

# Meal Plan - 1000 calorie intermittent fasting 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

995 cals ● 91g protein (36%) ● 39g fat (35%) ● 59g carbs (24%) ● 11g fiber (5%)

### Lunch

410 cals, 14g protein, 30g net carbs, 24g fat



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



[Simple mixed greens salad](#)  
102 cals



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

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

370 cals, 28g protein, 27g net carbs, 14g fat



[Avocado tuna salad](#)  
218 cals



[Kefir](#)  
150 cals

## Day 2

995 cals ● 91g protein (36%) ● 39g fat (35%) ● 59g carbs (24%) ● 11g fiber (5%)

### Lunch

410 cals, 14g protein, 30g net carbs, 24g fat



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



[Simple mixed greens salad](#)  
102 cals



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

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

370 cals, 28g protein, 27g net carbs, 14g fat



[Avocado tuna salad](#)  
218 cals



[Kefir](#)  
150 cals

## Day 3

1035 cals ● 90g protein (35%) ● 33g fat (29%) ● 81g carbs (31%) ● 14g fiber (5%)

### Lunch

420 cals, 25g protein, 30g net carbs, 20g fat



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



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

395 cals, 17g protein, 49g net carbs, 12g fat



**Grapefruit**  
1 grapefruit- 119 cals



**Chik'n nuggets**  
5 nuggets- 276 cals

## Day 4

1035 cals ● 90g protein (35%) ● 33g fat (29%) ● 81g carbs (31%) ● 14g fiber (5%)

### Lunch

420 cals, 25g protein, 30g net carbs, 20g fat



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



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

395 cals, 17g protein, 49g net carbs, 12g fat



**Grapefruit**  
1 grapefruit- 119 cals



**Chik'n nuggets**  
5 nuggets- 276 cals

## Day 5

1048 cals ● 93g protein (36%) ● 46g fat (39%) ● 49g carbs (19%) ● 18g fiber (7%)

### Lunch

390 cals, 26g protein, 27g net carbs, 17g fat



**Fish taco**  
1 tortilla(s)- 389 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

440 cals, 19g protein, 20g net carbs, 28g fat



**Sesame peanut zoodles**  
441 cals

Day 6

970 cals ● 100g protein (41%) ● 38g fat (35%) ● 41g carbs (17%) ● 17g fiber (7%)

Lunch

390 cals, 26g protein, 27g net carbs, 17g fat



Fish taco  
1 tortilla(s)- 389 cals

Dinner

365 cals, 25g protein, 12g net carbs, 20g fat



Simple mixed greens salad  
68 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 7

1019 cals ● 92g protein (36%) ● 46g fat (41%) ● 42g carbs (16%) ● 17g fiber (7%)

Lunch

440 cals, 19g protein, 27g net carbs, 25g fat



Grilled cheese with mushrooms  
323 cals



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

Dinner

365 cals, 25g protein, 12g net carbs, 20g fat



Simple mixed greens salad  
68 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

## Fruits and Fruit Juices

- ☐ avocados  
1 avocado(s) (201g)
- ☐ lime juice  
1/2 fl oz (16mL)
- ☐ Grapefruit  
3 large (approx 4-1/2" dia) (996g)
- ☐ limes  
1/2 fruit (2" dia) (34g)

## Spices and Herbs

- ☐ salt  
1 dash (0g)
- ☐ black pepper  
1 dash (0g)
- ☐ cajun seasoning  
4 tsp (9g)
- ☐ thyme, dried  
1 tsp, ground (1g)

## Other

- ☐ mixed greens  
8 1/2 cup (255g)
- ☐ vegan chik'n nuggets  
10 nuggets (215g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ coleslaw mix  
3/4 cup (68g)

## Finfish and Shellfish Products

- ☐ canned tuna  
1 can (172g)
- ☐ cod, raw  
2 4oz fillet(s) (227g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
4 tbsp, chopped (45g)
- ☐ onion  
1/4 small (18g)
- ☐ ketchup  
2 1/2 tbsp (43g)
- ☐ cabbage  
4 tbsp, shredded (18g)
- ☐ green onions  
1 1/2 tbsp, sliced (12g)

## Dairy and Egg Products

- ☐ kefir, flavored  
2 cup (480mL)
- ☐ butter  
1 tbsp (14g)
- ☐ sliced cheese  
2 3/4 oz (77g)

## Beverages

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

## Baked Products

- ☐ bread  
1/4 lbs (128g)
- ☐ flour tortillas  
2 tortilla (approx 7-8" dia) (98g)

## Fats and Oils

- ☐ salad dressing  
1/2 cup (113mL)
- ☐ oil  
2 tbsp (30mL)
- ☐ olive oil  
1/2 tbsp (8mL)

