

Meal Plan - 2800 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

2759 cals ● 241g protein (35%) ● 153g fat (50%) ● 67g carbs (10%) ● 38g fiber (5%)

Lunch

1250 cals, 92g protein, 48g net carbs, 70g fat



[Vegan sausage](#)

3 sausage(s)- 804 cals



[Pan roasted zucchini](#)

444 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

1295 cals, 101g protein, 17g net carbs, 81g fat



[Sunflower seeds](#)

421 cals



[Avocado tuna salad](#)

873 cals

Day 2

2753 cals ● 199g protein (29%) ● 142g fat (46%) ● 138g carbs (20%) ● 33g fiber (5%)

Lunch

1250 cals, 92g protein, 48g net carbs, 70g fat



[Vegan sausage](#)

3 sausage(s)- 804 cals



[Pan roasted zucchini](#)

444 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Dinner

1285 cals, 58g protein, 88g net carbs, 70g fat



[Tossed salad](#)

242 cals



[Shrimp scampi](#)

1045 cals

Day 3

2847 cals ● 171g protein (24%) ● 139g fat (44%) ● 195g carbs (27%) ● 32g fiber (4%)

Lunch

1340 cals, 65g protein, 105g net carbs, 68g fat



Clam chowder
3 can(s)- 1092 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1285 cals, 58g protein, 88g net carbs, 70g fat



Tossed salad
242 cals



Shrimp scampi
1045 cals

Day 4

2845 cals ● 176g protein (25%) ● 93g fat (30%) ● 287g carbs (40%) ● 38g fiber (5%)

Lunch

1340 cals, 65g protein, 105g net carbs, 68g fat



Clam chowder
3 can(s)- 1092 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1285 cals, 63g protein, 180g net carbs, 24g fat



Tossed salad
182 cals



Tofu alfredo pasta with broccoli
1104 cals

Day 5

2760 cals ● 177g protein (26%) ● 121g fat (39%) ● 185g carbs (27%) ● 56g fiber (8%)

Lunch

1315 cals, 72g protein, 42g net carbs, 85g fat



Brussels sprout, apple & walnut side salad
633 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1225 cals, 57g protein, 141g net carbs, 35g fat



Greek cucumber & feta salad
424 cals



Bbq cauliflower wings
803 cals

Day 6

2796 cals ● 215g protein (31%) ● 154g fat (49%) ● 99g carbs (14%) ● 39g fiber (6%)

Lunch

1315 cals, 72g protein, 42g net carbs, 85g fat



Brussels sprout, apple & walnut side salad
633 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1260 cals, 95g protein, 56g net carbs, 68g fat



Garlic pepper seitan
1027 cals



Tomato and avocado salad
235 cals

Day 7

2817 cals ● 208g protein (29%) ● 87g fat (28%) ● 264g carbs (38%) ● 37g fiber (5%)

Lunch

1340 cals, 64g protein, 207g net carbs, 18g fat



Lentils
434 cals



Milk
1 1/2 cup(s)- 224 cals



Pasta with store-bought sauce
680 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1260 cals, 95g protein, 56g net carbs, 68g fat



Garlic pepper seitan
1027 cals



Tomato and avocado salad
235 cals

Grocery List



Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
17 1/2 cup (4186mL)
- ☐ almond milk, unsweetened
5 tbsp (74mL)

Nut and Seed Products

- ☐ sunflower kernels
2 1/3 oz (66g)
- ☐ walnuts
10 tbsp, chopped (70g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (704g)
- ☐ lime juice
1 3/4 fl oz (55mL)
- ☐ apples
5/6 small (2-3/4" dia) (124g)

Spices and Herbs

- ☐ salt
1 oz (30g)
- ☐ black pepper
3/4 oz (22g)
- ☐ oregano, dried
1 tbsp, ground (5g)
- ☐ garlic powder
1 tbsp (10g)
- ☐ basil, dried
1 1/4 tsp, ground (2g)
- ☐ red wine vinegar
1/4 cup (53mL)
- ☐ dill weed, fresh
1 3/4 tbsp, chopped (3g)
- ☐ apple cider vinegar
1 1/4 tbsp (19g)

Other

- ☐ mixed greens
2 cup (60g)
- ☐ vegan sausage
6 sausage (600g)
- ☐ nutritional yeast
3/4 cup (45g)

Fats and Oils

- ☐ olive oil
1/2 lbs (251mL)
- ☐ salad dressing
1/3 cup (82mL)

