

# Meal Plan - 1200 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

1156 cals ● 95g protein (33%) ● 32g fat (25%) ● 96g carbs (33%) ● 25g fiber (9%)

### Lunch

435 cals, 28g protein, 33g net carbs, 16g fat



**Basic tempeh**  
4 oz- 295 cals



**Corn**  
139 cals

### Dinner

560 cals, 30g protein, 61g net carbs, 16g fat



**Quinoa and black beans**  
195 cals



**Lentils**  
116 cals



**Milk**  
1 2/3 cup(s)- 248 cals

### Protein Supplement(s)

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



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

## Day 2

1225 cals ● 97g protein (32%) ● 41g fat (30%) ● 101g carbs (33%) ● 17g fiber (6%)

### Lunch

500 cals, 30g protein, 38g net carbs, 24g fat



**Dinner roll**  
2 roll(s)- 154 cals



**Tofu parmesan**  
1 tofu planks- 349 cals

### Dinner

560 cals, 30g protein, 61g net carbs, 16g fat



**Quinoa and black beans**  
195 cals



**Lentils**  
116 cals



**Milk**  
1 2/3 cup(s)- 248 cals

### Protein Supplement(s)

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



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

## Day 3

1157 cals ● 109g protein (38%) ● 41g fat (32%) ● 77g carbs (27%) ● 12g fiber (4%)

### Lunch

500 cals, 30g protein, 38g net carbs, 24g fat



**Dinner roll**  
2 roll(s)- 154 cals



**Tofu parmesan**  
1 tofu planks- 349 cals

### Dinner

490 cals, 42g protein, 37g net carbs, 16g fat



**Almond crusted tilapia**  
4 1/2 oz- 318 cals



**Lentils**  
174 cals

### Protein Supplement(s)

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



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

## Day 4

1159 cals ● 107g protein (37%) ● 30g fat (23%) ● 96g carbs (33%) ● 18g fiber (6%)

### Lunch

505 cals, 28g protein, 58g net carbs, 14g fat



**Clementine**  
2 clementine(s)- 78 cals



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals

### Dinner

490 cals, 42g protein, 37g net carbs, 16g fat



**Almond crusted tilapia**  
4 1/2 oz- 318 cals



**Lentils**  
174 cals

### Protein Supplement(s)

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



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

## Day 5

1242 cals ● 94g protein (30%) ● 38g fat (27%) ● 112g carbs (36%) ● 19g fiber (6%)

### Lunch

565 cals, 27g protein, 68g net carbs, 18g fat



**Tomato soup**  
1 1/2 can(s)- 316 cals



**String cheese**  
3 stick(s)- 248 cals

### Dinner

515 cals, 31g protein, 43g net carbs, 19g fat



**Chickpea & kale soup**  
273 cals



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



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

### Protein Supplement(s)

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



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

## Day 6

1240 cals ● 96g protein (31%) ● 36g fat (26%) ● 119g carbs (38%) ● 15g fiber (5%)

### Lunch

565 cals, 27g protein, 68g net carbs, 18g fat



**Tomato soup**  
1 1/2 can(s)- 316 cals



**String cheese**  
3 stick(s)- 248 cals

### Dinner

510 cals, 33g protein, 50g net carbs, 17g fat



**Lentils**  
260 cals



**Lemon pepper tofu**  
7 oz- 252 cals

### Protein Supplement(s)

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



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

## Day 7

1211 cals ● 91g protein (30%) ● 48g fat (36%) ● 82g carbs (27%) ● 22g fiber (7%)

### Lunch

535 cals, 21g protein, 31g net carbs, 31g fat



**Basic tofu**  
6 oz- 257 cals



**Baked fries**  
97 cals



**Tossed salad**  
182 cals

### Dinner

510 cals, 33g protein, 50g net carbs, 17g fat



**Lentils**  
260 cals



**Lemon pepper tofu**  
7 oz- 252 cals

### Protein Supplement(s)

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



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

# Grocery List



## Cereal Grains and Pasta

- quinoa, uncooked  
3 tbsp (32g)
- cornstarch  
3 tbsp (24g)
- all-purpose flour  
1/4 cup(s) (31g)

