

Meal Plan - 2700 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

2658 cals ● 178g protein (27%) ● 101g fat (34%) ● 219g carbs (33%) ● 42g fiber (6%)

Lunch

1235 cals, 73g protein, 140g net carbs, 35g fat



White rice

1 cup rice, cooked- 246 cals



Milk

1 2/3 cup(s)- 248 cals



Hummus & veggie deli sandwich

2 sandwich(es)- 739 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1205 cals, 57g protein, 77g net carbs, 64g fat



Basic tempeh

8 oz- 590 cals



Buttery white rice

324 cals



Buttered green beans

293 cals

Day 2

2662 cals ● 221g protein (33%) ● 109g fat (37%) ● 156g carbs (23%) ● 44g fiber (7%)

Lunch

1235 cals, 116g protein, 77g net carbs, 43g fat



Lentils

463 cals



Simple roasted cod

16 oz- 593 cals



Olive oil drizzled green beans

181 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1205 cals, 57g protein, 77g net carbs, 64g fat



Basic tempeh

8 oz- 590 cals



Buttery white rice

324 cals



Buttered green beans


293 cals


Day 3


2650 calsgreen236g protein (36%)orange90g fat (31%)blue181g carbs (27%)grey42g fiber (6%)

Lunch

1235 calsgreen116g protein, 77g net carbs, 43g fat

Lentils
463 calsgreen

Simple roasted cod
16 oz- 593 calsgreen

Olive oil drizzled green beans
181 calsgreen


Protein Supplement(s)

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

Protein shake
2 scoop- 218 calsgreen

Dinner

1195 calsgreen72g protein, 102g net carbs, 46g fat

White rice
1 1/2 cup rice, cooked- 328 calsgreen


Peanut tempeh
8 oz tempeh- 868 calsgreen


Day 4


2666 calsgreen192g protein (29%)orange84g fat (28%)blue243g carbs (37%)grey43g fiber (6%)

Lunch

1255 calsgreen71g protein, 140g net carbs, 37g fat

Salmon & veggie one pot
6 oz salmon- 561 calsgreen

Fruit juice
2 1/2 cup(s)- 287 calsgreen

Lentils
405 calsgreen


Protein Supplement(s)

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

Protein shake
2 scoop- 218 calsgreen

Dinner

1195 calsgreen72g protein, 102g net carbs, 46g fat

White rice
1 1/2 cup rice, cooked- 328 calsgreen

Peanut tempeh
8 oz tempeh- 868 calsgreen

Day 5

2667 cals ● 180g protein (27%) ● 113g fat (38%) ● 198g carbs (30%) ● 34g fiber (5%)

Lunch

1260 cals, 105g protein, 94g net carbs, 45g fat



Garlic pepper seitan
913 cals



Lentils
347 cals

Dinner

1190 cals, 26g protein, 102g net carbs, 67g fat



Flatbread broccoli pizza
626 cals



Fruit juice
1 1/2 cup(s)- 172 cals



Tomato and avocado salad
391 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

2723 cals ● 189g protein (28%) ● 99g fat (33%) ● 218g carbs (32%) ● 51g fiber (8%)

Lunch

1195 cals, 101g protein, 19g net carbs, 65g fat



Garlic collard greens
212 cals



Avocado tuna salad
982 cals

Dinner

1310 cals, 40g protein, 197g net carbs, 33g fat



Veggie burger
3 burger- 825 cals



Buttery white rice
486 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

2723 cals ● 189g protein (28%) ● 99g fat (33%) ● 218g carbs (32%) ● 51g fiber (8%)

Lunch

1195 cals, 101g protein, 19g net carbs, 65g fat



Garlic collard greens
212 cals



Avocado tuna salad
982 cals

Dinner

1310 cals, 40g protein, 197g net carbs, 33g fat



Veggie burger
3 burger- 825 cals



Buttery white rice
486 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Legumes and Legume Products

- ☐ tempeh
2 lbs (907g)
- ☐ hummus
6 tbsp (90g)
- ☐ lentils, raw
2 1/2 cup (464g)
- ☐ peanut butter
1/2 cup (129g)
- ☐ soy sauce
4 tsp (20mL)

Fats and Oils

- ☐ oil
2 1/3 oz (70mL)
- ☐ olive oil
5 oz (154mL)

Spices and Herbs

- ☐ black pepper
5 g (5g)
- ☐ salt
2/3 oz (24g)
- ☐ dried dill weed
1/4 tbsp (1g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ garlic powder
1/2 tsp (1g)

