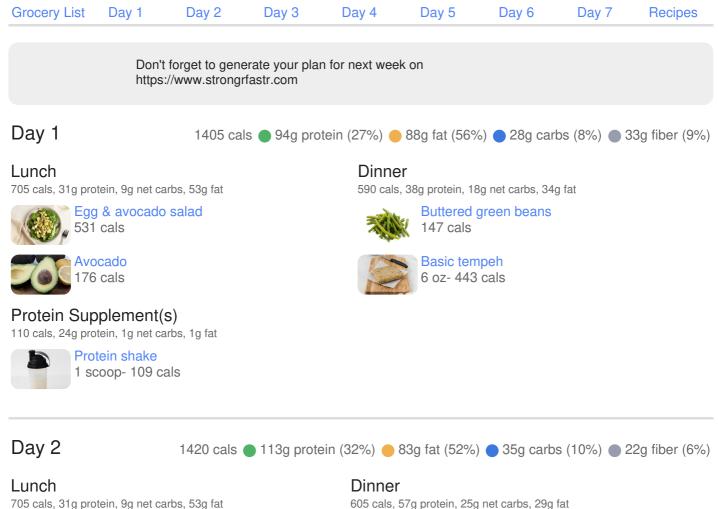
Meal Plan - 1400 calorie intermittent fasting pescetarian meal plan







531 cals Avocado

176 cals

Protein Supplement(s) 110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake 1 scoop- 109 cals

Egg & avocado salad

605 cals, 57g protein, 25g net carbs, 29g fat



Vegan sausage 2 sausage(s)- 536 cals



Simple mixed greens salad 68 cals

Day 3

Lunch

660 cals, 20g protein, 56g net carbs, 32g fat



Buttered green beans 391 cals



Bbq cauliflower wings 268 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake 1 scoop- 109 cals

Dinner

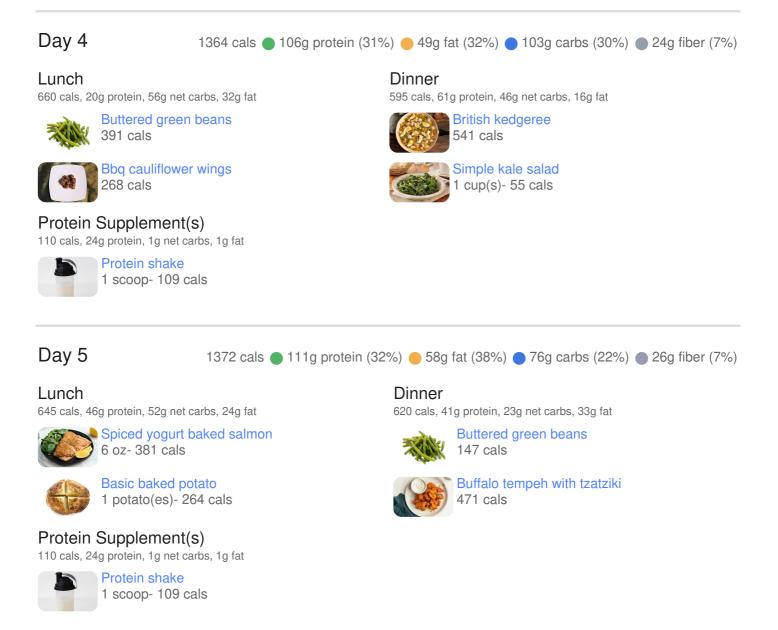
605 cals, 57g protein, 25g net carbs, 29g fat



Vegan sausage 2 sausage(s)- 536 cals



Simple mixed greens salad 68 cals



Day 6

Lunch

585 cals, 32g protein, 40g net carbs, 30g fat



Buffalo tofu 355 cals



Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake 1 scoop- 109 cals

Dinner

665 cals, 39g protein, 37g net carbs, 37g fat



Salmon with rosemary dill sauce 6 oz salmon- 480 cals



Mashed sweet potatoes 183 cals



1357 cals • 95g protein (28%) • 67g fat (45%) • 78g carbs (23%) • 15g fiber (4%)

