

Meal Plan - 3200 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

3216 cals ● 250g protein (31%) ● 179g fat (50%) ● 111g carbs (14%) ● 40g fiber (5%)

Lunch

1495 cals, 68g protein, 59g net carbs, 97g fat



Milk

1 3/4 cup(s)- 261 cals



Salsa verde tofu salad

1234 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1450 cals, 121g protein, 49g net carbs, 81g fat



Simple mozzarella and tomato salad

645 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 2

3216 cals ● 250g protein (31%) ● 179g fat (50%) ● 111g carbs (14%) ● 40g fiber (5%)

Lunch

1495 cals, 68g protein, 59g net carbs, 97g fat



Milk

1 3/4 cup(s)- 261 cals



Salsa verde tofu salad

1234 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

1450 cals, 121g protein, 49g net carbs, 81g fat



Simple mozzarella and tomato salad

645 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 3

3163 calsgreen280g protein (35%)orange97g fat (28%)blue225g carbs (28%)grey67g fiber (8%)

Lunch

1440 calsgreen90g protein, 145g net carbs, 34g fat



Easy chickpea salad
701 calsgreen



Chunky canned soup (non-creamy)
3 can(s)- 741 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

1450 calsgreen130g protein, 78g net carbs, 62g fat



Farro
1 cups, cooked- 370 calsgreen



Buttered sugar snap peas
161 calsgreen



Broiled tilapia parmesan
18 2/3 oz- 918 calsgreen

Day 4

3163 calsgreen280g protein (35%)orange97g fat (28%)blue225g carbs (28%)grey67g fiber (8%)

Lunch

1440 calsgreen90g protein, 145g net carbs, 34g fat



Easy chickpea salad
701 calsgreen



Chunky canned soup (non-creamy)
3 can(s)- 741 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

1450 calsgreen130g protein, 78g net carbs, 62g fat



Farro
1 cups, cooked- 370 calsgreen



Buttered sugar snap peas
161 calsgreen



Broiled tilapia parmesan
18 2/3 oz- 918 calsgreen

Day 5

3188 cals ● 201g protein (25%) ● 72g fat (20%) ● 378g carbs (47%) ● 57g fiber (7%)

Lunch

1475 cals, 88g protein, 165g net carbs, 41g fat



Vegan meatball sub
3 sub(s)- 1403 cals



Caprese salad
71 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1440 cals, 52g protein, 211g net carbs, 30g fat



Spiced lentil tacos
6 taco(s)- 1195 cals



White rice
1 cup rice, cooked- 246 cals

Day 6

3156 cals ● 218g protein (28%) ● 65g fat (19%) ● 382g carbs (48%) ● 43g fiber (5%)

Lunch

1475 cals, 88g protein, 165g net carbs, 41g fat



Vegan meatball sub
3 sub(s)- 1403 cals



Caprese salad
71 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1410 cals, 69g protein, 215g net carbs, 23g fat



Dinner roll
3 roll(s)- 231 cals



Tofu alfredo pasta with broccoli
1178 cals

Day 7

3213 cals ● 238g protein (30%) ● 96g fat (27%) ● 301g carbs (37%) ● 49g fiber (6%)

Lunch

1530 cals, 109g protein, 83g net carbs, 71g fat



Blueberries
1 cup(s)- 95 cals



Seitan salad
1437 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1410 cals, 69g protein, 215g net carbs, 23g fat



Dinner roll
3 roll(s)- 231 cals



Tofu alfredo pasta with broccoli
1178 cals

Grocery List



Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
27 3/4 cup(s) (6577mL)
- ☐ almond milk, unsweetened
2/3 cup (161mL)

Fats and Oils

- ☐ balsamic vinaigrette
3 oz (90mL)
- ☐ oil
2 1/2 oz (76mL)
- ☐ mayonnaise
1/4 cup (53mL)
- ☐ salad dressing
4 tbsp (60mL)

Spices and Herbs

- ☐ fresh basil
3/4 oz (18g)
- ☐ ground cumin
3 tbsp (18g)
- ☐ balsamic vinegar
3 tbsp (45mL)
- ☐ black pepper
3 g (3g)
- ☐ salt
1/4 oz (8g)
- ☐ crushed red pepper
4 dash (1g)
- ☐ basil, dried
1 tbsp, ground (4g)

Dairy and Egg Products

- ☐ fresh mozzarella cheese
3/4 lbs (331g)
- ☐ whole milk
3 1/2 cup(s) (840mL)
- ☐ butter
1/2 stick (60g)
- ☐ parmesan cheese
9 1/4 tbsp (58g)

Vegetables and Vegetable Products

- ☐ tomatoes
15 1/2 medium whole (2-3/5" dia) (1913g)

