

# Meal Plan - 2400 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

2383 cals ● 221g protein (37%) ● 93g fat (35%) ● 136g carbs (23%) ● 30g fiber (5%)

### Lunch

1080 cals, 81g protein, 60g net carbs, 50g fat



[Simple roasted cod](#)

13 1/3 oz- 495 cals



[Olive oil drizzled broccoli](#)

3 cup(s)- 209 cals



[Mashed sweet potatoes with butter](#)

374 cals

### Dinner

1085 cals, 92g protein, 75g net carbs, 42g fat



[Garlic pepper seitan](#)

856 cals



[Lentils](#)

231 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

## Day 2

2408 cals ● 175g protein (29%) ● 114g fat (43%) ● 141g carbs (23%) ● 31g fiber (5%)

### Lunch

1105 cals, 34g protein, 64g net carbs, 71g fat



[Buttered sugar snap peas](#)

375 cals



[Clam chowder](#)

2 can(s)- 728 cals

### Dinner

1085 cals, 92g protein, 75g net carbs, 42g fat



[Garlic pepper seitan](#)

856 cals



[Lentils](#)

231 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

## Day 3

2406 cals ● 148g protein (25%) ● 81g fat (30%) ● 213g carbs (35%) ● 59g fiber (10%)

### Lunch

1105 cals, 34g protein, 64g net carbs, 71g fat



**Buttered sugar snap peas**  
375 cals



**Clam chowder**  
2 can(s)- 728 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Dinner

1085 cals, 65g protein, 147g net carbs, 10g fat



**Simple mixed greens salad**  
68 cals



**Lentil and veggie soup**  
1018 cals

## Day 4

2394 cals ● 171g protein (29%) ● 32g fat (12%) ● 290g carbs (48%) ● 65g fiber (11%)

### Lunch

1090 cals, 58g protein, 141g net carbs, 22g fat



**Banana**  
3 banana(s)- 350 cals



**Chunky canned soup (non-creamy)**  
3 can(s)- 741 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Dinner

1085 cals, 65g protein, 147g net carbs, 10g fat



**Simple mixed greens salad**  
68 cals



**Lentil and veggie soup**  
1018 cals

## Day 5

2365 cals ● 154g protein (26%) ● 114g fat (43%) ● 134g carbs (23%) ● 48g fiber (8%)

### Lunch

1055 cals, 40g protein, 108g net carbs, 44g fat



**String cheese**  
1 stick(s)- 83 cals



**Grilled peanut butter and banana sandwich**  
2 sandwich(es)- 970 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Dinner

1095 cals, 66g protein, 24g net carbs, 68g fat



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals



**Tomato and avocado salad**  
411 cals

## Day 6

2365 cals ● 154g protein (26%) ● 114g fat (43%) ● 134g carbs (23%) ● 48g fiber (8%)

### Lunch

1055 cals, 40g protein, 108g net carbs, 44g fat



**String cheese**

1 stick(s)- 83 cals



**Grilled peanut butter and banana sandwich**

2 sandwich(es)- 970 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Dinner

1095 cals, 66g protein, 24g net carbs, 68g fat



**Avocado tuna salad stuffed pepper**

3 half pepper(s)- 683 cals



**Tomato and avocado salad**

411 cals

## Day 7

2374 cals ● 200g protein (34%) ● 92g fat (35%) ● 152g carbs (26%) ● 36g fiber (6%)

### Lunch

1110 cals, 90g protein, 44g net carbs, 56g fat



**Simple kale & avocado salad**

307 cals



**Vegan sausage**

3 sausage(s)- 804 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Dinner

1045 cals, 61g protein, 106g net carbs, 34g fat



**Simple seitan**

7 oz- 426 cals



**Sweet potato fries**

530 cals



**Roasted tomatoes**

1 1/2 tomato(es)- 89 cals

# Grocery List



## Fats and Oils

- ☐ olive oil  
1/4 lbs (143mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ cooking spray  
4 spray(s) , about 1/3 second each (1g)
- ☐ oil  
1 tbsp (16mL)

