

Meal Plan - 1700 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

1682 cals ● 121g protein (29%) ● 78g fat (42%) ● 105g carbs (25%) ● 18g fiber (4%)

Lunch

830 cals, 61g protein, 64g net carbs, 32g fat



[Almond crusted tilapia](#)

8 oz- 565 cals



[Instant mashed potatoes](#)

207 cals



[Roasted tomatoes](#)

1 tomato(es)- 60 cals

Dinner

850 cals, 60g protein, 41g net carbs, 46g fat



[Chicken thighs and mushrooms](#)

6 oz- 591 cals



[Lentils](#)

260 cals

Day 2

1682 cals ● 121g protein (29%) ● 78g fat (42%) ● 105g carbs (25%) ● 18g fiber (4%)

Lunch

830 cals, 61g protein, 64g net carbs, 32g fat



[Almond crusted tilapia](#)

8 oz- 565 cals



[Instant mashed potatoes](#)

207 cals



[Roasted tomatoes](#)

1 tomato(es)- 60 cals

Dinner

850 cals, 60g protein, 41g net carbs, 46g fat



[Chicken thighs and mushrooms](#)

6 oz- 591 cals



[Lentils](#)

260 cals

Day 3

1635 cals ● 151g protein (37%) ● 75g fat (41%) ● 65g carbs (16%) ● 23g fiber (6%)

Lunch

805 cals, 101g protein, 22g net carbs, 31g fat



[Brown rice](#)

1/4 cup brown rice, cooked- 57 cals



[Baked chicken with tomatoes & olives](#)

15 oz- 749 cals

Dinner

830 cals, 51g protein, 43g net carbs, 44g fat



[Buttered broccoli](#)

3 1/4 cup(s)- 434 cals



[Marinated chicken breast](#)

6 oz- 212 cals



[Mashed sweet potatoes](#)

183 cals

Day 4

1635 cals ● 151g protein (37%) ● 75g fat (41%) ● 65g carbs (16%) ● 23g fiber (6%)

Lunch

805 cals, 101g protein, 22g net carbs, 31g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Baked chicken with tomatoes & olives

15 oz- 749 cals

Dinner

830 cals, 51g protein, 43g net carbs, 44g fat



Buttered broccoli

3 1/4 cup(s)- 434 cals



Marinated chicken breast

6 oz- 212 cals



Mashed sweet potatoes

183 cals

Day 5

1651 cals ● 139g protein (34%) ● 79g fat (43%) ● 68g carbs (16%) ● 28g fiber (7%)

Lunch

785 cals, 76g protein, 54g net carbs, 25g fat



Mashed sweet potatoes

183 cals



Sauteed corn & lima beans

179 cals



Basic chicken breast

10 2/3 oz- 423 cals

Dinner

865 cals, 64g protein, 14g net carbs, 54g fat



Pecans

1/4 cup- 183 cals



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

Day 6

1667 cals ● 120g protein (29%) ● 88g fat (48%) ● 69g carbs (17%) ● 30g fiber (7%)

Lunch

800 cals, 56g protein, 56g net carbs, 34g fat



Pan seared breaded tilapia

8 oz- 401 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals



Sweet potato wedges

261 cals

Dinner

865 cals, 64g protein, 14g net carbs, 54g fat



Pecans

1/4 cup- 183 cals



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

Day 7

1694 cals ● 119g protein (28%) ● 101g fat (54%) ● 61g carbs (14%) ● 17g fiber (4%)

Lunch

800 cals, 56g protein, 56g net carbs, 34g fat



[Pan seared breaded tilapia](#)

8 oz- 401 cals



[Olive oil drizzled broccoli](#)

2 cup(s)- 140 cals



[Sweet potato wedges](#)

261 cals

Dinner

895 cals, 63g protein, 5g net carbs, 67g fat



[Buffalo drumsticks](#)

13 1/3 oz- 778 cals



[Simple kale & avocado salad](#)

115 cals

Fats and Oils

- olive oil
1/4 lbs (112mL)
- oil
1 1/2 oz (48mL)
- marinade sauce
6 tbsp (91mL)

Vegetables and Vegetable Products

- mushrooms
1/2 lbs (227g)
- mashed potato mix
4 oz (113g)
- tomatoes
5 1/2 medium whole (2-3/5" dia) (692g)
- frozen broccoli
10 1/2 cup (956g)
- sweet potatoes
5 sweetpotato, 5" long (1050g)
- bell pepper
3 large (492g)
- onion
3/4 small (53g)
- lima beans, frozen
6 tbsp (60g)
- frozen corn kernels
6 tbsp (51g)
- kale leaves
1/4 bunch (43g)

Spices and Herbs

- salt
1 oz (27g)
- black pepper
1/6 oz (6g)
- chili powder
5 tsp (14g)
- fresh basil
30 leaves (15g)

Beverages

- water
4 cup(s) (908mL)

Dairy and Egg Products

- butter
1/2 cup (125g)

Poultry Products

- chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)
- boneless skinless chicken breast, raw
3 1/3 lbs (1485g)

Legumes and Legume Products

- lentils, raw
3/4 cup (144g)

Finfish and Shellfish Products

- tilapia, raw
2 lbs (896g)
- canned tuna
3 can (516g)

Nut and Seed Products

- almonds
2/3 cup, slivered (72g)
- pecans
1/2 cup, halves (50g)

