

Meal Plan - 1600 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 1616 cals ● 106g protein (26%) ● 64g fat (36%) ● 129g carbs (32%) ● 25g fiber (6%)

Lunch

790 cals, 49g protein, 38g net carbs, 45g fat



[Simple mozzarella and tomato salad](#)
403 cals



[Fish taco](#)
1 tortilla(s)- 389 cals

Protein Supplement(s)

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



[Protein shake](#)
1 scoop- 109 cals

Dinner

715 cals, 32g protein, 90g net carbs, 18g fat



[Curried chickpea salad](#)
322 cals



[Naan bread](#)
1 1/2 piece(s)- 393 cals

Day 2 1629 cals ● 101g protein (25%) ● 66g fat (36%) ● 135g carbs (33%) ● 23g fiber (6%)

Lunch

805 cals, 45g protein, 44g net carbs, 47g fat



[Caprese salad](#)
284 cals



[Salmon salad wrap](#)
1 wrap(s)- 521 cals

Protein Supplement(s)

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



[Protein shake](#)
1 scoop- 109 cals

Dinner

715 cals, 32g protein, 90g net carbs, 18g fat



[Curried chickpea salad](#)
322 cals



[Naan bread](#)
1 1/2 piece(s)- 393 cals

Day 3

1615 cal ● 130g protein (32%) ● 90g fat (50%) ● 37g carbs (9%) ● 35g fiber (9%)

Lunch

710 cal, 42g protein, 16g net carbs, 46g fat



Buttered broccoli
2 cup(s)- 267 cal



Basic tempeh
6 oz- 443 cal

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cal

Dinner

795 cal, 64g protein, 20g net carbs, 44g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cal



Simple mixed greens and tomato salad
113 cal

Day 4

1615 cal ● 130g protein (32%) ● 90g fat (50%) ● 37g carbs (9%) ● 35g fiber (9%)

Lunch

710 cal, 42g protein, 16g net carbs, 46g fat



Buttered broccoli
2 cup(s)- 267 cal



Basic tempeh
6 oz- 443 cal

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cal

Dinner

795 cal, 64g protein, 20g net carbs, 44g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cal



Simple mixed greens and tomato salad
113 cal

Day 5

1648 cal ● 100g protein (24%) ● 78g fat (42%) ● 116g carbs (28%) ● 20g fiber (5%)

Lunch

825 cal, 32g protein, 68g net carbs, 42g fat



Milk
2/3 cup(s)- 99 cal



Curried lentils
723 cal

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cal

Dinner

715 cal, 44g protein, 47g net carbs, 35g fat



Salmon & veggie one pot
6 oz salmon- 561 cal



Instant mashed potatoes
155 cal

Day 6

1599 cal ● 103g protein (26%) ● 65g fat (36%) ● 122g carbs (31%) ● 29g fiber (7%)

Lunch

775 cal, 38g protein, 39g net carbs, 43g fat



Protein bar
1 bar- 245 cal



Salsa verde tofu salad
353 cal



Avocado
176 cal

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cal

Dinner

715 cal, 42g protein, 82g net carbs, 21g fat



Easy chickpea salad
117 cal



Pad thai with shrimp & egg
600 cal

Day 7

1599 cal ● 103g protein (26%) ● 65g fat (36%) ● 122g carbs (31%) ● 29g fiber (7%)

Lunch

775 cal, 38g protein, 39g net carbs, 43g fat



Protein bar
1 bar- 245 cal



Salsa verde tofu salad
353 cal



Avocado
176 cal

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cal

Dinner

715 cal, 42g protein, 82g net carbs, 21g fat



Easy chickpea salad
117 cal



Pad thai with shrimp & egg
600 cal

Vegetables and Vegetable Products

- tomatoes
5 medium whole (2-3/5" dia) (593g)
- cabbage
2 tbsp, shredded (9g)
- raw celery
3 stalk, small (5" long) (51g)
- onion
1 1/4 medium (2-1/2" dia) (138g)
- frozen broccoli
4 cup (364g)
- bell pepper
3 1/2 large (581g)
- canned crushed tomatoes
3/4 cup (182g)
- mashed potato mix
1 1/2 oz (43g)
- fresh parsley
1 1/2 sprigs (2g)
- garlic
2 clove (6g)

Dairy and Egg Products

- fresh mozzarella cheese
1/3 lbs (151g)
- nonfat greek yogurt, plain
4 tbsp (70g)
- butter
4 tbsp (57g)
- whole milk
2/3 cup (161mL)
- eggs
2 large (100g)

Fats and Oils

- balsamic vinaigrette
1 1/2 oz (45mL)
- oil
2 1/4 oz (70mL)
- mayonnaise
2 tbsp (30mL)
- salad dressing
1/4 cup (68mL)