## Vegetables and Vegetable Products

- ☐ onion  
2 medium (2-1/2" dia) (205g)
- ☐ green pepper  
5 tbsp, chopped (47g)
- ☐ garlic  
10 clove(s) (30g)
- ☐ frozen broccoli  
3 cup (273g)
- ☐ sweet potatoes  
3 2/3 sweetpotato, 5" long (769g)
- ☐ frozen sugar snap peas  
4 2/3 cup (672g)
- ☐ kale leaves  
9 oz (260g)
- ☐ frozen mixed veggies  
5 1/2 cup (743g)
- ☐ bell pepper  
3 large (492g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (352g)

## Spices and Herbs

- ☐ black pepper  
5 g (5g)
- ☐ salt  
1/2 oz (14g)
- ☐ garlic powder  
1/2 tbsp (4g)
- ☐ paprika  
4 dash (1g)

## Beverages

- ☐ water  
17 cup (4032mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Cereal Grains and Pasta

- ☐ seitan  
1 2/3 lbs (765g)

## Legumes and Legume Products

- ☐ lentils, raw  
2 1/2 cup (480g)
- ☐ peanut butter  
1/2 cup (128g)

## Finfish and Shellfish Products

- ☐ cod, raw  
13 1/3 oz (378g)
- ☐ canned tuna  
3 can (516g)

## Dairy and Egg Products

- ☐ butter  
1/3 cup (77g)
- ☐ string cheese  
2 stick (56g)

## Soups, Sauces, and Gravies

- ☐ canned clam chowder  
4 can (18.5 oz) (2076g)
- ☐ vegetable broth  
7 1/3 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)

## Other

- ☐ mixed greens  
3 cup (90g)
- ☐ nutritional yeast  
1/4 cup (14g)
- ☐ vegan sausage  
3 sausage (300g)

## Fruits and Fruit Juices

- ☐ banana  
7 medium (7" to 7-7/8" long) (826g)
- ☐ avocados  
4 avocado(s) (787g)
- ☐ lime juice  
2 fl oz (67mL)

☐ lemon  
2/3 small (39g)

### **Baked Products**

☐ bread  
8 slice (256g)

---

## Lunch 1 [↗](#)

Eat on day 1

### Simple roasted cod

13 1/3 oz - 495 cal ● 67g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

#### olive oil

5 tsp (25mL)

#### cod, raw

13 1/3 oz (378g)

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.

### Olive oil drizzled broccoli

3 cup(s) - 209 cal ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

#### black pepper

1 1/2 dash (0g)

#### salt

1 1/2 dash (1g)

#### frozen broccoli

3 cup (273g)

#### olive oil

1 tbsp (15mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Mashed sweet potatoes with butter

374 cal ● 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.

**Lunch 2** [🔗](#)

Eat on day 2 and day 3

**Buttered sugar snap peas**

375 cals ● 10g protein ● 27g fat ● 14g carbs ● 11g fiber



For single meal:  
**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**butter**  
2 1/3 tbsp (32g)  
**frozen sugar snap peas**  
2 1/3 cup (336g)

For all 2 meals:  
**black pepper**  
1/2 tsp (0g)  
**salt**  
1/2 tsp (1g)  
**butter**  
1/3 cup (63g)  
**frozen sugar snap peas**  
4 2/3 cup (672g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

**Clam chowder**

2 can(s) - 728 cals ● 24g protein ● 44g fat ● 51g carbs ● 8g fiber



For single meal:  
**canned clam chowder**  
2 can (18.5 oz) (1038g)

For all 2 meals:  
**canned clam chowder**  
4 can (18.5 oz) (2076g)

1. Prepare according to instructions on package.



---

## Lunch 3 [↗](#)

Eat on day 4

---

### Banana

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



Makes 3 banana(s)

#### banana

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

1. The recipe has no instructions.

---

## Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



Makes 3 can(s)

#### chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

---

## Lunch 4 [↗](#)

Eat on day 5 and day 6

---

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

#### string cheese

1 stick (28g)