Dairy and Egg Products

- ☐ butter
6 tbsp (85g)
- ☐ heavy cream
1/2 cup (135mL)
- ☐ parmesan cheese
1 1/2 tbsp (8g)
- ☐ low fat cottage cheese (1% milkfat)
2 cup (452g)
- ☐ feta cheese
1/2 cup, crumbled (66g)
- ☐ whole milk
1 1/2 cup(s) (360mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
19 oz (537g)
- ☐ seitan
1 1/2 lbs (680g)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
6 can (18.5 oz) (3114g)
- ☐ barbecue sauce
3/4 cup (215g)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)

Sweets

- ☐ honey
2 2/3 tbsp (56g)
- ☐ maple syrup
5 tsp (25mL)

Legumes and Legume Products

- ☐ firm tofu
5/8 package (16 oz) (283g)
- ☐ lentils, raw
10 tbsp (120g)

Finfish and Shellfish Products

- ☐ **canned tuna**
5 can (860g)
- ☐ **shrimp, raw**
3/4 lbs (341g)

Vegetables and Vegetable Products

- ☐ **tomatoes**
3 3/4 medium whole (2-3/5" dia) (463g)
 - ☐ **onion**
2 medium (2-1/2" dia) (238g)
 - ☐ **zucchini**
5 1/3 medium (1045g)
 - ☐ **romaine lettuce**
2 3/4 hearts (1375g)
 - ☐ **red onion**
2/3 medium (2-1/2" dia) (76g)
 - ☐ **cucumber**
2 1/2 cucumber (8-1/4") (734g)
 - ☐ **carrots**
2 3/4 small (5-1/2" long) (138g)
 - ☐ **shallots**
3 tbsp chopped (30g)
 - ☐ **garlic**
14 3/4 clove(s) (44g)
 - ☐ **frozen broccoli**
5/8 package (178g)
 - ☐ **cauliflower**
3 head small (4" dia.) (795g)
 - ☐ **brussels sprouts**
3 3/4 cup (330g)
 - ☐ **bell pepper**
3 large (492g)
 - ☐ **green pepper**
6 tbsp, chopped (56g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Vegan sausage

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



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Pan roasted zucchini

444 cals ● 8g protein ● 34g fat ● 17g carbs ● 9g fiber



For single meal:

zucchini
2 2/3 medium (523g)
black pepper
4 tsp, ground (9g)
oregano, dried
1/2 tbsp, ground (2g)
garlic powder
1/2 tbsp (4g)
salt
1/2 tbsp (8g)
olive oil
2 2/3 tbsp (40mL)

For all 2 meals:

zucchini
5 1/3 medium (1045g)
black pepper
2 2/3 tbsp, ground (18g)
oregano, dried
1 tbsp, ground (5g)
garlic powder
1 tbsp (8g)
salt
1 tbsp (16g)
olive oil
1/3 cup (80mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Clam chowder

3 can(s) - 1092 cals ● 36g protein ● 66g fat ● 76g carbs ● 13g fiber



For single meal:

canned clam chowder
3 can (18.5 oz) (1557g)

For all 2 meals:

canned clam chowder
6 can (18.5 oz) (3114g)

1. Prepare according to instructions on package.
-

Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 cup (452g)
honey
2 2/3 tbsp (56g)

1. Serve cottage cheese in a bowl and drizzle with honey.
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Lunch 3 [↗](#)

Eat on day 5 and day 6

Brussels sprout, apple & walnut side salad

633 cals ● 10g protein ● 48g fat ● 29g carbs ● 10g fiber



For single meal:

maple syrup
2 1/2 tsp (13mL)
walnuts
5 tbsp, chopped (35g)
apple cider vinegar
2 tsp (9g)
olive oil
2 tbsp (28mL)
apples, chopped
3/8 small (2-3/4" dia) (62g)
brussels sprouts, ends trimmed and discarded
2 cup (165g)

For all 2 meals:

maple syrup
5 tsp (25mL)
walnuts
10 tbsp, chopped (70g)
apple cider vinegar
1 1/4 tbsp (19g)
olive oil
1/4 cup (56mL)
apples, chopped
5/6 small (2-3/4" dia) (124g)
brussels sprouts, ends trimmed and discarded
3 3/4 cup (330g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

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.

