

Meal Plan - 3100 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

3060 cals ● 245g protein (32%) ● 129g fat (38%) ● 193g carbs (25%) ● 37g fiber (5%)

Lunch

1405 cals, 84g protein, 162g net carbs, 36g fat



[Vegan meatball sub](#)
3 sub(s)- 1403 cals

Dinner

1385 cals, 100g protein, 29g net carbs, 91g fat



[Tilapia with almond gremolata](#)
2 1/2 tilapia fillet(s)- 1163 cals



[Buttered lima beans](#)
220 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 2

3128 cals ● 240g protein (31%) ● 68g fat (20%) ● 324g carbs (41%) ● 64g fiber (8%)

Lunch

1435 cals, 63g protein, 232g net carbs, 8g fat



[Mashed sweet potatoes](#)
366 cals



[Bbq cauliflower wings](#)
1070 cals

Dinner

1420 cals, 117g protein, 90g net carbs, 59g fat



[Sweet potato wedges](#)
347 cals



[Vegan sausage](#)
4 sausage(s)- 1072 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 3

3076 cals ● 252g protein (33%) ● 41g fat (12%) ● 359g carbs (47%) ● 67g fiber (9%)

Lunch

1435 cals, 63g protein, 232g net carbs, 8g fat



Mashed sweet potatoes
366 cals



Bbq cauliflower wings
1070 cals

Dinner

1370 cals, 129g protein, 125g net carbs, 32g fat



Lentils
463 cals



Teriyaki seitan wings
12 oz seitan- 892 cals



Celery sticks
2 celery stalk- 13 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 4

3092 cals ● 231g protein (30%) ● 77g fat (22%) ● 297g carbs (38%) ● 71g fiber (9%)

Lunch

1450 cals, 42g protein, 170g net carbs, 44g fat



Simple kale & avocado salad
230 cals



Chickpea stuffed sweet potato
2 1/2 sweet potato(es)- 1221 cals

Dinner

1370 cals, 129g protein, 125g net carbs, 32g fat



Lentils
463 cals



Teriyaki seitan wings
12 oz seitan- 892 cals



Celery sticks
2 celery stalk- 13 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 5

3082 cals ● 203g protein (26%) ● 134g fat (39%) ● 190g carbs (25%) ● 76g fiber (10%)

Lunch

1430 cals, 65g protein, 100g net carbs, 60g fat



Chickpea stuffed avocado
1 avocado- 961 cals



Easy chickpea salad
467 cals

Dinner

1380 cals, 78g protein, 87g net carbs, 73g fat



Almond crusted tilapia
10 oz- 706 cals



Buttered green beans
342 cals



Buttery brown rice
333 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 6

3110 cals ● 214g protein (27%) ● 136g fat (39%) ● 211g carbs (27%) ● 46g fiber (6%)

Lunch

1410 cals, 63g protein, 103g net carbs, 72g fat



Chickpea bowl with spicy yogurt sauce
677 cals



Pumpkin seeds
731 cals

Dinner

1430 cals, 90g protein, 106g net carbs, 63g fat



Naan bread
1 piece(s)- 262 cals



Lentils
231 cals



Salmon & veggie one pot
10 oz salmon- 936 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 7

3110 cals ● 214g protein (27%) ● 136g fat (39%) ● 211g carbs (27%) ● 46g fiber (6%)

Lunch

1410 cals, 63g protein, 103g net carbs, 72g fat



Chickpea bowl with spicy yogurt sauce
677 cals



Pumpkin seeds
731 cals

Dinner

1430 cals, 90g protein, 106g net carbs, 63g fat



Naan bread
1 piece(s)- 262 cals



Lentils
231 cals



Salmon & veggie one pot
10 oz salmon- 936 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Grocery List



Beverages

- protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- water
26 3/4 cup(s) (6349mL)

Dairy and Egg Products

- butter
1/2 stick (55g)
- nonfat greek yogurt, plain
1 container (175g)

Other

- sub roll(s)
3 roll(s) (255g)
- nutritional yeast
1/4 lbs (124g)
- vegan meatballs, frozen
12 meatball(s) (360g)
- vegan sausage
4 sausage (400g)
- teriyaki sauce
3/4 cup (180mL)
- balsamic glaze
1 1/4 tbsp (19mL)
- smoked paprika
1/2 tsp (1g)
- sriracha chili sauce
1 tbsp (15g)

Soups, Sauces, and Gravies

- pasta sauce
3/4 cup (195g)
- barbecue sauce
2 cup (572g)
- apple cider vinegar
1 tbsp (1mL)

Legumes and Legume Products

- lentils, raw
2 cup (384g)
- chickpeas, canned
4 3/4 can(s) (2128g)