## Spices and Herbs

- ground cumin  
2 dash (1g)
- cayenne pepper  
1/2 dash (0g)
- salt  
1/8 oz (4g)
- black pepper  
1/2 dash, ground (0g)
- lemon pepper  
4 dash (1g)

## Vegetables and Vegetable Products

- frozen corn kernels  
1 1/4 cup (170g)
- onion  
1/4 medium (2-1/2" dia) (28g)
- garlic  
1 3/4 clove(s) (5g)
- tomatoes  
5/6 medium whole (2-3/5" dia) (98g)
- kale leaves  
1 cup, chopped (40g)
- potatoes  
1/4 large (3" to 4-1/4" dia.) (92g)
- romaine lettuce  
3/4 hearts (375g)
- red onion  
1/6 medium (2-1/2" dia) (21g)
- cucumber  
1/6 cucumber (8-1/4") (56g)
- carrots  
3/4 small (5-1/2" long) (38g)

## Fats and Oils

- oil  
2 oz (61mL)
- olive oil  
3/4 tbsp (11mL)

## Legumes and Legume Products

- black beans  
1/2 can(s) (220g)
- lentils, raw  
1 1/2 cup (304g)
- tempeh  
4 oz (113g)
- firm tofu  
2 lbs (964g)
- hummus  
2 tbsp (30g)
- chickpeas, canned  
1/2 can(s) (224g)

## Beverages

- water  
17 cup(s) (3989mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Dairy and Egg Products

- whole milk  
3 1/3 cup(s) (799mL)
- mozzarella cheese, shredded  
2 oz (57g)
- string cheese  
6 stick (168g)

## Baked Products

- Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- flour tortillas  
1 tortilla (approx 10" dia) (72g)

## Other

- nutritional yeast  
2 tbsp (8g)
- plant-based deli slices  
7 slices (73g)
- mixed greens  
1/2 cup (15g)
- cottage cheese & fruit cup  
1 container (170g)

## Nut and Seed Products

**salad dressing**  
1 1/2 tbsp (22mL)

**almonds**  
2 oz (58g)

### **Soups, Sauces, and Gravies**

**vegetable broth**  
2 1/2 cup(s) (mL)

**pizza sauce**  
3 tbsp (47g)

**condensed canned tomato soup**  
3 can (10.5 oz) (894g)

### **Finfish and Shellfish Products**

**tilapia, raw**  
1/2 lbs (252g)

### **Fruits and Fruit Juices**

**clementines**  
2 fruit (148g)

**lemon**  
1 small (58g)

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## Lunch 1 ↗

Eat on day 1

### 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.

### Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



**frozen corn kernels**  
1 cup (136g)

1. Prepare according to instructions on package.

## Lunch 2 ↗

Eat on day 2 and day 3

### Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

#### Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

### Tofu parmesan

1 tofu planks - 349 cals ● 25g protein ● 22g fat ● 12g carbs ● 2g fiber



For single meal:

#### nutritional yeast

1 tbsp (4g)

#### cornstarch

1/2 tbsp (4g)

#### oil

1/2 tbsp (8mL)

#### pizza sauce

1 1/2 tbsp (24g)

#### mozzarella cheese, shredded

1 oz (28g)

#### firm tofu, patted dry

1/2 lbs (198g)

For all 2 meals:

#### nutritional yeast

2 tbsp (8g)

#### cornstarch

1 tbsp (8g)

#### oil

1 tbsp (15mL)

#### pizza sauce

3 tbsp (47g)

#### mozzarella cheese, shredded

2 oz (57g)

#### firm tofu, patted dry

14 oz (397g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

## Lunch 3 ↗

Eat on day 4

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber

Makes 2 clementine(s)



**clementines**  
2 fruit (148g)

1. The recipe has no instructions.

### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

**plant-based deli slices**  
7 slices (73g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**mixed greens**  
1/2 cup (15g)  
**tomatoes**  
2 slice(s), thin/small (30g)  
**hummus**  
2 tbsp (30g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



For single meal:

**condensed canned tomato soup**  
1 1/2 can (10.5 oz) (447g)

For all 2 meals:

**condensed canned tomato soup**  
3 can (10.5 oz) (894g)

1. Prepare according to instructions on package.

### String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

**string cheese**  
3 stick (84g)

For all 2 meals:

**string cheese**  
6 stick (168g)

1. The recipe has no instructions.

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## Lunch 5

Eat on day 7

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### Basic tofu

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



Makes 6 oz

**oil**  
1 tbsp (15mL)  
**firm tofu**  
6 oz (170g)

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.

