

Meal Plan - 1200 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

1240 cals ● 120g protein (39%) ● 57g fat (41%) ● 43g carbs (14%) ● 20g fiber (6%)

Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



Boiled eggs

3 egg(s)- 208 cals

Lunch

480 cals, 32g protein, 27g net carbs, 23g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals

Dinner

385 cals, 33g protein, 14g net carbs, 18g fat



Garlic collard greens

119 cals



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

Day 2

1240 cals ● 120g protein (39%) ● 57g fat (41%) ● 43g carbs (14%) ● 20g fiber (6%)

Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



Boiled eggs

3 egg(s)- 208 cals

Lunch

480 cals, 32g protein, 27g net carbs, 23g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals

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Garlic collard greens

119 cals



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

Day 3

1215 calsgreen91g protein (30%)orange69g fat (51%)blue43g carbs (14%)grey16g fiber (5%)

Breakfast

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




Milk
1/2 cup(s)- 75 calsgreen




High protein scrambled eggs
99 calsgreen

Dinner

410 calsgreen23g protein, 19g net carbs, 24g fat




Simple mozzarella and tomato salad
121 calsgreen




Goat cheese and marinara stuffed zucchini
3 zucchini halve(s)- 288 calsgreen

Lunch

470 calsgreen18g protein, 16g net carbs, 34g fat




Roasted almonds
1/4 cup(s)- 222 calsgreen



Grilled cheese sandwich
1/2 sandwich(es)- 248 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat




Protein shake
1 1/2 scoop- 164 calsgreen

Day 4


1215 calsgreen91g protein (30%)orange69g fat (51%)blue43g carbs (14%)grey16g fiber (5%)

Breakfast

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




Milk
1/2 cup(s)- 75 calsgreen




High protein scrambled eggs
99 calsgreen

Dinner

410 calsgreen23g protein, 19g net carbs, 24g fat




Simple mozzarella and tomato salad
121 calsgreen




Goat cheese and marinara stuffed zucchini
3 zucchini halve(s)- 288 calsgreen

Lunch

470 calsgreen18g protein, 16g net carbs, 34g fat




Roasted almonds
1/4 cup(s)- 222 calsgreen



Grilled cheese sandwich
1/2 sandwich(es)- 248 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 calsgreen

Day 5

1157 cals ● 106g protein (37%) ● 60g fat (47%) ● 38g carbs (13%) ● 10g fiber (3%)

Breakfast

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



Milk

1/2 cup(s)- 75 cals



High protein scrambled eggs

99 cals

Dinner

435 cals, 24g protein, 12g net carbs, 31g fat



Cajun tofu

314 cals



Sauteed Kale

121 cals

Lunch

385 cals, 31g protein, 17g net carbs, 18g fat



Fruit juice

1/2 cup(s)- 57 cals



Avocado tuna salad

327 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 6

1199 cals ● 116g protein (39%) ● 66g fat (50%) ● 26g carbs (9%) ● 8g fiber (3%)

Breakfast

310 cals, 20g protein, 12g net carbs, 20g fat



Milk

1 cup(s)- 149 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Dinner

395 cals, 34g protein, 7g net carbs, 23g fat



String cheese

2 stick(s)- 165 cals



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals

Lunch

335 cals, 26g protein, 5g net carbs, 23g fat



Simple salmon

3 oz- 192 cals



Caprese salad

142 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 7

1199 cals ● 116g protein (39%) ● 66g fat (50%) ● 26g carbs (9%) ● 8g fiber (3%)

Breakfast

310 cals, 20g protein, 12g net carbs, 20g fat



Milk

1 cup(s)- 149 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Dinner

395 cals, 34g protein, 7g net carbs, 23g fat



String cheese

2 stick(s)- 165 cals



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals

Lunch

335 cals, 26g protein, 5g net carbs, 23g fat



Simple salmon

3 oz- 192 cals



Caprese salad

142 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Dairy and Egg Products

- ☐ eggs
13 large (650g)
- ☐ fresh mozzarella cheese
4 oz (113g)
- ☐ goat cheese
3 oz (85g)
- ☐ butter
1 tbsp (14g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ whole milk
3 1/2 cup(s) (840mL)
- ☐ low fat cottage cheese (1% milkfat)
6 tbsp (85g)
- ☐ string cheese
4 stick (112g)

Nut and Seed Products

- ☐ almonds
3/4 cup, whole (107g)

