

Meal Plan - 1800 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

1754 cals ● 138g protein (31%) ● 69g fat (35%) ● 123g carbs (28%) ● 23g fiber (5%)

Lunch

905 cals, 67g protein, 79g net carbs, 31g fat



[Buttered lima beans](#)
220 cals



[Shredded bbq & ranch chicken sandwich](#)
1 1/2 sandwich(es)- 683 cals

Dinner

850 cals, 70g protein, 45g net carbs, 38g fat



[Olive oil drizzled lima beans](#)
215 cals



[Almond crusted tilapia](#)
9 oz- 635 cals

Day 2

1754 cals ● 138g protein (31%) ● 69g fat (35%) ● 123g carbs (28%) ● 23g fiber (5%)

Lunch

905 cals, 67g protein, 79g net carbs, 31g fat



[Buttered lima beans](#)
220 cals



[Shredded bbq & ranch chicken sandwich](#)
1 1/2 sandwich(es)- 683 cals

Dinner

850 cals, 70g protein, 45g net carbs, 38g fat



[Olive oil drizzled lima beans](#)
215 cals



[Almond crusted tilapia](#)
9 oz- 635 cals

Day 3

1785 cals ● 135g protein (30%) ● 61g fat (31%) ● 151g carbs (34%) ● 23g fiber (5%)

Lunch

910 cals, 50g protein, 89g net carbs, 36g fat



[Kefir](#)
300 cals



[Rosemary mushroom cheese sandwich](#)
1 1/2 sandwich(es)- 612 cals

Dinner

875 cals, 85g protein, 62g net carbs, 25g fat



[Mashed sweet potatoes](#)
275 cals



[Baked chicken with tomatoes & olives](#)
12 oz- 599 cals

Day 4

1783 cals ● 118g protein (26%) ● 74g fat (37%) ● 142g carbs (32%) ● 20g fiber (5%)

Lunch

910 cals, 50g protein, 89g net carbs, 36g fat



[Kefir](#)
300 cals



[Rosemary mushroom cheese sandwich](#)
1 1/2 sandwich(es)- 612 cals

Dinner

870 cals, 68g protein, 53g net carbs, 38g fat



[Lentils](#)
260 cals



[Steak & cauliflower skillet](#)
611 cals

Day 5

1839 cals ● 127g protein (28%) ● 96g fat (47%) ● 87g carbs (19%) ● 30g fiber (7%)

Lunch

970 cals, 59g protein, 35g net carbs, 58g fat



Egg & avocado salad
531 cals



Cottage cheese & fruit cup
2 container- 261 cals



Avocado
176 cals

Dinner

870 cals, 68g protein, 53g net carbs, 38g fat



Lentils
260 cals



Steak & cauliflower skillet
611 cals

Day 6

1809 cals ● 122g protein (27%) ● 84g fat (42%) ● 114g carbs (25%) ● 27g fiber (6%)

Lunch

970 cals, 59g protein, 35g net carbs, 58g fat



Egg & avocado salad
531 cals



Cottage cheese & fruit cup
2 container- 261 cals



Avocado
176 cals

Dinner

840 cals, 63g protein, 80g net carbs, 26g fat



Shrimp-broccoli-rice bowl
588 cals



Cranberry spinach salad
253 cals

Day 7

1826 cals ● 125g protein (27%) ● 83g fat (41%) ● 125g carbs (27%) ● 20g fiber (4%)

Lunch

985 cals, 62g protein, 45g net carbs, 58g fat



Turkey sandwich with mustard
1 1/2 sandwich(es)- 680 cals



Walnuts
1/2 cup(s)- 306 cals

Dinner

840 cals, 63g protein, 80g net carbs, 26g fat



Shrimp-broccoli-rice bowl
588 cals



Cranberry spinach salad
253 cals

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/2 oz (14g)
- ☐ chili powder
2 tsp (5g)
- ☐ fresh basil
12 leaves (6g)
- ☐ rosemary, dried
1/4 tbsp (1g)
- ☐ crushed red pepper
1 1/2 dash (0g)
- ☐ garlic powder
1/2 tbsp (4g)
- ☐ dijon mustard
1/2 tbsp (8g)

