

# Meal Plan - 1000 calorie intermittent fasting 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

1032 cals ● 94g protein (37%) ● 48g fat (42%) ● 42g carbs (16%) ● 14g fiber (5%)

### Lunch

505 cals, 42g protein, 26g net carbs, 23g fat



[Simple mixed greens salad](#)  
68 cals



[Beef and vegetable stir fry](#)  
438 cals

### Dinner

525 cals, 52g protein, 16g net carbs, 25g fat



[Edamame & beet salad](#)  
171 cals



[Chicken egg drop soup](#)  
356 cals

## Day 2

961 cals ● 97g protein (40%) ● 38g fat (36%) ● 46g carbs (19%) ● 11g fiber (4%)

### Lunch

435 cals, 45g protein, 30g net carbs, 13g fat



[Tortilla chips](#)  
188 cals



[Bbq pulled chicken & lime yogurt slaw bowl](#)  
246 cals

### Dinner

525 cals, 52g protein, 16g net carbs, 25g fat



[Edamame & beet salad](#)  
171 cals



[Chicken egg drop soup](#)  
356 cals

## Day 3

1049 cals ● 91g protein (35%) ● 60g fat (51%) ● 26g carbs (10%) ● 11g fiber (4%)

### Lunch

540 cals, 40g protein, 13g net carbs, 34g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Simple cobb salad](#)  
519 cals

### Dinner

510 cals, 51g protein, 13g net carbs, 26g fat



[Turkey taco lettuce cups](#)  
4 lettuce taco(s)- 418 cals



[Sunflower seeds](#)  
90 cals

## Day 4

1049 cals ● 91g protein (35%) ● 60g fat (51%) ● 26g carbs (10%) ● 11g fiber (4%)

### Lunch

540 cals, 40g protein, 13g net carbs, 34g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Simple cobb salad](#)  
519 cals

### Dinner

510 cals, 51g protein, 13g net carbs, 26g fat



[Turkey taco lettuce cups](#)  
4 lettuce taco(s)- 418 cals



[Sunflower seeds](#)  
90 cals

## Day 5

1067 cals ● 91g protein (34%) ● 47g fat (40%) ● 57g carbs (21%) ● 13g fiber (5%)

### Lunch

530 cals, 41g protein, 51g net carbs, 16g fat



[Shredded bbq & ranch chicken sandwich](#)  
1 sandwich(es)- 456 cals



[Beets](#)  
3 beets- 72 cals

### Dinner

540 cals, 50g protein, 6g net carbs, 32g fat



[Blue cheese stuffed chicken thighs](#)  
1 thigh- 452 cals



[Broccoli](#)  
3 cup(s)- 87 cals

## Day 6

971 cals ● 94g protein (39%) ● 27g fat (25%) ● 77g carbs (32%) ● 12g fiber (5%)

### Lunch

530 cals, 41g protein, 51g net carbs, 16g fat



[Shredded bbq & ranch chicken sandwich](#)  
1 sandwich(es)- 456 cals



[Beets](#)  
3 beets- 72 cals

### Dinner

445 cals, 53g protein, 26g net carbs, 11g fat



[Pork-broccoli-sweet potato bowl](#)  
443 cals

## Day 7

967 cals ● 95g protein (39%) ● 38g fat (35%) ● 52g carbs (21%) ● 10g fiber (4%)

### Lunch

525 cals, 42g protein, 26g net carbs, 27g fat



[Baked chicken thighs](#)  
6 oz- 385 cals



[Corn](#)  
139 cals

### Dinner

445 cals, 53g protein, 26g net carbs, 11g fat



[Pork-broccoli-sweet potato bowl](#)  
443 cals

## Fats and Oils

- ☐ balsamic vinaigrette  
4 oz (110mL)
- ☐ oil  
10 1/4 g (11mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)
- ☐ olive oil  
2/3 oz (25mL)
- ☐ ranch dressing  
4 tsp (20mL)

## Vegetables and Vegetable Products

- ☐ beets, precooked (canned or refrigerated)  
10 beets (2" dia, sphere) (500g)
- ☐ edamame, frozen, shelled  
1 cup (118g)
- ☐ frozen chopped spinach  
1/2 cup (78g)
- ☐ frozen mixed veggies  
1/2 10oz package (142g)
- ☐ romaine lettuce  
2/3 head (436g)
- ☐ tomatoes  
2 1/2 medium whole (2-3/5" dia) (303g)
- ☐ frozen broccoli  
16 1/3 oz (462g)
- ☐ sweet potatoes  
1 1/3 sweetpotato, 5" long (280g)
- ☐ frozen corn kernels  
1 cup (136g)

## Other

- ☐ mixed greens  
3 1/2 cup (105g)
- ☐ sesame oil  
1 tsp (5mL)
- ☐ stir-fry sauce  
2 tbsp (34g)
- ☐ coleslaw mix  
1 cup (90g)
- ☐ sugar-free barbecue sauce  
2 tbsp (30g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
26 oz (737g)

## Soups, Sauces, and Gravies

- ☐ chicken broth  
4 cup(s) (mL)
- ☐ salsa  
1/2 cup (144g)
- ☐ barbecue sauce  
4 tbsp (68g)

