

Meal Plan - 1800 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

1756 cals ● 133g protein (30%) ● 44g fat (23%) ● 180g carbs (41%) ● 26g fiber (6%)

Lunch

845 cals, 38g protein, 119g net carbs, 18g fat



[Lowfat yogurt](#)

2 container(s)- 362 cals



[Peach](#)

2 peach(es)- 132 cals



[Tempeh bacon & avocado bagel sandwich](#)

1/2 bagel(s)- 349 cals

Dinner

750 cals, 59g protein, 60g net carbs, 25g fat



[Lentils](#)

347 cals



[Honey dijon salmon](#)

6 oz- 402 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 2

1817 cals ● 145g protein (32%) ● 83g fat (41%) ● 87g carbs (19%) ● 36g fiber (8%)

Lunch

865 cals, 62g protein, 48g net carbs, 38g fat



[Basic tempeh](#)

8 oz- 590 cals



[Simple mixed greens salad](#)

102 cals



[Lentils](#)

174 cals

Dinner

790 cals, 47g protein, 38g net carbs, 44g fat



[Peach](#)

2 peach(es)- 132 cals



[Pan fried salmon poke bowl](#)

656 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 3

1782 cals ● 123g protein (28%) ● 60g fat (30%) ● 163g carbs (37%) ● 24g fiber (5%)

Lunch

815 cals, 41g protein, 68g net carbs, 40g fat



Clam chowder

1 can(s)- 364 cals



Sweet potato chips

25 chips- 193 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

800 cals, 46g protein, 94g net carbs, 20g fat



Lentils

231 cals



Vegan meatball sub

1 sub(s)- 468 cals



Simple mixed greens salad

102 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 4

1780 cals ● 126g protein (28%) ● 63g fat (32%) ● 150g carbs (34%) ● 27g fiber (6%)

Lunch

815 cals, 41g protein, 68g net carbs, 40g fat



Clam chowder

1 can(s)- 364 cals



Sweet potato chips

25 chips- 193 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

800 cals, 48g protein, 81g net carbs, 23g fat



Milk

1 1/2 cup(s)- 224 cals



Easy chickpea salad

350 cals



Teriyaki seitan with veggies and rice

226 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 5

1757 cals ● 131g protein (30%) ● 65g fat (34%) ● 126g carbs (29%) ● 35g fiber (8%)

Lunch

795 cals, 46g protein, 44g net carbs, 42g fat



Egg & avocado salad

531 cals



Cottage cheese & fruit cup

1 container- 131 cals



Peach

2 peach(es)- 132 cals

Dinner

800 cals, 48g protein, 81g net carbs, 23g fat



Milk

1 1/2 cup(s)- 224 cals



Easy chickpea salad

350 cals



Teriyaki seitan with veggies and rice

226 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 6

1765 cals ● 141g protein (32%) ● 73g fat (37%) ● 95g carbs (22%) ● 39g fiber (9%)

Lunch

770 cals, 40g protein, 73g net carbs, 26g fat



Milk

1 1/3 cup(s)- 199 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals



Grapes

203 cals

Dinner

830 cals, 65g protein, 21g net carbs, 46g fat



Brussels sprouts & broccoli salad

146 cals



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 7

1765 cals ● 141g protein (32%) ● 73g fat (37%) ● 95g carbs (22%) ● 39g fiber (9%)

Lunch

770 cals, 40g protein, 73g net carbs, 26g fat



Milk

1 1/3 cup(s)- 199 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals



Grapes

203 cals

Dinner

830 cals, 65g protein, 21g net carbs, 46g fat



Brussels sprouts & broccoli salad

146 cals



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Grocery List



Beverages

- protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- water
15 cup(s) (3515mL)

Spices and Herbs

- salt
3 g (3g)
- dijon mustard
1 1/2 tbsp (23g)
- ground cumin
1/2 dash (0g)
- onion powder
1/2 dash (0g)
- balsamic vinegar
1 1/2 tbsp (23mL)
- garlic powder
1/4 tbsp (2g)
- black pepper
4 dash (0g)

Legumes and Legume Products

- lentils, raw
1 cup (208g)
- tempeh
10 oz (284g)
- chickpeas, canned
1 1/2 can(s) (672g)

