

# Meal Plan - 1300 calorie intermittent fasting pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1272 cals ● 98g protein (31%) ● 32g fat (23%) ● 121g carbs (38%) ● 27g fiber (9%)

### Lunch

560 cals, 21g protein, 67g net carbs, 18g fat



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



[Nectarine](#)  
2 nectarine(s)- 140 cals



[Pretzels](#)  
138 cals

### Dinner

550 cals, 40g protein, 53g net carbs, 14g fat



[Simple seitan](#)  
2 oz- 122 cals



[Lentils](#)  
289 cals



[Olive oil drizzled broccoli](#)  
2 cup(s)- 140 cals

### Protein Supplement(s)

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



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

## Day 2

1281 cals ● 100g protein (31%) ● 64g fat (45%) ● 60g carbs (19%) ● 16g fiber (5%)

### Lunch

590 cals, 34g protein, 35g net carbs, 33g fat



[Protein greek yogurt](#)  
1 container- 139 cals



[Clam chowder](#)  
1 can(s)- 364 cals



[Buttered broccoli](#)  
2/3 cup(s)- 89 cals

### Dinner

525 cals, 30g protein, 24g net carbs, 31g fat



[Roasted almonds](#)  
1/6 cup(s)- 166 cals



[Milk](#)  
1 cup(s)- 149 cals



[Salmon & artichoke salad](#)  
210 cals

### Protein Supplement(s)

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



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

## Day 3

1243 cals ● 107g protein (35%) ● 48g fat (35%) ● 75g carbs (24%) ● 22g fiber (7%)

### Lunch

555 cals, 41g protein, 49g net carbs, 16g fat



**Hummus & veggie deli sandwich**  
1 1/2 sandwich(es)- 554 cals

### Dinner

525 cals, 30g protein, 24g net carbs, 31g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Milk**  
1 cup(s)- 149 cals



**Salmon & artichoke salad**  
210 cals

### Protein Supplement(s)

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



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

## Day 4

1265 cals ● 122g protein (39%) ● 50g fat (36%) ● 58g carbs (18%) ● 24g fiber (8%)

### Lunch

555 cals, 41g protein, 49g net carbs, 16g fat



**Hummus & veggie deli sandwich**  
1 1/2 sandwich(es)- 554 cals

### Dinner

545 cals, 44g protein, 7g net carbs, 33g fat



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



**Avocado tuna salad**  
436 cals

### Protein Supplement(s)

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



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

## Day 5

1324 cals ● 93g protein (28%) ● 52g fat (36%) ● 107g carbs (32%) ● 13g fiber (4%)

### Lunch

585 cals, 23g protein, 67g net carbs, 23g fat



**Spinach parmesan pasta**  
488 cals



**Milk**  
2/3 cup(s)- 99 cals

### Dinner

575 cals, 33g protein, 39g net carbs, 29g fat



**Basic tofu**  
8 oz- 342 cals



**Lentils**  
231 cals

### Protein Supplement(s)

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



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

## Day 6

1267 cals ● 94g protein (30%) ● 52g fat (37%) ● 92g carbs (29%) ● 14g fiber (4%)

### Lunch

530 cals, 25g protein, 53g net carbs, 22g fat



#### Spiced tofu & pesto sandwich

1 sandwich(es)- 380 cals



#### Kefir

150 cals

### Dinner

575 cals, 33g protein, 39g net carbs, 29g fat



#### Basic tofu

8 oz- 342 cals



#### Lentils

231 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 7

1327 cals ● 91g protein (27%) ● 44g fat (30%) ● 126g carbs (38%) ● 15g fiber (5%)

### Lunch

530 cals, 25g protein, 53g net carbs, 22g fat



#### Spiced tofu & pesto sandwich

1 sandwich(es)- 380 cals



#### Kefir

150 cals

### Dinner

635 cals, 30g protein, 73g net carbs, 21g fat



#### Milk

1 cup(s)- 149 cals



#### Caprese pasta salad

485 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

- seitan**  
2 oz (57g)
- uncooked dry pasta**  
1/4 lbs (133g)

