

Meal Plan - 2500 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

2470 cals ● 200g protein (32%) ● 67g fat (25%) ● 235g carbs (38%) ● 31g fiber (5%)

Lunch

1190 cals, 50g protein, 164g net carbs, 30g fat



Protein greek yogurt
1 container- 139 cals



Peanut butter and jelly sandwich
2 1/2 sandwich(es)- 954 cals



Blueberries
1 cup(s)- 95 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1065 cals, 102g protein, 69g net carbs, 37g fat



Lentils
260 cals



Vegan sausage
3 sausage(s)- 804 cals

Day 2

2453 cals ● 196g protein (32%) ● 44g fat (16%) ● 271g carbs (44%) ● 48g fiber (8%)

Lunch

1145 cals, 85g protein, 107g net carbs, 36g fat



Almond crusted tilapia
10 1/2 oz- 741 cals



Couscous
402 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1090 cals, 62g protein, 162g net carbs, 7g fat



Lentils
289 cals




Bbq cauliflower wings
803 cals


Day 3

2495 calsgreen191g protein (31%)orange97g fat (35%)blue187g carbs (30%)grey27g fiber (4%)

Lunch

1145 calsgreen85g protein, 107g net carbs, 36g fat

Almond crusted tilapia
10 1/2 oz- 741 calsgreen

Couscous
402 calsgreen


Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 calsgreen

Dinner

1135 calsgreen58g protein, 78g net carbs, 60g fat

Tomato and avocado salad
391 calsgreen


Crispy chik'n tenders
13 tender(s)- 743 calsgreen


Day 4


2487 calsgreen176g protein (28%)orange119g fat (43%)blue150g carbs (24%)grey28g fiber (4%)

Lunch

1135 calsgreen70g protein, 71g net carbs, 58g fat


Roasted carrots
4 carrots(s)- 211 calsgreen

Couscous
251 calsgreen

Baked pesto salmon
10 oz- 673 calsgreen


Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 calsgreen

Dinner

1135 calsgreen58g protein, 78g net carbs, 60g fat

Tomato and avocado salad
391 calsgreen


Crispy chik'n tenders
13 tender(s)- 743 calsgreen


Day 5


2456 calsgreen241g protein (39%)orange101g fat (37%)blue117g carbs (19%)grey28g fiber (5%)

Lunch

1180 calsgreen119g protein, 57g net carbs, 47g fat


Roasted carrots
2 carrots(s)- 106 calsgreen

Lentils
289 calsgreen

Broiled tilapia parmesan
16 oz- 787 calsgreen


Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat


Protein shake
2 scoop- 218 calsgreen

Dinner

1055 calsgreen74g protein, 58g net carbs, 53g fat

Walnuts
1/4 cup(s)- 175 calsgreen

Kefir
300 calsgreen


Avocado tuna salad
582 calsgreen

Day 6


2480 calsgreen201g protein (32%)orange70g fat (25%)blue226g carbs (36%)grey36g fiber (6%)

Lunch

1180 calsgreen119g protein, 57g net carbs, 47g fat


Roasted carrots
2 carrots(s)- 106 calsgreen

Lentils
289 calsgreen

Broiled tilapia parmesan
16 oz- 787 calsgreen


Protein Supplement(s)


220 calsgreen48g protein, 2g net carbs, 1g fat

Protein shake
2 scoop- 218 calsgreen

Dinner

1080 calsgreen34g protein, 167g net carbs, 21g fat

Pasta with store-bought sauce
851 calsgreen

Simple kale & avocado salad
230 calsgreen

Day 7

2486 cals ● 183g protein (29%) ● 89g fat (32%) ● 192g carbs (31%) ● 46g fiber (7%)

Lunch

1185 cals, 100g protein, 24g net carbs, 67g fat



Tomato and avocado salad
626 cals



Cajun cod
18 oz- 561 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1080 cals, 34g protein, 167g net carbs, 21g fat



Pasta with store-bought sauce
851 cals



Simple kale & avocado salad
230 cals

Grocery List



Beverages

- ☐ water
20 1/2 cup(s) (4859mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Spices and Herbs

- ☐ salt
1 oz (24g)
- ☐ garlic powder
1/2 tbsp (5g)
- ☐ black pepper
1/4 oz (6g)
- ☐ cajun seasoning
2 tbsp (14g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (312g)
- ☐ peanut butter
2 1/2 tbsp (40g)

Other

- ☐ vegan sausage
3 sausage (300g)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ nutritional yeast
3/4 cup (45g)
- ☐ meatless chik'n tenders
26 pieces (663g)
- ☐ mixed greens
1 1/3 cup (40g)

Baked Products

- ☐ bread
5 slice (160g)

Sweets

- ☐ jelly
5 tbsp (105g)

Fruits and Fruit Juices

- ☐ blueberries
1 cup (148g)

Cereal Grains and Pasta

- ☐ all-purpose flour
5/8 cup(s) (73g)
- ☐ instant couscous, flavored
1 3/4 box (5.8 oz) (288g)
- ☐ uncooked dry pasta
13 1/3 oz (380g)

Fats and Oils

- ☐ olive oil
3 1/4 tbsp (49mL)
- ☐ oil
1 oz (34mL)
- ☐ mayonnaise
3 tbsp (45mL)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
3/4 cup (215g)
- ☐ pesto sauce
5 tsp (27g)
- ☐ pasta sauce
5/6 jar (24 oz) (560g)

Vegetables and Vegetable Products

- ☐ cauliflower
3 head small (4" dia.) (795g)
- ☐ onion
1 medium (2-1/2" dia) (113g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (429g)
- ☐ ketchup
6 1/2 tbsp (111g)
- ☐ carrots
8 large (576g)
- ☐ kale leaves
1 bunch (170g)

