

# Meal Plan - 2000 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

1995 cals ● 163g protein (33%) ● 75g fat (34%) ● 145g carbs (29%) ● 23g fiber (5%)

### Lunch

905 cals, 69g protein, 54g net carbs, 40g fat



[String cheese](#)

2 stick(s)- 165 cals



[Avocado tuna salad sandwich](#)

2 sandwich(es)- 740 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

925 cals, 58g protein, 90g net carbs, 34g fat



[Tomato cucumber salad](#)

71 cals



[Seitan philly cheesesteak](#)

1 1/2 sub(s)- 856 cals

## Day 2

2008 cals ● 128g protein (25%) ● 86g fat (39%) ● 158g carbs (32%) ● 22g fiber (4%)

### Lunch

920 cals, 34g protein, 67g net carbs, 51g fat



[Simple mixed greens salad](#)

271 cals



[Grilled cheese with mushrooms](#)

646 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Dinner

925 cals, 58g protein, 90g net carbs, 34g fat



[Tomato cucumber salad](#)

71 cals



[Seitan philly cheesesteak](#)

1 1/2 sub(s)- 856 cals

## Day 3

1966 cals ● 176g protein (36%) ● 68g fat (31%) ● 120g carbs (24%) ● 42g fiber (9%)

### Lunch

865 cals, 67g protein, 56g net carbs, 37g fat



**Almond crusted tilapia**  
9 oz- 635 cals



**Garlic parmesan roasted potatoes**  
230 cals

### Dinner

935 cals, 73g protein, 62g net carbs, 31g fat



**Broccoli**  
2 cup(s)- 58 cals



**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 4

1957 cals ● 127g protein (26%) ● 53g fat (25%) ● 201g carbs (41%) ● 42g fiber (9%)

### Lunch

855 cals, 17g protein, 137g net carbs, 22g fat



**White rice**  
3/4 cup rice, cooked- 164 cals



**Tomato soup**  
2 can(s)- 421 cals



**Simple mixed greens salad**  
271 cals

### Dinner

935 cals, 73g protein, 62g net carbs, 31g fat



**Broccoli**  
2 cup(s)- 58 cals



**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 5

2008 cals ● 143g protein (28%) ● 59g fat (26%) ● 192g carbs (38%) ● 35g fiber (7%)

### Lunch

960 cals, 33g protein, 80g net carbs, 47g fat



**Simple mixed greens and tomato salad**  
76 cals



**Chunky canned soup (creamy)**  
2 1/2 can(s)- 884 cals

### Dinner

885 cals, 74g protein, 111g net carbs, 11g fat



**Fruit juice**  
2 1/4 cup(s)- 258 cals



**Lentils**  
347 cals



**Cajun cod**  
9 oz- 281 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1961 cals ● 143g protein (29%) ● 61g fat (28%) ● 171g carbs (35%) ● 38g fiber (8%)

### Lunch

850 cals, 54g protein, 63g net carbs, 35g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Chunky canned soup (non-creamy)**  
2 1/2 can(s)- 618 cals

### Dinner

950 cals, 54g protein, 107g net carbs, 25g fat



**Pad thai with shrimp & egg**  
600 cals



**Easy chickpea salad**  
350 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 7

1961 cals ● 143g protein (29%) ● 61g fat (28%) ● 171g carbs (35%) ● 38g fiber (8%)

### Lunch

850 cals, 54g protein, 63g net carbs, 35g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Chunky canned soup (non-creamy)**  
2 1/2 can(s)- 618 cals

### Dinner

950 cals, 54g protein, 107g net carbs, 25g fat



**Pad thai with shrimp & egg**  
600 cals



**Easy chickpea salad**  
350 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
16 1/3 cup(s) (3870mL)

## Fats and Oils

- ☐ salad dressing  
1/2 lbs (233mL)
- ☐ oil  
2 3/4 oz (83mL)
- ☐ olive oil  
2 tbsp (31mL)

## Vegetables and Vegetable Products

- ☐ red onion  
1/2 small (35g)
- ☐ cucumber  
1/2 cucumber (8-1/4") (151g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (384g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (153g)
- ☐ bell pepper  
1 1/2 small (111g)
- ☐ mushrooms  
1 cup, chopped (70g)
- ☐ potatoes  
1/2 lbs (227g)
- ☐ garlic  
3 clove(s) (9g)
- ☐ frozen broccoli  
4 cup (364g)
- ☐ fresh parsley  
4 1/2 sprigs (5g)