Lunch 4 [↗](#)

Eat on day 7

Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



water
2 1/2 cup(s) (593mL)
salt
1 1/4 dash (1g)
lentils, raw, rinsed
10 tbsp (120g)

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.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Pasta with store-bought sauce

680 cals ● 23g protein ● 5g fat ● 126g carbs ● 10g fiber



uncooked dry pasta
1/3 lbs (152g)
pasta sauce
1/3 jar (24 oz) (224g)

1. Cook the pasta as directed on the package.
 2. Top with sauce and enjoy.
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Dinner 1 [↗](#)

Eat on day 1

Sunflower seeds

421 cals ● 20g protein ● 33g fat ● 5g carbs ● 6g fiber



sunflower kernels
2 1/3 oz (66g)

1. The recipe has no instructions.

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

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 2 [↗](#)

Eat on day 2 and day 3

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



For single meal:

romaine lettuce, shredded
1 hearts (500g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)
red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)

For all 2 meals:

romaine lettuce, shredded
2 hearts (1000g)
tomatoes, diced
2 small whole (2-2/5" dia) (182g)
salad dressing
4 tbsp (60mL)
red onion, sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced or diced
1/2 cucumber (8-1/4") (151g)
carrots, peeled and shredded or sliced
2 small (5-1/2" long) (100g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Shrimp scampi

1045 cals ● 50g protein ● 62g fat ● 68g carbs ● 3g fiber



For single meal:

butter
3 tbsp (43g)
heavy cream
1/4 cup (68mL)
uncooked dry pasta
3 oz (86g)
water
3/8 cup(s) (89mL)
parmesan cheese
3/4 tbsp (4g)
shallots, minced
1 1/2 tbsp chopped (15g)
garlic, minced
3 clove (9g)
shrimp, raw, shelled and deveined
6 oz (170g)

For all 2 meals:

butter
6 tbsp (85g)
heavy cream
1/2 cup (135mL)
uncooked dry pasta
6 oz (171g)
water
3/4 cup(s) (178mL)
parmesan cheese
1 1/2 tbsp (8g)
shallots, minced
3 tbsp chopped (30g)
garlic, minced
6 clove (18g)
shrimp, raw, shelled and deveined
3/4 lbs (341g)

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 3 [🔗](#)

Eat on day 4

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



romaine lettuce, shredded
3/4 hearts (375g)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
salad dressing
1 1/2 tbsp (23mL)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Tofu alfredo pasta with broccoli

1104 cals ● 57g protein ● 18g fat ● 165g carbs ● 13g fiber



uncooked dry pasta
1/2 lbs (214g)
firm tofu
5/8 package (16 oz) (283g)
frozen broccoli
5/8 package (178g)
garlic
1 1/4 clove(s) (4g)
salt
1/3 dash (0g)
almond milk, unsweetened
5 tbsp (75mL)
basil, dried
1 1/4 tsp, ground (2g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Dinner 4 [🔗](#)

Eat on day 5

Greek cucumber & feta salad

424 cals ● 15g protein ● 30g fat ● 21g carbs ● 3g fiber



feta cheese
1/2 cup, crumbled (66g)
red wine vinegar
1/4 cup (53mL)
olive oil
3 1/2 tsp (18mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
dill weed, fresh
1 3/4 tbsp, chopped (3g)
cucumber
1 3/4 cucumber (8-1/4") (527g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. 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 5 [🔗](#)

Eat on day 6 and day 7

Garlic pepper seitan

1027 cal ● 92g protein ● 50g fat ● 49g carbs ● 4g fiber



For single meal:

olive oil
3 tbsp (45mL)
onion
6 tbsp, chopped (60g)
green pepper
3 tbsp, chopped (28g)
black pepper
3 dash, ground (1g)
water
1 1/2 tbsp (23mL)
salt
1 1/2 dash (1g)
seitan, chicken style
3/4 lbs (340g)
garlic, minced
3 3/4 clove(s) (11g)

For all 2 meals:

olive oil
6 tbsp (90mL)
onion
3/4 cup, chopped (120g)
green pepper
6 tbsp, chopped (56g)
black pepper
1/4 tbsp, ground (2g)
water
3 tbsp (45mL)
salt
3 dash (2g)
seitan, chicken style
1 1/2 lbs (680g)
garlic, minced
7 1/2 clove(s) (23g)

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.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

- 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)

For all 2 meals:

- onion**
2 tbsp minced (30g)
- lime juice**
2 tbsp (30mL)
- olive oil**
1/2 tbsp (8mL)
- garlic powder**
4 dash (2g)
- salt**
4 dash (3g)
- black pepper**
4 dash, ground (1g)
- avocados, cubed**
1 avocado(s) (201g)
- tomatoes, diced**
1 medium whole (2-3/5" dia) (123g)

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.

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.