

Meal Plan - 1000 calorie high protein 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

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

Dinner

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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 3

1019 calsgreen100g protein (39%)orange30g fat (27%)blue65g carbs (25%)grey22g fiber (8%)

Breakfast

205 calsgreen12g protein, 24g net carbs, 4g fat



Chickpea & tomato toasts
1 toast(s)- 206 calsgreen

Dinner

305 calsgreen12g protein, 25g net carbs, 17g fat



Milk
1 cup(s)- 149 calsgreen



Flatbread broccoli pizza
156 calsgreen

Lunch

290 calsgreen28g protein, 14g net carbs, 9g fat



Vegan crumbles
1 1/4 cup(s)- 183 calsgreen



Olive oil drizzled lima beans
108 calsgreen

Protein Supplement(s)

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



Protein shake
2 scoop- 218 calsgreen

Day 4

1019 calsgreen100g protein (39%)orange30g fat (27%)blue65g carbs (25%)grey22g fiber (8%)

Breakfast

205 calsgreen12g protein, 24g net carbs, 4g fat



Chickpea & tomato toasts
1 toast(s)- 206 calsgreen

Dinner

305 calsgreen12g protein, 25g net carbs, 17g fat



Milk
1 cup(s)- 149 calsgreen



Flatbread broccoli pizza
156 calsgreen

Lunch

290 calsgreen28g protein, 14g net carbs, 9g fat



Vegan crumbles
1 1/4 cup(s)- 183 calsgreen



Olive oil drizzled lima beans
108 calsgreen

Protein Supplement(s)

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



Protein shake
2 scoop- 218 calsgreen

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

Dinner

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



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



Salmon & artichoke salad
210 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

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

Dinner

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



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



Salmon & artichoke salad
210 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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Breakfast

175 calsgreen14g protein, 7g net carbs, 10g fat



Milk

1/2 cup(s)- 75 calsgreen



High protein scrambled eggs

99 calsgreen

Dinner

290 calsgreen12g protein, 40g net carbs, 7g fat




Greek veggie burger

1 burger(s)- 288 calsgreen


Lunch

320 calsgreen16g protein, 26g net carbs, 12g fat




Basic tempeh

2 oz- 148 calsgreen



Mashed sweet potatoes

92 calsgreen



Olive oil drizzled sugar snap peas

82 calsgreen

Protein Supplement(s)

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



Protein shake

2 scoop- 218 calsgreen



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)

☐ **mixed greens**
3 cup (90g)

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

☐ **tzatziki**
1/8 cup(s) (28g)

☐ **canned salmon**
6 oz (170g)

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 cal● 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 cal● 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.

Lunch 2 [↗](#)

Eat on day 3 and day 4

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.

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 tbs (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 tbs (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.
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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.
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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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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.