## Other

- ☐ sub roll(s)  
3 roll(s) (255g)
- ☐ mixed greens  
13 1/2 cup (405g)
- ☐ italian seasoning  
1/3 tsp (1g)
- ☐ Pad Thai stir fry sauce  
4 tbsp (57g)

## Dairy and Egg Products

## Spices and Herbs

- ☐ black pepper  
1/2 g (0g)
- ☐ salt  
4 g (4g)
- ☐ thyme, dried  
2 tsp, ground (3g)
- ☐ cajun seasoning  
1 tbsp (7g)
- ☐ balsamic vinegar  
1 1/2 tbsp (23mL)

## Fruits and Fruit Juices

- ☐ lime juice  
1 tsp (5mL)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ fruit juice  
18 fl oz (540mL)
- ☐ limes  
2 fruit (2" dia) (134g)

## Baked Products

- ☐ bread  
9 oz (256g)

## Finfish and Shellfish Products

- ☐ canned tuna  
1 can (172g)
- ☐ tilapia, raw  
1/2 lbs (252g)
- ☐ cod, raw  
1/2 lbs (255g)
- ☐ shrimp, raw  
1/2 lbs (227g)

## Nut and Seed Products

- ☐ almonds  
6 tbsp, slivered (41g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 1/3 cup (256g)
- ☐ tempeh  
1 lbs (454g)

- ☐ **cheese**  
3 slice (1 oz each) (84g)
- ☐ **string cheese**  
2 stick (56g)
- ☐ **sliced cheese**  
2 slice (3/4 oz ea) (42g)
- ☐ **parmesan cheese**  
1 tbsp (6g)
- ☐ **eggs**  
2 large (100g)

### **Cereal Grains and Pasta**

- ☐ **seitan**  
1/2 lbs (255g)
- ☐ **all-purpose flour**  
1/4 cup(s) (31g)
- ☐ **long-grain white rice**  
4 tbsp (46g)
- ☐ **rice noodles**  
4 oz (114g)

- ☐ **roasted peanuts**  
3 1/4 oz (93g)
- ☐ **chickpeas, canned**  
1 1/2 can(s) (672g)

### **Soups, Sauces, and Gravies**

- ☐ **condensed canned tomato soup**  
2 can (10.5 oz) (596g)
  - ☐ **chunky canned soup (creamy varieties)**  
2 1/2 can (~19 oz) (1333g)
  - ☐ **chunky canned soup (non-creamy varieties)**  
5 can (~19 oz) (2630g)
  - ☐ **apple cider vinegar**  
1 1/2 tbsp (1mL)
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# Recipes



## Lunch 1 [↗](#)

Eat on day 1

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Avocado tuna salad sandwich

2 sandwich(es) - 740 cals ● 55g protein ● 29g fat ● 51g carbs ● 15g fiber



Makes 2 sandwich(es)

**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.

## Lunch 2 [↗](#)

Eat on day 2

### Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

## Grilled cheese with mushrooms

646 cals ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



**mushrooms**  
1 cup, chopped (70g)  
**olive oil**  
1 tbsp (15mL)  
**thyme, dried**  
2 tsp, ground (3g)  
**bread**  
4 slice(s) (128g)  
**sliced cheese**  
2 slice (3/4 oz ea) (42g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

## Lunch 3 [🔗](#)

Eat on day 3

### Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



Makes 9 oz  
**almonds**  
6 tbsp, slivered (41g)  
**tilapia, raw**  
1/2 lbs (252g)  
**all-purpose flour**  
1/4 cup(s) (31g)  
**salt**  
1 1/2 dash (1g)  
**olive oil**  
3/4 tbsp (11mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

### Garlic parmesan roasted potatoes

230 cals ● 6g protein ● 6g fat ● 32g carbs ● 6g fiber





**olive oil**  
1 tsp (5mL)  
**italian seasoning**  
1/3 tsp (1g)  
**parmesan cheese**  
2 2/3 tsp (6g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**potatoes, cut into large bite-sized pieces**  
1/2 lbs (227g)  
**garlic, minced**  
5/6 clove(s) (3g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Spread potatoes in one layer on the sheet.
3. Add olive oil, garlic, parmesan, and all seasonings to the potatoes. Toss to coat.
4. Bake 25-30 minutes until brown and crispy.
5. Serve.