Cereal Grains and Pasta

- all-purpose flour
3/4 cup(s) (97g)
- brown rice
2 3/4 tbsp (32g)

Fruits and Fruit Juices

- green olives
30 large (132g)
- avocados
1 3/4 avocado(s) (352g)
- lime juice
1 tbsp (15mL)
- lemon
1/4 small (15g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
2 1/4 tbsp (34mL)

Other

- Chicken, drumsticks, with skin
13 1/4 oz (378g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Almond crusted tilapia

8 oz - 565 cal ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



For single meal:

tilapia, raw
1/2 lbs (224g)
almonds
1/3 cup, slivered (36g)
all-purpose flour
1/4 cup(s) (28g)
salt
1 1/3 dash (1g)
olive oil
2 tsp (10mL)

For all 2 meals:

tilapia, raw
16 oz (448g)
almonds
2/3 cup, slivered (72g)
all-purpose flour
1/2 cup(s) (55g)
salt
1/3 tsp (1g)
olive oil
4 tsp (20mL)

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.

Instant mashed potatoes

207 cal ● 6g protein ● 1g fat ● 40g carbs ● 4g fiber



For single meal:

mashed potato mix
2 oz (57g)

For all 2 meals:

mashed potato mix
4 oz (113g)

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.

Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

For all 2 meals:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Brown rice

1/4 cup brown rice, cooked - 57 cal ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

brown rice

4 tsp (16g)

salt

1/2 dash (0g)

water

1/6 cup(s) (39mL)

black pepper

1/2 dash, ground (0g)

For all 2 meals:

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Baked chicken with tomatoes & olives

15 oz - 749 cal ● 100g protein ● 31g fat ● 10g carbs ● 8g fiber



For single meal:

tomatoes
15 cherry tomatoes (255g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
green olives
15 large (66g)
black pepper
5 dash (1g)
chili powder
2 1/2 tsp (7g)
boneless skinless chicken breast, raw
15 oz (425g)
fresh basil, shredded
15 leaves (8g)

For all 2 meals:

tomatoes
30 cherry tomatoes (510g)
olive oil
5 tsp (25mL)
salt
1 1/4 tsp (8g)
green olives
30 large (132g)
black pepper
1 1/4 tsp (1g)
chili powder
5 tsp (14g)
boneless skinless chicken breast, raw
30 oz (851g)
fresh basil, shredded
30 leaves (15g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Lunch 3 [↗](#)

Eat on day 5

Mashed sweet potatoes

183 cal ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



sweet potatoes
1 sweetpotato, 5" long (210g)

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.

Sauteed corn & lima beans

179 cal ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



black pepper
1 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
6 tbsp (60g)
frozen corn kernels
6 tbsp (51g)
olive oil
1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Basic chicken breast

10 2/3 oz - 423 cal ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

oil
2 tsp (10mL)
boneless skinless chicken breast, raw
2/3 lbs (299g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Lunch 4 [↗](#)

Eat on day 6, day 7

Pan seared breaded tilapia

8 oz - 401 cal ● 47g protein ● 16g fat ● 16g carbs ● 1g fiber



For single meal:

butter, melted
2 tsp (9g)
all-purpose flour
1/6 cup(s) (21g)
tilapia, raw
1/2 lbs (224g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1 tsp (5mL)

For all 2 meals:

butter, melted
4 tsp (19g)
all-purpose flour
1/3 cup(s) (42g)
tilapia, raw
16 oz (448g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
olive oil
2 tsp (10mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Sweet potato wedges

261 cal ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

oil
3/4 tbsp (11mL)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
sweet potatoes, cut into wedges
2 sweetpotato, 5" long (420g)
salt
1 tsp (6g)
black pepper
4 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Dinner 1 [↗](#)

Eat on day 1, day 2

Chicken thighs and mushrooms

6 oz - 591 cal ● 42g protein ● 45g fat ● 3g carbs ● 1g fiber



For single meal:

olive oil
1 tbsp (15mL)
mushrooms, sliced 1/4 in thick
4 oz (113g)
salt
1 dash (0g)
water
1/4 cup(s) (59mL)
butter
1/2 tbsp (7g)
black pepper
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)

For all 2 meals:

olive oil
2 tbsp (30mL)
mushrooms, sliced 1/4 in thick
1/2 lbs (227g)
salt
2 dash (1g)
water
1/2 cup(s) (119mL)
butter
1 tbsp (14g)
black pepper
2 dash (0g)
chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

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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Dinner 2 [↗](#)

Eat on day 3, day 4

Buttered broccoli

3 1/4 cup(s) - 434 cal ● 9g protein ● 37g fat ● 6g carbs ● 9g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 1/4 cup (296g)
butter
3 1/4 tbsp (46g)

For all 2 meals:

black pepper
3 1/4 dash (0g)
salt
3 1/4 dash (1g)
frozen broccoli
6 1/2 cup (592g)
butter
6 1/2 tbsp (92g)

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

Marinated chicken breast

6 oz - 212 cal ● 38g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (168g)
marinade sauce
3 tbsp (45mL)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (336g)
marinade sauce
6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Mashed sweet potatoes

183 cal ● 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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

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.

Dinner 4 [↗](#)

Eat on day 7

Buffalo drumsticks

13 1/3 oz - 778 cal ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



Makes 13 1/3 oz

Frank's Red Hot sauce

2 1/4 tbsp (33mL)

oil

1 1/4 tsp (6mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

Chicken, drumsticks, with skin

13 1/3 oz (378g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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