Lunch

585 cals, 32g protein, 40g net carbs, 30g fat



Lentils



Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake 1 scoop- 109 cals

Dinner

665 cals, 39g protein, 37g net carbs, 37g fat



Salmon with rosemary dill sauce 6 oz salmon- 480 cals



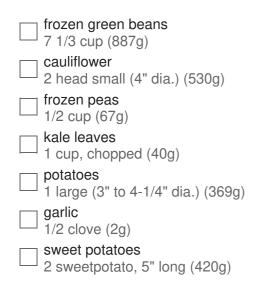
Mashed sweet potatoes 183 cals

Grocery List





Vegetables and Vegetable Products



Recipes



Lunch 1 🗹 Eat on day 1, day 2

Egg & avocado salad 531 cals
29g protein
39g fat
7g carbs
10g fiber



For single meal:

mixed greens 1 1/3 cup (40g) avocados 2/3 avocado(s) (134g) eggs, hard-boiled and chilled 4 large (200g) garlic powder 1/4 tbsp (2g)

For all 2 meals:

mixed greens 2 2/3 cup (80g) avocados 1 1/3 avocado(s) (268g) eggs, hard-boiled and chilled 8 large (400g) garlic powder 1/2 tbsp (4g)

- 1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
- 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
- 3. Serve on top of bed of greens.

Avocado

176 cals
2g protein
15g fat
2g carbs
7g fiber



For single meal:

avocados 1/2 avocado(s) (101g) lemon juice 1/2 tsp (3mL)

For all 2 meals:

avocados 1 avocado(s) (201g) lemon juice 1 tsp (5mL)

- 1. Open the avocado and scoop out the flesh.
- 2. Sprinkle with lemon or lime juice as desired.
- 3. Serve and eat.

Lunch 2 🗹

Eat on day 3, day 4

Buttered green beans

391 cals 6g protein 630g fat 16g carbs 8g fiber



For single meal: frozen green beans 2 2/3 cup (323g) salt 2 dash (1g) black pepper 2 dash (0g) butter 2 2/3 tbsp (36g) For all 2 meals:

frozen green beans 5 1/3 cup (645g) salt 4 dash (2g) black pepper 4 dash (0g) butter 1/3 cup (72g)

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

Bbq cauliflower wings

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



For single meal:

barbecue sauce 4 tbsp (72g) salt 2 dash (2g) nutritional yeast 4 tbsp (15g) cauliflower 1 head small (4" dia.) (265g) For all 2 meals:

barbecue sauce 1/2 cup (143g) salt 4 dash (3g) nutritional yeast 1/2 cup (30g) cauliflower 2 head small (4" dia.) (530g)

- 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 3 🗹

Eat on day 5

Spiced yogurt baked salmon

6 oz - 381 cals
39g protein
23g fat
3g carbs
1g fiber



Makes 6 oz

lemon juice 1 tsp (6mL) dill weed, fresh, chopped 6 tbsp sprigs (3g) paprika 1/2 tsp (1g) ground cumin 1/2 tsp (1g) nonfat greek yogurt, plain 2 1/4 tbsp (39g) salmon 6 oz (170g)

- 1. Preheat oven to 400°F (200°C).
- 2. Place salmon on a parchment lined baking sheet. Set aside.
- In a small bowl, mix together the Greek yogurt, cumin, paprika, dill, lemon juice and a pinch of salt. Mix well.
- 4. Spoon mixture over the salmon and bake for 15-18 minutes, until salmon is fully cooked. Serve with extra lemon juice.

Basic baked potato

1 potato(es) - 264 cals
6g protein
1g fat
49g carbs
9g fiber



Makes 1 potato(es)

potatoes

1 large (3" to 4-1/4" dia.) (369g) salt 1 dash (0g) oil 1/2 tsp (3mL)

- 1. OVEN:
- 2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
- 3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
- 4. MICROWAVE:
- 5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
- Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
- Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Lunch 4 🗹

Eat on day 6, day 7

Buffalo tofu

355 cals
16g protein
29g fat
7g carbs
0g fiber



For single meal:

ranch dressing 2 tbsp (30mL) oil 1/2 tbsp (8mL) Frank's Red Hot sauce 2 1/2 tbsp (40mL) firm tofu, patted dry & cubed 1/2 lbs (198g) For all 2 meals:

ranch dressing 4 tbsp (60mL) oil 1 tbsp (15mL) Frank's Red Hot sauce 1/3 cup (79mL) firm tofu, patted dry & cubed 14 oz (397g)

- 1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

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.