Spices and Herbs

- fresh basil
1/2 oz (12g)

Finfish and Shellfish Products

- cod, raw
1 4oz fillet(s) (113g)
- canned salmon
1 5oz can(s) (undrained) (142g)
- canned tuna
3 can (516g)
- salmon
6 oz (170g)
- shrimp, raw
1/2 lbs (227g)

Fruits and Fruit Juices

- avocados
3 1/4 avocado(s) (653g)
- limes
2 1/4 fruit (2" dia) (151g)
- lemon juice
1 1/6 fl oz (35mL)
- lime juice
1 tbsp (15mL)

Other

- mixed greens
2 1/2 package (5.5 oz) (385g)
- curry paste
1 tbsp (15g)
- protein bar (20g protein)
2 bar (100g)
- Pad Thai stir fry sauce
4 tbsp (57g)

Nut and Seed Products

- sunflower kernels
2 tbsp (24g)
- coconut milk, canned
3/4 cup (180mL)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)

Legumes and Legume Products

- chickpeas, canned
1 1/2 can (672g)
- tempeh
3/4 lbs (340g)
- lentils, raw
1/2 cup (96g)

- cajun seasoning
2 tsp (5g)
- curry powder
1 tsp (2g)
- black pepper
1/4 tbsp (1g)
- salt
3 g (3g)
- ground cumin
1 tbsp (6g)
- dried dill weed
1/4 tbsp (1g)
- balsamic vinegar
1/2 tbsp (8mL)

Baked Products

- flour tortillas
2 1/2 tortilla (approx 7-8" dia) (121g)
- naan bread
3 piece (270g)

- black beans
4 tbsp (60g)
- firm tofu
2 slice(s) (168g)
- roasted peanuts
20 peanut(s) (20g)

Beverages

- water
8 cup(s) (1941mL)
- protein powder
7 scoop (1/3 cup ea) (217g)

Soups, Sauces, and Gravies

- salsa verde
2 tbsp (32g)
- apple cider vinegar
1/2 tbsp (0mL)

Cereal Grains and Pasta

- rice noodles
4 oz (114g)
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Lunch 1 [↗](#)

Eat on day 1

Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



tomatoes, sliced

1 1/4 large whole (3" dia) (228g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

balsamic vinaigrette

5 tsp (25mL)

fresh basil

5 tsp, chopped (4g)

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

Fish taco

1 tortilla(s) - 389 cals ● 26g protein ● 17g fat ● 27g carbs ● 6g fiber



Makes 1 tortilla(s)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

cod, raw

1 4oz fillet(s) (113g)

avocados, mashed

1/4 avocado(s) (50g)

cabbage

2 tbsp, shredded (9g)

cajun seasoning

2 tsp (5g)

limes

1/4 fruit (2" dia) (17g)

oil

1 tsp (5mL)

1. Preheat oven to 400 F (200 C).
2. Spray a sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Lunch 2 [↗](#)

Eat on day 2

Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



balsamic vinaigrette

4 tsp (20mL)

fresh basil

1/3 cup leaves, whole (8g)

tomatoes, halved

2/3 cup cherry tomatoes (99g)

mixed greens

2/3 package (5.5 oz) (103g)

fresh mozzarella cheese

2 oz (57g)

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

Salmon salad wrap

1 wrap(s) - 521 cals ● 29g protein ● 29g fat ● 35g carbs ● 3g fiber



Makes 1 wrap(s)

flour tortillas

1 tortilla (approx 10" dia) (72g)

canned salmon

1 5oz can(s) (undrained) (142g)

black pepper

1 dash (0g)

salt

1 dash (0g)

onion

1 tbsp minced (15g)

raw celery, diced

1 stalk, small (5" long) (17g)

mayonnaise

2 tbsp (30mL)

1. Drain canned salmon and discard any liquid.
2. Combine the salmon with all other ingredients, besides the tortilla, in a small bowl. Mix well.
3. Take salmon mixture and roll it up in the tortilla to create a wrap.
4. Serve.