Dairy and Egg Products

- ☐ parmesan cheese
1/2 cup (50g)
- ☐ butter
2 tbsp (28g)
- ☐ kefir, flavored
2 cup (480mL)

- ☐ **lime juice**
3 fl oz (97mL)
- ☐ **avocados**
4 2/3 avocado(s) (938g)
- ☐ **lemon juice**
2 tbsp (30mL)
- ☐ **lemon**
1 small (58g)

Nut and Seed Products

- ☐ **almonds**
14 tbsp, slivered (95g)
- ☐ **walnuts**
4 tbsp, shelled (25g)

Finfish and Shellfish Products

- ☐ **tilapia, raw**
3 1/3 lbs (1484g)
 - ☐ **salmon**
1 2/3 fillet/s (6 oz each) (283g)
 - ☐ **canned tuna**
1 1/3 can (229g)
 - ☐ **cod, raw**
18 oz (510g)
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Lunch 1 [↗](#)

Eat on day 1

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Peanut butter and jelly sandwich

2 1/2 sandwich(es) - 954 cal ● 29g protein ● 26g fat ● 138g carbs ● 13g fiber



Makes 2 1/2 sandwich(es)

peanut butter
2 1/2 tbsp (40g)
bread
5 slice (160g)
jelly
5 tbsp (105g)

1. Toast bread if desired.
Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Almond crusted tilapia

10 1/2 oz - 741 cal ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



For single meal:

almonds
1/2 cup, slivered (47g)
tilapia, raw
2/3 lbs (294g)
all-purpose flour
1/4 cup(s) (36g)
salt
1/4 tsp (1g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

almonds
14 tbsp, slivered (95g)
tilapia, raw
1 1/3 lbs (588g)
all-purpose flour
5/8 cup(s) (73g)
salt
1/2 tsp (1g)
olive oil
1 3/4 tbsp (26mL)

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.

Couscous

402 cal ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



For single meal:

instant couscous, flavored
2/3 box (5.8 oz) (110g)

For all 2 meals:

instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

Lunch 3 [↗](#)

Eat on day 4

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



instant couscous, flavored
3/8 box (5.8 oz) (69g)

1. Follow instructions on package.

Baked pesto salmon

10 oz - 673 cals ● 59g protein ● 48g fat ● 1g carbs ● 1g fiber



Makes 10 oz

salmon
1 2/3 fillet/s (6 oz each) (283g)
pesto sauce
5 tsp (27g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
 2. Spread pesto on top of the salmon.
 3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

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.

Broiled tilapia parmesan

16 oz - 787 cals ● 98g protein ● 42g fat ● 5g carbs ● 0g fiber



For single meal:

parmesan cheese
4 tbsp (25g)
mayonnaise
1 1/2 tbsp (23mL)
lemon juice
1 tbsp (15mL)
tilapia, raw
1 lbs (448g)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
butter, softened
1 tbsp (14g)

For all 2 meals:

parmesan cheese
1/2 cup (50g)
mayonnaise
3 tbsp (45mL)
lemon juice
2 tbsp (30mL)
tilapia, raw
2 lbs (896g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
butter, softened
2 tbsp (28g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl.
3. Season fish with pepper and salt.
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 for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side.
6. Broil until fish flakes easily with a fork, about 2 minutes.

Lunch 5 [↗](#)

Eat on day 7

Tomato and avocado salad

626 cals ● 8g protein ● 49g fat ● 18g carbs ● 21g fiber



onion
2 2/3 tbsp minced (40g)
lime juice
2 2/3 tbsp (40mL)
olive oil
2 tsp (10mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/3 avocado(s) (268g)
tomatoes, diced
1 1/3 medium whole (2-3/5" dia) (164g)

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.

Cajun cod

18 oz - 561 cals ● 92g protein ● 18g fat ● 6g carbs ● 2g fiber



Makes 18 oz

cod, raw
18 oz (510g)
cajun seasoning
2 tbsp (14g)
oil
1 tbsp (15mL)

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.

Dinner 1 [↗](#)

Eat on day 1

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

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.

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.
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Dinner 2 [↗](#)

Eat on day 2

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.

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
 2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
 3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
 4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
 5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
 6. Toss florets with the barbeque sauce. Serve.
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Dinner 3 [↗](#)

Eat on day 3 and day 4

Tomato and avocado salad

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



For single meal:

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)

For all 2 meals:

onion
1/4 cup minced (50g)
lime juice
1/4 cup (50mL)
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 2/3 avocado(s) (335g)
tomatoes, diced
1 2/3 medium whole (2-3/5" dia)
(205g)

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

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
13 pieces (332g)
ketchup
3 1/4 tbsp (55g)

For all 2 meals:

meatless chik'n tenders
26 pieces (663g)
ketchup
6 1/2 tbsp (111g)

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

Dinner 4 [↗](#)

Eat on day 5

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 1/4 cup(s)

walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.

Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



kefir, flavored

2 cup (480mL)

1. Pour into a glass and drink.

Avocado tuna salad

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



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)

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.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

Pasta with store-bought sauce

851 cals ● 29g protein ● 6g fat ● 157g carbs ● 13g fiber



For single meal:

uncooked dry pasta
6 2/3 oz (190g)
pasta sauce
3/8 jar (24 oz) (280g)

For all 2 meals:

uncooked dry pasta
13 1/3 oz (380g)
pasta sauce
5/6 jar (24 oz) (560g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

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.

Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cal● 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.
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