Finfish and Shellfish Products

- salmon
3/4 lbs (359g)
- canned tuna
4 can (688g)

Sweets

- honey
1 tbsp (21g)

Fats and Oils

- olive oil
3/4 oz (20mL)
- oil
1 oz (32mL)

Dairy and Egg Products

- lowfat flavored yogurt
2 container (6 oz) (340g)
- whole milk
5 2/3 cup(s) (1361mL)
- eggs
4 large (200g)
- parmesan cheese
1 tsp (2g)

Fruits and Fruit Juices

- peach
6 medium (2-2/3" dia) (900g)
- avocados
3 1/3 avocado(s) (670g)
- lime juice
5 tsp (24mL)
- grapes
7 cup (644g)

Baked Products

- bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)
- bread
4 slice (128g)

Other

- teriyaki sauce
2 oz (52mL)
- mixed greens
6 cup (175g)
- sweet potato chips
50 chips (71g)
- cottage cheese & fruit cup
5 container (850g)
- sub roll(s)
1 roll(s) (85g)
- nutritional yeast
1 tsp (1g)
- vegan meatballs, frozen
4 meatball(s) (120g)

Soups, Sauces, and Gravies

- canned clam chowder
2 can (18.5 oz) (1038g)
- pasta sauce
4 tbsp (65g)

salad dressing
1/4 cup (68mL)

apple cider vinegar
2 tbsp (2mL)

Vegetables and Vegetable Products

- garlic**
1/2 clove (2g)
- carrots**
5/6 medium (51g)
- cucumber**
3/8 cucumber (8-1/4") (125g)
- onion**
1 3/4 small (123g)
- tomatoes**
1 1/2 cup cherry tomatoes (224g)
- fresh parsley**
4 1/2 sprigs (5g)
- frozen mixed veggies**
1/3 package (10 oz ea) (96g)
- brussels sprouts**
1 cup, shredded (50g)
- broccoli**
1 cup chopped (91g)
- bell pepper**
3 large (492g)

Cereal Grains and Pasta

- long-grain white rice**
2 3/4 tbsp (31g)
- seitan**
4 oz (113g)

Nut and Seed Products

- almonds**
1 1/2 tbsp, slivered (10g)

Lunch 1 ↗

Eat on day 1

Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber

Makes 2 container(s)

lowfat flavored yogurt

2 container (6 oz) (340g)



1. The recipe has no instructions.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber

Makes 2 peach(es)

peach

2 medium (2-2/3" dia) (300g)



1. The recipe has no instructions.

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

bagel

1/2 medium bagel (3-1/2" to 4" dia) (53g)

ground cumin

1/2 dash (0g)

oil

1/4 tsp (1mL)

onion powder

1/2 dash (0g)

avocados, sliced

1/4 avocado(s) (50g)

tempeh, cut into strips

2 oz (57g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Lunch 2 ↗

Eat on day 2

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

1. Slice tempeh 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.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

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

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

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.

Lunch 3 ↗

Eat on day 3 and day 4

Clam chowder

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



For single meal:

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

For all 2 meals:

canned clam chowder
2 can (18.5 oz) (1038g)

1. Prepare according to instructions on package.

Sweet potato chips

25 chips - 193 cals ● 1g protein ● 13g fat ● 16g carbs ● 3g fiber



For single meal:

sweet potato chips
25 chips (35g)

For all 2 meals:

sweet potato chips
50 chips (71g)

1. Serve chips in a bowl and enjoy.

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.

Lunch 4 ↗

Eat on day 5

Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



garlic powder
1/4 tbsp (2g)
avocados
2/3 avocado(s) (134g)
mixed greens
1 1/3 cup (40g)
eggs, hard-boiled and chilled
4 large (200g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container
cottage cheese & fruit cup
1 container (170g)

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

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)
peach
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Lunch 5 ↗

Eat on day 6 and day 7

Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber

For single meal:



whole milk
1 1/3 cup(s) (320mL)

For all 2 meals:

whole milk
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
bread
2 slice (64g)
canned tuna, drained
1/2 can (86g)
onion, minced
1/8 small (9g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
lime juice
1 tsp (5mL)
avocados
1/2 avocado(s) (101g)
bread
4 slice (128g)
canned tuna, drained
1 can (172g)
onion, minced
1/4 small (18g)

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.