## Lunch 4 [↗](#)

Eat on day 4

### White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber

Makes 3/4 cup rice, cooked



**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

### Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

**condensed canned tomato soup**  
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.



## Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

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## Lunch 5 [↗](#)

Eat on day 5

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

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### Chunky canned soup (creamy)

2 1/2 can(s) - 884 cals ● 31g protein ● 43g fat ● 75g carbs ● 20g fiber



Makes 2 1/2 can(s)

**chunky canned soup (creamy varieties)**  
2 1/2 can (~19 oz) (1333g)

1. Prepare according to instructions on package.
-

## Lunch 6 [🔗](#)

Eat on day 6 and day 7

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### Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. The recipe has no instructions.
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### Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cal ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
2 1/2 can (~19 oz) (1315g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

**salad dressing**  
1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 small (18g)  
**cucumber, thinly sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, thinly sliced**  
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

**salad dressing**  
2 tbsp (30mL)  
**red onion, thinly sliced**  
1/2 small (35g)  
**cucumber, thinly sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, thinly sliced**  
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

### Seitan Philly cheesesteak

1 1/2 sub(s) - 856 cal ● 56g protein ● 31g fat ● 83g carbs ● 5g fiber



For single meal:

**sub roll(s)**  
1 1/2 roll(s) (128g)  
**oil**  
3/4 tbsp (11mL)  
**cheese**  
1 1/2 slice (1 oz each) (42g)  
**seitan, cut into strips**  
1/4 lbs (128g)  
**onion, chopped**  
3/8 medium (2-1/2" dia) (41g)  
**bell pepper, sliced**  
3/4 small (56g)

For all 2 meals:

**sub roll(s)**  
3 roll(s) (255g)  
**oil**  
1 1/2 tbsp (23mL)  
**cheese**  
3 slice (1 oz each) (84g)  
**seitan, cut into strips**  
1/2 lbs (255g)  
**onion, chopped**  
3/4 medium (2-1/2" dia) (83g)  
**bell pepper, sliced**  
1 1/2 small (111g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**frozen broccoli**  
2 cup (182g)

For all 2 meals:

**frozen broccoli**  
4 cup (364g)

1. Prepare according to instructions on package.

### 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.

### Basic tempeh

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



For single meal:

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

For all 2 meals:

**tempeh**  
1 lbs (454g)  
**oil**  
2 2/3 tbsp (40mL)

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 3 [↗](#)

Eat on day 5

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### Fruit juice

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



Makes 2 1/4 cup(s)

**fruit juice**  
18 fl oz (540mL)

1. The recipe has no instructions.

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### 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.

### Cajun cod

9 oz - 281 cals ● 46g protein ● 9g fat ● 3g carbs ● 1g fiber



Makes 9 oz

**cod, raw**  
1/2 lbs (255g)  
**cajun seasoning**  
1 tbsp (7g)  
**oil**  
1/2 tbsp (8mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
  2. In a non-stick skillet, add the oil and heat the pan.
  3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
  4. Let sit a couple minutes and serve.
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## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Pad thai with shrimp & egg

600 cals ● 36g protein ● 18g fat ● 70g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
1 large (50g)  
**rice noodles**  
2 oz (57g)  
**Pad Thai stir fry sauce**  
2 tbsp (28g)  
**limes**  
1 fruit (2" dia) (67g)  
**shrimp, raw, peeled and deveined**  
4 oz (113g)  
**roasted peanuts, crushed**  
10 peanut(s) (10g)  
**garlic, diced**  
1 clove (3g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
2 large (100g)  
**rice noodles**  
4 oz (114g)  
**Pad Thai stir fry sauce**  
4 tbsp (57g)  
**limes**  
2 fruit (2" dia) (134g)  
**shrimp, raw, peeled and deveined**  
1/2 lbs (227g)  
**roasted peanuts, crushed**  
20 peanut(s) (20g)  
**garlic, diced**  
2 clove (6g)

1. Cook rice noodles according to package. Drain and set aside.
2. Heat the oil in a skillet over medium heat. Add the garlic and saute until fragrant, about a minute.
3. Add the egg and scramble it until lightly set- about 30 seconds.
4. Add the shrimp and cook until the shrimp and egg are mostly done- about 3 minutes.
5. Add in the rice noodles and the Pad Thai sauce and cook for a few more minutes until heated through.
6. Transfer to a serving plate and top with crushed peanuts and lime wedges (optional).

### 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!

# Protein Supplement(s) [↗](#)

Eat every day

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## Protein shake

1 1/2 scoop - 164 cal● 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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