Cereal Grains and Pasta

- seitan
1 1/2 lbs (680g)
- all-purpose flour
1/4 cup(s) (35g)
- brown rice
1/3 cup (63g)
- long-grain white rice
3/4 cup (139g)

Finfish and Shellfish Products

- tilapia, raw
1 1/2 lbs (705g)
- salmon
1 1/4 lbs (567g)

Nut and Seed Products

- almonds
2 oz (62g)
- sunflower kernels
2 tbsp (24g)
- roasted pumpkin seeds, unsalted
2 cup (236g)

Fruits and Fruit Juices

- lemon juice
2 1/4 tbsp (34mL)
- avocados
1 1/2 avocado(s) (302g)
- lemon
1/2 small (29g)

Fats and Oils

- olive oil
6 tbsp (87mL)
- oil
1/4 lbs (131mL)

Spices and Herbs

- garlic powder
5 dash (2g)
- onion powder
5 dash (2g)
- paprika
5 dash (1g)
- salt
2/3 oz (23g)
- black pepper
1/8 oz (2g)

- balsamic vinegar**
1 tbsp (15mL)
- dried dill weed**
2 1/2 tsp (3g)
- ground cumin**
2 1/2 tsp (5g)

Baked Products

- naan bread**
2 piece(s) (180g)

Vegetables and Vegetable Products

- fresh parsley**
2 1/4 bunch (44g)
- garlic**
2 1/2 clove(s) (8g)
- lima beans, frozen**
1/2 package (10 oz) (142g)
- sweet potatoes**
8 sweetpotato, 5" long (1645g)
- cauliflower**
8 head small (4" dia.) (2120g)
- raw celery**
4 stalk, medium (7-1/2" - 8" long) (160g)
- kale leaves**
1/2 bunch (85g)
- shallots**
1 1/4 clove(s) (71g)
- frozen green beans**
2 1/3 cup (282g)
- onion**
4 1/2 small (315g)
- tomatoes**
1 cup cherry tomatoes (149g)
- canned crushed tomatoes**
2 1/2 cup (605g)
- bell pepper**
2 1/2 medium (298g)

Lunch 1 ↗

Eat on day 1

Vegan meatball sub

3 sub(s) - 1403 cals ● 84g protein ● 36g fat ● 162g carbs ● 23g fiber



Makes 3 sub(s)

sub roll(s)
3 roll(s) (255g)
nutritional yeast
1 tbsp (4g)
pasta sauce
3/4 cup (195g)
vegan meatballs, frozen
12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Lunch 2 ↗

Eat on day 2 and day 3

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)

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 and serve.

Bbq cauliflower wings

1070 cals ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



For single meal:

barbecue sauce

1 cup (286g)

salt

1 tsp (6g)

nutritional yeast

1 cup (60g)

cauliflower

4 head small (4" dia.) (1060g)

For all 2 meals:

barbecue sauce

2 cup (572g)

salt

2 tsp (12g)

nutritional yeast

2 cup (120g)

cauliflower

8 head small (4" dia.) (2120g)

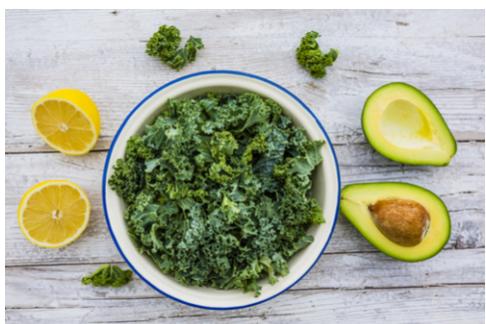
1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes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

Lunch 3 ↗

Eat on day 4

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped

1/2 bunch (85g)

avocados, chopped

1/2 avocado(s) (101g)

lemon, juiced

1/2 small (29g)

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.

Chickpea stuffed sweet potato

2 1/2 sweet potato(es) - 1221 cals ● 38g protein ● 29g fat ● 160g carbs ● 43g fiber



Makes 2 1/2 sweet potato(es)

oil

1 1/4 tbsp (19mL)

balsamic glaze

1 1/4 tbsp (19mL)

shallots, chopped

1 1/4 clove(s) (71g)

sweet potatoes, halved lengthwise

2 1/2 sweetpotato, 5" long (525g)

chickpeas, canned, drained & rinsed

1 1/4 can(s) (560g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

Lunch 4 ↗

Eat on day 5

Chickpea stuffed avocado

1 avocado - 961 cals ● 41g protein ● 51g fat ● 50g carbs ● 36g fiber



Makes 1 avocado

lemon juice
1 tbsp (15mL)
nonfat greek yogurt, plain
4 tbsp (70g)
smoked paprika
1/2 tsp (1g)
sunflower kernels
2 tbsp (24g)
avocados
1 avocado(s) (201g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

