

Meal Plan - 2100 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

2109 cals ● 179g protein (34%) ● 103g fat (44%) ● 90g carbs (17%) ● 26g fiber (5%)

Lunch

1000 cals, 66g protein, 74g net carbs, 43g fat



[Avocado tuna salad stuffed pepper](#)
2 half pepper(s)- 456 cals



[Lowfat yogurt](#)
2 container(s)- 362 cals



[Sunflower seeds](#)
180 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Dinner

945 cals, 77g protein, 15g net carbs, 59g fat



[Roasted peanuts](#)
1/6 cup(s)- 153 cals



[Avocado tuna salad](#)
545 cals



[String cheese](#)
3 stick(s)- 248 cals

Day 2

2149 cals ● 139g protein (26%) ● 82g fat (34%) ● 177g carbs (33%) ● 37g fiber (7%)

Lunch

1045 cals, 49g protein, 121g net carbs, 36g fat



[Crispy chik'n tenders](#)
9 tender(s)- 514 cals



[Banana](#)
3 banana(s)- 350 cals



[Pumpkin seeds](#)
183 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Dinner

940 cals, 53g protein, 56g net carbs, 45g fat



[Basic tempeh](#)
8 oz- 590 cals



[Baked fries](#)
290 cals



[Cooked peppers](#)
1/2 bell pepper(s)- 60 cals

Day 3

2149 cals ● 139g protein (26%) ● 82g fat (34%) ● 177g carbs (33%) ● 37g fiber (7%)

Lunch

1045 cals, 49g protein, 121g net carbs, 36g fat



Crispy chik'n tenders
9 tender(s)- 514 cals



Banana
3 banana(s)- 350 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

940 cals, 53g protein, 56g net carbs, 45g fat



Basic tempeh
8 oz- 590 cals



Baked fries
290 cals



Cooked peppers
1/2 bell pepper(s)- 60 cals

Day 4

2083 cals ● 144g protein (28%) ● 98g fat (42%) ● 128g carbs (25%) ● 29g fiber (5%)

Lunch

940 cals, 80g protein, 55g net carbs, 40g fat



Mashed sweet potatoes with butter
374 cals



Broiled tilapia
13 1/3 oz- 567 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Dinner

980 cals, 28g protein, 71g net carbs, 57g fat



Flatbread margherita pizza
633 cals



Simple kale & avocado salad
345 cals

Day 5

2067 cals ● 133g protein (26%) ● 57g fat (25%) ● 198g carbs (38%) ● 57g fiber (11%)

Lunch

935 cals, 56g protein, 108g net carbs, 24g fat



Vegan meatball sub
2 sub(s)- 936 cals

Dinner

970 cals, 41g protein, 88g net carbs, 33g fat



Teriyaki chickpea stir fry
738 cals



Simple kale & avocado salad
230 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 6

2067 cals ● 133g protein (26%) ● 57g fat (25%) ● 198g carbs (38%) ● 57g fiber (11%)

Lunch

935 cals, 56g protein, 108g net carbs, 24g fat



Vegan meatball sub
2 sub(s)- 936 cals

Dinner

970 cals, 41g protein, 88g net carbs, 33g fat



Teriyaki chickpea stir fry
738 cals



Simple kale & avocado salad
230 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 7

2076 cals ● 167g protein (32%) ● 102g fat (44%) ● 89g carbs (17%) ● 33g fiber (6%)

Lunch

985 cals, 47g protein, 42g net carbs, 60g fat



Roasted peanuts
3/8 cup(s)- 383 cals



Avocado tuna salad sandwich
1 sandwich(es)- 370 cals



Simple kale & avocado salad
230 cals

Dinner

930 cals, 83g protein, 46g net carbs, 42g fat



Garlic pepper seitan
856 cals



Broccoli
2 1/2 cup(s)- 73 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Legumes and Legume Products

- ☐ roasted peanuts
9 1/4 tbsp (85g)
- ☐ tempeh
1 lbs (454g)
- ☐ chickpeas, canned
2 can(s) (896g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (729g)
- ☐ lime juice
1 tbsp (14mL)
- ☐ banana
6 medium (7" to 7-7/8" long) (708g)
- ☐ lemon juice
2 1/2 tsp (12mL)
- ☐ lemon
2 1/4 small (131g)

Spices and Herbs

- ☐ salt
5 g (5g)
- ☐ black pepper
2 g (2g)
- ☐ fresh basil
6 leaves (3g)
- ☐ balsamic vinegar
1 1/2 tbsp (23mL)

Other

- ☐ mixed greens
1 1/4 cup (38g)
- ☐ meatless chik'n tenders
18 pieces (459g)
- ☐ sub roll(s)
4 roll(s) (340g)
- ☐ nutritional yeast
4 tsp (5g)
- ☐ vegan meatballs, frozen
16 meatball(s) (480g)
- ☐ teriyaki sauce
1/2 cup (120mL)

Finfish and Shellfish Products

- ☐ canned tuna
2 3/4 can (473g)

Dairy and Egg Products

- ☐ string cheese
3 stick (84g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ butter
1 tbsp (14g)
- ☐ mozzarella cheese, shredded
1/2 cup (43g)

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
2/3 gallon (2534mL)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Fats and Oils

- ☐ oil
3 oz (86mL)
- ☐ olive oil
2 2/3 oz (85mL)