For all 2 meals:

#### string cheese

2 stick (56g)

1. The recipe has no instructions.

---

## Grilled peanut butter and banana sandwich

2 sandwich(es) - 970 cals ● 33g protein ● 39g fat ● 106g carbs ● 17g fiber





For single meal:

**bread**  
4 slice (128g)  
**peanut butter**  
4 tbsp (64g)  
**cooking spray**  
2 spray(s) , about 1/3 second each (1g)  
**banana, sliced**  
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

**bread**  
8 slice (256g)  
**peanut butter**  
1/2 cup (128g)  
**cooking spray**  
4 spray(s) , about 1/3 second each (1g)  
**banana, sliced**  
4 medium (7" to 7-7/8" long) (472g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

---

## Lunch 5 [↗](#)

Eat on day 7

---

### Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



**kale leaves, chopped**  
2/3 bunch (113g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**lemon, juiced**  
2/3 small (39g)

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.

---

### Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

**vegan sausage**  
3 sausage (300g)

1. Prepare according to package instructions.
  2. Serve.
-

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Garlic pepper seitan

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



For single meal:

**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)

For all 2 meals:

**olive oil**  
5 tbsp (75mL)  
**onion**  
10 tbsp, chopped (100g)  
**green pepper**  
5 tbsp, chopped (47g)  
**black pepper**  
5 dash, ground (1g)  
**water**  
2 1/2 tbsp (38mL)  
**salt**  
1/3 tsp (2g)  
**seitan, chicken style**  
1 1/4 lbs (567g)  
**garlic, minced**  
6 1/4 clove(s) (19g)

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

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



For single meal:

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

For all 2 meals:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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 2 [🔗](#)

Eat on day 3 and day 4

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

### Lentil and veggie soup

1018 cals ● 64g protein ● 5g fat ● 143g carbs ● 37g fiber



For single meal:

**lentils, raw**  
1 cup (176g)  
**vegetable broth**  
3 2/3 cup(s) (mL)  
**kale leaves**  
2 cup, chopped (73g)  
**nutritional yeast**  
2 tbsp (7g)  
**garlic**  
2 clove(s) (6g)  
**frozen mixed veggies**  
2 3/4 cup (371g)

For all 2 meals:

**lentils, raw**  
2 cup (352g)  
**vegetable broth**  
7 1/3 cup(s) (mL)  
**kale leaves**  
3 2/3 cup, chopped (147g)  
**nutritional yeast**  
1/4 cup (14g)  
**garlic**  
3 2/3 clove(s) (11g)  
**frozen mixed veggies**  
5 1/2 cup (743g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

## Dinner 3 [🔗](#)

Eat on day 5 and day 6

### 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.

### Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

**onion**  
1 3/4 tbsp minced (26g)  
**lime juice**  
1 3/4 tbsp (26mL)  
**olive oil**  
1/2 tbsp (7mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
7/8 avocado(s) (176g)  
**tomatoes, diced**  
7/8 medium whole (2-3/5" dia)  
(108g)

For all 2 meals:

**onion**  
1/4 cup minced (53g)  
**lime juice**  
1/4 cup (53mL)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)  
**avocados, cubed**  
1 3/4 avocado(s) (352g)  
**tomatoes, diced**  
1 3/4 medium whole (2-3/5" dia)  
(215g)

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 7

### Simple seitan

7 oz - 426 cal ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz

**seitan**  
1/2 lbs (198g)  
**oil**  
1 3/4 tsp (9mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

### Sweet potato fries

530 cal ● 8g protein ● 14g fat ● 79g carbs ● 14g fiber





**olive oil**  
1 tbsp (15mL)  
**garlic powder**  
4 dash (2g)  
**paprika**  
4 dash (1g)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, peeled**  
1 lbs (454g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

**Roasted tomatoes**

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)  
**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia) (137g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

**Protein Supplement(s)** [↗](#)

Eat every day

**Protein shake**

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:  
**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:  
**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.