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

Lunch 5 ↗

Eat on day 6 and day 7

Chickpea bowl with spicy yogurt sauce

677 cals ● 28g protein ● 14g fat ● 93g carbs ● 17g fiber



For single meal:

oil
1/2 tbsp (8mL)
long-grain white rice
6 tbsp (69g)
nonfat greek yogurt, plain
3 tbsp (53g)
sriracha chili sauce
1/2 tbsp (8g)
onion, diced
3/4 small (53g)
chickpeas, canned, rinsed & drained
3/4 can(s) (336g)
fresh parsley, chopped
3 tbsp chopped (11g)

For all 2 meals:

oil
1 tbsp (15mL)
long-grain white rice
3/4 cup (139g)
nonfat greek yogurt, plain
6 tbsp (105g)
sriracha chili sauce
1 tbsp (15g)
onion, diced
1 1/2 small (105g)
chickpeas, canned, rinsed & drained
1 1/2 can(s) (672g)
fresh parsley, chopped
6 tbsp chopped (23g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Pumpkin seeds

731 cals ● 35g protein ● 58g fat ● 10g carbs ● 8g fiber



For single meal:

roasted pumpkin seeds, unsalted
1 cup (118g)

For all 2 meals:

roasted pumpkin seeds, unsalted
2 cup (236g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Tilapia with almond gremolata

2 1/2 tilapia fillet(s) - 1163 cals ● 91g protein ● 84g fat ● 8g carbs ● 4g fiber



Makes 2 1/2 tilapia fillet(s)

tilapia, raw
15 oz (425g)
almonds
2 1/2 tbsp, slivered (17g)
lemon juice
1 1/4 tbsp (19mL)
olive oil
5 tbsp (75mL)
garlic powder
5 dash (2g)
onion powder
5 dash (2g)
paprika
5 dash (1g)
fresh parsley
5 tbsp chopped (19g)
garlic, minced
2 1/2 clove(s) (8g)

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.

Buttered lima beans

220 cals ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



salt
2 dash (2g)
lima beans, frozen
1/2 package (10 oz) (142g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 2 ↗

Eat on day 2

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Vegan sausage

4 sausage(s) - 1072 cals ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



Makes 4 sausage(s)
vegan sausage
4 sausage (400g)

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

Dinner 3 ↗

Eat on day 3 and day 4

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.

Teriyaki seitan wings

12 oz seitan - 892 cals ● 97g protein ● 30g fat ● 57g carbs ● 2g fiber



For single meal:

seitan
3/4 lbs (340g)
oil
1 1/2 tbsp (23mL)
teriyaki sauce
6 tbsp (90mL)

For all 2 meals:

seitan
1 1/2 lbs (680g)
oil
3 tbsp (45mL)
teriyaki sauce
3/4 cup (180mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Dinner 4 ↗

Eat on day 5

Almond crusted tilapia

10 oz - 706 cals ● 68g protein ● 34g fat ● 27g carbs ● 6g fiber



Makes 10 oz

almonds

6 2/3 tbsp, slivered (45g)

tilapia, raw

10 oz (280g)

all-purpose flour

1/4 cup(s) (35g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

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.

Buttered green beans

342 cals ● 5g protein ● 26g fat ● 14g carbs ● 7g fiber



butter

2 1/3 tbsp (32g)

black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen green beans

2 1/3 cup (282g)

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

Buttery brown rice

333 cals ● 5g protein ● 13g fat ● 46g carbs ● 2g fiber



butter
1 tbsp (14g)
brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Dinner 5

Eat on day 6 and day 7

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

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.

Salmon & veggie one pot

10 oz salmon - 936 cals ● 66g protein ● 57g fat ● 29g carbs ● 10g fiber



For single meal:

salmon
10 oz (284g)
canned crushed tomatoes
1 1/4 cup (303g)
dried dill weed
1 1/4 tsp (1g)
oil
1 1/4 tbsp (19mL)
water
1/3 cup(s) (74mL)
ground cumin
1 1/4 tsp (3g)
onion, sliced
1 1/4 small (88g)
bell pepper, sliced into strips
1 1/4 medium (149g)

For all 2 meals:

salmon
1 1/4 lbs (567g)
canned crushed tomatoes
2 1/2 cup (605g)
dried dill weed
2 1/2 tsp (3g)
oil
2 1/2 tbsp (38mL)
water
5/8 cup(s) (148mL)
ground cumin
2 1/2 tsp (5g)
onion, sliced
2 1/2 small (175g)
bell pepper, sliced into strips
2 1/2 medium (298g)

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.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

water

2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

water

17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.