## Fats and Oils

- oil**  
1/4 cup (53mL)
- olive oil**  
2 tsp (10mL)
- balsamic vinaigrette**  
4 tbsp (60mL)

## Beverages

- water**  
15 cup(s) (3541mL)
- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

## Spices and Herbs

- salt**  
1/8 oz (4g)
- black pepper**  
1/8 oz (2g)
- garlic powder**  
2 dash (1g)
- ground cumin**  
2 tsp (4g)
- chili powder**  
1 tsp (3g)
- crushed red pepper**  
4 dash (1g)

## Legumes and Legume Products

- lentils, raw**  
1 cup (208g)
- hummus**  
1/2 cup (135g)
- firm tofu**  
22 oz (624g)
- white beans, canned**  
1/4 can(s) (110g)

## Vegetables and Vegetable Products

## Fruits and Fruit Juices

- avocados**  
3/4 avocado(s) (151g)
- nectarine**  
2 medium (2-1/2" dia) (284g)
- lime juice**  
1 tsp (5mL)

## Baked Products

- bread**  
3/4 lbs (352g)

## Dairy and Egg Products

- eggs**  
1 1/2 large (75g)
- butter**  
5 tsp (24g)
- whole milk**  
3 2/3 cup(s) (881mL)
- parmesan cheese**  
2 3/4 tbsp (17g)
- kefir, flavored**  
2 cup (480mL)
- fresh mozzarella cheese**  
1 oz (28g)

## Snacks

- pretzels, hard, salted**  
1 1/4 oz (35g)

## Other

- protein greek yogurt, flavored**  
1 container (150g)
- mixed greens**  
5 cup (150g)
- plant-based deli slices**  
18 slices (187g)

## Soups, Sauces, and Gravies

- canned clam chowder**  
1 can (18.5 oz) (519g)
- pesto sauce**  
2 1/4 oz (64g)

## Nut and Seed Products

- frozen broccoli**  
2 2/3 cup (243g)
- tomatoes**  
1 2/3 medium whole (2-3/5" dia) (209g)
- artichokes, canned**  
2/3 cup hearts (112g)
- cucumber**  
3/4 cup slices (78g)
- onion**  
1/4 small (18g)
- fresh spinach**  
1/3 10oz package (95g)
- garlic**  
2/3 clove(s) (2g)

- almonds**  
1/2 cup, whole (72g)

#### **Finfish and Shellfish Products**

- canned salmon**  
6 oz (170g)
- canned tuna**  
1 can (172g)

## Lunch 1 ↗

Eat on day 1

### Avocado egg salad sandwich

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



Makes 1/2 sandwich(es)

**garlic powder**  
2 dash (1g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice (32g)  
**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**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)

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Pretzels

138 cals ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



**pretzels, hard, salted**  
1 1/4 oz (35g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2

### Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

**protein greek yogurt, flavored**  
1 container (150g)

1. Enjoy.

### Clam chowder

1 can(s) - 364 cals ● 12g protein ● 22g fat ● 25g carbs ● 4g fiber



Makes 1 can(s)

**canned clam chowder**  
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

### Buttered broccoli

2/3 cup(s) - 89 cals ● 2g protein ● 8g fat ● 1g carbs ● 2g fiber



Makes 2/3 cup(s)

**salt**  
1/3 dash (0g)  
**frozen broccoli**  
2/3 cup (61g)  
**black pepper**  
1/3 dash (0g)  
**butter**  
2 tsp (9g)

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

## Lunch 3 ↗

Eat on day 3 and day 4

### Hummus & veggie deli sandwich

1 1/2 sandwich(es) - 554 cals ● 41g protein ● 16g fat ● 49g carbs ● 12g fiber



For single meal:

**bread**  
3 slice(s) (96g)  
**plant-based deli slices**  
9 slices (94g)  
**hummus**  
1/4 cup (68g)  
**cucumber**  
6 tbsp slices (39g)

For all 2 meals:

**bread**  
6 slice(s) (192g)  
**plant-based deli slices**  
18 slices (187g)  
**hummus**  
1/2 cup (135g)  
**cucumber**  
3/4 cup slices (78g)

1. Toast bread, if desired.
  2. Spread hummus onto the bread.
  3. Assemble the remaining ingredients into a sandwich.
- Serve.

