

Meal Plan - 1700 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

1749 cals ● 142g protein (32%) ● 32g fat (16%) ● 187g carbs (43%) ● 38g fiber (9%)

Lunch

815 cals, 70g protein, 64g net carbs, 26g fat



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



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

825 cals, 48g protein, 122g net carbs, 5g fat



Lentils
289 cals



Bbq cauliflower wings
535 cals

Day 2

1735 cals ● 108g protein (25%) ● 96g fat (50%) ● 86g carbs (20%) ● 24g fiber (6%)

Lunch

765 cals, 43g protein, 37g net carbs, 44g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Pumpkin seeds
183 cals



Smoked salmon stuffed avocado
1/2 avocado(s)- 271 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

860 cals, 41g protein, 48g net carbs, 51g fat



Patty melt
1 sandwich(es)- 500 cals



Simple mozzarella and tomato salad
363 cals

Day 3

1735 cals ● 108g protein (25%) ● 96g fat (50%) ● 86g carbs (20%) ● 24g fiber (6%)

Lunch

765 cals, 43g protein, 37g net carbs, 44g fat



Lowfat Greek yogurt

2 container(s)- 310 cals



Pumpkin seeds

183 cals



Smoked salmon stuffed avocado

1/2 avocado(s)- 271 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Dinner

860 cals, 41g protein, 48g net carbs, 51g fat



Patty melt

1 sandwich(es)- 500 cals



Simple mozzarella and tomato salad

363 cals

Day 4

1665 cals ● 139g protein (33%) ● 54g fat (29%) ● 130g carbs (31%) ● 26g fiber (6%)

Lunch

840 cals, 46g protein, 95g net carbs, 24g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Simple mixed greens and tomato salad

113 cals



Hummus & veggie deli sandwich

1 1/2 sandwich(es)- 554 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Dinner

715 cals, 69g protein, 34g net carbs, 29g fat



Avocado tuna salad stuffed pepper

2 half pepper(s)- 456 cals



Cottage cheese & fruit cup

2 container- 261 cals

Day 5

1665 cals ● 139g protein (33%) ● 54g fat (29%) ● 130g carbs (31%) ● 26g fiber (6%)

Lunch

840 cals, 46g protein, 95g net carbs, 24g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Simple mixed greens and tomato salad

113 cals



Hummus & veggie deli sandwich

1 1/2 sandwich(es)- 554 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Dinner

715 cals, 69g protein, 34g net carbs, 29g fat



Avocado tuna salad stuffed pepper

2 half pepper(s)- 456 cals



Cottage cheese & fruit cup

2 container- 261 cals

Day 6

1697 cals ● 107g protein (25%) ● 70g fat (37%) ● 128g carbs (30%) ● 33g fiber (8%)

Lunch

805 cals, 35g protein, 43g net carbs, 46g fat



Mixed bean salad

444 cals



Sunflower seeds

361 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Dinner

785 cals, 47g protein, 83g net carbs, 24g fat



Crispy chik'n tenders

6 tender(s)- 343 cals



Lentils

289 cals



Simple mixed greens and tomato salad

151 cals

Day 7

1697 cals ● 107g protein (25%) ● 70g fat (37%) ● 128g carbs (30%) ● 33g fiber (8%)

Lunch

805 cals, 35g protein, 43g net carbs, 46g fat



Mixed bean salad
444 cals



Sunflower seeds
361 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Dinner

785 cals, 47g protein, 83g net carbs, 24g fat



Crispy chik'n tenders
6 tender(s)- 343 cals



Lentils
289 cals



Simple mixed greens and tomato salad
151 cals



Grocery List



Beverages

- ☐ protein powder
7 scoop (1/3 cup ea) (217g)
- ☐ water
12 cup(s) (2844mL)

Spices and Herbs

- ☐ salt
1/4 oz (6g)
- ☐ black pepper
1/3 tsp (0g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ fresh basil
3 tbsp, chopped (8g)
- ☐ dried dill weed
4 dash (1g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ hummus
1/2 cup (135g)
- ☐ kidney beans
1 can (448g)
- ☐ chickpeas, canned
1/2 can(s) (224g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/2 cup (143g)

Other

- ☐ nutritional yeast
1/2 cup (30g)
- ☐ cottage cheese & fruit cup
6 container (1020g)
- ☐ veggie burger patty
2 patty (142g)
- ☐ mixed greens
10 1/2 cup (315g)
- ☐ plant-based deli slices
18 slices (187g)
- ☐ meatless chik'n tenders
12 pieces (306g)

Vegetables and Vegetable Products

Fruits and Fruit Juices

- ☐ lime juice
1 tbsp (14mL)
- ☐ avocados
2 1/2 avocado(s) (477g)
- ☐ lemon juice
1 fl oz (33mL)
- ☐ fruit juice
24 fl oz (720mL)

Baked Products

- ☐ bread
14 2/3 oz (416g)

Finfish and Shellfish Products

- ☐ canned tuna
2 3/4 can (473g)
- ☐ smoked salmon
1 1/2 oz (42g)

