakfast sausage links
2 links (45g)

Spices and Herbs

- ☐ garlic powder
2 dash (1g)
- ☐ balsamic vinegar
1 tsp (5mL)
- ☐ rosemary, dried
2 dash (0g)
- ☐ salt
1/2 tsp (1g)
- ☐ black pepper
1/3 tsp (0g)

Baked Products

- ☐ bread
1/4 lbs (96g)

Dairy and Egg Products

- ☐ eggs
7 2/3 medium (337g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ cheddar cheese
1 cup, shredded (113g)

Fats and Oils

- ☐ oil
1/4 cup (55mL)

☐ seitan
6 oz (170g)

☐ salad dressing
1 1/2 oz (45mL)

Legumes and Legume Products

☐ kidney beans
1/8 can (56g)

☐ firm tofu
1 lbs (454g)

☐ vegetarian burger crumbles
2 1/2 cup (250g)

☐ refried beans
1/2 cup (121g)

Sweets

☐ honey
2 tsp (14g)

Finfish and Shellfish Products

☐ canned tuna
2 1/2 can (430g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Scrambled eggs with kale, tomatoes, rosemary

110 cals ● 8g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

water
1 1/2 tbsp (23mL)
balsamic vinegar
1/2 tsp (3mL)
rosemary, dried
1 dash (0g)
tomatoes
4 tbsp, chopped (45g)
eggs
1 extra large (56g)
kale leaves
1/2 cup, chopped (20g)
oil
1/4 tsp (1mL)

For all 2 meals:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Cottage cheese & honey

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



For single meal:

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

For all 2 meals:

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.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach

2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 3 meals:

avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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 3 [↗](#)

Eat on day 6, day 7

Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

fresh spinach

1/8 cup(s) (4g)

refried beans

4 tbsp (61g)

guacamole, store-bought

2 tbsp (31g)

bread

1 slice(s) (32g)

For all 2 meals:

fresh spinach

1/4 cup(s) (8g)

refried beans

1/2 cup (121g)

guacamole, store-bought

4 tbsp (62g)

bread

2 slice(s) (64g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Vegan breakfast sausage links

1 links - 38 cals ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links

1 links (23g)

For all 2 meals:

vegan breakfast sausage links

2 links (45g)

1. Cook links according to package instructions. Serve.

Lunch 1 [↗](#)

Eat on day 1

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



Makes 1/2 sandwich(es)

tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 2 [🔗](#)

Eat on day 2, day 3

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

For all 2 meals:

firm tofu

1 lbs (454g)

oil

2 2/3 tbsp (40mL)

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.

Tossed salad

61 cals ● 2g protein ● 2g fat ● 5g carbs ● 3g fiber



For single meal:

red onion, sliced
1/8 medium (2-1/2" dia) (7g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (19g)
romaine lettuce, shredded
1/4 hearts (125g)
carrots, peeled and shredded or sliced
1/4 small (5-1/2" long) (13g)
tomatoes, diced
1/4 small whole (2-2/5" dia) (23g)
salad dressing
1/2 tbsp (8mL)

For all 2 meals:

red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Avocado tuna salad

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



For single meal:

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)

For all 2 meals:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
mixed greens
1 1/2 cup (45g)
onion, minced
3/8 small (26g)
canned tuna
1 1/2 can (258g)
tomatoes
6 tbsp, chopped (68g)

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.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

cheddar cheese

1/2 cup, shredded (57g)

guacamole, store-bought

4 tbsp (62g)

For all 2 meals:

cheddar cheese

1 cup, shredded (113g)

guacamole, store-bought

1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Dinner 1 [↗](#)

Eat on day 1

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1/2 grapefruit

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Belizean rice & beans

181 cals ● 5g protein ● 5g fat ● 26g carbs ● 3g fiber



garlic, minced
3/8 clove(s) (1g)
onion, chopped
1/8 medium (2-1/2" dia) (7g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)
long-grain white rice
2 tbsp (23g)
water
1/8 cup(s) (22mL)
kidney beans, drained
1/8 can (56g)
coconut milk, canned
1 1/2 tbsp (23mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Dinner 2 [🔗](#)

Eat on day 2, day 3

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.

Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

salt

1/2 dash (0g)

oil

1/4 tsp (1mL)

For all 2 meals:

potatoes

1 large (3" to 4-1/4" dia.) (369g)

salt

1 dash (0g)

oil

1/2 tsp (3mL)

1. OVEN:

2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.

3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

4. MICROWAVE:

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.

6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.

7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts

3 tbsp (25g)

For all 2 meals:

mixed nuts

6 tbsp (50g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

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



For single meal:

canned tuna, drained
1/2 can (86g)
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)

For all 2 meals:

canned tuna, drained
1 can (172g)
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)

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.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

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.