

Meal Plan - 1400 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

1370 cals ● 91g protein (27%) ● 56g fat (37%) ● 96g carbs (28%) ● 29g fiber (9%)

Lunch

665 cals, 30g protein, 75g net carbs, 21g fat



Cheese ravioli
408 cals



Edamame & beet salad
257 cals

Dinner

595 cals, 36g protein, 20g net carbs, 35g fat



Walnuts
1/4 cup(s)- 175 cals



Avocado tuna salad
327 cals



Carrot sticks
3 1/2 carrot(s)- 95 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 2

1429 cals ● 91g protein (26%) ● 65g fat (41%) ● 93g carbs (26%) ● 26g fiber (7%)

Lunch

640 cals, 30g protein, 47g net carbs, 29g fat



Sesame peanut zoodles
294 cals



Milk
3/4 cup(s)- 112 cals



Easy chickpea salad
234 cals

Dinner

680 cals, 37g protein, 45g net carbs, 36g fat



Lentils
260 cals



Creamy garlic scallops
420 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 3

1404 cals ● 92g protein (26%) ● 48g fat (31%) ● 113g carbs (32%) ● 38g fiber (11%)

Lunch

640 cals, 30g protein, 47g net carbs, 29g fat



Sesame peanut zoodles
294 cals



Milk
3/4 cup(s)- 112 cals



Easy chickpea salad
234 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Dinner

655 cals, 37g protein, 65g net carbs, 19g fat



Bean & tofu goulash
656 cals

Day 4

1386 cals ● 98g protein (28%) ● 44g fat (29%) ● 119g carbs (34%) ● 30g fiber (9%)

Lunch

620 cals, 37g protein, 53g net carbs, 25g fat



Milk
1 cup(s)- 149 cals



Simple mixed greens salad
102 cals



Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Dinner

655 cals, 37g protein, 65g net carbs, 19g fat



Bean & tofu goulash
656 cals

Day 5

1450 cals ● 90g protein (25%) ● 47g fat (29%) ● 133g carbs (37%) ● 33g fiber (9%)

Lunch

620 cals, 37g protein, 53g net carbs, 25g fat



Milk

1 cup(s)- 149 cals



Simple mixed greens salad

102 cals



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Dinner

720 cals, 29g protein, 80g net carbs, 21g fat



Garlic crumbles stuffed sweet potatoes

2 sweet potato(es)- 602 cals



Tomato and avocado salad

117 cals

Day 6

1351 cals ● 97g protein (29%) ● 51g fat (34%) ● 94g carbs (28%) ● 32g fiber (9%)

Lunch

645 cals, 25g protein, 61g net carbs, 28g fat



Basic tofu

8 oz- 342 cals



Mashed sweet potatoes

275 cals



Broccoli

1 cup(s)- 29 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Dinner

595 cals, 48g protein, 33g net carbs, 23g fat



Lentils

174 cals



Buttered broccoli

1 1/4 cup(s)- 167 cals



Vegan crumbles

1 3/4 cup(s)- 256 cals

Day 7

1351 cals ● 97g protein (29%) ● 51g fat (34%) ● 94g carbs (28%) ● 32g fiber (9%)

Lunch

645 cals, 25g protein, 61g net carbs, 28g fat



Basic tofu
8 oz- 342 cals



Mashed sweet potatoes
275 cals



Broccoli
1 cup(s)- 29 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Dinner

595 cals, 48g protein, 33g net carbs, 23g fat



Lentils
174 cals



Buttered broccoli
1 1/4 cup(s)- 167 cals



Vegan crumbles
1 3/4 cup(s)- 256 cals



Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ sesame seeds
1 tsp (3g)
- ☐ chia seeds
1 tsp (5g)

Fruits and Fruit Juices

- ☐ avocados
5/8 avocado(s) (126g)
- ☐ lime juice
5/6 fl oz (26mL)
- ☐ lemon juice
1/4 tbsp (4mL)

Spices and Herbs

- ☐ salt
3 g (3g)
- ☐ black pepper
1/2 g (0g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ paprika
1 1/2 tbsp (10g)
- ☐ fresh thyme
1/4 tbsp (1g)
- ☐ garlic powder
3 dash (1g)

Other

- ☐ mixed greens
6 3/4 cup (203g)
- ☐ coleslaw mix
1 cup (90g)

Finfish and Shellfish Products

- ☐ canned tuna
3/4 can (129g)
- ☐ scallops
5 oz (142g)

Vegetables and Vegetable Products

- ☐ tomatoes
1 3/4 medium whole (2-3/5" dia) (214g)

Beverages

- ☐ protein powder
7 scoop (1/3 cup ea) (217g)
- ☐ water
10 1/2 cup(s) (2489mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
6 oz (170g)

Fats and Oils

- ☐ balsamic vinaigrette
1 1/2 tbsp (23mL)
- ☐ oil
2 1/2 oz (76mL)
- ☐ salad dressing
1/4 cup (68mL)
- ☐ olive oil
3/8 tsp (2mL)

Legumes and Legume Products

- ☐ peanut butter
4 tbsp (64g)
- ☐ soy sauce
2 tbsp (30mL)
- ☐ chickpeas, canned
1 can(s) (448g)
- ☐ lentils, raw
14 tbsp (168g)
- ☐ white beans, canned
1 1/2 can(s) (659g)
- ☐ firm tofu
1 2/3 lbs (751g)
- ☐ vegetarian burger crumbles
1 1/2 package (12 oz) (463g)

Dairy and Egg Products

☐ **onion**
2 medium (2-1/2" dia) (221g)

☐ **carrots**
3 1/2 medium (214g)

☐ **edamame, frozen, shelled**
3/4 cup (89g)

☐ **beets, precooked (canned or refrigerated)**
3 beet(s) (150g)