## Legumes and Legume Products

- ☐ roasted peanuts  
6 tbsp (55g)
- ☐ peanut butter  
3 tbsp (48g)
- ☐ soy sauce  
1 1/2 tbsp (23mL)
- ☐ tempeh  
1/2 lbs (227g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)

## Nut and Seed Products

- ☐ sesame seeds  
1/4 tbsp (2g)

- ☐ **zucchini**  
1 1/2 medium (294g)
- ☐ **mushrooms**  
1/2 cup, chopped (35g)

- ☐ **chia seeds**  
1/4 tbsp (4g)



## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Grilled cheese sandwich

1/2 sandwich(es) - 248 cal ● 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 ea) (28g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
1 tbsp (14g)  
**sliced cheese**  
2 slice (1 oz ea) (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.

### Simple mixed greens salad

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



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

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

### Grapefruit

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



For single meal:

**Grapefruit**

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

For all 2 meals:

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

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)

## Lunch 2 [🔗](#)

Eat on day 3 and day 4

### Roasted peanuts

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



For single meal:

**roasted peanuts**

2 tbsp (18g)

For all 2 meals:

**roasted peanuts**

4 tbsp (37g)

1. The recipe has no instructions.

### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

**chunky canned soup (creamy varieties)**

1/2 can (~19 oz) (267g)

For all 2 meals:

**chunky canned soup (creamy varieties)**

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber





For single meal:  
**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:  
**cottage cheese & fruit cup**  
2 container (340g)

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

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## Lunch 3 [🔗](#)

Eat on day 5 and day 6

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### Fish taco

1 tortilla(s) - 389 cal ● 26g protein ● 17g fat ● 27g carbs ● 6g fiber



For single meal:  
**cod, raw**  
1 4oz fillet(s) (113g)  
**oil**  
1 tsp (5mL)  
**limes**  
1/4 fruit (2" dia) (17g)  
**cajun seasoning**  
2 tsp (5g)  
**cabbage**  
2 tbsp, shredded (9g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**avocados, mashed**  
1/4 avocado(s) (50g)

For all 2 meals:  
**cod, raw**  
2 4oz fillet(s) (227g)  
**oil**  
2 tsp (10mL)  
**limes**  
1/2 fruit (2" dia) (34g)  
**cajun seasoning**  
4 tsp (9g)  
**cabbage**  
4 tbsp, shredded (18g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**avocados, mashed**  
1/2 avocado(s) (101g)

1. Preheat oven to 400 F (200 C).
  2. Spray an sheet pan with non-stick spray.
  3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
  4. Place on sheet pan and bake for 12-15 minutes.
  5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
  6. Heat up a tortilla on a skillet or in the microwave.
  7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
  8. Serve.
  9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.
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## Lunch 4 [↗](#)

Eat on day 7

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### Grilled cheese with mushrooms

323 cals ● 14g protein ● 16g fat ● 25g carbs ● 5g fiber



**mushrooms**  
1/2 cup, chopped (35g)  
**olive oil**  
1/2 tbsp (8mL)  
**thyme, dried**  
1 tsp, ground (1g)  
**bread**  
2 slice(s) (64g)  
**sliced cheese**  
1 slice (3/4 oz ea) (21g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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### 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. The recipe has no instructions.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g 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)  
**mixed greens**  
1/2 cup (15g)  
**canned tuna**  
1/2 can (86g)  
**tomatoes**  
2 tbsp, chopped (23g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**mixed greens**  
1 cup (30g)  
**canned tuna**  
1 can (172g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**onion, minced**  
1/4 small (18g)

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.

### 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.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

#### Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

#### Grapefruit

2 large (approx 4-1/2" dia) (664g)

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)
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### Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

#### ketchup

1 1/4 tbsp (21g)

#### vegan chik'n nuggets

5 nuggets (108g)

For all 2 meals:

#### ketchup

2 1/2 tbsp (43g)

#### vegan chik'n nuggets

10 nuggets (215g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 3 [↗](#)

Eat on day 5

### Sesame peanut zoodles

441 cals ● 19g protein ● 28g fat ● 20g carbs ● 9g fiber



**coleslaw mix**  
3/4 cup (68g)  
**peanut butter**  
3 tbsp (48g)  
**soy sauce**  
1 1/2 tbsp (23mL)  
**sesame seeds**  
1/4 tbsp (2g)  
**green onions**  
1 1/2 tbsp, sliced (12g)  
**lime juice**  
3/4 tbsp (11mL)  
**chia seeds**  
1/4 tbsp (4g)  
**zucchini, spiralized**  
1 1/2 medium (294g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### 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.

### Basic tempeh

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



For single meal:

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

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

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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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal● 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.
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