Grapes

203 cals ● 2g protein ● 1g fat ● 32g carbs ● 13g fiber



For single meal:

grapes
3 1/2 cup (322g)

For all 2 meals:

grapes
7 cup (644g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



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.

Honey dijon salmon

6 oz - 402 cals ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



Makes 6 oz

salmon

1 fillet/s (6 oz each) (170g)

dijon mustard

1 tbsp (15g)

honey

1/2 tbsp (11g)

olive oil

1 tsp (5mL)

garlic, minced

1/2 clove (2g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Dinner 2 ↗

Eat on day 2

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)

peach

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Pan fried salmon poke bowl

656 cals ● 44g protein ● 44g fat ● 14g carbs ● 8g fiber



oil
1 1/4 tsp (6mL)
salmon
6 2/3 oz (189g)
teriyaki sauce
5 tsp (25mL)
lime juice
1 tsp (4mL)
avocados, cubed
3/8 avocado(s) (84g)
carrots, thinly sliced
5/6 medium (51g)
cucumber, cubed
3/8 cucumber (8-1/4") (125g)

1. Heat oil in skillet over medium heat.
2. Season salmon with salt and pepper to taste.
3. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the salmon over with a spatula, and cook until it feels firm to the touch and the skin is crisp if desired, about 3 minutes more. Remove from heat and cut into bite-sized pieces. Set aside.
4. Assemble bowl by arranging avocado, cucumber, carrots, and salmon and drizzling lime juice and teriyaki sauce on top. Serve.

Dinner 3

Eat on day 3

Lentils

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



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

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.

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

sub roll(s)

1 roll(s) (85g)

nutritional yeast

1 tsp (1g)

pasta sauce

4 tbsp (65g)

vegan meatballs, frozen

4 meatball(s) (120g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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

Dinner 4 ↗

Eat on day 4 and day 5

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

whole milk

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

For all 2 meals:

whole milk

3 cup(s) (720mL)

1. The recipe has no instructions.

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 1/2 tbsp (23mL)
apple cider vinegar
1 1/2 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/2 can(s) (672g)
onion, thinly sliced
3/4 small (53g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
fresh parsley, chopped
4 1/2 sprigs (5g)

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

Teriyaki seitan with veggies and rice

226 cals ● 19g protein ● 4g fat ● 26g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
teriyaki sauce
2 2/3 tsp (13mL)
frozen mixed veggies
1/6 package (10 oz ea) (48g)
long-grain white rice
4 tsp (15g)
seitan, cut into strips
2 oz (57g)

For all 2 meals:

oil
1 tsp (5mL)
teriyaki sauce
1 3/4 tbsp (27mL)
frozen mixed veggies
1/3 package (10 oz ea) (96g)
long-grain white rice
2 2/3 tbsp (31g)
seitan, cut into strips
4 oz (113g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Dinner 5 ↗

Eat on day 6 and day 7

Brussels sprouts & broccoli salad

146 cals ● 4g protein ● 10g fat ● 8g carbs ● 3g fiber



For single meal:

almonds
3/4 tbsp, slivered (5g)
honey
1/4 tbsp (5g)
apple cider vinegar
1/4 tbsp (0mL)
dijon mustard
1/4 tbsp (4g)
olive oil
1/2 tbsp (8mL)
parmesan cheese
4 dash (1g)
brussels sprouts, sliced
1/2 cup, shredded (25g)
broccoli, chopped
1/2 cup chopped (46g)

For all 2 meals:

almonds
1 1/2 tbsp, slivered (10g)
honey
1/2 tbsp (11g)
apple cider vinegar
1/2 tbsp (0mL)
dijon mustard
1/2 tbsp (8g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tsp (2g)
brussels sprouts, sliced
1 cup, shredded (50g)
broccoli, chopped
1 cup chopped (91g)

1. Make dressing by mixing olive oil, dijon, honey, apple cider vinegar and some salt and pepper in a small bowl. Set aside.
2. Toss brussel sprouts, broccoli, and almonds in a bowl. Sprinkle parmesan and drizzle dressing on top. Serve.

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
bell pepper
1 1/2 large (246g)
onion
3/8 small (26g)
canned tuna, drained
1 1/2 can (258g)

For all 2 meals:

avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)
canned tuna, drained
3 can (516g)

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.

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.