

# Meal Plan - 1000 calorie high protein pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1043 cals ● 108g protein (42%) ● 36g fat (31%) ● 60g carbs (23%) ● 11g fiber (4%)

### Breakfast

205 cals, 13g protein, 9g net carbs, 12g fat



**Kiwi**  
1 kiwi- 47 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Dinner

235 cals, 25g protein, 13g net carbs, 8g fat



**Goat cheese and marinara stuffed zucchini**  
1 zucchini halve(s)- 96 cals



**Protein greek yogurt**  
1 container- 139 cals

### Lunch

385 cals, 21g protein, 36g net carbs, 15g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Tomato soup**  
1/2 can(s)- 105 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 2

1043 cals ● 108g protein (42%) ● 36g fat (31%) ● 60g carbs (23%) ● 11g fiber (4%)

### Breakfast

205 cals, 13g protein, 9g net carbs, 12g fat



**Kiwi**  
1 kiwi- 47 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Lunch

385 cals, 21g protein, 36g net carbs, 15g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Tomato soup**  
1/2 can(s)- 105 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

235 cals, 25g protein, 13g net carbs, 8g fat



**Goat cheese and marinara stuffed zucchini**  
1 zucchini halve(s)- 96 cals



**Protein greek yogurt**  
1 container- 139 cals

## Day 3

1019 cals ● 100g protein (39%) ● 30g fat (27%) ● 65g carbs (25%) ● 22g fiber (8%)

### Breakfast

205 cals, 12g protein, 24g net carbs, 4g fat



**Chickpea & tomato toasts**  
1 toast(s)- 206 cals

### Lunch

290 cals, 28g protein, 14g net carbs, 9g fat



**Vegan crumbles**  
1 1/4 cup(s)- 183 cals



**Olive oil drizzled lima beans**  
108 cals

### Dinner

305 cals, 12g protein, 25g net carbs, 17g fat



**Milk**  
1 cup(s)- 149 cals



**Flatbread broccoli pizza**  
156 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 4

1019 cals ● 100g protein (39%) ● 30g fat (27%) ● 65g carbs (25%) ● 22g fiber (8%)

### Breakfast

205 cals, 12g protein, 24g net carbs, 4g fat



**Chickpea & tomato toasts**  
1 toast(s)- 206 cals

### Lunch

290 cals, 28g protein, 14g net carbs, 9g fat



**Vegan crumbles**  
1 1/4 cup(s)- 183 cals



**Olive oil drizzled lima beans**  
108 cals

### Dinner

305 cals, 12g protein, 25g net carbs, 17g fat



**Milk**  
1 cup(s)- 149 cals



**Flatbread broccoli pizza**  
156 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

1056 cals ● 94g protein (36%) ● 40g fat (34%) ● 60g carbs (23%) ● 21g fiber (8%)

### Breakfast

205 cals, 12g protein, 24g net carbs, 4g fat



**Chickpea & tomato toasts**  
1 toast(s)- 206 cals

### Lunch

310 cals, 14g protein, 22g net carbs, 17g fat



**Kiwi**  
1 kiwi- 47 cals



**Clam chowder**  
1/2 can(s)- 182 cals



**String cheese**  
1 stick(s)- 83 cals

### Dinner

320 cals, 20g protein, 12g net carbs, 18g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Salmon & artichoke salad**  
210 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 6

1024 cals ● 96g protein (37%) ● 46g fat (41%) ● 43g carbs (17%) ● 13g fiber (5%)

### Breakfast

175 cals, 14g protein, 7g net carbs, 10g fat



**Milk**  
1/2 cup(s)- 75 cals



**High protein scrambled eggs**  
99 cals

### Lunch

310 cals, 14g protein, 22g net carbs, 17g fat



**Kiwi**  
1 kiwi- 47 cals



**Clam chowder**  
1/2 can(s)- 182 cals



**String cheese**  
1 stick(s)- 83 cals

### Dinner

320 cals, 20g protein, 12g net carbs, 18g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Salmon & artichoke salad**  
210 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 7

