

Meal Plan - 1100 calorie low carb 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

1052 cals ● 109g protein (42%) ● 47g fat (40%) ● 29g carbs (11%) ● 20g fiber (8%)

Breakfast

195 cals, 14g protein, 2g net carbs, 14g fat



Broccoli & cheddar egg muffins

2 muffins- 193 cals

Lunch

370 cals, 31g protein, 13g net carbs, 15g fat



Basic tempeh

4 oz- 295 cals



Broccoli

2 1/2 cup(s)- 73 cals

Dinner

330 cals, 29g protein, 13g net carbs, 17g fat



Vegan sausage

1 sausage(s)- 268 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals



Roasted tomatoes

1 tomato(es)- 60 cals

Day 2

1027 cals ● 103g protein (40%) ● 49g fat (43%) ● 28g carbs (11%) ● 14g fiber (5%)

Breakfast

195 cals, 14g protein, 2g net carbs, 14g fat



Broccoli & cheddar egg muffins

2 muffins- 193 cals

Lunch

325 cals, 27g protein, 8g net carbs, 20g fat



Salmon with lemon dill sauce

4 oz- 287 cals



Pita bread

1/2 pita bread(s)- 39 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals



Easy chickpea salad

117 cals



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals

Day 3

1083 cals ● 98g protein (36%) ● 53g fat (44%) ● 35g carbs (13%) ● 19g fiber (7%)

Breakfast

195 cals, 14g protein, 2g net carbs, 14g fat



Broccoli & cheddar egg muffins
2 muffins- 193 cals

Lunch

380 cals, 21g protein, 15g net carbs, 24g fat



Honey dijon salmon
3 oz- 201 cals



Olive oil drizzled green beans
181 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

345 cals, 26g protein, 17g net carbs, 14g fat



Easy chickpea salad
117 cals



Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

Day 4

1088 cals ● 115g protein (42%) ● 47g fat (39%) ● 34g carbs (13%) ● 16g fiber (6%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Protein shake (milk)
129 cals

Dinner

350 cals, 30g protein, 13g net carbs, 18g fat



Almond crusted tilapia
4 oz- 282 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Lunch

375 cals, 27g protein, 14g net carbs, 19g fat



Buffalo tempeh with tzatziki
314 cals



Cooked peppers
1/2 bell pepper(s)- 60 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 5

1112 cals ● 113g protein (41%) ● 54g fat (44%) ● 28g carbs (10%) ● 15g fiber (5%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Protein shake (milk)
129 cals

Dinner

375 cals, 28g protein, 6g net carbs, 25g fat



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



Simple sardine salad
265 cals

Lunch

375 cals, 27g protein, 14g net carbs, 19g fat



Buffalo tempeh with tzatziki
314 cals



Cooked peppers
1/2 bell pepper(s)- 60 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 6

1067 cals ● 98g protein (37%) ● 56g fat (47%) ● 32g carbs (12%) ● 10g fiber (4%)

Breakfast

205 cals, 15g protein, 7g net carbs, 12g fat



Scrambled eggs with kale, tomatoes, rosemary
203 cals

Dinner

375 cals, 28g protein, 6g net carbs, 25g fat



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



Simple sardine salad
265 cals

Lunch

325 cals, 20g protein, 18g net carbs, 18g fat



Tuna salad sandwich
1/2 sandwich(es)- 248 cals



Sweet potato chips
10 chips- 77 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 7

1072 cals ● 113g protein (42%) ● 47g fat (39%) ● 40g carbs (15%) ● 10g fiber (4%)

Breakfast

205 cals, 15g protein, 7g net carbs, 12g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
203 cals

Lunch

325 cals, 20g protein, 18g net carbs, 18g fat



[Tuna salad sandwich](#)
1/2 sandwich(es)- 248 cals



[Sweet potato chips](#)
10 chips- 77 cals

Dinner

380 cals, 42g protein, 14g net carbs, 16g fat



[Milk](#)
1/2 cup(s)- 75 cals



[Zoodles with lemon garlic shrimp](#)
6 oz shrimp- 307 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Grocery List



Dairy and Egg Products

- eggs
10 large (500g)
- cheddar cheese
1/2 cup, shredded (57g)
- nonfat greek yogurt, plain
4 tsp (23g)
- whole milk
1 1/2 cup(s) (360mL)

