

Meal Plan - 2200 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

2214 cals ● 138g protein (25%) ● 101g fat (41%) ● 157g carbs (28%) ● 32g fiber (6%)

Lunch

1015 cals, 46g protein, 75g net carbs, 54g fat



Roasted almonds
3/8 cup(s)- 370 cals



String cheese
4 stick(s)- 331 cals



Tomato soup
1 1/2 can(s)- 316 cals

Dinner

1035 cals, 56g protein, 81g net carbs, 46g fat



Mixed nuts
1/4 cup(s)- 218 cals



Pesto chickpeas & quinoa bowl
556 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 2

2168 cals ● 162g protein (30%) ● 94g fat (39%) ● 141g carbs (26%) ● 30g fiber (5%)

Lunch

1000 cals, 48g protein, 66g net carbs, 55g fat



Tomato and avocado salad
391 cals



Crispy chik'n tenders
10 2/3 tender(s)- 609 cals

Dinner

1005 cals, 77g protein, 74g net carbs, 38g fat



Lowfat Greek yogurt
3 container(s)- 465 cals



Seitan salad
539 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 3

2227 cals ● 169g protein (30%) ● 111g fat (45%) ● 101g carbs (18%) ● 38g fiber (7%)

Lunch

1035 cals, 49g protein, 80g net carbs, 52g fat



Mediterranean chik'n wrap
2 wrap(s)- 813 cals



Roasted almonds
1/4 cup(s)- 222 cals

Dinner

1030 cals, 83g protein, 20g net carbs, 58g fat



Avocado tuna salad stuffed pepper
4 half pepper(s)- 911 cals



Tomato and avocado salad
117 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 4

2232 cals ● 164g protein (29%) ● 116g fat (47%) ● 98g carbs (18%) ● 36g fiber (6%)

Lunch

1040 cals, 44g protein, 76g net carbs, 58g fat



Cottage cheese & fruit cup
1 container- 131 cals



Clam chowder
2 1/2 can(s)- 910 cals

Dinner

1030 cals, 83g protein, 20g net carbs, 58g fat



Avocado tuna salad stuffed pepper
4 half pepper(s)- 911 cals



Tomato and avocado salad
117 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 5

2246 cals ● 139g protein (25%) ● 66g fat (26%) ● 220g carbs (39%) ● 54g fiber (10%)

Lunch

1050 cals, 47g protein, 126g net carbs, 23g fat



White bean cassoulet
962 cals



Simple salad with celery, cucumber & tomato
85 cals

Dinner

1035 cals, 56g protein, 93g net carbs, 42g fat



Simple mixed greens and tomato salad
151 cals



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



Vegan sausage & veggie sheet pan
720 cals

Protein Supplement(s)

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




Protein shake
1 1/2 scoop- 164 cals


Day 6

2183 calsgreen154g protein (28%)orange53g fat (22%)blue233g carbs (43%)grey40g fiber (7%)

Lunch


1050 calsgreen36g protein, 151g net carbs, 24g fat

Veggie burger
3 burger- 825 calsgreen

Roasted butternut squash
2 cup- 226 calsgreen

Protein Supplement(s)


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

Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

970 calsgreen82g protein, 80g net carbs, 28g fat

Lentils
405 calsgreen


Almond crusted tilapia
8 oz- 565 calsgreen


Day 7

2183 calsgreen154g protein (28%)orange53g fat (22%)blue233g carbs (43%)grey40g fiber (7%)

Lunch


1050 calsgreen36g protein, 151g net carbs, 24g fat

Veggie burger
3 burger- 825 calsgreen

Roasted butternut squash
2 cup- 226 calsgreen

Protein Supplement(s)


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

Protein shake
1 1/2 scoop- 164 calsgreen

Dinner

970 calsgreen82g protein, 80g net carbs, 28g fat

Lentils
405 calsgreen

Almond crusted tilapia
8 oz- 565 calsgreen

Nut and Seed Products

- ☐ mixed nuts
4 tbsp (34g)
- ☐ almonds
6 oz (167g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
4 tbsp (43g)
- ☐ seitan
1/4 lbs (128g)
- ☐ long-grain white rice
4 tbsp (46g)
- ☐ all-purpose flour
1/2 cup(s) (55g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
2 tbsp (31g)
- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)
- ☐ canned clam chowder
2 1/2 can (18.5 oz) (1298g)
- ☐ vegetable broth
5/8 cup(s) (mL)

Fats and Oils

- ☐ oil
2 oz (65mL)
- ☐ olive oil
2 tbsp (30mL)
- ☐ salad dressing
1/3 cup (83mL)

Vegetables and Vegetable Products

- ☐ mushrooms
1 cup, chopped (70g)
- ☐ bell pepper
4 1/2 large (738g)
- ☐ onion
2 1/4 medium (2-1/2" dia) (248g)
- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (463g)
- ☐ ketchup
1/2 cup (147g)
- ☐ fresh spinach
3 cup(s) (90g)

Legumes and Legume Products

- ☐ chickpeas, canned
1/2 can(s) (224g)
- ☐ hummus
4 tbsp (60g)
- ☐ white beans, canned
1 1/4 can(s) (549g)
- ☐ lentils, raw
56 tsp (224g)