## Dairy and Egg Products

- ☐ eggs  
7 1/4 medium (317g)
- ☐ nonfat greek yogurt, plain  
2 tbsp (35g)
- ☐ blue cheese  
1/4 lbs (104g)

## Legumes and Legume Products

- ☐ soy sauce  
1 tsp (5mL)

## Spices and Herbs

- ☐ salt  
1/2 tsp (3g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ taco seasoning mix  
1 packet (35g)
- ☐ paprika  
1/2 tsp (1g)
- ☐ thyme, dried  
2 dash, ground (0g)

## Beef Products

- ☐ flank steak, raw  
6 oz (170g)

## Snacks

- ☐ tortilla chips  
1 1/3 oz (38g)

## Fruits and Fruit Juices

- ☐ lime juice  
1 tsp (5mL)

## Beverages

☐ ground turkey, raw  
1 lbs (454g)

☐ chicken thighs, with bone and skin, raw  
3/4 lbs (340g)

☐ water  
2/3 cup(s) (159mL)

### **Nut and Seed Products**

☐ sunflower kernels  
1 oz (28g)

### **Sausages and Luncheon Meats**

☐ ham cold cuts  
1/2 lbs (227g)

### **Baked Products**

☐ hamburger buns  
2 bun(s) (102g)

### **Pork Products**

☐ pork tenderloin, raw  
1 lbs (453g)

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## Lunch 1 [↗](#)

Eat on day 1

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



#### **mixed greens**

1 1/2 cup (45g)

#### **salad dressing**

1 1/2 tbsp (23mL)

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

### Beef and vegetable stir fry

438 cals ● 41g protein ● 18g fat ● 22g carbs ● 6g fiber



#### **salt**

1 dash (1g)

#### **black pepper**

2 dash, ground (1g)

#### **oil, divided**

1/4 tbsp (4mL)

#### **frozen mixed veggies**

1/2 10oz package (142g)

#### **stir-fry sauce**

2 tbsp (34g)

#### **flank steak, raw, cubed**

6 oz (170g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed steak and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove steak and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return steak to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until steak is fully cooked.
6. Serve.

## Lunch 2 [🔗](#)

Eat on day 2

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### Tortilla chips

188 cals ● 3g protein ● 8g fat ● 24g carbs ● 2g fiber

#### tortilla chips

1 1/3 oz (38g)



1. This recipe has no instructions.

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### Bbq pulled chicken & lime yogurt slaw bowl

246 cals ● 42g protein ● 5g fat ● 7g carbs ● 2g fiber



#### lime juice

1 tsp (5mL)

#### boneless skinless chicken breast, raw

6 oz (170g)

#### coleslaw mix

1 cup (90g)

#### sugar-free barbecue sauce

2 tbsp (30g)

#### nonfat greek yogurt, plain

2 tbsp (35g)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
  2. In a small bowl, mix together the greek yogurt and lime juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
  3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
  4. Add coleslaw to the bbq chicken bowl and serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

#### **tomatoes**

6 cherry tomatoes (102g)

For all 2 meals:

#### **tomatoes**

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

### Simple cobb salad

519 cals ● 39g protein ● 34g fat ● 10g carbs ● 5g fiber



For single meal:

#### **ham cold cuts, shredded**

4 oz (113g)

#### **eggs, hard boiled and quartered**

1 1/3 medium (59g)

#### **romaine lettuce**

4 cup shredded (188g)

#### **blue cheese**

1/3 cup, crumbled, not packed (45g)

#### **tomatoes**

1/3 cup cherry tomatoes (50g)

#### **balsamic vinaigrette**

2 2/3 tbsp (40mL)

For all 2 meals:

#### **ham cold cuts, shredded**

1/2 lbs (227g)

#### **eggs, hard boiled and quartered**

2 2/3 medium (117g)

#### **romaine lettuce**

8 cup shredded (376g)

#### **blue cheese**

2/3 cup, crumbled, not packed (90g)

#### **tomatoes**

2/3 cup cherry tomatoes (99g)

#### **balsamic vinaigrette**

1/3 cup (80mL)

1. Mix ingredients together in a large bowl.
2. Dress when ready to serve.



## Lunch 4 [↗](#)

Eat on day 5, day 6

### Shredded bbq & ranch chicken sandwich

1 sandwich(es) - 456 cals ● 39g protein ● 16g fat ● 39g carbs ● 1g fiber



For single meal:

**barbecue sauce**

2 tbsp (34g)

**ranch dressing**

2 tsp (10mL)

**romaine lettuce**

1 leaf inner (6g)

**hamburger buns**

1 bun(s) (51g)

**olive oil**

1 tsp (5mL)

**boneless skinless chicken breast, raw**

6 oz (170g)

For all 2 meals:

**barbecue sauce**

4 tbsp (68g)

**ranch dressing**

4 tsp (20mL)

**romaine lettuce**

2 leaf inner (12g)

**hamburger buns**

2 bun(s) (102g)

**olive oil**

2 tsp (10mL)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

### Beets

3 beets - 72 cals ● 3g protein ● 0g fat ● 12g carbs ● 3g fiber



For single meal:

**beets, precooked (canned or refrigerated)**

3 beets (2" dia, sphere) (150g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**

6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.