Fats and Oils

- ☐ vegan mayonnaise
4 tbsp (60g)
- ☐ oil
1 1/2 tbsp (23mL)
- ☐ balsamic vinaigrette
3 tbsp (46mL)
- ☐ salad dressing
2/3 cup (158mL)
- ☐ olive oil
2 tbsp (30mL)

Dairy and Egg Products

- ☐ fresh mozzarella cheese
6 oz (170g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ goat cheese
1 oz (28g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
4 oz (113g)

- ☐ **cauliflower**
2 head small (4" dia.) (530g)
 - ☐ **onion**
2 small (153g)
 - ☐ **tomatoes**
5 1/2 medium whole (2-3/5" dia) (670g)
 - ☐ **bell pepper**
2 large (328g)
 - ☐ **cucumber**
3/4 cucumber (8-1/4") (229g)
 - ☐ **garlic**
1 1/2 clove(s) (5g)
 - ☐ **ketchup**
3 tbsp (51g)
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Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cal ● 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.

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Lunch 2 [↗](#)

Eat on day 2 and day 3

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.
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Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.
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Smoked salmon stuffed avocado

1/2 avocado(s) - 271 cals ● 10g protein ● 22g fat ● 2g carbs ● 7g fiber



For single meal:	For all 2 meals:
smoked salmon	smoked salmon
3/4 oz (21g)	1 1/2 oz (42g)
goat cheese	goat cheese
1/2 oz (14g)	1 oz (28g)
lemon juice	lemon juice
1/4 tsp (1mL)	1/2 tsp (3mL)
avocados, halved, de-seeded, and de-skinned	avocados, halved, de-seeded, and de-skinned
1/2 avocado(s) (101g)	1 avocado(s) (201g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:	For all 2 meals:
fruit juice	fruit juice
12 fl oz (360mL)	24 fl oz (720mL)

1. The recipe has no instructions.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:	For all 2 meals:
mixed greens	mixed greens
2 1/4 cup (68g)	4 1/2 cup (135g)
tomatoes	tomatoes
6 tbsp cherry tomatoes (56g)	3/4 cup cherry tomatoes (112g)
salad dressing	salad dressing
2 1/4 tbsp (34mL)	1/4 cup (68mL)

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

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 6 and day 7

Mixed bean salad

444 cals ● 18g protein ● 17g fat ● 39g carbs ● 15g fiber



For single meal:

kidney beans, rinsed & drained
1/2 can (224g)
chickpeas, canned, rinsed & drained
1/4 can(s) (112g)
olive oil
1 tbsp (15mL)
dried dill weed
2 dash (0g)
lemon juice
1 tbsp (15mL)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
garlic, minced
3/4 clove(s) (2g)
onion, diced
1/4 small (18g)

For all 2 meals:

kidney beans, rinsed & drained
1 can (448g)
chickpeas, canned, rinsed & drained
1/2 can(s) (224g)
olive oil
2 tbsp (30mL)
dried dill weed
4 dash (1g)
lemon juice
2 tbsp (30mL)
cucumber, chopped
1/2 cucumber (8-1/4") (151g)
garlic, minced
1 1/2 clove(s) (5g)
onion, diced
1/2 small (35g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:
sunflower kernels
2 oz (57g)

For all 2 meals:
sunflower kernels
4 oz (113g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

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.

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Patty melt

1 sandwich(es) - 500 cal ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



For single meal:

bread
2 slice(s) (64g)
veggie burger patty
1 patty (71g)
dijon mustard
1/2 tbsp (8g)
vegan mayonnaise
2 tbsp (30g)
oil
3/4 tbsp (11mL)
onion, thinly sliced
1/2 small (35g)

For all 2 meals:

bread
4 slice(s) (128g)
veggie burger patty
2 patty (142g)
dijon mustard
1 tbsp (15g)
vegan mayonnaise
4 tbsp (60g)
oil
1 1/2 tbsp (23mL)
onion, thinly sliced
1 small (70g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

balsamic vinaigrette

1 1/2 tbsp (23mL)

fresh basil

1 1/2 tbsp, chopped (4g)

fresh mozzarella cheese, sliced

3 oz (85g)

tomatoes, sliced

1 large whole (3" dia) (205g)

For all 2 meals:

balsamic vinaigrette

3 tbsp (45mL)

fresh basil

3 tbsp, chopped (8g)

fresh mozzarella cheese, sliced

6 oz (170g)

tomatoes, sliced

2 1/4 large whole (3" dia) (410g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

canned tuna, drained

1 can (172g)

For all 2 meals:

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

canned tuna, drained

2 can (344g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:
cottage cheese & fruit cup
2 container (340g)

For all 2 meals:
cottage cheese & fruit cup
4 container (680g)

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

Dinner 4 [🔗](#)

Eat on day 6 and day 7

Crispy chik'n tenders

6 tender(s) - 343 cals ● 24g protein ● 14g fat ● 31g carbs ● 0g fiber



For single meal:
meatless chik'n tenders
6 pieces (153g)
ketchup
1 1/2 tbsp (26g)

For all 2 meals:
meatless chik'n tenders
12 pieces (306g)
ketchup
3 tbsp (51g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Lentils

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



For single meal:
water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:
water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

salad dressing

6 tbsp (90mL)

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

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.
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