Spices and Herbs

- salt
5 g (5g)
- black pepper
1 1/2 g (2g)
- balsamic vinegar
5/8 fluid ounce (17mL)
- dill weed, fresh
1 tsp, chopped (1g)
- dijon mustard
1/2 tbsp (8g)
- rosemary, dried
4 dash (1g)

Fats and Oils

- olive oil
1 oz (30mL)
- oil
2 oz (60mL)
- mayonnaise
1 1/2 tbsp (23mL)

Vegetables and Vegetable Products

- frozen broccoli
4 1/2 cup (410g)
- tomatoes
3 medium whole (2-3/5" dia) (346g)
- onion
1/2 small (35g)
- fresh parsley
1 1/2 sprigs (2g)
- bell pepper
2 large (328g)
- garlic
1 clove (3g)
- frozen green beans
1 2/3 cup (202g)

Beverages

- protein powder
11 1/2 scoop (1/3 cup ea) (357g)
- water
2/3 gallon (2611mL)

Other

- vegan sausage
1 sausage (100g)
- tzatziki
1/4 cup(s) (56g)
- mixed greens
3 cup (90g)
- vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- sweet potato chips
20 chips (28g)

Soups, Sauces, and Gravies

- apple cider vinegar
1/2 tbsp (0mL)
- Frank's Red Hot sauce
4 tbsp (60mL)
- vegetable broth
1/6 cup(s) (mL)

Fruits and Fruit Juices

- avocados
1/2 avocado(s) (101g)
- lime juice
1 tsp (5mL)
- lemon juice
1 tbsp (16mL)

Finfish and Shellfish Products

- canned tuna
2 can (314g)
- salmon
1/2 lbs (198g)
- tilapia, raw
4 oz (112g)
- sardines, canned in oil
2 can (184g)
- shrimp, raw
6 oz (170g)

Baked Products

- raw celery**
1/2 stalk, small (5" long) (9g)
- kale leaves**
2 cup, chopped (80g)
- zucchini**
1 1/2 medium (294g)

Legumes and Legume Products

- tempeh**
3/4 lbs (340g)
- chickpeas, canned**
1/2 can(s) (224g)

- pita bread**
1/2 pita, small (4" dia) (14g)
- bread**
2 slice (64g)

Sweets

- honey**
1/4 tbsp (5g)

Nut and Seed Products

- almonds**
2 oz (54g)

Cereal Grains and Pasta

- all-purpose flour**
1/8 cup(s) (14g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Broccoli & cheddar egg muffins

2 muffins - 193 cals ● 14g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

eggs
1 1/3 large (67g)
cheddar cheese
2 2/3 tbsp, shredded (19g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
olive oil
1/3 tsp (2mL)
frozen broccoli, steamed
1/3 cup (30g)

For all 3 meals:

eggs
4 large (200g)
cheddar cheese
1/2 cup, shredded (57g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
olive oil
1 tsp (5mL)
frozen broccoli, steamed
1 cup (91g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.

Breakfast 2 ↗

Eat on day 4 and day 5

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
1 tsp (5mL)
water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Lunch 1 ↗

Eat on day 1

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

tempeh
4 oz (113g)
oil
2 tsp (10mL)

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.

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

frozen broccoli
2 1/2 cup (228g)

1. Prepare according to instructions on package.

Lunch 2 ↗

Eat on day 2

Salmon with lemon dill sauce

4 oz - 287 cals ● 26g protein ● 20g fat ● 1g carbs ● 0g fiber



Makes 4 oz

salmon
4 oz (113g)
oil
1 tsp (5mL)
nonfat greek yogurt, plain
4 tsp (23g)
lemon juice
1 tsp (5mL)
dill weed, fresh
1 tsp, chopped (1g)

1. Preheat a skillet or grill pan to medium-high heat.
2. Brush the salmon with oil and season with some salt and pepper.
3. Cook the salmon for 4-5 minutes per side, or until fully cooked.
4. In a small bowl, mix the Greek yogurt, lemon juice, dill and a pinch of salt.
5. Serve the grilled salmon with the lemon dill sauce on top.

Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



Makes 1/2 pita bread(s)

pita bread
1/2 pita, small (4" dia) (14g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Lunch 3 ↗

Eat on day 3

Honey dijon salmon

3 oz - 201 cals ● 18g protein ● 12g fat ● 5g carbs ● 0g fiber



Makes 3 oz

salmon
1/2 fillet/s (6 oz each) (85g)
dijon mustard
1/2 tbsp (8g)
honey
1/4 tbsp (5g)
olive oil
1/2 tsp (3mL)
garlic, minced
1/4 clove (1g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Olive oil drizzled green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen green beans
1 2/3 cup (202g)
olive oil
2 1/2 tsp (13mL)

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

Lunch 4 ↗

Eat on day 4 and day 5

Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



For single meal:

Frank's Red Hot sauce
2 tbsp (30mL)
tzatziki
1/8 cup(s) (28g)
oil
1/2 tbsp (8mL)
tempeh, roughly chopped
4 oz (113g)

For all 2 meals:

Frank's Red Hot sauce
4 tbsp (60mL)
tzatziki
1/4 cup(s) (56g)
oil
1 tbsp (15mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

For all 2 meals:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Lunch 5 ↗

Eat on day 6 and day 7

Tuna salad sandwich

1/2 sandwich(es) - 248 cals ● 19g protein ● 13g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
mayonnaise
3/4 tbsp (11mL)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
canned tuna
2 1/2 oz (71g)
raw celery, chopped
1/4 stalk, small (5" long) (4g)

For all 2 meals:

bread
2 slice (64g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
salt
1 dash (0g)
canned tuna
5 oz (142g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Sweet potato chips

10 chips - 77 cals ● 1g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

sweet potato chips
10 chips (14g)

For all 2 meals:

sweet potato chips
20 chips (28g)

1. Serve chips in a bowl and enjoy.

Dinner 1 ↗

Eat on day 1

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

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

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

balsamic vinegar
1/4 tbsp (4mL)
apple cider vinegar
1/4 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/4 can(s) (112g)
onion, thinly sliced
1/8 small (9g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
fresh parsley, chopped
3/4 sprigs (1g)

For all 2 meals:

balsamic vinegar
1/2 tbsp (8mL)
apple cider vinegar
1/2 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
onion, thinly sliced
1/4 small (18g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
fresh parsley, chopped
1 1/2 sprigs (2g)

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

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

avocados
1/4 avocado(s) (50g)
lime juice
1/2 tsp (3mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bell pepper
1/2 large (82g)
onion
1/8 small (9g)
canned tuna, drained
1/2 can (86g)

For all 2 meals:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)
canned tuna, drained
1 can (172g)

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.

Dinner 3 ↗

Eat on day 4

Almond crusted tilapia

4 oz - 282 cals ● 27g protein ● 13g fat ● 11g carbs ● 2g fiber



Makes 4 oz

almonds
2 2/3 tbsp, slivered (18g)
tilapia, raw
4 oz (112g)
all-purpose flour
1/8 cup(s) (14g)
salt
2/3 dash (0g)
olive oil
1 tsp (5mL)

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 4 ↗

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.

Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)

For all 2 meals:

mixed greens
3 cup (90g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Dinner 5 ↗

Eat on day 7

Milk

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



Makes 1/2 cup(s)

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

1. The recipe has no instructions.

Zoodles with lemon garlic shrimp

6 oz shrimp - 307 cals ● 38g protein ● 12g fat ● 8g carbs ● 3g fiber



Makes 6 oz shrimp

shrimp, raw, peeled and deveined
6 oz (170g)
garlic, diced
3/4 clove (2g)
vegetable broth
1/6 cup(s) (mL)
lemon juice
3/4 tbsp (11mL)
oil
3/4 tbsp (11mL)
zucchini, spiralized
1 1/2 medium (294g)

1. Heat oil in a large pan over medium heat. Add garlic and shrimp in even layer and season with salt/pepper to taste. Cook for 1-2 minutes on each side until shrimp is fully cooked and pink. Remove shrimp and set aside.
2. Add broth and lemon juice to the pan and simmer for 2-3 minutes. Add in spiralized zucchini and toss in broth. Cook for about 1 minute until warmed through.
3. Add shrimp back in and serve.

Protein Supplement(s) ↗

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

protein powder
1 1/2 scoop (1/3 cup ea) (47g)
water
1 1/2 cup(s) (356mL)

For all 7 meals:

protein powder
10 1/2 scoop (1/3 cup ea) (326g)
water
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.