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### Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber

**potatoes**

1/4 large (3" to 4-1/4" dia.) (92g)

**oil**

1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

## Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber

**romaine lettuce, shredded**

3/4 hearts (375g)

**tomatoes, diced**

3/4 small whole (2-2/5" dia) (68g)

**salad dressing**

1 1/2 tbsp (23mL)

**red onion, sliced**

1/6 medium (2-1/2" dia) (21g)

**cucumber, sliced or diced**

1/6 cucumber (8-1/4") (56g)

**carrots, peeled and shredded or sliced**

3/4 small (5-1/2" long) (38g)

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.

## Dinner 1 ↗

Eat on day 1 and day 2

### Quinoa and black beans

195 cals ● 10g protein ● 2g fat ● 25g carbs ● 9g fiber



For single meal:

**quinoa, uncooked**  
1 1/2 tbsp (16g)  
**ground cumin**  
1 dash (0g)  
**frozen corn kernels**  
2 tbsp (17g)  
**oil**  
1/8 tsp (1mL)  
**vegetable broth**  
1/6 cup(s) (mL)  
**cayenne pepper**  
1/4 dash (0g)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/4 dash, ground (0g)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**garlic, chopped**  
3/8 clove(s) (1g)  
**black beans, rinsed and drained**  
1/4 can(s) (110g)

For all 2 meals:

**quinoa, uncooked**  
3 tbsp (32g)  
**ground cumin**  
2 dash (1g)  
**frozen corn kernels**  
4 tbsp (34g)  
**oil**  
1/4 tsp (1mL)  
**vegetable broth**  
3/8 cup(s) (mL)  
**cayenne pepper**  
1/2 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, chopped**  
3/4 clove(s) (2g)  
**black beans, rinsed and drained**  
1/2 can(s) (220g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

### Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 dash (0g)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (1g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**  
1 2/3 cup(s) (400mL)

For all 2 meals:

**whole milk**  
3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 3 and day 4

### Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, slivered (20g)  
**tilapia, raw**  
1/4 lbs (126g)  
**all-purpose flour**  
1/8 cup(s) (16g)  
**salt**  
3/4 dash (0g)  
**olive oil**  
1 tsp (6mL)

For all 2 meals:

**almonds**  
6 tbsp, slivered (41g)  
**tilapia, raw**  
1/2 lbs (252g)  
**all-purpose flour**  
1/4 cup(s) (31g)  
**salt**  
1 1/2 dash (1g)  
**olive oil**  
3/4 tbsp (11mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Dinner 3 ↗

Eat on day 5

### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**vegetable broth**  
2 cup(s) (mL)  
**oil**  
1/2 tsp (3mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained**  
1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and sauté for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

### Cottage cheese & fruit cup

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



Makes 1 container

**cottage cheese & fruit cup**  
1 container (170g)

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

### Roasted almonds

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



Makes 1/8 cup(s)

**almonds**

2 tbsp, whole (18g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 6 and day 7

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**

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

**salt**

3/4 dash (1g)

**lentils, raw, rinsed**

6 tbsp (72g)

For all 2 meals:

**water**

3 cup(s) (711mL)

**salt**

1 1/2 dash (1g)

**lentils, raw, rinsed**

3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Lemon pepper tofu

7 oz - 252 cals ● 15g protein ● 16g fat ● 12g carbs ● 0g fiber



For single meal:

**cornstarch**

1 tbsp (8g)

**oil**

1/2 tbsp (8mL)

**lemon pepper**

2 dash (1g)

**lemon, zested**

1/2 small (29g)

**firm tofu, patted dry & cubed**

1/2 lbs (198g)

For all 2 meals:

**cornstarch**

2 tbsp (16g)

**oil**

1 tbsp (15mL)

**lemon pepper**

4 dash (1g)

**lemon, zested**

1 small (58g)

**firm tofu, patted dry & cubed**

14 oz (397g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

## 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.