

Meal Plan - 1300 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

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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 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

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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 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

Day 3

1243 calsgreen107g protein (35%)orange48g fat (35%)blue75g carbs (24%)grey22g fiber (7%)


Lunch


555 calsgreen41g protein, 49g net carbs, 16g fat


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

Dinner

525 calsgreen30g protein, 24g net carbs, 31g fat


Roasted almonds
1/6 cup(s)- 166 calsgreen

Milk
1 cup(s)- 149 calsgreen

Salmon & artichoke salad
210 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat


Protein shake
1 1/2 scoop- 164 calsgreen

Day 4

1265 calsgreen122g protein (39%)orange50g fat (36%)blue58g carbs (18%)grey24g fiber (8%)


Lunch


555 calsgreen41g protein, 49g net carbs, 16g fat

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

Dinner


545 calsgreen44g protein, 7g net carbs, 33g fat

Roasted almonds
1/8 cup(s)- 111 calsgreen

Avocado tuna salad
436 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat


Protein shake
1 1/2 scoop- 164 calsgreen


Day 5

1324 calsgreen93g protein (28%)orange52g fat (36%)blue107g carbs (32%)grey13g fiber (4%)

Lunch


585 calsgreen23g protein, 67g net carbs, 23g fat


Spinach parmesan pasta
488 calsgreen

Milk
2/3 cup(s)- 99 calsgreen

Dinner


575 calsgreen33g protein, 39g net carbs, 29g fat

Basic tofu
8 oz- 342 calsgreen

Lentils
231 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 calsgreen

Day 6

1267 calsgreen94g protein (30%)orange52g fat (37%)blue92g carbs (29%)grey14g fiber (4%)

Lunch

530 calsgreen25g protein, 53g net carbs, 22g fat



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 calsgreen



Kefir
150 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

575 calsgreen33g protein, 39g net carbs, 29g fat



Basic tofu
8 oz- 342 calsgreen



Lentils
231 calsgreen

Day 7

1327 calsgreen91g protein (27%)orange44g fat (30%)blue126g carbs (38%)grey15g fiber (5%)

Lunch

530 calsgreen25g protein, 53g net carbs, 22g fat



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 calsgreen



Kefir
150 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

635 calsgreen30g protein, 73g net carbs, 21g fat



Milk
1 cup(s)- 149 calsgreen



Caprese pasta salad
485 calsgreen

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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal● 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.
