

Meal Plan - 2600 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

2625 cals ● 196g protein (30%) ● 119g fat (41%) ● 157g carbs (24%) ● 37g fiber (6%)

Lunch

1255 cals, 56g protein, 85g net carbs, 67g fat



Protein greek yogurt
1 container- 139 cals



Walnuts
1/3 cup(s)- 233 cals



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

Dinner

1150 cals, 92g protein, 70g net carbs, 51g fat



Buttered sugar snap peas
161 cals



Pan seared breaded tilapia
14 oz- 701 cals



Baked fries
290 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

2608 cals ● 171g protein (26%) ● 134g fat (46%) ● 125g carbs (19%) ● 54g fiber (8%)

Lunch

1255 cals, 56g protein, 85g net carbs, 67g fat



Protein greek yogurt
1 container- 139 cals



Walnuts
1/3 cup(s)- 233 cals



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

Dinner

1135 cals, 67g protein, 39g net carbs, 66g fat



Crack slaw with tempeh
843 cals



Mixed nuts
1/3 cup(s)- 290 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

2572 cals ● 165g protein (26%) ● 136g fat (48%) ● 132g carbs (20%) ● 40g fiber (6%)

Lunch

1220 cals, 50g protein, 91g net carbs, 69g fat



Shrimp scampi

871 cals



Dinner roll

2 roll(s)- 154 cals



Buttered green beans

196 cals

Dinner

1135 cals, 67g protein, 39g net carbs, 66g fat



Crack slaw with tempeh

843 cals



Mixed nuts

1/3 cup(s)- 290 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

2556 cals ● 167g protein (26%) ● 118g fat (42%) ● 179g carbs (28%) ● 27g fiber (4%)

Lunch

1220 cals, 50g protein, 91g net carbs, 69g fat



Shrimp scampi

871 cals



Dinner roll

2 roll(s)- 154 cals



Buttered green beans

196 cals

Dinner

1120 cals, 69g protein, 86g net carbs, 48g fat



Almond crusted tilapia

9 oz- 635 cals



Baked fries

483 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

2562 cals ● 191g protein (30%) ● 129g fat (45%) ● 122g carbs (19%) ● 37g fiber (6%)

Lunch

1155 cals, 52g protein, 75g net carbs, 60g fat



Tuna salad wrap

1 wrap(s)- 552 cals



Grapes

232 cals



Roasted almonds

3/8 cup(s)- 370 cals

Dinner

1190 cals, 90g protein, 45g net carbs, 68g fat



Lentils

260 cals



Tilapia with almond gremolata

2 tilapia fillet(s)- 931 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

2550 cals ● 168g protein (26%) ● 65g fat (23%) ● 255g carbs (40%) ● 68g fiber (11%)

Lunch

1150 cals, 54g protein, 121g net carbs, 35g fat



Vegetarian chickpea sandwiches

3 sandwich(es)- 1028 cals



Simple mozzarella and tomato salad

121 cals

Dinner

1185 cals, 66g protein, 132g net carbs, 30g fat



Pad thai with shrimp & egg

600 cals



Easy chickpea salad

584 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

2550 cals ● 168g protein (26%) ● 65g fat (23%) ● 255g carbs (40%) ● 68g fiber (11%)

Lunch

1150 cals, 54g protein, 121g net carbs, 35g fat



Vegetarian chickpea sandwiches

3 sandwich(es)- 1028 cals



Simple mozzarella and tomato salad

121 cals

Dinner

1185 cals, 66g protein, 132g net carbs, 30g fat



Pad thai with shrimp & egg

600 cals



Easy chickpea salad

584 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Spices and Herbs

- black pepper
4 g (4g)
- salt
1/2 oz (12g)
- garlic powder
4 dash (2g)
- onion powder
4 dash (1g)
- paprika
4 dash (1g)
- dried dill weed
2 tsp (2g)
- fresh basil
1 tbsp, chopped (3g)
- balsamic vinegar
2 1/2 tbsp (38mL)

Dairy and Egg Products

- butter
1 1/4 stick (137g)
- heavy cream
1/2 cup (113mL)
- parmesan cheese
1 1/4 tbsp (6g)
- fresh mozzarella cheese
2 oz (57g)
- eggs
2 large (100g)