Other

- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ meatless chik'n tenders
14 1/2 oz (414g)
- ☐ nutritional yeast
1/2 tbsp (2g)
- ☐ mixed greens
2 package (5.5 oz) (327g)
- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ veggie burger patty
6 patty (426g)

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
15 2/3 cup(s) (3714mL)

Dairy and Egg Products

- ☐ string cheese
4 stick (112g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ feta cheese
4 tbsp (38g)

Fruits and Fruit Juices

- ☐ lime juice
2 fl oz (60mL)
- ☐ avocados
3 3/4 avocado(s) (745g)

Spices and Herbs

- ☐ **cucumber**
1/2 cucumber (8-1/4") (152g)
- ☐ **raw celery**
2 stalk, medium (7-1/2" - 8" long) (77g)
- ☐ **carrots**
4 1/2 medium (272g)
- ☐ **garlic**
2 1/2 clove(s) (8g)
- ☐ **broccoli**
1 1/2 cup chopped (137g)
- ☐ **potatoes**
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)
- ☐ **butternut squash, raw**
4 cup, cubes (560g)

- ☐ **garlic powder**
1/4 tbsp (2g)
- ☐ **salt**
1/3 oz (8g)
- ☐ **black pepper**
2 g (2g)

Finfish and Shellfish Products

- ☐ **canned tuna**
4 can (688g)
- ☐ **tilapia, raw**
1 lbs (448g)

Baked Products

- ☐ **flour tortillas**
2 tortilla (approx 7-8" dia) (98g)
 - ☐ **hamburger buns**
6 bun(s) (306g)
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Lunch 1 [↗](#)

Eat on day 1

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



Makes 4 stick(s)

string cheese

4 stick (112g)

1. The recipe has no instructions.

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup

1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



onion

5 tsp minced (25g)

lime juice

5 tsp (25mL)

olive oil

1 1/4 tsp (6mL)

garlic powder

1/2 tsp (1g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

avocados, cubed

5/6 avocado(s) (168g)

tomatoes, diced

5/6 medium whole (2-3/5" dia) (103g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Crispy chik'n tenders

10 2/3 tender(s) - 609 cals ● 43g protein ● 24g fat ● 55g carbs ● 0g fiber



Makes 10 2/3 tender(s)

meatless chik'n tenders

10 2/3 pieces (272g)

ketchup

2 2/3 tbsp (45g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 3 [↗](#)

Eat on day 3

Mediterranean chik'n wrap

2 wrap(s) - 813 cals ● 42g protein ● 34g fat ● 77g carbs ● 8g fiber



Makes 2 wrap(s)

feta cheese

4 tbsp (38g)

hummus

4 tbsp (60g)

mixed greens

1/2 cup (15g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

meatless chik'n tenders

5 oz (142g)

tomatoes, chopped

2 slice(s), thin/small (30g)

cucumber, chopped

1/2 cup slices (52g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 4

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.

Clam chowder

2 1/2 can(s) - 910 cals ● 30g protein ● 55g fat ● 63g carbs ● 11g fiber



Makes 2 1/2 can(s)

canned clam chowder
2 1/2 can (18.5 oz) (1298g)

1. Prepare according to instructions on package.

Lunch 5 [🔗](#)

Eat on day 5

White bean cassoulet

962 cals ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



vegetable broth
5/8 cup(s) (mL)
oil
1 1/4 tbsp (19mL)
raw celery, thinly sliced
1 1/4 stalk, medium (7-1/2" - 8" long) (50g)
carrots, peeled & slices
2 1/2 large (180g)
onion, diced
1 1/4 medium (2-1/2" dia) (138g)
garlic, minced
2 1/2 clove(s) (8g)
white beans, canned, drained & rinsed
1 1/4 can(s) (549g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



salad dressing
3 tsp (15mL)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long) (27g)
mixed greens
1/3 package (5.5 oz) (52g)
cucumber, sliced
1/3 cucumber (8-1/4") (100g)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)

1. Mix all vegetables in a large bowl.
 2. Drizzle salad dressing over when serving.
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Lunch 6 [↗](#)

Eat on day 6 and day 7

Veggie burger

3 burger - 825 cals ● 33g protein ● 15g fat ● 124g carbs ● 17g fiber



For single meal:

hamburger buns

3 bun(s) (153g)

ketchup

3 tbsp (51g)

mixed greens

3 oz (85g)

veggie burger patty

3 patty (213g)

For all 2 meals:

hamburger buns

6 bun(s) (306g)

ketchup

6 tbsp (102g)

mixed greens

6 oz (170g)

veggie burger patty

6 patty (426g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Roasted butternut squash

2 cup - 226 cals ● 3g protein ● 9g fat ● 27g carbs ● 6g fiber



For single meal:

oil

2 tsp (10mL)

butternut squash, raw

2 cup, cubes (280g)

For all 2 meals:

oil

4 tsp (20mL)

butternut squash, raw

4 cup, cubes (560g)

1. Preheat the oven to 400°F (200°C).
2. Peel the butternut squash using a vegetable peeler. Cut off the ends, halve it lengthwise, and scoop out and discard the seeds. Dice the squash into bite-sized cubes.
3. Place the squash cubes on a baking sheet and drizzle with oil and season with salt and pepper. Toss to coat evenly.
4. Roast for about 25-30 minutes or until the squash is fork-tender and has a golden color, stirring halfway through the roasting time. Serve.