## Lunch 5 [↗](#)

Eat on day 7

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### Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**chicken thighs, with bone and skin, raw**

6 oz (170g)

**thyme, dried**

1/2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

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### Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



**frozen corn kernels**

1 cup (136g)

1. Prepare according to instructions on package.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

### Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

**balsamic vinaigrette**

1 tbsp (15mL)

**beets, precooked (canned or refrigerated), chopped**

2 beets (2" dia, sphere) (100g)

**edamame, frozen, shelled**

1/2 cup (59g)

**mixed greens**

1 cup (30g)

For all 2 meals:

**balsamic vinaigrette**

2 tbsp (30mL)

**beets, precooked (canned or refrigerated), chopped**

4 beets (2" dia, sphere) (200g)

**edamame, frozen, shelled**

1 cup (118g)

**mixed greens**

2 cup (60g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

### Chicken egg drop soup

356 cals ● 43g protein ● 18g fat ● 4g carbs ● 1g fiber



For single meal:

**oil**

1/2 tsp (3mL)

**boneless skinless chicken breast, raw, cut into bite-sized pieces**

4 oz (113g)

**chicken broth**

2 cup(s) (mL)

**eggs**

2 large (100g)

**soy sauce**

1/2 tsp (3mL)

**sesame oil**

1/2 tsp (3mL)

**frozen chopped spinach**

4 tbsp (39g)

For all 2 meals:

**oil**

1 tsp (5mL)

**boneless skinless chicken breast, raw, cut into bite-sized pieces**

1/2 lbs (227g)

**chicken broth**

4 cup(s) (mL)

**eggs**

4 large (200g)

**soy sauce**

1 tsp (5mL)

**sesame oil**

1 tsp (5mL)

**frozen chopped spinach**

1/2 cup (78g)

1. Add the oil (note, not the sesame oil) to the bottom of a pot over medium heat. Add the chicken and cook until browned and cooked through.
2. Add broth, soy sauce, and sesame oil to the pot and bring to a boil. Meanwhile, beat eggs in a cup and aside.
3. Add in the frozen spinach and cook until softened. Return to a boil.
4. Stir gently, while slowly pouring in the egg. Cook for about 1-2 minutes.
5. Season with salt/pepper to taste and serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Turkey taco lettuce cups

4 lettuce taco(s) - 418 cal ● 47g protein ● 19g fat ● 12g carbs ● 4g fiber



For single meal:

#### salsa

4 tbsp (72g)

#### oil

1/4 tsp (1mL)

#### taco seasoning mix

1/2 packet (18g)

#### romaine lettuce

4 leaf inner (24g)

#### water

1/3 cup(s) (79mL)

#### ground turkey, raw

1/2 lbs (227g)

For all 2 meals:

#### salsa

1/2 cup (144g)

#### oil

1/2 tsp (3mL)

#### taco seasoning mix

1 packet (35g)

#### romaine lettuce

8 leaf inner (48g)

#### water

2/3 cup(s) (158mL)

#### ground turkey, raw

1 lbs (454g)

1. Heat oil in a skillet over medium heat. Add turkey, break apart, and cook until browned. Stir in water and taco seasoning and let simmer for a few more minutes until bubbling. Turn off heat and let cool slightly.
2. Place an even amount of taco meat in the center of each lettuce leaf, top with salsa, and serve.
3. Meal prep note: store any leftover meat in an airtight container in the refrigerator. When ready to eat, reheat meat and assemble tacos.

### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

#### sunflower kernels

1/2 oz (14g)

For all 2 meals:

#### sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 5

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### Blue cheese stuffed chicken thighs

1 thigh - 452 cals ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



Makes 1 thigh

**paprika**

1 dash (0g)

**olive oil**

3/8 tsp (2mL)

**thyme, dried**

1 1/2 dash, ground (0g)

**blue cheese**

1/2 oz (14g)

**chicken thighs, with bone and skin, raw**

1 thigh (6 oz ea) (170g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C).  
Serve.

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### Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

**frozen broccoli**

3 cup (273g)

1. Prepare according to instructions on package.
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## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Pork-broccoli-sweet potato bowl

443 cal ● 53g protein ● 11g fat ● 26g carbs ● 7g fiber



For single meal:

**paprika**

1 1/3 dash (0g)

**sweet potatoes, cut into bite-sized cubes**

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

**frozen broccoli**

1/3 package (95g)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

**pork tenderloin, raw, cut into bite-sized cubes**

1/2 lbs (227g)

**olive oil**

1/2 tbsp (7mL)

For all 2 meals:

**paprika**

1/3 tsp (1g)

**sweet potatoes, cut into bite-sized cubes**

1 1/3 sweetpotato, 5" long (280g)

**frozen broccoli**

2/3 package (189g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**pork tenderloin, raw, cut into bite-sized cubes**

16 oz (453g)

**olive oil**

2 2/3 tsp (13mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.