

Meal Plan - 1300 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

1242 cal ● 114g protein (37%) ● 65g fat (47%) ● 33g carbs (11%) ● 18g fiber (6%)

Breakfast

170 cal, 13g protein, 1g net carbs, 12g fat



[Egg & cheese mini muffin](#)
3 mini muffin(s)- 168 cal

Lunch

345 cal, 29g protein, 9g net carbs, 17g fat



[Roasted broccoli with nutritional yeast](#)
1 1/2 cup(s)- 161 cal



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

Snacks

180 cal, 9g protein, 2g net carbs, 14g fat



[Sunflower seeds](#)
180 cal

Dinner

385 cal, 27g protein, 19g net carbs, 21g fat



[Cottage cheese & honey](#)
1/2 cup(s)- 125 cal



[Broccoli caesar salad with hard boiled eggs](#)
130 cal



[Walnuts](#)
1/6 cup(s)- 131 cal

Protein Supplement(s)

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



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

Day 2

1267 cals ● 98g protein (31%) ● 73g fat (52%) ● 42g carbs (13%) ● 12g fiber (4%)

Breakfast

170 cals, 13g protein, 1g net carbs, 12g fat



Egg & cheese mini muffin
3 mini muffin(s)- 168 cals

Snacks

180 cals, 9g protein, 2g net carbs, 14g fat



Sunflower seeds
180 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

370 cals, 13g protein, 18g net carbs, 25g fat



Clam chowder
1/2 can(s)- 182 cals



Pistachios
188 cals

Dinner

385 cals, 27g protein, 19g net carbs, 21g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Broccoli caesar salad with hard boiled eggs
130 cals



Walnuts
1/6 cup(s)- 131 cals

Day 3

1329 cals ● 110g protein (33%) ● 72g fat (49%) ● 43g carbs (13%) ● 18g fiber (5%)

Breakfast

180 cals, 13g protein, 15g net carbs, 8g fat



Scrambled egg whites
61 cals



Waffles & Greek yogurt
1 waffle(s)- 119 cals

Snacks

180 cals, 9g protein, 2g net carbs, 14g fat



Sunflower seeds
180 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

370 cals, 13g protein, 18g net carbs, 25g fat



Clam chowder
1/2 can(s)- 182 cals



Pistachios
188 cals

Dinner

435 cals, 41g protein, 6g net carbs, 24g fat



Avocado tuna salad
436 cals

Day 4

1264 cals ● 125g protein (40%) ● 60g fat (43%) ● 40g carbs (13%) ● 16g fiber (5%)

Breakfast

180 cals, 13g protein, 15g net carbs, 8g fat



[Scrambled egg whites](#)
61 cals



[Waffles & Greek yogurt](#)
1 waffle(s)- 119 cals

Snacks

110 cals, 4g protein, 3g net carbs, 8g fat



[Celery and peanut butter](#)
109 cals

Protein Supplement(s)

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



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

Lunch

375 cals, 32g protein, 14g net carbs, 19g fat



[Roasted broccoli with nutritional yeast](#)
1 cup(s)- 108 cals



[Vegan sausage](#)
1 sausage(s)- 268 cals

Dinner

435 cals, 41g protein, 6g net carbs, 24g fat



[Avocado tuna salad](#)
436 cals

Day 5

1257 cals ● 92g protein (29%) ● 70g fat (50%) ● 40g carbs (13%) ● 24g fiber (8%)

Breakfast

205 cals, 14g protein, 2g net carbs, 15g fat



[Celery sticks](#)
1 celery stalk- 7 cals



[Pesto scrambled eggs](#)
2 eggs- 198 cals

Snacks

110 cals, 4g protein, 3g net carbs, 8g fat



[Celery and peanut butter](#)
109 cals

Protein Supplement(s)

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



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

Lunch

400 cals, 17g protein, 18g net carbs, 24g fat



[Olive oil drizzled green beans](#)
253 cals



[Basic tempeh](#)
2 oz- 148 cals

Dinner

380 cals, 21g protein, 15g net carbs, 22g fat



[Sugar snap peas](#)
123 cals



[Basic tofu](#)
6 oz- 257 cals

Day 6

1299 cals ● 99g protein (30%) ● 70g fat (49%) ● 40g carbs (12%) ● 28g fiber (9%)

Breakfast

205 cals, 14g protein, 2g net carbs, 15g fat



[Celery sticks](#)

