

# Meal Plan - 1600 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

1562 cals ● 134g protein (34%) ● 60g fat (35%) ● 101g carbs (26%) ● 20g fiber (5%)

### Lunch

735 cals, 50g protein, 70g net carbs, 24g fat



**Avocado tuna salad sandwich**  
1 1/2 sandwich(es)- 555 cals



**Lowfat yogurt**  
1 container(s)- 181 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

### Dinner

715 cals, 60g protein, 31g net carbs, 36g fat



**Olive oil drizzled green beans**  
181 cals



**Vegan sausage**  
2 sausage(s)- 536 cals

## Day 2

1601 cals ● 123g protein (31%) ● 82g fat (46%) ● 76g carbs (19%) ● 18g fiber (5%)

### Lunch

775 cals, 39g protein, 44g net carbs, 46g fat



**Mixed nuts**  
1/6 cup(s)- 163 cals



**Rosemary mushroom cheese sandwich**  
1 1/2 sandwich(es)- 612 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

### Dinner

715 cals, 60g protein, 31g net carbs, 36g fat



**Olive oil drizzled green beans**  
181 cals



**Vegan sausage**  
2 sausage(s)- 536 cals

## Day 3

1631 cals ● 102g protein (25%) ● 36g fat (20%) ● 181g carbs (44%) ● 44g fiber (11%)

### Lunch

775 cals, 49g protein, 83g net carbs, 17g fat



**Easy chickpea salad**  
467 cals



**Lowfat Greek yogurt**  
2 container(s)- 310 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

### Dinner

745 cals, 29g protein, 97g net carbs, 19g fat



**Simple mixed greens salad**  
68 cals



**Chickpea bowl with spicy yogurt sauce**  
677 cals

## Day 4

1631 cals ● 102g protein (25%) ● 36g fat (20%) ● 181g carbs (44%) ● 44g fiber (11%)

### Lunch

775 cals, 49g protein, 83g net carbs, 17g fat



**Easy chickpea salad**  
467 cals



**Lowfat Greek yogurt**  
2 container(s)- 310 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

### Dinner

745 cals, 29g protein, 97g net carbs, 19g fat



**Simple mixed greens salad**  
68 cals



**Chickpea bowl with spicy yogurt sauce**  
677 cals

## Day 5

1567 cals ● 124g protein (32%) ● 75g fat (43%) ● 79g carbs (20%) ● 20g fiber (5%)

### Lunch

735 cals, 43g protein, 39g net carbs, 42g fat



**Tuna salad sandwich**  
1 sandwich(es)- 495 cals



**Simple mixed greens salad**  
237 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

### Dinner

725 cals, 56g protein, 39g net carbs, 33g fat



**Fruit juice**  
1 1/4 cup(s)- 143 cals




**Avocado tuna salad**  
582 cals


Day 6

1629 calsgreen105g protein (26%)orange69g fat (38%)blue121g carbs (30%)grey27g fiber (7%)

Lunch

735 calsgreen43g protein, 39g net carbs, 42g fat

Tuna salad sandwich  
1 sandwich(es)- 495 calsgreen

Simple mixed greens salad  
237 calsgreen


Protein Supplement(s)


110 calsgreen24g protein, 1g net carbs, 1g fat


Protein shake  
1 scoop- 109 calsgreen

Dinner

785 calsgreen37g protein, 82g net carbs, 26g fat

Dinner roll  
2 roll(s)- 154 calsgreen

White bean cassoulet  
385 calsgreen

Caprese salad  
249 calsgreen

Day 7

1598 calsgreen107g protein (27%)orange58g fat (33%)blue140g carbs (35%)grey22g fiber (6%)

Lunch

700 calsgreen45g protein, 58g net carbs, 31g fat

Kefir  
150 calsgreen

Tuna salad wrap  
1 wrap(s)- 552 calsgreen


Protein Supplement(s)


110 calsgreen24g protein, 1g net carbs, 1g fat


Protein shake  
1 scoop- 109 calsgreen

Dinner

785 calsgreen37g protein, 82g net carbs, 26g fat

Dinner roll  
2 roll(s)- 154 calsgreen

White bean cassoulet  
385 calsgreen

Caprese salad  
249 calsgreen

# Grocery List



## Beverages

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

## Spices and Herbs

- ☐ black pepper  
1 tsp (1g)
- ☐ salt  
1 tsp (3g)
- ☐ rosemary, dried  
3 dash (0g)
- ☐ balsamic vinegar  
2 tbsp (30mL)
- ☐ fresh basil  
9 1/4 tbsp leaves, whole (14g)