☐ **green onions**
2 tbsp, sliced (16g)

☐ **zucchini**
2 medium (392g)

☐ **fresh parsley**
3 sprigs (3g)

☐ **garlic**
3 1/2 clove(s) (11g)

☐ **sweet potatoes**
5 sweetpotato, 5" long (1050g)

☐ **frozen broccoli**
4 1/2 cup (410g)

☐ **whole milk**
3 1/2 cup(s) (840mL)

☐ **butter**
3 tbsp (43g)

☐ **heavy cream**
4 tbsp (60mL)

Lunch 1 [↗](#)

Eat on day 1

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



pasta sauce
1/4 jar (24 oz) (168g)
frozen cheese ravioli
6 oz (170g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



mixed greens
1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Sesame peanut zoodles

294 cals ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



For single meal:

coleslaw mix
1/2 cup (45g)
peanut butter
2 tbsp (32g)
soy sauce
1 tbsp (15mL)
sesame seeds
4 dash (2g)
green onions
1 tbsp, sliced (8g)
lime juice
1/2 tbsp (8mL)
chia seeds
4 dash (2g)
zucchini, spiralized
1 medium (196g)

For all 2 meals:

coleslaw mix
1 cup (90g)
peanut butter
4 tbsp (64g)
soy sauce
2 tbsp (30mL)
sesame seeds
1 tsp (3g)
green onions
2 tbsp, sliced (16g)
lime juice
1 tbsp (15mL)
chia seeds
1 tsp (5g)
zucchini, spiralized
2 medium (392g)

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.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup(s) (180mL)

For all 2 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

- balsamic vinegar**
1/2 tbsp (8mL)
- apple cider vinegar**
1/2 tbsp (0mL)
- chickpeas, canned, drained and rinsed**
1/2 can(s) (224g)
- onion, thinly sliced**
1/4 small (18g)
- tomatoes, halved**
1/2 cup cherry tomatoes (75g)
- fresh parsley, chopped**
1 1/2 sprigs (2g)

For all 2 meals:

- balsamic vinegar**
1 tbsp (15mL)
- apple cider vinegar**
1 tbsp (1mL)
- chickpeas, canned, drained and rinsed**
1 can(s) (448g)
- onion, thinly sliced**
1/2 small (35g)
- tomatoes, halved**
1 cup cherry tomatoes (149g)
- fresh parsley, chopped**
3 sprigs (3g)

1. Add all ingredients to a bowl and toss.
Serve!

Lunch 3 [↗](#)

Eat on day 4 and day 5

Milk

1 cup(s) - 149 cal● 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.

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.

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 6 and day 7

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.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli

1 cup (91g)

For all 2 meals:

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.

Dinner 1 [↗](#)

Eat on day 1

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 1/4 cup(s)

walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)
onion, minced
1/6 small (13g)

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.

Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

carrots
3 1/2 medium (214g)

1. Cut carrots into strips and serve.

Dinner 2 [↗](#)

Eat on day 2

Lentils

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



water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

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.

Creamy garlic scallops

420 cals ● 19g protein ● 35g fat ● 7g carbs ● 0g fiber



scallops
5 oz (142g)
oil
1/2 tbsp (8mL)
butter
1/2 tbsp (7g)
heavy cream
4 tbsp (60mL)
lemon juice
1/4 tbsp (4mL)
garlic, minced
1 clove(s) (3g)

1. Heat oil in a skillet over medium heat. Once hot, add scallops and fry for 2-3 minutes on each side until fully cooked (opaque throughout). Transfer scallops to a plate and set aside.
2. Add the butter to the pan and let melt. Add garlic and fry for about 1 minute until fragrant.
3. Add in heavy cream and a hefty pinch of salt/pepper and simmer for 2-5 minutes until it has thickened a little.
4. Remove from heat and add in lemon juice and scallops. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Bean & tofu goulash

656 cal ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



For single meal:

oil
3/4 tbsp (11mL)
paprika
3/4 tbsp (5g)
fresh thyme
3 dash (0g)
white beans, canned, drained & rinsed
3/4 can(s) (329g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
3/4 clove (2g)
firm tofu, drained and diced
1/3 lbs (149g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
paprika
1 1/2 tbsp (10g)
fresh thyme
1/4 tbsp (1g)
white beans, canned, drained & rinsed
1 1/2 can(s) (659g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
garlic, minced
1 1/2 clove (5g)
firm tofu, drained and diced
2/3 lbs (298g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
 2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
 3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Garlic crumbles stuffed sweet potatoes

2 sweet potato(es) - 602 cals ● 28g protein ● 12g fat ● 76g carbs ● 19g fiber



Makes 2 sweet potato(es)

oil

1/2 tbsp (8mL)

garlic powder

2 dash (1g)

sweet potatoes

2 sweetpotato, 5" long (420g)

vegetarian burger crumbles

4 oz (113g)

garlic, minced

1 clove(s) (3g)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 5 [↗](#)

Eat on day 6 and day 7

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.

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

salt
5/8 dash (0g)
frozen broccoli
1 1/4 cup (114g)
black pepper
5/8 dash (0g)
butter
1 1/4 tbsp (18g)

For all 2 meals:

salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
black pepper
1 1/4 dash (0g)
butter
2 1/2 tbsp (36g)

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

Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles
1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles
3 1/2 cup (350g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Protein Supplement(s)

Eat every day

Protein shake

1 scoop - 109 cals  24g protein  1g fat  1g carbs  1g fiber



For single meal:

protein powder
1 scoop (1/3 cup ea) (31g)
water
1 cup(s) (237mL)

For all 7 meals:

protein powder
7 scoop (1/3 cup ea) (217g)
water
7 cup(s) (1659mL)

1. The recipe has no instructions.