Vegetables and Vegetable Products

- frozen sugar snap peas
1 cup (144g)
- potatoes
2 large (3" to 4-1/4" dia.) (738g)
- garlic
13 clove(s) (39g)
- shallots
2 1/2 tbsp chopped (25g)
- frozen green beans
2 2/3 cup (323g)
- raw celery
1/6 bunch (89g)
- fresh parsley
1 bunch (23g)
- onion
2 medium (2-1/2" dia) (198g)
- tomatoes
4 medium whole (2-3/5" dia) (509g)

Fats and Oils

- olive oil
1/3 cup (80mL)
- oil
2 3/4 oz (84mL)
- mayonnaise
1/4 cup (53mL)
- balsamic vinaigrette
1 tbsp (14mL)

Beverages

- protein powder
14 scoop (1/3 cup ea) (434g)
- water
16 cup(s) (3823mL)

Other

- protein greek yogurt, flavored
2 container (300g)
- coleslaw mix
8 cup (720g)
- Pad Thai stir fry sauce
4 tbsp (57g)

Nut and Seed Products

- walnuts
2/3 cup, shelled (67g)
- sunflower kernels
4 tbsp (48g)
- mixed nuts
2/3 cup (89g)
- almonds
4 oz (114g)

Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)
5 can (~19 oz) (2665g)
- hot sauce
4 tsp (20mL)
- apple cider vinegar
2 1/2 tbsp (2mL)

Legumes and Legume Products

- tempeh
1 lbs (454g)

Cereal Grains and Pasta

- all-purpose flour
1/2 cup(s) (68g)
- uncooked dry pasta
5 oz (143g)
- rice noodles
4 oz (114g)

- lentils, raw
6 tbsp (72g)
- chickpeas, canned
4 1/2 can(s) (2016g)
- roasted peanuts
20 peanut(s) (20g)

Finfish and Shellfish Products

- tilapia, raw
2 1/3 lbs (984g)
- shrimp, raw
18 oz (511g)
- canned tuna
5 oz (142g)

Baked Products

- Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- flour tortillas
1 tortilla (approx 10" dia) (72g)
- bread
12 slice (384g)

Fruits and Fruit Juices

- grapes
4 cup (368g)
- lemon juice
3 tbsp (45mL)
- limes
2 fruit (2" dia) (134g)

Lunch 1 ↗

Eat on day 1 and day 2

Protein greek yogurt

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



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
1/3 cup, shelled (33g)

For all 2 meals:

walnuts
2/3 cup, shelled (67g)

1. The recipe has no instructions.

Chunky canned soup (creamy)

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



For single meal:

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

For all 2 meals:

chunky canned soup (creamy varieties)
5 can (~19 oz) (2665g)

1. Prepare according to instructions on package.

Lunch 2 ↗

Eat on day 3 and day 4

Shrimp scampi

871 cals ● 41g protein ● 52g fat ● 57g carbs ● 3g fiber



For single meal:

butter
2 1/2 tbsp (36g)
heavy cream
1/4 cup (56mL)
uncooked dry pasta
2 1/2 oz (71g)
water
1/3 cup(s) (74mL)
parmesan cheese
2 tsp (3g)
shallots, minced
1 1/4 tbsp chopped (13g)
garlic, minced
2 1/2 clove (8g)
shrimp, raw, shelled and deveined
5 oz (142g)

For all 2 meals:

butter
5 tbsp (71g)
heavy cream
1/2 cup (113mL)
uncooked dry pasta
5 oz (143g)
water
5/8 cup(s) (148mL)
parmesan cheese
1 1/4 tbsp (6g)
shallots, minced
2 1/2 tbsp chopped (25g)
garlic, minced
5 clove (15g)
shrimp, raw, shelled and deveined
10 oz (284g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
2. While the pasta cooks, mince the shallot and the garlic.
3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
7. Transfer to serving dish and top with parmesan cheese (optional).

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



For single meal:

butter
4 tsp (18g)
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)

For all 2 meals:

butter
2 2/3 tbsp (36g)
black pepper
2 dash (0g)
salt
2 dash (1g)
frozen green beans
2 2/3 cup (323g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 3 ↗

Eat on day 5

Tuna salad wrap

1 wrap(s) - 552 cals ● 37g protein ● 29g fat ● 33g carbs ● 3g fiber



Makes 1 wrap(s)

canned tuna
5 oz (142g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
salt
1 dash (0g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over the tortilla and wrap it.