Other

- ☐ vegan sausage
6 sausage (600g)
- ☐ mixed greens
2 1/2 package (5.5 oz) (367g)
- ☐ farro
1 cup (208g)
- ☐ sub roll(s)
6 roll(s) (510g)
- ☐ nutritional yeast
1/4 cup (13g)
- ☐ vegan meatballs, frozen
24 meatball(s) (720g)

Legumes and Legume Products

- ☐ firm tofu
2 1/2 lbs (1192g)
- ☐ black beans
14 tbsp (210g)
- ☐ chickpeas, canned
3 can(s) (1344g)
- ☐ red lentils, raw
3/4 cup (144g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
14 tbsp (103g)

Soups, Sauces, and Gravies

- ☐ salsa verde
1/2 cup (112g)
- ☐ apple cider vinegar
3 tbsp (2mL)
- ☐ chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)
- ☐ salsa
6 tbsp (108g)
- ☐ pasta sauce
1 1/2 cup (390g)

Fruits and Fruit Juices

- ☐ avocados
2 3/4 avocado(s) (551g)
- ☐ lemon juice
2 1/3 tbsp (35mL)
- ☐ blueberries
1 cup (148g)

- ☐ **onion**
1 1/2 medium (2-1/2" dia) (160g)
- ☐ **fresh parsley**
9 sprigs (9g)
- ☐ **frozen sugar snap peas**
2 cup (288g)
- ☐ **garlic**
5 2/3 clove(s) (17g)
- ☐ **carrots**
1 small (5-1/2" long) (50g)
- ☐ **frozen broccoli**
1 1/3 package (379g)
- ☐ **fresh spinach**
8 cup(s) (240g)

Finfish and Shellfish Products

- ☐ **tilapia, raw**
2 1/3 lbs (1045g)

Baked Products

- ☐ **corn tortillas**
6 tortilla, medium (approx 6" dia) (156g)
- ☐ **Roll**
6 pan, dinner, or small roll (2" square, 2" high) (168g)

Cereal Grains and Pasta

- ☐ **long-grain white rice**
6 tbsp (69g)
 - ☐ **uncooked dry pasta**
1 lbs (456g)
 - ☐ **seitan**
3/4 lbs (340g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Milk

1 3/4 cup(s) - 261 cal ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 3/4 cup(s) (420mL)

For all 2 meals:

whole milk

3 1/2 cup(s) (840mL)

1. The recipe has no instructions.

Salsa verde tofu salad

1234 cal ● 55g protein ● 83g fat ● 39g carbs ● 29g fiber



For single meal:

firm tofu

3 1/2 slice(s) (294g)

oil

3 1/2 tsp (18mL)

mixed greens

5 1/4 cup (158g)

roasted pumpkin seeds, unsalted

1/2 cup (52g)

ground cumin

3 1/2 tsp (7g)

salsa verde

1/4 cup (56g)

avocados, sliced

7 slices (175g)

black beans, drained and rinsed

1/2 cup (105g)

tomatoes, chopped

1 3/4 roma tomato (140g)

For all 2 meals:

firm tofu

7 slice(s) (588g)

oil

2 1/3 tbsp (35mL)

mixed greens

10 1/2 cup (315g)

roasted pumpkin seeds, unsalted

14 tbsp (103g)

ground cumin

2 1/3 tbsp (15g)

salsa verde

1/2 cup (112g)

avocados, sliced

14 slices (350g)

black beans, drained and rinsed

14 tbsp (210g)

tomatoes, chopped

3 1/2 roma tomato (280g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Easy chickpea salad

701 cals ● 36g protein ● 14g fat ● 75g carbs ● 33g fiber



For single meal:

balsamic vinegar
1 1/2 tbsp (23mL)
apple cider vinegar
1 1/2 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/2 can(s) (672g)
onion, thinly sliced
3/4 small (53g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
fresh parsley, chopped
4 1/2 sprigs (5g)

For all 2 meals:

balsamic vinegar
3 tbsp (45mL)
apple cider vinegar
3 tbsp (2mL)
chickpeas, canned, drained and rinsed
3 can(s) (1344g)
onion, thinly sliced
1 1/2 small (105g)
tomatoes, halved
3 cup cherry tomatoes (447g)
fresh parsley, chopped
9 sprigs (9g)

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

Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.
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Lunch 3 [↗](#)

Eat on day 5 and day 6

Vegan meatball sub

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



For single meal:

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)

For all 2 meals:

sub roll(s)
6 roll(s) (510g)
nutritional yeast
2 tbsp (8g)
pasta sauce
1 1/2 cup (390g)
vegan meatballs, frozen
24 meatball(s) (720g)

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.