Spices and Herbs

- ☐ black pepper
1/3 tsp (0g)
- ☐ salt
2 1/4 g (2g)
- ☐ fresh basil
11 g (11g)
- ☐ cajun seasoning
1 tsp (2g)

Fruits and Fruit Juices

- ☐ lime juice
1 tbsp (14mL)
- ☐ avocados
1 1/2 avocado(s) (276g)
- ☐ fruit juice
4 fl oz (120mL)

Baked Products

- ☐ bread
6 slice (192g)

Finfish and Shellfish Products

Vegetables and Vegetable Products

- ☐ onion
2/3 small (48g)
- ☐ collard greens
3/4 lbs (340g)
- ☐ garlic
2 1/4 clove(s) (7g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (270g)
- ☐ zucchini
3 large (969g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ bell pepper
1 large (164g)

Fats and Oils

- ☐ oil
1 1/2 oz (44mL)
- ☐ balsamic vinaigrette
1 1/4 oz (35mL)

Other

- ☐ vegan sausage
2 sausage (200g)
- ☐ mixed greens
5/6 package (5.5 oz) (126g)

Beverages

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

Soups, Sauces, and Gravies

- ☐ pasta sauce
3/4 cup (195g)

Legumes and Legume Products

- ☐ firm tofu
10 oz (284g)

☐ **canned tuna**
2 3/4 can (473g)

☐ **salmon**
6 oz (170g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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 3 meals:

whole milk
1 1/2 cup(s) (360mL)

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 3 meals:

- eggs
3 large (150g)
- oil
1/4 tbsp (4mL)
- low fat cottage cheese (1% milkfat)
6 tbsp (85g)

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

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.

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

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.

Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
bread
2 slice (64g)
canned tuna, drained
1/2 can (86g)
onion, minced
1/8 small (9g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
lime juice
1 tsp (5mL)
avocados
1/2 avocado(s) (101g)
bread
4 slice (128g)
canned tuna, drained
1 can (172g)
onion, minced
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1/2 tbsp (7g)
sliced cheese
1 slice (1 oz ea) (28g)

For all 2 meals:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 3 [↗](#)

Eat on day 5

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

fruit juice
4 fl oz (120mL)

1. The recipe has no instructions.

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)
onion, minced
1/6 small (13g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
 3. Serve.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Simple salmon

3 oz - 192 cals ● 17g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
3 oz (85g)
oil
1/2 tsp (3mL)

For all 2 meals:

salmon
6 oz (170g)
oil
1 tsp (5mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: **PAN FRY:** Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. **BAKING:** Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Caprese salad

142 cals ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

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)

For all 2 meals:

fresh mozzarella cheese
2 oz (57g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh basil
1/3 cup leaves, whole (8g)
balsamic vinaigrette
4 tsp (20mL)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

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

Dinner 1 [🔗](#)

Eat on day 1 and day 2

Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



For single meal:

collard greens

6 oz (170g)

oil

1 tsp (6mL)

salt

3/4 dash (1g)

garlic, minced

1 clove(s) (3g)

For all 2 meals:

collard greens

3/4 lbs (340g)

oil

3/4 tbsp (11mL)

salt

1 1/2 dash (1g)

garlic, minced

2 1/4 clove(s) (7g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Vegan sausage

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



For single meal:

vegan sausage

1 sausage (100g)

For all 2 meals:

vegan sausage

2 sausage (200g)

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

Dinner 2 [↗](#)

Eat on day 3 and day 4

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

fresh mozzarella cheese, sliced

1 oz (28g)

tomatoes, sliced

3/8 large whole (3" dia) (68g)

For all 2 meals:

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

fresh mozzarella cheese, sliced

2 oz (57g)

tomatoes, sliced

3/4 large whole (3" dia) (137g)

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

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



For single meal:

pasta sauce

6 tbsp (98g)

goat cheese

1 1/2 oz (43g)

zucchini

1 1/2 large (485g)

For all 2 meals:

pasta sauce

3/4 cup (195g)

goat cheese

3 oz (85g)

zucchini

3 large (969g)

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.

Dinner 3 [↗](#)

Eat on day 5

Cajun tofu

314 cals ● 22g protein ● 22g fat ● 7g carbs ● 1g fiber



cajun seasoning

1 tsp (2g)

oil

2 tsp (10mL)

firm tofu, patted dry & cubed

10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



kale leaves

2 cup, chopped (80g)

oil

2 tsp (10mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Dinner 4 [↗](#)

Eat on day 6 and day 7

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. The recipe has no instructions.

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 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.