

# Meal Plan - 1000 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

987 cals ● 102g protein (41%) ● 22g fat (20%) ● 71g carbs (29%) ● 26g fiber (10%)

### Lunch

475 cals, 42g protein, 45g net carbs, 7g fat



[Lentils](#)  
231 cals



[Vegan crumbles](#)  
1 1/4 cup(s)- 183 cals



[Green beans](#)  
63 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

290 cals, 12g protein, 24g net carbs, 14g fat



[Lentil kale salad](#)  
292 cals

## Day 2

987 cals ● 102g protein (41%) ● 22g fat (20%) ● 71g carbs (29%) ● 26g fiber (10%)

### Lunch

475 cals, 42g protein, 45g net carbs, 7g fat



[Lentils](#)  
231 cals



[Vegan crumbles](#)  
1 1/4 cup(s)- 183 cals



[Green beans](#)  
63 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Dinner

290 cals, 12g protein, 24g net carbs, 14g fat



[Lentil kale salad](#)  
292 cals

## Day 3

972 cals ● 99g protein (41%) ● 20g fat (19%) ● 75g carbs (31%) ● 24g fiber (10%)

### Lunch

385 cals, 32g protein, 33g net carbs, 11g fat



[Almond crusted tilapia](#)

3 oz- 212 cals



[Lentils](#)

174 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

370 cals, 18g protein, 39g net carbs, 9g fat



[Teriyaki chickpea stir fry](#)

369 cals

## Day 4

1003 cals ● 92g protein (37%) ● 28g fat (25%) ● 62g carbs (25%) ● 35g fiber (14%)

### Lunch

415 cals, 26g protein, 21g net carbs, 18g fat



[Tempeh taco salad bowl](#)

416 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

370 cals, 18g protein, 39g net carbs, 9g fat



[Teriyaki chickpea stir fry](#)

369 cals

## Day 5

1029 cals ● 96g protein (37%) ● 28g fat (25%) ● 74g carbs (29%) ● 24g fiber (10%)

### Lunch

425 cals, 21g protein, 45g net carbs, 10g fat



[Garlic collard greens](#)

159 cals



[Bbq cauliflower wings](#)

268 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

385 cals, 26g protein, 27g net carbs, 17g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Simple sardine salad](#)


265 cals

Day 6

1017 calsgreen95g protein (37%)yellow24g fat (21%)blue76g carbs (30%)grey30g fiber (12%)

Lunch

415 calsgreen20g protein, 46g net carbs, 6g fat




Black bean & sweet potato stew

415 calsgreen


Dinner

385 calsgreen26g protein, 27g net carbs, 17g fat



Grapefruit

1 grapefruit- 119 calsgreen




Simple sardine salad

265 calsgreen

Protein Supplement(s)

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



Protein shake


2 scoop- 218 calsgreen

Day 7

1025 calsgreen94g protein (37%)yellow27g fat (24%)blue72g carbs (28%)grey29g fiber (11%)

Lunch

415 calsgreen20g protein, 46g net carbs, 6g fat




Black bean & sweet potato stew

415 calsgreen


Dinner

395 calsgreen25g protein, 24g net carbs, 20g fat



Honey dijon salmon

4 oz- 268 calsgreen




Mashed sweet potatoes with butter

125 calsgreen

Protein Supplement(s)

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



Protein shake

2 scoop- 218 calsgreen

## Spices and Herbs

- ☐ salt  
1/8 oz (4g)
- ☐ ground cumin  
1 3/4 tsp (4g)
- ☐ crushed red pepper  
1/4 tbsp (1g)
- ☐ taco seasoning mix  
3/4 tbsp (6g)
- ☐ dijon mustard  
2 tsp (10g)

## Beverages

- ☐ water  
21 cup(s) (5017mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 1/4 cup (248g)
- ☐ vegetarian burger crumbles  
2 1/2 cup (250g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ refried beans  
6 tbsp (91g)
- ☐ tempeh  
3 oz (85g)
- ☐ black beans  
1 1/3 can(s) (585g)

## Vegetables and Vegetable Products

- ☐ frozen green beans  
2 2/3 cup (323g)
- ☐ garlic  
4 2/3 clove(s) (14g)
- ☐ kale leaves  
3 1/4 cup, chopped (130g)
- ☐ frozen mixed veggies  
1 10oz package (284g)
- ☐ collard greens  
1/2 lbs (227g)
- ☐ cauliflower  
1 head small (4" dia.) (265g)
- ☐ tomato paste  
4 tsp (21g)

## Fruits and Fruit Juices

- ☐ lemon juice  
2 tbsp (33mL)
- ☐ avocados  
3/8 avocado(s) (75g)
- ☐ Grapefruit  
2 large (approx 4-1/2" dia) (664g)

## Nut and Seed Products

- ☐ almonds  
2/3 oz (24g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (49mL)
- ☐ olive oil  
1/4 oz (7mL)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
3 oz (84g)
- ☐ sardines, canned in oil  
2 can (184g)
- ☐ salmon  
2/3 fillet/s (6 oz each) (113g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
4 tsp (10g)

## Other

- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ mixed greens  
3 1/2 cup (101g)
- ☐ vinaigrette, store-bought, any flavor  
3 tbsp (45mL)
- ☐ nutritional yeast  
4 tbsp (15g)

## Soups, Sauces, and Gravies

- ☐ salsa  
2 1/4 tbsp (41g)
- ☐ barbecue sauce  
4 tbsp (72g)

- ☐ onion  
2/3 small (47g)
- ☐ sweet potatoes  
1 1/6 sweetpotato, 5" long (245g)

**Sweets**

- ☐ honey  
1 tsp (7g)

**Dairy and Egg Products**

- ☐ butter  
1 tsp (5g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### 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.

### Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

**frozen green beans**  
1 1/3 cup (161g)

For all 2 meals:

**frozen green beans**  
2 2/3 cup (323g)

1. Prepare according to instructions on package.

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## Lunch 2 [↗](#)

Eat on day 3

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### Almond crusted tilapia

3 oz - 212 cals ● 20g protein ● 10g fat ● 8g carbs ● 2g fiber



Makes 3 oz

**tilapia, raw**

3 oz (84g)

**almonds**

2 tbsp, slivered (14g)

**all-purpose flour**

4 tsp (10g)

**salt**

1/2 dash (0g)

**olive oil**

1/4 tbsp (4mL)

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.

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**salt**

1/2 dash (0g)

**water**

1 cup(s) (237mL)

**lentils, raw, rinsed**

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
  2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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## Lunch 3 [🔗](#)

Eat on day 4

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### Tempeh taco salad bowl

416 cals ● 26g protein ● 18g fat ● 21g carbs ● 17g fiber



#### oil

3/8 tsp (2mL)

#### refried beans

6 tbsp (91g)

#### salsa

2 1/4 tbsp (41g)

#### mixed greens

6 tbsp (11g)

#### avocados, cubed

3/8 avocado(s) (75g)

#### taco seasoning mix

3/4 tbsp (6g)

#### tempeh

3 oz (85g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

## Lunch 4 [↗](#)

Eat on day 5

### Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



#### **collard greens**

1/2 lbs (227g)

#### **oil**

1/2 tbsp (8mL)

#### **garlic, minced**

1 1/2 clove(s) (5g)

#### **salt**

1 dash (1g)

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.

### Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



#### **barbecue sauce**

4 tbsp (72g)

#### **salt**

2 dash (2g)

#### **nutritional yeast**

4 tbsp (15g)

#### **cauliflower**

1 head small (4" dia.) (265g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Black bean & sweet potato stew

415 cal ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

**tomato paste**

2 tsp (11g)

**oil**

1 tsp (5mL)

**kale leaves**

1/2 cup, chopped (20g)

**lemon juice**

1 tsp (5mL)

**ground cumin**

4 dash (1g)

**garlic, diced**

2/3 clove(s) (2g)

**onion, chopped**

1/3 small (23g)

**sweet potatoes, cubed**

1/3 sweetpotato, 5" long (70g)

**water**

1 cup(s) (237mL)

**black beans, drained**

2/3 can(s) (293g)

For all 2 meals:

**tomato paste**

4 tsp (21g)

**oil**

2 tsp (10mL)

**kale leaves**

1 cup, chopped (40g)

**lemon juice**

2 tsp (10mL)

**ground cumin**

1 tsp (2g)

**garlic, diced**

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

**onion, chopped**

2/3 small (47g)

**sweet potatoes, cubed**

2/3 sweetpotato, 5" long (140g)

**water**

2 cup(s) (474mL)

**black beans, drained**

1 1/3 can(s) (585g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Lentil kale salad

292 cals ● 12g protein ● 14g fat ● 24g carbs ● 6g fiber



For single meal:

**ground cumin**  
3 dash (1g)  
**water**  
3/4 cup(s) (178mL)  
**crushed red pepper**  
3 dash (1g)  
**garlic, diced**  
3/4 clove(s) (2g)  
**lemon juice**  
3/4 tbsp (11mL)  
**almonds**  
3/4 tbsp, slivered (5g)  
**oil**  
3/4 tbsp (11mL)  
**kale leaves**  
1 cup, chopped (45g)  
**lentils, raw**  
3 tbsp (36g)

For all 2 meals:

**ground cumin**  
1/4 tbsp (2g)  
**water**  
1 1/2 cup(s) (356mL)  
**crushed red pepper**  
1/4 tbsp (1g)  
**garlic, diced**  
1 1/2 clove(s) (5g)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**almonds**  
1 1/2 tbsp, slivered (10g)  
**oil**  
1 1/2 tbsp (23mL)  
**kale leaves**  
2 1/4 cup, chopped (90g)  
**lentils, raw**  
6 tbsp (72g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

**chickpeas, canned, drained and rinsed**  
1/2 can (224g)  
**teriyaki sauce**  
2 tbsp (30mL)  
**oil**  
1/4 tbsp (4mL)  
**frozen mixed veggies**  
1/2 10oz package (142g)

For all 2 meals:

**chickpeas, canned, drained and rinsed**  
1 can (448g)  
**teriyaki sauce**  
4 tbsp (60mL)  
**oil**  
1/2 tbsp (8mL)  
**frozen mixed veggies**  
1 10oz package (284g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

#### **Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

#### **Grapefruit**

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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### Simple sardine salad

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



For single meal:

#### **vinaigrette, store-bought, any flavor**

1 1/2 tbsp (23mL)

#### **sardines, canned in oil, drained**

1 can (92g)

#### **mixed greens**

1 1/2 cup (45g)

For all 2 meals:

#### **vinaigrette, store-bought, any flavor**

3 tbsp (45mL)

#### **sardines, canned in oil, drained**

2 can (184g)

#### **mixed greens**

3 cup (90g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.
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## Dinner 4 [🔗](#)

Eat on day 7

### Honey dijon salmon

4 oz - 268 cal ● 24g protein ● 16g fat ● 6g carbs ● 0g fiber



Makes 4 oz

**salmon**

2/3 fillet/s (6 oz each) (113g)

**dijon mustard**

2 tsp (10g)

**honey**

1 tsp (7g)

**garlic, minced**

1/3 clove (1g)

**olive oil**

1/4 tbsp (3mL)

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.

### Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



**butter**

1 tsp (5g)

**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, top with butter, and serve.

# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

- water**  
2 cup(s) (474mL)
- protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

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

1. This recipe has no instructions.