Grapes

232 cals ● 3g protein ● 2g fat ● 37g carbs ● 14g fiber



grapes
4 cup (368g)

1. The recipe has no instructions.

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.

Lunch 4 ↗

Eat on day 6 and day 7

Vegetarian chickpea sandwiches

3 sandwich(es) - 1028 cals ● 47g protein ● 26g fat ● 118g carbs ● 33g fiber



For single meal:

mayonnaise

1 tbsp (15mL)

lemon juice

1 tbsp (15mL)

dried dill weed

1 tsp (1g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

bread

6 slice (192g)

chickpeas, canned

1 can(s) (448g)

raw celery, chopped

1 stalk, medium (7-1/2" - 8" long)

(40g)

onion, chopped

1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

mayonnaise

2 tbsp (30mL)

lemon juice

2 tbsp (30mL)

dried dill weed

2 tsp (2g)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

bread

12 slice (384g)

chickpeas, canned

2 can(s) (896g)

raw celery, chopped

2 stalk, medium (7-1/2" - 8" long)

(80g)

onion, chopped

1 medium (2-1/2" dia) (110g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, sliced
3/8 large whole (3" dia) (68g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Dinner 1 ↗

Eat on day 1

Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen sugar snap peas
1 cup (144g)

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

Pan seared breaded tilapia

14 oz - 701 cals ● 83g protein ● 28g fat ● 27g carbs ● 1g fiber



Makes 14 oz

all-purpose flour
1/4 cup(s) (36g)
tilapia, raw
14 oz (392g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
olive oil
1 3/4 tsp (9mL)
butter, melted
3 1/2 tsp (17g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Baked fries

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



potatoes

3/4 large (3" to 4-1/4" dia.) (277g)
oil
3/4 tbsp (11mL)

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.

Dinner 2 ↗

Eat on day 2 and day 3

Crack slaw with tempeh

843 cals ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber



For single meal:

coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)
tempeh, cubed
1/2 lbs (227g)

For all 2 meals:

coleslaw mix
8 cup (720g)
hot sauce
4 tsp (20mL)
sunflower kernels
4 tbsp (48g)
oil
2 2/3 tbsp (40mL)
garlic, minced
4 clove (12g)
tempeh, cubed
1 lbs (454g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

mixed nuts

1/3 cup (45g)

For all 2 meals:

mixed nuts

2/3 cup (89g)

1. The recipe has no instructions.

Dinner 3

Eat on day 4

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.

Baked fries

483 cals ● 8g protein ● 18g fat ● 62g carbs ● 11g fiber

**potatoes**

1 1/4 large (3" to 4-1/4" dia.) (461g)

oil

1 1/4 tbsp (19mL)

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.

Dinner 4 ↗

Eat on day 5

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.

Tilapia with almond gremolata

2 tilapia fillet(s) - 931 cals ● 73g protein ● 67g fat ● 7g carbs ● 3g fiber



Makes 2 tilapia fillet(s)

tilapia, raw
3/4 lbs (340g)
almonds
2 tbsp, slivered (14g)
lemon juice
1 tbsp (15mL)
olive oil
4 tbsp (60mL)
garlic powder
4 dash (2g)
onion powder
4 dash (1g)
paprika
4 dash (1g)
fresh parsley
4 tbsp chopped (15g)
garlic, minced
2 clove(s) (6g)

1. Preheat oven to 425°F (220°C).
2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
5. Plate fish and spoon the gremolata over the top. Serve.

Dinner 5 ↗

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

584 cals ● 30g protein ● 11g fat ● 63g carbs ● 28g fiber



For single meal:

balsamic vinegar
1 1/4 tbsp (19mL)
apple cider vinegar
1 1/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/4 can(s) (560g)
onion, thinly sliced
5/8 small (44g)
tomatoes, halved
1 1/4 cup cherry tomatoes (186g)
fresh parsley, chopped
3 3/4 sprigs (4g)

For all 2 meals:

balsamic vinegar
2 1/2 tbsp (38mL)
apple cider vinegar
2 1/2 tbsp (2mL)
chickpeas, canned, drained and rinsed
2 1/2 can(s) (1120g)
onion, thinly sliced
1 1/4 small (88g)
tomatoes, halved
2 1/2 cup cherry tomatoes (373g)
fresh parsley, chopped
7 1/2 sprigs (8g)

1. Add all ingredients to a bowl and toss.
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.