1 celery stalk- 7 cals



[Pesto scrambled eggs](#)

2 eggs- 198 cals

Snacks

110 cals, 3g protein, 2g net carbs, 9g fat



[Mixed nuts](#)

1/8 cup(s)- 109 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Lunch

400 cals, 17g protein, 18g net carbs, 24g fat



[Olive oil drizzled green beans](#)

253 cals



[Basic tempeh](#)

2 oz- 148 cals

Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



[Crack slaw with tempeh](#)

422 cals

Day 7

1249 cals ● 92g protein (29%) ● 75g fat (54%) ● 26g carbs (8%) ● 25g fiber (8%)

Breakfast

205 cals, 14g protein, 2g net carbs, 15g fat



[Celery sticks](#)

1 celery stalk- 7 cals



[Pesto scrambled eggs](#)

2 eggs- 198 cals

Snacks

110 cals, 3g protein, 2g net carbs, 9g fat



[Mixed nuts](#)

1/8 cup(s)- 109 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Lunch

350 cals, 10g protein, 4g net carbs, 29g fat



[Cheese and guac tacos](#)

1 taco(s)- 175 cals



[Avocado](#)

176 cals

Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



[Crack slaw with tempeh](#)

422 cals

Sweets

- ☐ honey
4 tsp (28g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ parmesan cheese
1 tbsp (5g)
- ☐ nonfat greek yogurt, plain
1/2 container (88g)
- ☐ eggs
11 large (550g)
- ☐ cheddar cheese
2 oz (60g)
- ☐ egg whites
1/2 cup (122g)

Fruits and Fruit Juices

- ☐ lemon juice
1/3 fl oz (10mL)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lime juice
2 tsp (10mL)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1 tbsp (7g)
- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ sunflower kernels
4 oz (109g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ mixed nuts
4 tbsp (34g)

Spices and Herbs

- ☐ dijon mustard
1 tsp (5g)
- ☐ salt
1/4 tbsp (2g)
- ☐ black pepper
1/4 tbsp (1g)

Vegetables and Vegetable Products

Beverages

- ☐ water
2/3 gallon (2534mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Other

- ☐ nutritional yeast
1 1/4 tbsp (5g)
- ☐ mixed greens
2 cup (60g)
- ☐ vegan sausage
1 sausage (100g)
- ☐ coleslaw mix
4 cup (360g)
- ☐ guacamole, store-bought
2 tbsp (31g)

Fats and Oils

- ☐ oil
2 1/4 oz (70mL)
- ☐ olive oil
2 1/3 tbsp (35mL)

Legumes and Legume Products

- ☐ vegetarian burger crumbles
1 1/4 cup (125g)
- ☐ peanut butter
2 tbsp (32g)
- ☐ firm tofu
6 oz (170g)
- ☐ tempeh
3/4 lbs (340g)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
1 can (18.5 oz) (519g)
- ☐ pesto sauce
3 tbsp (48g)
- ☐ hot sauce
2 tsp (10mL)

Baked Products

- ☐ frozen waffles
2 waffles (70g)

- ☐ broccoli
3 cup chopped (273g)
 - ☐ romaine lettuce
2 cup shredded (94g)
 - ☐ onion
1/2 small (35g)
 - ☐ tomatoes
1/2 cup, chopped (90g)
 - ☐ raw celery
5 stalk, medium (7-1/2" - 8" long) (200g)
 - ☐ frozen sugar snap peas
2 cup (288g)
 - ☐ frozen green beans
4 2/3 cup (565g)
 - ☐ garlic
2 clove (6g)
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Finfish and Shellfish Products

- ☐ canned tuna
2 can (344g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & cheese mini muffin

3 mini muffin(s) - 168 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese
2 1/4 tbsp, shredded (16g)
water
1/2 tbsp (8mL)
eggs
1 1/2 large (75g)

For all 2 meals:

cheddar cheese
1/4 cup, shredded (32g)
water
1 tbsp (15mL)
eggs
3 large (150g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Scrambled egg whites

61 cal ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
egg whites
4 tbsp (61g)

For all 2 meals:

oil
1/2 tbsp (8mL)
egg whites
1/2 cup (122g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Waffles & Greek yogurt

1 waffle(s) - 119 cals ● 6g protein ● 4g fat ● 15g carbs ● 0g fiber



For single meal:

nonfat greek yogurt, plain
2 tbsp (35g)
frozen waffles
1 waffles (35g)