Dinner 1 🗹

Eat on day 1

Buttered green beans

147 cals
2g protein
11g fat
6g carbs
3g fiber



frozen green beans 1 cup (121g) salt 3/4 dash (0g) black pepper 3/4 dash (0g) butter 1 tbsp (14g)

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

Basic tempeh

6 oz - 443 cals
36g protein
23g fat
12g carbs
12g fiber



Makes 6 oz

oil 1 tbsp (15mL) tempeh 6 oz (170g)

- 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.

Dinner 2 🗹

Eat on day 2, day 3

Vegan sausage

2 sausage(s) - 536 cals S 56g protein 24g fat 21g carbs 3g fiber



For single meal:

vegan sausage 2 sausage (200g) For all 2 meals:

vegan sausage 4 sausage (400g)

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

Simple mixed greens salad

68 cals 🌑 1g protein 🛑 5g fat 🔵 4g carbs 🌑 1g fiber



For single meal:

mixed greens 1 1/2 cup (45g) salad dressing 1 1/2 tbsp (23mL) For all 2 meals:

mixed greens 3 cup (90g) salad dressing 3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 3 🗹

Eat on day 4

British kedgeree

541 cals
60g protein
13g fat
41g carbs
5g fiber



frozen peas 1/2 cup (67g) curry powder 4 dash (1g) cod, raw, cut into small chunks 1/2 lbs (227g) eggs 2 large (100g) water 1/2 cup(s) (119mL) brown rice 4 tbsp (48g)

- 1. Cook rice and water according to package instructions. Set aside.
- Hard boil the eggs: Add eggs to a saucepan and cover with cold water.
 Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
- Put chunks of fish into a large frying pan and add a small splash of water.
 Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
- 4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
- 5. Season to taste with salt and pepper and top with eggs. Serve.



Makes 1 cup(s)

salad dressing 1 tbsp (15mL) kale leaves 1 cup, chopped (40g) 1. Toss kale in dressing of your choice and serve.

Dinner 4 🗹

Eat on day 5

Buttered green beans

147 cals
2g protein
11g fat
6g carbs
3g fiber



frozen green beans 1 cup (121g) salt 3/4 dash (0g) black pepper 3/4 dash (0g) butter 1 tbsp (14g)

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

Buffalo tempeh with tzatziki

471 cals
39g protein
22g fat
17g carbs
12g fiber



oil 3/4 tbsp (11mL) tzatziki 1/6 cup(s) (42g) Frank's Red Hot sauce 3 tbsp (45mL) tempeh, roughly chopped 6 oz (170g)

- 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.

Dinner 5 🗹

Eat on day 6, day 7

Salmon with rosemary dill sauce

6 oz salmon - 480 cals 🔵 35g protein 😑 37g fat 🔵 1g carbs 🔵 0g fiber



mayonnaise 1 tbsp (15mL) garlic, diced 1/4 clove (1g) dried dill weed 2 dash (0g) sour cream 4 tsp (19g) rosemary 2 dash (0g) salmon 6 oz (170g)

For single meal:

For all 2 meals:

mayonnaise 2 tbsp (30mL) garlic, diced 1/2 clove (2g) dried dill weed 4 dash (1g) sour cream 2 1/2 tbsp (38g) rosemary 4 dash (1g) salmon 3/4 lbs (340g)

- 1. Preheat oven to 350 F (180 C).
- 2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
- 3. Bake for 20 minutes or until done.
- 4. Meanwhile, in a small bowl, combine the remaining ingredients and stir until well-mixed.
- 5. When salmon is done, plate it and top with rosemary dill sauce.

Mashed sweet potatoes

183 cals
3g protein
0g fat
36g carbs
6g fiber



For single meal:

sweet potatoes 1 sweetpotato, 5" long (210g) For all 2 meals:

sweet potatoes 2 sweetpotato, 5" long (420g)

- 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.

Protein Supplement(s)

Eat every day

Protein shake

1 scoop - 109 cals
24g protein
1g fat
1g carbs
1g fiber



water 1 cup(s) (237mL) protein powder 1 scoop (1/3 cup ea) (31g)

For single meal:

For all 7 meals:

water 7 cup(s) (1659mL) protein powder 7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.