Dairy and Egg Products

- ☐ butter
1 stick (125g)
- ☐ whole milk
1 2/3 cup(s) (401mL)
- ☐ cheese
4 tbsp, shredded (28g)

Beverages

- ☐ water
30 cup (7181mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

Baked Products

- ☐ bread
4 slice(s) (128g)
- ☐ naan bread
1 piece(s) (90g)
- ☐ hamburger buns
6 bun(s) (306g)

Other

- ☐ plant-based deli slices
12 slices (125g)
- ☐ nutritional yeast
2 tbsp (8g)
- ☐ mixed greens
2 package (5.5 oz) (305g)
- ☐ veggie burger patty
6 patty (426g)

Finfish and Shellfish Products

- ☐ cod, raw
2 lbs (907g)
- ☐ salmon
6 oz (170g)
- ☐ canned tuna
4 1/2 can (774g)

Fruits and Fruit Juices

- ☐ lemon juice
2 tbsp (30mL)
- ☐ fruit juice
32 fl oz (960mL)
- ☐ lime juice
1 1/2 fl oz (47mL)
- ☐ avocados
3 avocado(s) (620g)

Soups, Sauces, and Gravies

- ☐ pizza sauce
4 tbsp (63g)

☐ **long-grain white rice**
3 cup (563g)

☐ **seitan**
2/3 lbs (302g)

Vegetables and Vegetable Products

☐ **frozen green beans**
7 1/3 cup (887g)

☐ **cucumber**
1/2 cup slices (52g)

☐ **canned crushed tomatoes**
3/4 cup (182g)

☐ **onion**
2 medium (2-1/2" dia) (210g)

☐ **bell pepper**
3/4 medium (89g)

☐ **green pepper**
2 3/4 tbsp, chopped (25g)

☐ **garlic**
10 1/3 clove(s) (31g)

☐ **broccoli**
1/2 cup chopped (46g)

☐ **tomatoes**
2 1/2 medium whole (2-3/5" dia) (305g)

☐ **ketchup**
6 tbsp (102g)

☐ **collard greens**
1 1/3 lbs (605g)

Lunch 1 [↗](#)

Eat on day 1

White rice

1 cup rice, cooked - 246 cals ● 5g protein ● 0g fat ● 55g carbs ● 1g fiber

Makes 1 cup rice, cooked



water

3/4 cup(s) (178mL)

long-grain white rice

6 tbsp (69g)

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.

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber

Makes 1 2/3 cup(s)



whole milk

1 2/3 cup(s) (400mL)

1. The recipe has no instructions.

Hummus & veggie deli sandwich

2 sandwich(es) - 739 cals ● 55g protein ● 22g fat ● 66g carbs ● 16g fiber



Makes 2 sandwich(es)

bread

4 slice(s) (128g)

plant-based deli slices

12 slices (125g)

hummus

6 tbsp (90g)

cucumber

1/2 cup slices (52g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich. Serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



For single meal:

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

For all 2 meals:

water
5 1/3 cup(s) (1264mL)
salt
1/3 tsp (2g)
lentils, raw, rinsed
1 1/3 cup (256g)

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.

Simple roasted cod

16 oz - 593 cals ● 81g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
2 tbsp (30mL)
cod, raw
1 lbs (453g)

For all 2 meals:

olive oil
4 tbsp (60mL)
cod, raw
2 lbs (907g)

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 green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen green beans
1 2/3 cup (202g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen green beans
3 1/3 cup (403g)
olive oil
5 tsp (25mL)

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

Lunch 3 [🔗](#)

Eat on day 4

Salmon & veggie one pot

6 oz salmon - 561 cal ● 39g protein ● 34g fat ● 17g carbs ● 6g fiber



Makes 6 oz salmon

salmon
6 oz (170g)
canned crushed tomatoes
3/4 cup (182g)
dried dill weed
1/4 tbsp (1g)
oil
3/4 tbsp (11mL)
water
1/6 cup(s) (44mL)
ground cumin
1/4 tbsp (2g)
onion, sliced
3/4 small (53g)
bell pepper, sliced into strips
3/4 medium (89g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Fruit juice

2 1/2 cup(s) - 287 cal ● 4g protein ● 1g fat ● 63g carbs ● 1g fiber



Makes 2 1/2 cup(s)

fruit juice
20 fl oz (600mL)

1. The recipe has no instructions.

Lentils

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



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

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.