1000 cals ● 91g protein (36%) ● 30g fat (27%) ● 74g carbs (30%) ● 18g fiber (7%)

### Breakfast

175 cals, 14g protein, 7g net carbs, 10g fat



#### Milk

1/2 cup(s)- 75 cals



#### High protein scrambled eggs

99 cals

### Lunch

320 cals, 16g protein, 26g net carbs, 12g fat



#### Basic tempeh

2 oz- 148 cals



#### Mashed sweet potatoes

92 cals



#### Olive oil drizzled sugar snap peas

82 cals

### Dinner

290 cals, 12g protein, 40g net carbs, 7g fat



#### Greek veggie burger

1 burger(s)- 288 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

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# Grocery List



## Fruits and Fruit Juices

- kiwi  
4 fruit (276g)

## Fats and Oils

- oil  
2 1/2 tsp (13mL)
- olive oil  
3/4 oz (24mL)
- balsamic vinaigrette  
4 tbsp (60mL)

## Dairy and Egg Products

- eggs  
6 large (300g)
- goat cheese  
1 oz (28g)
- nonfat greek yogurt, plain  
3 tbsp (53g)
- whole milk  
3 cup(s) (720mL)
- cheese  
2 tbsp, shredded (14g)
- string cheese  
2 stick (56g)
- low fat cottage cheese (1% milkfat)  
4 tbsp (57g)

## Nut and Seed Products

- almonds  
9 1/4 tbsp, whole (83g)

## Soups, Sauces, and Gravies

- condensed canned tomato soup  
1 can (10.5 oz) (298g)
- pasta sauce  
4 tbsp (65g)
- pizza sauce  
2 tbsp (32g)
- canned clam chowder  
1 can (18.5 oz) (519g)

## Other

- cottage cheese & fruit cup  
2 container (340g)

## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
14 cup(s) (3318mL)

## Vegetables and Vegetable Products

- zucchini  
1 large (323g)
- lima beans, frozen  
1/2 package (10 oz) (142g)
- tomatoes  
2 1/2 medium whole (2-3/5" dia) (319g)
- broccoli  
4 tbsp chopped (23g)
- garlic  
1 1/2 clove(s) (5g)
- artichokes, canned  
2/3 cup hearts (112g)
- sweet potatoes  
1/2 sweetpotato, 5" long (105g)
- frozen sugar snap peas  
2/3 cup (96g)

## Legumes and Legume Products

- vegetarian burger crumbles  
2 1/2 cup (250g)
- chickpeas, canned  
3/4 can(s) (336g)
- tempeh  
2 oz (57g)

## Spices and Herbs

- black pepper  
1/4 g (0g)
- salt  
2 g (2g)

## Baked Products

- bread  
3 slice(s) (96g)
- naan bread  
1/2 piece(s) (45g)
- hamburger buns  
1 bun(s) (51g)

## Finfish and Shellfish Products

**protein greek yogurt, flavored**  
2 container (300g)

**canned salmon**  
6 oz (170g)

**mixed greens**  
3 cup (90g)

**veggie burger patty**  
1 patty (71g)

**tzatziki**  
1/8 cup(s) (28g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

### Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Chickpea & tomato toasts

1 toast(s) - 206 cals ● 12g protein ● 4g fat ● 24g carbs ● 8g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**nonfat greek yogurt, plain**  
1 tbsp (18g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**chickpeas, canned, drained & rinsed**  
1/4 can(s) (112g)

For all 3 meals:

**bread**  
3 slice(s) (96g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**tomatoes**  
12 slice(s), thin/small (180g)  
**chickpeas, canned, drained & rinsed**  
3/4 can(s) (336g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

### High protein scrambled eggs

99 cals ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)  
**low fat cottage cheese (1% milkfat)**  
2 tbsp (28g)

For all 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

## Lunch 1 ↗

Eat on day 1 and day 2

### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
2 2/3 tbsp, whole (24g)

For all 2 meals:

**almonds**  
1/3 cup, whole (48g)

1. The recipe has no instructions.

### Tomato soup

1/2 can(s) - 105 cals ● 2g protein ● 1g fat ● 21g carbs ● 2g fiber



For single meal:

**condensed canned tomato soup**  
1/2 can (10.5 oz) (149g)

For all 2 meals:

**condensed canned tomato soup**  
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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## Lunch 2 ↗

Eat on day 3 and day 4

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### Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

**vegetarian burger crumbles**  
1 1/4 cup (125g)

For all 2 meals:

**vegetarian burger crumbles**  
2 1/2 cup (250g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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### Olive oil drizzled lima beans

108 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**olive oil**  
1/4 tbsp (4mL)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**olive oil**  
1/2 tbsp (8mL)

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

## Lunch 3 ↗

Eat on day 5 and day 6

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

### Clam chowder

1/2 can(s) - 182 cals ● 6g protein ● 11g fat ● 13g carbs ● 2g fiber



For single meal:

**canned clam chowder**  
1/2 can (18.5 oz) (260g)

For all 2 meals:

**canned clam chowder**  
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 7

### Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

**tempeh**

2 oz (57g)

**oil**

1 tsp (5mL)

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.

### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

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.

### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen sugar snap peas**

2/3 cup (96g)

**olive oil**

1 tsp (5mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

## Dinner 1 ↗

Eat on day 1 and day 2

### Goat cheese and marinara stuffed zucchini

1 zucchini halve(s) - 96 cals ● 5g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**pasta sauce**  
2 tbsp (33g)  
**goat cheese**  
1/2 oz (14g)  
**zucchini**  
1/2 large (162g)

For all 2 meals:

**pasta sauce**  
4 tbsp (65g)  
**goat cheese**  
1 oz (28g)  
**zucchini**  
1 large (323g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

### 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.

## Dinner 2 ↗

Eat on day 3 and day 4

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

### Flatbread broccoli pizza

156 cals ● 5g protein ● 9g fat ● 13g carbs ● 1g fiber



For single meal:

**broccoli**  
2 tbsp chopped (11g)  
**pizza sauce**  
1 tbsp (16g)  
**black pepper**  
1/4 dash (0g)  
**salt**  
1/4 dash (0g)  
**olive oil**  
1 tsp (6mL)  
**naan bread**  
1/4 piece(s) (23g)  
**cheese**  
1 tbsp, shredded (7g)  
**garlic, finely diced**  
3/4 clove(s) (2g)

For all 2 meals:

**broccoli**  
4 tbsp chopped (23g)  
**pizza sauce**  
2 tbsp (32g)  
**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**naan bread**  
1/2 piece(s) (45g)  
**cheese**  
2 tbsp, shredded (14g)  
**garlic, finely diced**  
1 1/2 clove(s) (5g)

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.

## Dinner 3 ↗

Eat on day 5 and day 6

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Salmon & artichoke salad

210 cals ● 17g protein ● 10g fat ● 10g carbs ● 5g fiber



For single meal:

**canned salmon**  
3 oz (85g)  
**artichokes, canned**  
1/3 cup hearts (56g)  
**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

For all 2 meals:

**canned salmon**  
6 oz (170g)  
**artichokes, canned**  
2/3 cup hearts (112g)  
**mixed greens**  
3 cup (90g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

## Dinner 4

Eat on day 7

### Greek veggie burger

1 burger(s) - 288 cals  12g protein  7g fat  40g carbs  5g fiber



Makes 1 burger(s)

**hamburger buns**

1 bun(s) (51g)

**veggie burger patty**

1 patty (71g)

**tomatoes**

2 slice, medium (1/4" thick) (40g)

**tzatziki**

1/8 cup(s) (28g)

1. Cook the veggie burger according to the package instructions.
2. Toast the buns if desired.
3. Place the cooked veggie burger on the bottom bun and top with tomato slices.
4. Spread tzatziki sauce on the top bun, then close the burger.
5. 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.