

# Meal Plan - 1100 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

1060 cals ● 109g protein (41%) ● 30g fat (25%) ● 78g carbs (30%) ● 11g fiber (4%)

### Lunch

435 cals, 39g protein, 26g net carbs, 17g fat



**Instant mashed potatoes**  
103 cals



**Olive oil drizzled green beans**  
108 cals



**Pan fried tilapia**  
6 oz- 223 cals

### Dinner

460 cals, 33g protein, 51g net carbs, 12g fat



**Goat cheese and marinara stuffed zucchini**  
2 zucchini halve(s)- 192 cals



**White rice**  
3/8 cup rice, cooked- 82 cals



**Cottage cheese & honey**  
3/4 cup(s)- 187 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 2

1060 cals ● 109g protein (41%) ● 30g fat (25%) ● 78g carbs (30%) ● 11g fiber (4%)

### Lunch

435 cals, 39g protein, 26g net carbs, 17g fat



**Instant mashed potatoes**  
103 cals



**Olive oil drizzled green beans**  
108 cals



**Pan fried tilapia**  
6 oz- 223 cals

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3/8 cup rice, cooked- 82 cals



**Cottage cheese & honey**  
3/4 cup(s)- 187 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 3

1090 cals ● 91g protein (33%) ● 45g fat (37%) ● 60g carbs (22%) ● 21g fiber (8%)

### Lunch

510 cals, 25g protein, 27g net carbs, 29g fat



**Basic tofu**  
8 oz- 342 cals



**Mixed vegetables**  
1 3/4 cup(s)- 170 cals

### Dinner

415 cals, 30g protein, 31g net carbs, 15g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Couscous**  
100 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 4

1090 cals ● 91g protein (33%) ● 45g fat (37%) ● 60g carbs (22%) ● 21g fiber (8%)

### Lunch

510 cals, 25g protein, 27g net carbs, 29g fat



**Basic tofu**  
8 oz- 342 cals



**Mixed vegetables**  
1 3/4 cup(s)- 170 cals

### Dinner

415 cals, 30g protein, 31g net carbs, 15g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Couscous**  
100 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1107 cals ● 92g protein (33%) ● 56g fat (45%) ● 48g carbs (17%) ● 12g fiber (4%)

### Lunch

475 cals, 25g protein, 28g net carbs, 28g fat



**String cheese**  
1 stick(s)- 83 cals



**Caesar salad wrap**  
1 wrap(s)- 393 cals

### Dinner

470 cals, 30g protein, 19g net carbs, 27g fat



**Mixed nuts**  
1/8 cup(s)- 109 cals



**Seitan salad**  
359 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1107 cals ● 92g protein (33%) ● 56g fat (45%) ● 48g carbs (17%) ● 12g fiber (4%)

### Lunch

475 cals, 25g protein, 28g net carbs, 28g fat



**String cheese**  
1 stick(s)- 83 cals



**Caesar salad wrap**  
1 wrap(s)- 393 cals

### Dinner

470 cals, 30g protein, 19g net carbs, 27g fat



**Mixed nuts**  
1/8 cup(s)- 109 cals



**Seitan salad**  
359 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 7

1134 cals ● 96g protein (34%) ● 46g fat (37%) ● 68g carbs (24%) ● 16g fiber (6%)

### Lunch

475 cals, 29g protein, 18g net carbs, 30g fat



**Cheese and guac tacos**  
2 taco(s)- 350 cals



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals

### Dinner

495 cals, 31g protein, 48g net carbs, 15g fat



**Basic tempeh**  
4 oz- 295 cals



**Couscous**  
201 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

# Grocery List



## Soups, Sauces, and Gravies

- pasta sauce  
1/2 cup (130g)
- Frank's Red Hot sauce  
4 tbsp (60mL)

## Dairy and Egg Products

- goat cheese  
2 oz (57g)
- low fat cottage cheese (1% milkfat)  
2 cup (452g)
- string cheese  
2 stick (56g)
- parmesan cheese  
1 tbsp (5g)
- eggs  
4 large (200g)
- cheddar cheese  
1/2 cup, shredded (57g)

## Vegetables and Vegetable Products

- zucchini  
2 large (646g)
- mashed potato mix  
2 oz (57g)
- frozen green beans  
2 cup (242g)
- frozen mixed veggies  
3 1/2 cup (473g)
- onion  
2 tbsp, chopped (20g)
- tomatoes  
2 medium whole (2-3/5" dia) (266g)
- romaine lettuce  
8 leaf inner (48g)
- fresh spinach  
4 cup(s) (120g)

## Beverages

- water  
11 cup(s) (2607mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Cereal Grains and Pasta

- long-grain white rice  
4 tbsp (46g)

## Sweets

- honey  
2 2/3 tbsp (56g)

## Spices and Herbs

- black pepper  
1 1/2 g (1g)
- salt  
1/8 oz (4g)

## Fats and Oils

- olive oil  
1 oz (30mL)
- oil  
2 1/2 oz (73mL)
- caesar salad dressing  
2 tbsp (29g)
- salad dressing  
2 tbsp (30mL)