For all 2 meals:

nonfat greek yogurt, plain
4 tbsp (70g)
frozen waffles
2 waffles (70g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 3 meals:

raw celery
3 stalk, medium (7-1/2" - 8" long)
(120g)

1. Slice celery into sticks and serve.

Pesto scrambled eggs

2 eggs - 198 cals ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

For all 3 meals:

pesto sauce
3 tbsp (48g)
eggs
6 large (300g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Roasted broccoli with nutritional yeast

1 1/2 cup(s) - 161 cal ● 5g protein ● 11g fat ● 6g carbs ● 4g fiber



Makes 1 1/2 cup(s)

nutritional yeast

3/4 tbsp (3g)

oil

3/4 tbsp (11mL)

broccoli

1 1/2 cup chopped (137g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

Vegan crumbles

1 1/4 cup(s) - 183 cal ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

vegetarian burger crumbles

1 1/4 cup (125g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lunch 2 [↗](#)

Eat on day 2, day 3

Clam chowder

1/2 can(s) - 182 cal ● 6g protein ● 11g fat ● 13g carbs ● 2g fiber



For single meal:

canned clam chowder

1/2 can (18.5 oz) (260g)

For all 2 meals:

canned clam chowder

1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Roasted broccoli with nutritional yeast

1 cup(s) - 108 cals ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



Makes 1 cup(s)

nutritional yeast

1/2 tbsp (2g)

oil

1/2 tbsp (8mL)

broccoli

1 cup chopped (91g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

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.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Olive oil drizzled green beans

253 cals ● 5g protein ● 16g fat ● 14g carbs ● 7g fiber



For single meal:

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
frozen green beans
2 1/3 cup (282g)
olive oil
3 1/2 tsp (18mL)

For all 2 meals:

black pepper
1/2 tsp (0g)
salt
1/2 tsp (1g)
frozen green beans
4 2/3 cup (565g)
olive oil
2 1/3 tbsp (35mL)

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

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
tempeh
2 oz (57g)

For all 2 meals:

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

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 5 [↗](#)

Eat on day 7

Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



Makes 1 taco(s)

cheddar cheese

4 tbsp, shredded (28g)

guacamole, store-bought

2 tbsp (31g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Avocado

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



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 3 meals:

sunflower kernels

3 oz (85g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
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Snacks 3 [↗](#)

Eat on day 6, day 7

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts

2 tbsp (17g)

For all 2 meals:

mixed nuts

4 tbsp (34g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

For all 2 meals:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Broccoli caesar salad with hard boiled eggs

130 cals ● 10g protein ● 8g fat ● 3g carbs ● 2g fiber



For single meal:

lemon juice
1/4 tbsp (4mL)
roasted pumpkin seeds, unsalted
1/2 tbsp (4g)
parmesan cheese
1/2 tbsp (3g)
dijon mustard
4 dash (3g)
nonfat greek yogurt, plain
1/2 tbsp (9g)
broccoli
4 tbsp chopped (23g)
eggs
1 large (50g)
romaine lettuce
1 cup shredded (47g)

For all 2 meals:

lemon juice
1/2 tbsp (8mL)
roasted pumpkin seeds, unsalted
1 tbsp (7g)
parmesan cheese
1 tbsp (5g)
dijon mustard
1 tsp (5g)
nonfat greek yogurt, plain
1 tbsp (18g)
broccoli
1/2 cup chopped (46g)
eggs
2 large (100g)
romaine lettuce
2 cup shredded (94g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. This recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
onion, minced
1/4 small (18g)
canned tuna
1 can (172g)
tomatoes
4 tbsp, chopped (45g)

For all 2 meals:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
onion, minced
1/2 small (35g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)

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.

Dinner 3 [↗](#)

Eat on day 5

Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



frozen sugar snap peas
2 cup (288g)

1. Prepare according to instructions on package.

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

firm tofu
6 oz (170g)
oil
1 tbsp (15mL)

1. Slice tofu 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 4 [↗](#)

Eat on day 6, day 7

Crack slaw with tempeh

422 cal ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:
tempeh, cubed
4 oz (113g)
coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
garlic, minced
1 clove (3g)

For all 2 meals:
tempeh, cubed
1/2 lbs (227g)
coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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:

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

For all 7 meals:

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

1. This recipe has no instructions.