Baked Products

- ☐ naan bread
1 piece(s) (90g)
- ☐ bread
2 slice (64g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 cup (260g)

Cereal Grains and Pasta

- ☐ seitan
10 oz (284g)

- ☐ **tilapia, raw**
13 1/4 oz (373g)

Vegetables and Vegetable Products

- ☐ **tomatoes**
1 1/2 medium whole (2-3/5" dia) (179g)
 - ☐ **onion**
1 medium (2-1/2" dia) (98g)
 - ☐ **bell pepper**
2 large (328g)
 - ☐ **ketchup**
1/4 cup (77g)
 - ☐ **potatoes**
1 1/2 large (3" to 4-1/4" dia.) (554g)
 - ☐ **sweet potatoes**
1 1/2 sweetpotato, 5" long (315g)
 - ☐ **garlic**
6 clove(s) (18g)
 - ☐ **kale leaves**
2 1/4 bunch (383g)
 - ☐ **frozen mixed veggies**
2 10oz package (568g)
 - ☐ **green pepper**
2 1/2 tbsp, chopped (23g)
 - ☐ **frozen broccoli**
2 1/2 cup (228g)
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Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

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



Makes 2 half pepper(s)

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)

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.

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.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



sunflower kernels

1 oz (28g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Crispy chik'n tenders

9 tender(s) - 514 cals ● 36g protein ● 20g fat ● 46g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

9 pieces (230g)

ketchup

2 1/4 tbsp (38g)

For all 2 meals:

meatless chik'n tenders

18 pieces (459g)

ketchup

1/4 cup (77g)

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

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



For single meal:

banana

3 medium (7" to 7-7/8" long) (354g)

For all 2 meals:

banana

6 medium (7" to 7-7/8" long) (708g)

1. The recipe has no instructions.

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.

Lunch 3 [↗](#)

Eat on day 4

Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

butter

1 tbsp (14g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Broiled tilapia

13 1/3 oz - 567 cals ● 75g protein ● 29g fat ● 1g carbs ● 0g fiber



Makes 13 1/3 oz

lemon juice

2 1/2 tsp (13mL)

black pepper

1/2 tsp, ground (1g)

tilapia, raw

13 1/3 oz (373g)

olive oil

5 tsp (25mL)

salt

1/2 tsp (3g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
 2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
 3. Season with salt and pepper.
 4. Arrange fillets in a single layer on prepared pan.
 5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

For all 2 meals:

sub roll(s)
4 roll(s) (340g)
nutritional yeast
4 tsp (5g)
pasta sauce
1 cup (260g)
vegan meatballs, frozen
16 meatball(s) (480g)

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.

Lunch 5 [↗](#)

Eat on day 7

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

roasted peanuts
6 2/3 tbsp (61g)

1. The recipe has no instructions.

Avocado tuna salad sandwich

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



Makes 1 sandwich(es)

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)

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.

Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped

1/2 bunch (85g)

avocados, chopped

1/2 avocado(s) (101g)

lemon, juiced

1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 1 [↗](#)

Eat on day 1

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

roasted peanuts

2 2/3 tbsp (24g)



1. The recipe has no instructions.

Avocado tuna salad

545 cal ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)
onion, minced
1/3 small (22g)

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.

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

string cheese
3 stick (84g)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2 and day 3

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.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

oil

3/4 tbsp (11mL)

For all 2 meals:

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

oil

1 1/2 tbsp (23mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil

1 tsp (5mL)

bell pepper, seeded & cut into strips

1/2 large (82g)

For all 2 meals:

oil

2 tsp (10mL)

bell pepper, seeded & cut into strips

1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
 2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.
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Dinner 3 [↗](#)

Eat on day 4

Flatbread margherita pizza

633 cals ● 21g protein ● 34g fat ● 57g carbs ● 4g fiber



naan bread

1 piece(s) (90g)

mozzarella cheese, shredded

1/2 cup (43g)

fresh basil

6 leaves (3g)

olive oil

1 1/2 tbsp (23mL)

balsamic vinegar

1 1/2 tbsp (23mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

garlic, finely diced

3 clove(s) (9g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



kale leaves, chopped

3/4 bunch (128g)

avocados, chopped

3/4 avocado(s) (151g)

lemon, juiced

3/4 small (44g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Teriyaki chickpea stir fry

738 cals ● 36g protein ● 17g fat ● 79g carbs ● 31g fiber



For single meal:

frozen mixed veggies
1 10oz package (284g)
oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)

For all 2 meals:

frozen mixed veggies
2 10oz package (568g)
oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
chickpeas, canned, drained and rinsed
2 can(s) (896g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 5 [↗](#)

Eat on day 7

Garlic pepper seitan

856 cals ● 77g protein ● 42g fat ● 41g carbs ● 3g fiber



olive oil

2 1/2 tbsp (38mL)

onion

5 tbsp, chopped (50g)

green pepper

2 1/2 tbsp, chopped (23g)

black pepper

1/3 tsp, ground (1g)

water

1 1/4 tbsp (19mL)

salt

1 1/4 dash (1g)

seitan, chicken style

10 oz (284g)

garlic, minced

3 clove(s) (9g)

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.

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

frozen broccoli

2 1/2 cup (228g)

1. Prepare according to instructions on package.

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.