Dinner 1 [↗](#)

Eat on day 1

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.

Pesto chickpeas & quinoa bowl

556 cals ● 21g protein ● 23g fat ● 50g carbs ● 16g fiber



quinoa, uncooked

4 tbsp (43g)

pesto sauce

2 tbsp (31g)

oil

1 tsp (5mL)

mushrooms

1 cup, chopped (70g)

chickpeas, canned, drained and rinsed

1/2 can(s) (224g)

bell pepper, sliced

1/2 large (82g)

1. Cook quinoa according to package. Set aside.
2. Preheat oven to 400°F (200°C). Place chickpeas, mushrooms, and bell pepper strips on a sheet pan. Drizzle with oil, sprinkle some salt/pepper, and toss to coat.
3. Roast chickpeas and veggies for about 20 minutes, stirring once halfway through.
4. Remove chickpeas and veggies from oven and toss with pesto. Serve with the quinoa.

Cottage cheese & fruit cup

2 container - 261 cals ● 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.

Dinner 2 [↗](#)

Eat on day 2

Lowfat Greek yogurt

3 container(s) - 465 cal ● 37g protein ● 12g fat ● 49g carbs ● 5g fiber



Makes 3 container(s)

lowfat flavored greek yogurt

3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

Seitan salad

539 cal ● 40g protein ● 27g fat ● 25g carbs ● 10g fiber



oil

1/2 tbsp (8mL)

nutritional yeast

1/2 tbsp (2g)

salad dressing

1 1/2 tbsp (23mL)

fresh spinach

3 cup(s) (90g)

seitan, crumbled or sliced

1/4 lbs (128g)

tomatoes, halved

9 cherry tomatoes (153g)

avocados, chopped

3/8 avocado(s) (75g)

1. Heat the oil in a skillet over medium heat.
 2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
 3. Place the seitan on a bed of spinach.
 4. Top with tomatoes, avocado, and salad dressing. Serve.
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Dinner 3 [🔗](#)

Eat on day 3 and day 4

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

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)

For all 2 meals:

avocados

2 avocado(s) (402g)

lime juice

4 tsp (20mL)

salt

4 dash (2g)

black pepper

4 dash (0g)

bell pepper

4 large (656g)

onion

1 small (70g)

canned tuna, drained

4 can (688g)

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.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

- onion**
1/2 tbsp minced (8g)
- lime juice**
1/2 tbsp (8mL)
- olive oil**
3/8 tsp (2mL)
- garlic powder**
1 dash (0g)
- salt**
1 dash (1g)
- black pepper**
1 dash, ground (0g)
- avocados, cubed**
1/4 avocado(s) (50g)
- tomatoes, diced**
1/4 medium whole (2-3/5" dia) (31g)

For all 2 meals:

- onion**
1 tbsp minced (15g)
- lime juice**
1 tbsp (15mL)
- olive oil**
1/4 tbsp (4mL)
- garlic powder**
2 dash (1g)
- salt**
2 dash (2g)
- black pepper**
2 dash, ground (1g)
- avocados, cubed**
1/2 avocado(s) (101g)
- tomatoes, diced**
1/2 medium whole (2-3/5" dia) (62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 4 [🔗](#)

Eat on day 5

Simple mixed greens and tomato salad

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



- mixed greens**
3 cup (90g)
- tomatoes**
1/2 cup cherry tomatoes (75g)
- salad dressing**
3 tbsp (45mL)

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

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.

Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



oil

1 tbsp (15mL)

italian seasoning

1/4 tbsp (3g)

carrots, sliced

1 1/2 medium (92g)

broccoli, chopped

1 1/2 cup chopped (137g)

vegan sausage, cut into bite sized pieces

1 1/2 sausage (150g)

potatoes, cut into wedges

1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

water
2 1/3 cup(s) (553mL)
salt
1 dash (1g)
lentils, raw, rinsed
9 1/3 tbsp (112g)

For all 2 meals:

water
4 2/3 cup(s) (1106mL)
salt
1/4 tsp (2g)
lentils, raw, rinsed
56 tsp (224g)

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.

Almond crusted tilapia

8 oz - 565 cals ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



For single meal:

almonds
1/3 cup, slivered (36g)
tilapia, raw
1/2 lbs (224g)
all-purpose flour
1/4 cup(s) (28g)
salt
1 1/3 dash (1g)
olive oil
2 tsp (10mL)

For all 2 meals:

almonds
2/3 cup, slivered (72g)
tilapia, raw
16 oz (448g)
all-purpose flour
1/2 cup(s) (55g)
salt
1/3 tsp (1g)
olive oil
4 tsp (20mL)

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.

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.
