

Meal Plan - 1900 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

1913 cals ● 153g protein (32%) ● 61g fat (29%) ● 153g carbs (32%) ● 34g fiber (7%)

Lunch

870 cals, 49g protein, 93g net carbs, 30g fat



[Rosemary mushroom cheese sandwich](#)

1 sandwich(es)- 408 cals



[Fruit juice](#)

1 1/3 cup(s)- 153 cals



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals

Dinner

880 cals, 68g protein, 58g net carbs, 31g fat



[Lentils](#)

289 cals



[Basic tempeh](#)

8 oz- 590 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 2

1888 cals ● 172g protein (36%) ● 73g fat (35%) ● 117g carbs (25%) ● 19g fiber (4%)

Lunch

840 cals, 58g protein, 65g net carbs, 33g fat



[Avocado tuna salad](#)

582 cals



[Fruit juice](#)

2 1/4 cup(s)- 258 cals

Dinner

885 cals, 77g protein, 51g net carbs, 39g fat



[Garlic pepper seitan](#)

799 cals



[Lentils](#)

87 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 3

1888 cals ● 172g protein (36%) ● 73g fat (35%) ● 117g carbs (25%) ● 19g fiber (4%)

Lunch

840 cals, 58g protein, 65g net carbs, 33g fat



Avocado tuna salad

582 cals



Fruit juice

2 1/4 cup(s)- 258 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dinner

885 cals, 77g protein, 51g net carbs, 39g fat



Garlic pepper seitan

799 cals



Lentils

87 cals

Day 4

1895 cals ● 137g protein (29%) ● 79g fat (37%) ● 138g carbs (29%) ● 22g fiber (5%)

Lunch

840 cals, 49g protein, 53g net carbs, 41g fat



Roasted peanuts

3/8 cup(s)- 345 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Dinner

895 cals, 52g protein, 83g net carbs, 37g fat



Buttery white rice

486 cals



Simple roasted cod

8 oz- 297 cals



Buttered lima beans

110 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 5

1895 cals ● 137g protein (29%) ● 79g fat (37%) ● 138g carbs (29%) ● 22g fiber (5%)

Lunch

840 cals, 49g protein, 53g net carbs, 41g fat



Roasted peanuts
3/8 cup(s)- 345 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Dinner

895 cals, 52g protein, 83g net carbs, 37g fat



Buttery white rice
486 cals



Simple roasted cod
8 oz- 297 cals



Buttered lima beans
110 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 6

1921 cals ● 183g protein (38%) ● 58g fat (27%) ● 122g carbs (25%) ● 44g fiber (9%)

Lunch

915 cals, 58g protein, 48g net carbs, 40g fat



Garlic collard greens
358 cals



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

Dinner

845 cals, 90g protein, 73g net carbs, 17g fat



Mixed vegetables
3/4 cup(s)- 73 cals



Fruit juice
1 3/4 cup(s)- 201 cals



Italian baked tilapia
14 oz- 571 cals

Protein Supplement(s)

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




Protein shake
1 1/2 scoop- 164 cals


Day 7

1921 calsgreen183g protein (38%)orange58g fat (27%)blue122g carbs (25%)grey44g fiber (9%)

Lunch

915 calsgreen58g protein, 48g net carbs, 40g fat


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Garlic collard greens
358 calsgreen
- 


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

Dinner

845 calsgreen90g protein, 73g net carbs, 17g fat

- 


Mixed vegetables
3/4 cup(s)- 73 calsgreen
- 

Fruit juice
1 3/4 cup(s)- 201 calsgreen
- 

Italian baked tilapia
14 oz- 571 calsgreen

Protein Supplement(s)

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

- 

Protein shake
1 1/2 scoop- 164 calsgreen



Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
15 1/2 cup (3686mL)

Spices and Herbs

- ☐ salt
1/2 oz (15g)
- ☐ rosemary, dried
2 dash (0g)
- ☐ black pepper
3 g (3g)