Lunch 4 [↗](#)

Eat on day 5

Garlic pepper seitan

913 cals ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber



olive oil
2 2/3 tbsp (40mL)
onion
1/3 cup, chopped (53g)
green pepper
2 2/3 tbsp, chopped (25g)
black pepper
1/3 tsp, ground (1g)
water
4 tsp (20mL)
salt
1 1/3 dash (1g)
seitan, chicken style
2/3 lbs (302g)
garlic, minced
3 1/3 clove(s) (10g)

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

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens
2/3 lbs (302g)
oil
2 tsp (10mL)
salt
1 1/3 dash (1g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

collard greens
1 1/3 lbs (605g)
oil
4 tsp (20mL)
salt
1/3 tsp (2g)
garlic, minced
4 clove(s) (12g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Avocado tuna salad

982 cals ● 91g protein ● 54g fat ● 13g carbs ● 19g fiber



For single meal:

avocados
1 avocado(s) (226g)
lime juice
3/4 tbsp (11mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
2 1/4 cup (68g)
canned tuna
2 1/4 can (387g)
tomatoes
1/2 cup, chopped (101g)
onion, minced
1/2 small (39g)

For all 2 meals:

avocados
2 1/4 avocado(s) (452g)
lime juice
1 1/2 tbsp (23mL)
salt
1/2 tsp (2g)
black pepper
1/2 tsp (0g)
mixed greens
4 1/2 cup (135g)
canned tuna
4 1/2 can (774g)
tomatoes
1 cup, chopped (203g)
onion, minced
1 small (79g)

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

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.

Buttery white rice

324 cals ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



For single meal:

black pepper
1 1/3 dash, ground (0g)
butter
1 tbsp (14g)
salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

For all 2 meals:

black pepper
1/3 tsp, ground (1g)
butter
2 tbsp (28g)
salt
1/4 tsp (4g)
water
1 1/3 cup(s) (316mL)
long-grain white rice
2/3 cup (123g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Buttered green beans

293 cal ● 5g protein ● 23g fat ● 12g carbs ● 6g fiber



For single meal:

butter
2 tbsp (27g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen green beans
2 cup (242g)

For all 2 meals:

butter
4 tbsp (54g)
black pepper
3 dash (0g)
salt
3 dash (1g)
frozen green beans
4 cup (484g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

White rice

1 1/2 cup rice, cooked - 328 cal ● 7g protein ● 1g fat ● 73g carbs ● 1g fiber



For single meal:

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

water
2 cup(s) (474mL)
long-grain white rice
1 cup (185g)

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.

Peanut tempeh

8 oz tempeh - 868 cal ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



For single meal:

tempeh
1/2 lbs (227g)
peanut butter
4 tbsp (65g)
lemon juice
1 tbsp (15mL)
soy sauce
2 tsp (10mL)
nutritional yeast
1 tbsp (4g)

For all 2 meals:

tempeh
1 lbs (454g)
peanut butter
1/2 cup (129g)
lemon juice
2 tbsp (30mL)
soy sauce
4 tsp (20mL)
nutritional yeast
2 tbsp (8g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 3 [↗](#)

Eat on day 5

Flatbread broccoli pizza

626 cal ● 18g protein ● 36g fat ● 53g carbs ● 5g fiber



broccoli
1/2 cup chopped (46g)
pizza sauce
4 tbsp (63g)
black pepper
1 dash (0g)
salt
1 dash (0g)
olive oil
1 1/2 tbsp (23mL)
naan bread
1 piece(s) (90g)
cheese
4 tbsp, shredded (28g)
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 spread pizza sauce over top, top with broccoli and cheese, and 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. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

Fruit juice

1 1/2 cup(s) - 172 cal ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



Makes 1 1/2 cup(s)

fruit juice
12 fl oz (360mL)

1. The recipe has no instructions.

Tomato and avocado salad

391 cal ● 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.

Dinner 4 [↗](#)

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.

Buttery white rice

486 cals ● 7g protein ● 18g fat ● 73g carbs ● 1g fiber



For single meal:

black pepper
2 dash, ground (1g)
butter
1 1/2 tbsp (21g)
salt
4 dash (3g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

black pepper
4 dash, ground (1g)
butter
3 tbsp (43g)
salt
1 tsp (6g)
water
2 cup(s) (474mL)
long-grain white rice
1 cup (185g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. 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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