Lunch 3 [↗](#)

Eat on day 3, day 4

Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

butter

2 tbsp (28g)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

butter

4 tbsp (57g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic tempeh

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



For single meal:

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

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Lunch 4 [↗](#)

Eat on day 5

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

whole milk
2/3 cup (160mL)

1. This recipe has no instructions.

Curried lentils

723 cal ● 27g protein ● 37g fat ● 60g carbs ● 10g fiber



lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Salsa verde tofu salad

353 cal ● 16g protein ● 24g fat ● 11g carbs ● 8g fiber



For single meal:

tomatoes, chopped
1/2 roma tomato (40g)
salsa verde
1 tbsp (16g)
ground cumin
1 tsp (2g)
black beans, drained and rinsed
2 tbsp (30g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
avocados, sliced
2 slices (50g)
mixed greens
1 1/2 cup (45g)
oil
1 tsp (5mL)
firm tofu
1 slice(s) (84g)

For all 2 meals:

tomatoes, chopped
1 roma tomato (80g)
salsa verde
2 tbsp (32g)
ground cumin
2 tsp (4g)
black beans, drained and rinsed
4 tbsp (60g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
avocados, sliced
4 slices (100g)
mixed greens
3 cup (90g)
oil
2 tsp (10mL)
firm tofu
2 slice(s) (168g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Avocado

176 cal ● 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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Curried chickpea salad

322 cal ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

mixed greens
1 oz (28g)
sunflower kernels
1 tbsp (12g)
raw celery, sliced
1 stalk, small (5" long) (17g)
curry powder
4 dash (1g)
nonfat greek yogurt, plain
2 tbsp (35g)
lemon juice, divided
1 tbsp (15mL)
chickpeas, canned, drained & rinsed
1/2 can (224g)

For all 2 meals:

mixed greens
2 oz (57g)
sunflower kernels
2 tbsp (24g)
raw celery, sliced
2 stalk, small (5" long) (34g)
curry powder
1 tsp (2g)
nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice, divided
2 tbsp (30mL)
chickpeas, canned, drained & rinsed
1 can (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread

1 1/2 piece (135g)

For all 2 meals:

naan bread

3 piece (270g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3, day 4

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cal ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

For all 2 meals:

canned tuna, drained

3 can (516g)

avocados

1 1/2 avocado(s) (302g)

lime juice

1 tbsp (15mL)

salt

3 dash (1g)

black pepper

3 dash (0g)

bell pepper

3 large (492g)

onion

3/4 small (53g)

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.

Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:
salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

For all 2 meals:
salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)

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

Dinner 3 [↗](#)

Eat on day 5

Salmon & veggie one pot

6 oz salmon - 561 cal ● 39g protein ● 34g fat ● 17g carbs ● 6g fiber



Makes 6 oz salmon

ground cumin
1/4 tbsp (2g)
water
1/6 cup(s) (44mL)
oil
3/4 tbsp (11mL)
dried dill weed
1/4 tbsp (1g)
canned crushed tomatoes
3/4 cup (182g)
onion, sliced
3/4 small (53g)
bell pepper, sliced into strips
3/4 medium (89g)
salmon
6 oz (170g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Instant mashed potatoes

155 cal ● 5g protein ● 0g fat ● 30g carbs ● 3g fiber



mashed potato mix
1 1/2 oz (43g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Dinner 4 [↗](#)

Eat on day 6, day 7

Easy chickpea salad

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



For single meal:

fresh parsley, chopped

3/4 sprigs (1g)

apple cider vinegar

1/4 tbsp (0mL)

balsamic vinegar

1/4 tbsp (4mL)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

onion, thinly sliced

1/8 small (9g)

chickpeas, canned, drained and rinsed

1/4 can (112g)

For all 2 meals:

fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

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

Pad thai with shrimp & egg

600 cal ● 36g protein ● 18g fat ● 70g carbs ● 4g fiber



For single meal:

limes

1 fruit (2" dia) (67g)

roasted peanuts, crushed

10 peanut(s) (10g)

shrimp, raw, peeled and deveined

4 oz (113g)

Pad Thai stir fry sauce

2 tbsp (28g)

rice noodles

2 oz (57g)

garlic, diced

1 clove (3g)

oil

1/2 tbsp (8mL)

eggs

1 large (50g)

For all 2 meals:

limes

2 fruit (2" dia) (134g)

roasted peanuts, crushed

20 peanut(s) (20g)

shrimp, raw, peeled and deveined

1/2 lbs (227g)

Pad Thai stir fry sauce

4 tbsp (57g)

rice noodles

4 oz (114g)

garlic, diced

2 clove (6g)

oil

1 tbsp (15mL)

eggs

2 large (100g)

1. Cook rice noodles according to package. Drain and set aside.
 2. Heat the oil in a skillet over medium heat. Add the garlic and saute until fragrant, about a minute.
 3. Add the egg and scramble it until lightly set- about 30 seconds.
 4. Add the shrimp and cook until the shrimp and egg are mostly done- about 3 minutes.
 5. Add in the rice noodles and the Pad Thai sauce and cook for a few more minutes until heated through.
 6. Transfer to a serving plate and top with crushed peanuts and lime wedges (optional).
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 scoop - 109 cal ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

water

1 cup(s) (237mL)

protein powder

1 scoop (1/3 cup ea) (31g)

For all 7 meals:

water

7 cup(s) (1659mL)

protein powder

7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.
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