Legumes and Legume Products

- ☐ lentils, raw
2/3 cup (128g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ roasted peanuts
3/4 cup (110g)

Fats and Oils

- ☐ oil
2 1/3 oz (70mL)
- ☐ olive oil
6 3/4 tbsp (101mL)

Baked Products

- ☐ bread
9 oz (256g)

Dairy and Egg Products

- ☐ cheese
1/2 cup, shredded (57g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ butter
1/2 stick (52g)

Vegetables and Vegetable Products

- ☐ mushrooms
1 1/2 oz (43g)
- ☐ onion
2 2/3 medium (2-1/2" dia) (295g)

Other

- ☐ mixed greens
3 cup (95g)
- ☐ italian seasoning
3 1/2 tsp (13g)

Fruits and Fruit Juices

- ☐ fruit juice
74 2/3 fl oz (2240mL)
- ☐ avocados
2 avocado(s) (419g)
- ☐ lime juice
4 tsp (21mL)

Cereal Grains and Pasta

- ☐ seitan
18 2/3 oz (529g)
- ☐ long-grain white rice
1 cup (185g)

Finfish and Shellfish Products

- ☐ canned tuna
4 can (717g)
- ☐ cod, raw
1 lbs (453g)
- ☐ tilapia, raw
1 3/4 lbs (784g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

- ☐ **green pepper**
1/4 cup, chopped (43g)
 - ☐ **garlic**
12 1/2 clove(s) (38g)
 - ☐ **tomatoes**
2/3 cup, chopped (120g)
 - ☐ **lima beans, frozen**
1/2 package (10 oz) (142g)
 - ☐ **collard greens**
2 1/4 lbs (1021g)
 - ☐ **frozen mixed veggies**
1 1/2 cup (203g)
 - ☐ **canned crushed tomatoes**
1 1/6 can (472g)
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Lunch 1 [↗](#)

Eat on day 1

Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice(s) (64g)

cheese

1/2 cup, shredded (57g)

mushrooms

1 1/2 oz (43g)

rosemary, dried

2 dash (0g)

mixed greens

1/2 cup (15g)

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.

Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



Makes 1 1/3 cup(s)

fruit juice

10 2/3 fl oz (320mL)

1. The recipe has no instructions.

Lowfat Greek yogurt

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



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Avocado tuna salad

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



For single meal:

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)

For all 2 meals:

avocados
1 1/3 avocado(s) (268g)
lime juice
2 2/3 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 2/3 cup (80g)
canned tuna
2 2/3 can (459g)
tomatoes
2/3 cup, chopped (120g)
onion, minced
2/3 small (47g)

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.

Fruit juice

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber



For single meal:

fruit juice
18 fl oz (540mL)

For all 2 meals:

fruit juice
36 fl oz (1080mL)

1. The recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

roasted peanuts
6 tbsp (55g)

For all 2 meals:

roasted peanuts
3/4 cup (110g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Garlic collard greens

358 cals ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



For single meal:

collard greens
18 oz (510g)
oil
1 tbsp (17mL)
salt
1/4 tsp (2g)
garlic, minced
3 1/2 clove(s) (10g)

For all 2 meals:

collard greens
2 1/4 lbs (1021g)
oil
2 1/4 tbsp (34mL)
salt
1/2 tsp (3g)
garlic, minced
6 3/4 clove(s) (20g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Avocado tuna salad sandwich

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



For single meal:

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)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
lime juice
1/2 tbsp (8mL)
avocados
3/4 avocado(s) (151g)
bread
6 slice (192g)
canned tuna, drained
1 1/2 can (258g)
onion, minced
3/8 small (26g)

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.