## Vegetables and Vegetable Products

- ☐ frozen green beans  
3 1/3 cup (403g)
- ☐ onion  
3 medium (2-1/2" dia) (321g)
- ☐ mushrooms  
2 1/4 oz (64g)
- ☐ tomatoes  
4 1/3 medium whole (2-3/5" dia) (532g)
- ☐ fresh parsley  
1 1/2 bunch (29g)
- ☐ raw celery  
1/8 bunch (66g)
- ☐ carrots  
2 large (144g)
- ☐ garlic  
2 clove(s) (6g)

## Fats and Oils

- ☐ olive oil  
5 tsp (25mL)
- ☐ salad dressing  
13 1/2 tbsp (203mL)
- ☐ oil  
1 oz (29mL)
- ☐ mayonnaise  
1/4 cup (68mL)
- ☐ balsamic vinaigrette  
2 1/3 tbsp (35mL)

## Fruits and Fruit Juices

- ☐ lime juice  
2 tsp (10mL)
- ☐ avocados  
1 avocado(s) (209g)
- ☐ fruit juice  
10 fl oz (300mL)

## Baked Products

- ☐ bread  
2/3 lbs (320g)
- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ flour tortillas  
1 tortilla (approx 10" dia) (72g)

## Finfish and Shellfish Products

- ☐ canned tuna  
4 1/2 can (784g)

## Dairy and Egg Products

- ☐ lowfat flavored yogurt  
1 container (6 oz) (170g)
- ☐ cheese  
3/4 cup, shredded (85g)
- ☐ lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- ☐ nonfat greek yogurt, plain  
6 tbsp (105g)
- ☐ fresh mozzarella cheese  
1/4 lbs (99g)
- ☐ kefir, flavored  
1 cup (240mL)

## Nut and Seed Products

- ☐ mixed nuts  
3 tbsp (25g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
2 tbsp (2mL)
- ☐ vegetable broth  
1/2 cup(s) (mL)

## Legumes and Legume Products

## Other

- ☐ **vegan sausage**  
4 sausage (400g)
- ☐ **mixed greens**  
4 package (5.5 oz) (648g)
- ☐ **sriracha chili sauce**  
1 tbsp (15g)

- ☐ **chickpeas, canned**  
3 1/2 can(s) (1568g)
- ☐ **white beans, canned**  
1 can(s) (439g)

## Cereal Grains and Pasta

- ☐ **long-grain white rice**  
3/4 cup (139g)
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# Recipes



## Lunch 1 [↗](#)

Eat on day 1

### Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

#### black pepper

3/4 dash (0g)

#### salt

3/4 dash (0g)

#### lime juice

1/4 tbsp (4mL)

#### avocados

3/8 avocado(s) (75g)

#### bread

3 slice (96g)

#### canned tuna, drained

3/4 can (129g)

#### onion, minced

1/6 small (13g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

## Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

#### lowfat flavored yogurt

1 container (6 oz) (170g)

1. The recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2

### Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



Makes 1/6 cup(s)

#### mixed nuts

3 tbsp (25g)

1. The recipe has no instructions.

## Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

### bread

3 slice(s) (96g)

### cheese

3/4 cup, shredded (85g)

### mushrooms

2 1/4 oz (64g)

### rosemary, dried

3 dash (0g)

### mixed greens

3/4 cup (23g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

## Lunch 3 [🔗](#)

Eat on day 3 and day 4

### Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

### 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)

For all 2 meals:

### balsamic vinegar

2 tbsp (30mL)

### apple cider vinegar

2 tbsp (2mL)

### chickpeas, canned, drained and rinsed

2 can(s) (896g)

### onion, thinly sliced

1 small (70g)

### tomatoes, halved

2 cup cherry tomatoes (298g)

### fresh parsley, chopped

6 sprigs (6g)

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

## Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber





For single meal:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 5 and day 6

### Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**canned tuna**  
5 oz (142g)  
**raw celery, chopped**  
1/2 stalk, small (5" long) (9g)

For all 2 meals:

**bread**  
4 slice (128g)  
**mayonnaise**  
3 tbsp (45mL)  
**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**canned tuna**  
10 oz (284g)  
**raw celery, chopped**  
1 stalk, small (5" long) (17g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber





For single meal:

**mixed greens**  
5 1/4 cup (158g)  
**salad dressing**  
1/3 cup (79mL)

For all 2 meals:

**mixed greens**  
10 1/2 cup (315g)  
**salad dressing**  
2/3 cup (158mL)

1. Mix greens and dressing in a small bowl.  
Serve.

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## Lunch 5 [↗](#)

Eat on day 7

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### Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



**kefir, flavored**  
1 cup (240mL)

1. Pour into a glass and drink.

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### Tuna salad wrap

1 wrap(s) - 552 cals ● 37g protein ● 29g fat ● 33g carbs ● 3g fiber



Makes 1 wrap(s)  
**canned tuna**  
5 oz (142g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**raw celery, chopped**  
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
  2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
  3. Spread the mixture over the tortilla and wrap it.
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## Dinner 1 [🔗](#)

Eat on day 1 and day 2

### Olive oil drizzled green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen green beans**  
1 2/3 cup (202g)  
**olive oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen green beans**  
3 1/3 cup (403g)  
**olive oil**  
5 tsp (25mL)

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

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

### Chickpea bowl with spicy yogurt sauce

677 cals ● 28g protein ● 14g fat ● 93g carbs ● 17g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**long-grain white rice**  
6 tbsp (69g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**sriracha chili sauce**  
1/2 tbsp (8g)  
**onion, diced**  
3/4 small (53g)  
**chickpeas, canned, rinsed & drained**  
3/4 can(s) (336g)  
**fresh parsley, chopped**  
3 tbsp chopped (11g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**long-grain white rice**  
3/4 cup (139g)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**sriracha chili sauce**  
1 tbsp (15g)  
**onion, diced**  
1 1/2 small (105g)  
**chickpeas, canned, rinsed & drained**  
1 1/2 can(s) (672g)  
**fresh parsley, chopped**  
6 tbsp chopped (23g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

## Dinner 3 [↗](#)

Eat on day 5

### Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

#### fruit juice

10 fl oz (300mL)

1. The recipe has no instructions.

### Avocado tuna salad

582 cals ● 54g protein ● 32g fat ● 8g carbs ● 11g fiber



#### avocados

2/3 avocado(s) (134g)

#### lime juice

1/2 tbsp (7mL)

#### salt

1 1/3 dash (1g)

#### black pepper

1 1/3 dash (0g)

#### mixed greens

1 1/3 cup (40g)

#### canned tuna

1 1/3 can (229g)

#### tomatoes

1/3 cup, chopped (60g)

#### onion, minced

1/3 small (23g)

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 6 and day 7

### 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.



## White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



For single meal:

**vegetable broth**  
1/4 cup(s) (mL)  
**oil**  
1/2 tbsp (8mL)  
**raw celery, thinly sliced**  
1/2 stalk, medium (7-1/2" - 8" long) (20g)  
**carrots, peeled & slices**  
1 large (72g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1 clove(s) (3g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)

For all 2 meals:

**vegetable broth**  
1/2 cup(s) (mL)  
**oil**  
1 tbsp (15mL)  
**raw celery, thinly sliced**  
1 stalk, medium (7-1/2" - 8" long) (40g)  
**carrots, peeled & slices**  
2 large (144g)  
**onion, diced**  
1 medium (2-1/2" dia) (110g)  
**garlic, minced**  
2 clove(s) (6g)  
**white beans, canned, drained & rinsed**  
1 can(s) (439g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

## Caprese salad

249 cals ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



For single meal:

**fresh mozzarella cheese**  
1 3/4 oz (50g)  
**mixed greens**  
5/8 package (5.5 oz) (90g)  
**fresh basil**  
1/4 cup leaves, whole (7g)  
**balsamic vinaigrette**  
3 1/2 tsp (17mL)  
**tomatoes, halved**  
9 1/3 tbsp cherry tomatoes (87g)

For all 2 meals:

**fresh mozzarella cheese**  
1/4 lbs (99g)  
**mixed greens**  
1 1/6 package (5.5 oz) (181g)  
**fresh basil**  
9 1/3 tbsp leaves, whole (14g)  
**balsamic vinaigrette**  
2 1/3 tbsp (35mL)  
**tomatoes, halved**  
56 tsp cherry tomatoes (174g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
  2. When serving, top with mozzarella and balsamic vinaigrette.
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# 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.