## Finfish and Shellfish Products

- tilapia, raw  
3/4 lbs (336g)

## Other

- tzatziki  
1/4 cup(s) (56g)
- nutritional yeast  
2 tsp (3g)
- guacamole, store-bought  
4 tbsp (62g)

## Legumes and Legume Products

- tempeh  
3/4 lbs (340g)
- firm tofu  
1 lbs (454g)

## Baked Products

- flour tortillas  
2 tortilla (approx 7-8" dia) (98g)

## Nut and Seed Products

- mixed nuts  
4 tbsp (34g)

instant couscous, flavored  
2/3 box (5.8 oz) (110g)

seitan  
6 oz (170g)

### Fruits and Fruit Juices

avocados  
1/2 avocado(s) (101g)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Instant mashed potatoes

103 cals ● 3g protein ● 0g fat ● 20g carbs ● 2g fiber



For single meal:

**mashed potato mix**  
1 oz (28g)

For all 2 meals:

**mashed potato mix**  
2 oz (57g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

### Olive oil drizzled green beans

108 cals ● 2g protein ● 7g fat ● 6g carbs ● 3g fiber



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**frozen green beans**  
1 cup (121g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen green beans**  
2 cup (242g)  
**olive oil**  
1 tbsp (15mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

### Pan fried tilapia

6 oz - 223 cals ● 34g protein ● 10g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**tilapia, raw**  
6 oz (168g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**tilapia, raw**  
3/4 lbs (336g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
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. Serve immediately.

## Lunch 2 ↗

Eat on day 3 and day 4

### Basic tofu

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



For single meal:

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

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

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.

### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

**frozen mixed veggies**  
1 3/4 cup (236g)

For all 2 meals:

**frozen mixed veggies**  
3 1/2 cup (473g)

1. Prepare according to instructions on package.

## Lunch 3 ↗

Eat on day 5 and day 6

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Caesar salad wrap

1 wrap(s) - 393 cals ● 18g protein ● 23g fat ● 26g carbs ● 3g fiber



For single meal:

**parmesan cheese**  
1/2 tbsp (3g)  
**onion**  
1 tbsp, chopped (10g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**caesar salad dressing**  
1 tbsp (15g)  
**tomatoes, sliced**  
1/2 plum tomato (31g)  
**eggs, hard-boiled and sliced**  
2 large (100g)  
**romaine lettuce, torn into bite-sized pieces**  
4 leaf inner (24g)

For all 2 meals:

**parmesan cheese**  
1 tbsp (5g)  
**onion**  
2 tbsp, chopped (20g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**caesar salad dressing**  
2 tbsp (29g)  
**tomatoes, sliced**  
1 plum tomato (62g)  
**eggs, hard-boiled and sliced**  
4 large (200g)  
**romaine lettuce, torn into bite-sized pieces**  
8 leaf inner (48g)

1. Toss romaine, onion, cheese and dressing to coat.
2. Spread romaine mixture evenly down center of each tortilla. Top with the sliced hard-boiled eggs and tomatoes.
3. Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.

## Lunch 4 ↗

Eat on day 7

### Cheese and guac tacos

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



Makes 2 taco(s)

#### cheddar cheese

1/2 cup, shredded (57g)  
**guacamole, store-bought**  
4 tbsp (62g)

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.

### Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

**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.

## Dinner 1 ↗

Eat on day 1 and day 2

### Goat cheese and marinara stuffed zucchini

2 zucchini halve(s) - 192 cals ● 11g protein ● 10g fat ● 10g carbs ● 5g fiber



For single meal:

**pasta sauce**  
4 tbsp (65g)  
**goat cheese**  
1 oz (28g)  
**zucchini**  
1 large (323g)

For all 2 meals:

**pasta sauce**  
1/2 cup (130g)  
**goat cheese**  
2 oz (57g)  
**zucchini**  
2 large (646g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

### White rice

3/8 cup rice, cooked - 82 cals ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



For single meal:

**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

### Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

3/4 cup (170g)

**honey**

1 tbsp (21g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**

1 1/2 cup (339g)

**honey**

2 tbsp (42g)

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

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## Dinner 2 ↗

Eat on day 3 and day 4

### Buffalo tempeh with tzatziki

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



For single meal:

**Frank's Red Hot sauce**

2 tbsp (30mL)

**tzatziki**

1/8 cup(s) (28g)

**oil**

1/2 tbsp (8mL)

**tempeh, roughly chopped**

4 oz (113g)

For all 2 meals:

**Frank's Red Hot sauce**

4 tbsp (60mL)

**tzatziki**

1/4 cup(s) (56g)

**oil**

1 tbsp (15mL)

**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.

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### Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



For single meal:

**instant couscous, flavored**

1/6 box (5.8 oz) (27g)

For all 2 meals:

**instant couscous, flavored**

1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

## Dinner 3 ↗

Eat on day 5 and day 6

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. The recipe has no instructions.

### Seitan salad

359 cals ● 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)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

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

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

## Dinner 4 ↗

Eat on day 7

### 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.

### Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

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



For single meal:

**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)  
**water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

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

1. The recipe has no instructions.