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

fresh mozzarella cheese
1/2 oz (14g)
mixed greens
1/6 package (5.5 oz) (26g)
fresh basil
4 tsp leaves, whole (2g)
balsamic vinaigrette
1 tsp (5mL)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

fresh mozzarella cheese
1 oz (28g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh basil
2 2/3 tbsp leaves, whole (4g)
balsamic vinaigrette
2 tsp (10mL)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lunch 4 [↗](#)

Eat on day 7

Blueberries

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



Makes 1 cup(s)

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Seitan salad

1437 cals ● 108g protein ● 71g fat ● 66g carbs ● 27g fiber



oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
fresh spinach
8 cup(s) (240g)
seitan, crumbled or sliced
3/4 lbs (340g)
tomatoes, halved
24 cherry tomatoes (408g)
avocados, chopped
1 avocado(s) (201g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Simple mozzarella and tomato salad

645 cals ● 37g protein ● 45g fat ● 18g carbs ● 5g fiber



For single meal:

balsamic vinaigrette
2 2/3 tbsp (40mL)
fresh basil
2 2/3 tbsp, chopped (7g)
fresh mozzarella cheese, sliced
1/3 lbs (151g)
tomatoes, sliced
2 large whole (3" dia) (364g)

For all 2 meals:

balsamic vinaigrette
1/3 cup (80mL)
fresh basil
1/3 cup, chopped (14g)
fresh mozzarella cheese, sliced
2/3 lbs (302g)
tomatoes, sliced
4 large whole (3" dia) (728g)

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

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Farro

1 cups, cooked - 370 cals ● 12g protein ● 2g fat ● 66g carbs ● 10g fiber



For single meal:

farro
1/2 cup (104g)
water
4 cup(s) (948mL)

For all 2 meals:

farro
1 cup (208g)
water
8 cup(s) (1896mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

Buttered sugar snap peas

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



For single meal:

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

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
butter
2 tbsp (27g)
frozen sugar snap peas
2 cup (288g)

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

Broiled tilapia parmesan

18 2/3 oz - 918 cal ● 114g protein ● 49g fat ● 6g carbs ● 0g fiber



For single meal:

parmesan cheese

1/4 cup (29g)

mayonnaise

1 3/4 tbsp (26mL)

lemon juice

3 1/2 tsp (17mL)

tilapia, raw

18 2/3 oz (523g)

black pepper

1/2 tsp, ground (1g)

salt

1/2 tsp (3g)

butter, softened

3 1/2 tsp (17g)

For all 2 meals:

parmesan cheese

9 1/3 tbsp (58g)

mayonnaise

1/4 cup (52mL)

lemon juice

2 1/3 tbsp (35mL)

tilapia, raw

2 1/3 lbs (1045g)

black pepper

1 tsp, ground (3g)

salt

1 tsp (7g)

butter, softened

2 1/3 tbsp (33g)

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.

Dinner 3 [↗](#)

Eat on day 5

Spiced lentil tacos

6 taco(s) - 1195 cal ● 47g protein ● 29g fat ● 157g carbs ● 29g fiber



Makes 6 taco(s)

red lentils, raw

3/4 cup (144g)

corn tortillas

6 tortilla, medium (approx 6" dia)
(156g)

ground cumin

1/2 tbsp (3g)

salsa

6 tbsp (108g)

oil

1 1/2 tbsp (23mL)

water

1 1/2 cup(s) (356mL)

crushed red pepper

4 dash (1g)

onion, diced

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

garlic, minced

3 clove(s) (9g)

carrots, peeled & grated

1 small (5-1/2" long) (50g)

1. Heat just half of the oil in a saucepan over medium heat. Add the onion, carrot, and garlic and cook for 5-7 minutes until the onion is translucent.
2. Stir in cumin and cook for about one minute, until fragrant.
3. Add water, salsa, lentils, and some salt. Bring to a boil, cover, reduce the heat to low, and cook 20-25 minutes or until lentils are soft.
4. Divide lentil mixture between tortillas and spread almost to the edge of each tortilla. Sprinkle crushed red pepper on top.
5. Heat the remaining oil in a nonstick skillet over medium heat. Add the tortilla lentil side up and toast for 3-5 minutes until edges begin to crisp.
6. Transfer the tacos to plate, fold, and serve.

White rice

1 cup rice, cooked - 246 cal ● 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.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Dinner roll

3 roll(s) - 231 cal ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll

6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Tofu alfredo pasta with broccoli

1178 cal ● 61g protein ● 19g fat ● 176g carbs ● 14g fiber



For single meal:

uncooked dry pasta

1/2 lbs (228g)

firm tofu

2/3 package (16 oz) (302g)

frozen broccoli

2/3 package (189g)

garlic

1 1/3 clove(s) (4g)

salt

1/3 dash (0g)

almond milk, unsweetened

1/3 cup (80mL)

basil, dried

1/2 tbsp, ground (2g)

For all 2 meals:

uncooked dry pasta

16 oz (456g)

firm tofu

1 1/3 package (16 oz) (604g)

frozen broccoli

1 1/3 package (379g)

garlic

2 2/3 clove(s) (8g)

salt

2/3 dash (0g)

almond milk, unsweetened

2/3 cup (160mL)

basil, dried

1 tbsp, ground (4g)

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.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 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.