## Lunch 4 ↗

Eat on day 5

### Spinach parmesan pasta

488 cals ● 18g protein ● 18g fat ● 59g carbs ● 5g fiber



**uncooked dry pasta**  
2 2/3 oz (76g)  
**butter**  
1 tbsp (14g)  
**fresh spinach**  
1/3 10oz package (95g)  
**parmesan cheese**  
2 2/3 tbsp (17g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**water**  
1/8 cup(s) (26mL)  
**garlic, minced**  
2/3 clove(s) (2g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

## Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber

Makes 2/3 cup(s)



**whole milk**  
2/3 cup(s) (160mL)

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 6 and day 7

### Spiced tofu & pesto sandwich

1 sandwich(es) - 380 cals ● 17g protein ● 20g fat ● 28g carbs ● 6g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**pesto sauce**  
1 1/2 tbsp (24g)  
**oil**  
1 tsp (5mL)  
**ground cumin**  
1 tsp (2g)  
**chili powder**  
4 dash (1g)  
**mixed greens**  
1/2 cup (15g)  
**crushed red pepper**  
2 dash (0g)  
**firm tofu**  
3 oz (85g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**pesto sauce**  
3 tbsp (48g)  
**oil**  
2 tsp (10mL)  
**ground cumin**  
2 tsp (4g)  
**chili powder**  
1 tsp (3g)  
**mixed greens**  
1 cup (30g)  
**crushed red pepper**  
4 dash (1g)  
**firm tofu**  
6 oz (170g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. 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 1 ↗

Eat on day 1

### Simple seitan

2 oz - 122 cals ● 15g protein ● 4g fat ● 7g carbs ● 0g fiber



Makes 2 oz

**seitan**

2 oz (57g)

**oil**

1/2 tsp (3mL)

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.

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



**water**

1 2/3 cup(s) (395mL)

**salt**

1 dash (1g)

**lentils, raw, rinsed**

6 2/3 tbsp (80g)

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.

### Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Dinner 2 ↗

Eat on day 2 and day 3

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**

3 tbsp, whole (27g)

For all 2 meals:

**almonds**

6 tbsp, whole (54g)

1. The recipe has no instructions.

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**

1 cup(s) (240mL)

For all 2 meals:

**whole milk**

2 cup(s) (480mL)

1. The recipe has no instructions.

### Salmon & artichoke salad

210 cals ● 17g protein ● 10g fat ● 10g carbs ● 5g fiber



For single meal:

**canned salmon**  
3 oz (85g)  
**artichokes, canned**  
1/3 cup hearts (56g)  
**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

For all 2 meals:

**canned salmon**  
6 oz (170g)  
**artichokes, canned**  
2/3 cup hearts (112g)  
**mixed greens**  
3 cup (90g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

## Dinner 3

Eat on day 4

### 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.

### Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



**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.

## Dinner 4 ↗

Eat on day 5 and day 6

### 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.

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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 5 ↗

Eat on day 7

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)



**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

### Caprese pasta salad

485 cals ● 23g protein ● 13g fat ● 61g carbs ● 8g fiber



**uncooked dry pasta**  
2 oz (57g)  
**pesto sauce**  
1 tbsp (16g)  
**fresh mozzarella cheese, torn into pieces**  
1 oz (28g)  
**white beans, canned, drained & rinsed**  
1/4 can(s) (110g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

1. Cook the pasta according to the package instructions. Drain and set aside.
2. Optional: While the pasta cooks, roast halved cherry tomatoes on a baking sheet in a 400°F (200°C) oven for 10–15 minutes, until soft and bursting.
3. In a large bowl, combine the cooked pasta, tomatoes, white beans, mozzarella, and pesto. Season with salt and pepper to taste. Enjoy!

## 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.