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)

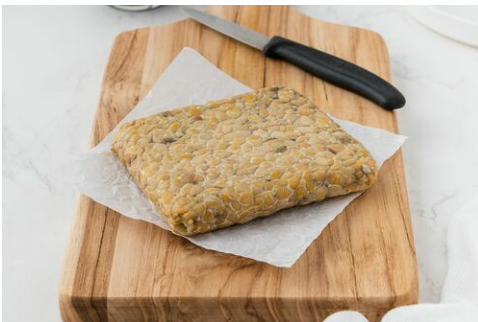
lentils, raw, rinsed

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.

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.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Garlic pepper seitan

799 cals ● 71g protein ● 39g fat ● 38g carbs ● 3g fiber



For single meal:

olive oil
2 1/3 tbsp (35mL)
onion
1/4 cup, chopped (47g)
green pepper
2 1/3 tbsp, chopped (22g)
black pepper
1/4 tsp, ground (1g)
water
3 1/2 tsp (17mL)
salt
1 dash (1g)
seitan, chicken style
9 1/3 oz (265g)
garlic, minced
3 clove(s) (9g)

For all 2 meals:

olive oil
1/4 cup (70mL)
onion
9 1/3 tbsp, chopped (93g)
green pepper
1/4 cup, chopped (43g)
black pepper
1/2 tsp, ground (1g)
water
2 1/3 tbsp (35mL)
salt
1/4 tsp (2g)
seitan, chicken style
18 2/3 oz (529g)
garlic, minced
6 clove(s) (17g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

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.

Dinner 3 [🔗](#)

Eat on day 4 and day 5

Buttery white rice

486 cals ● 7g protein ● 18g fat ● 73g carbs ● 1g fiber



For single meal:

black pepper
2 dash, ground (1g)
butter
1 1/2 tbsp (21g)
salt
4 dash (3g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

black pepper
4 dash, ground (1g)
butter
3 tbsp (43g)
salt
1 tsp (6g)
water
2 cup(s) (474mL)
long-grain white rice
1 cup (185g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Simple roasted cod

8 oz - 297 cals ● 40g protein ● 15g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
1 tbsp (15mL)
cod, raw
1/2 lbs (227g)

For all 2 meals:

olive oil
2 tbsp (30mL)
cod, raw
1 lbs (453g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

salt
1 dash (1g)
lima beans, frozen
1/4 package (10 oz) (71g)
butter
1 tsp (5g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

salt
2 dash (2g)
lima beans, frozen
1/2 package (10 oz) (142g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

frozen mixed veggies
3/4 cup (101g)

For all 2 meals:

frozen mixed veggies
1 1/2 cup (203g)

1. Prepare according to instructions on package.

Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

fruit juice
14 fl oz (420mL)

For all 2 meals:

fruit juice
28 fl oz (840mL)

1. The recipe has no instructions.

Italian baked tilapia

14 oz - 571 cals ● 83g protein ● 16g fat ● 19g carbs ● 6g fiber



For single meal:

italian seasoning

1 3/4 tsp (6g)

tilapia, raw

14 oz (392g)

canned crushed tomatoes

5/8 can (236g)

oil

1 3/4 tsp (9mL)

onion, chopped

5/8 medium (2-1/2" dia) (64g)

For all 2 meals:

italian seasoning

3 1/2 tsp (13g)

tilapia, raw

1 3/4 lbs (784g)

canned crushed tomatoes

1 1/6 can (472g)

oil

3 1/2 tsp (17mL)

onion, chopped

1 1/6 medium (2-1/2" dia) (128g)

1. Preheat the oven to 375°F (190°C). Heat the oil in an oven-proof pan over medium-high heat. Add the onion and cook for about 8 minutes, until soft and browned.
2. Stir in half of the tomatoes and half of the Italian seasoning. Season with a pinch of salt and pepper. Place the tilapia on top of the mixture, then spoon the remaining tomatoes and seasoning over the fish. Add another pinch of salt and pepper.
3. Transfer the pan to the oven and bake for about 15 minutes, or until the fish is cooked through. Keep an eye on it to avoid overcooking.

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.
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