Vegetables and Vegetable Products

- ☐ lima beans, frozen
2 package (10 oz) (568g)
- ☐ romaine lettuce
4 1/2 leaf inner (27g)
- ☐ sweet potatoes
1 1/2 sweetpotato, 5" long (315g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (249g)
- ☐ mushrooms
1/4 lbs (128g)
- ☐ garlic
3 clove(s) (9g)
- ☐ onion
3/4 small (53g)
- ☐ tomato paste
1 1/2 tbsp (24g)
- ☐ cauliflower
3/4 head medium (5-6" dia.) (441g)
- ☐ frozen broccoli
1 package (284g)
- ☐ fresh spinach
2/3 6oz package (113g)

Fats and Oils

- ☐ olive oil
2 1/2 oz (77mL)
- ☐ ranch dressing
2 tbsp (30mL)
- ☐ raspberry walnut vinaigrette
1/4 cup (53mL)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/2 cup(s) (62g)

Dairy and Egg Products

- ☐ butter
1/3 stick (39g)
- ☐ kefir, flavored
4 cup (960mL)
- ☐ cheese
1 1/2 cup, shredded (170g)
- ☐ eggs
8 large (400g)
- ☐ romano cheese
2 tsp (4g)
- ☐ sliced cheese
3 slice (3/4 oz ea) (63g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
6 tbsp (102g)

Baked Products

- ☐ hamburger buns
3 bun(s) (153g)
- ☐ bread
10 oz (288g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
30 oz (851g)

Fruits and Fruit Juices

- ☐ green olives
12 large (53g)
- ☐ avocados
2 1/3 avocado(s) (469g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ dried cranberries
1/4 cup (36g)

Other

- ☐ mixed greens
4 cup (125g)

Finfish and Shellfish Products

- ☐ tilapia, raw
18 oz (504g)
- ☐ shrimp, raw
1 lbs (454g)

Nut and Seed Products

- ☐ almonds
3/4 cup, slivered (81g)
- ☐ walnuts
2 1/2 oz (70g)

- ☐ cottage cheese & fruit cup
4 container (680g)

Beverages

- ☐ water
3 cup(s) (711mL)

Legumes and Legume Products

- ☐ lentils, raw
3/4 cup (144g)

Beef Products

- ☐ sirloin steak, raw
15 oz (425g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 pouch (~5.6 oz) (158g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
6 oz (170g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Buttered lima beans

220 cals ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



For single meal:

lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

For all 2 meals:

lima beans, frozen
1 package (10 oz) (284g)
salt
4 dash (3g)
butter
4 tsp (18g)
black pepper
2 dash, ground (1g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Shredded bbq & ranch chicken sandwich

1 1/2 sandwich(es) - 683 cals ● 58g protein ● 23g fat ● 58g carbs ● 2g fiber



For single meal:

barbecue sauce
3 tbsp (51g)
ranch dressing
1 tbsp (15mL)
romaine lettuce
1 1/2 leaf inner (9g)
hamburger buns
1 1/2 bun(s) (77g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)

For all 2 meals:

barbecue sauce
6 tbsp (102g)
ranch dressing
2 tbsp (30mL)
romaine lettuce
3 leaf inner (18g)
hamburger buns
3 bun(s) (153g)
olive oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
18 oz (510g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

kefir, flavored
2 cup (480mL)

For all 2 meals:

kefir, flavored
4 cup (960mL)

1. Pour into a glass and drink.

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cal ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



For single meal:

rosemary, dried
3 dash (0g)
mixed greens
3/4 cup (23g)
mushrooms
2 1/4 oz (64g)
cheese
3/4 cup, shredded (85g)
bread
3 slice(s) (96g)

For all 2 meals:

rosemary, dried
1/4 tbsp (1g)
mixed greens
1 1/2 cup (45g)
mushrooms
1/4 lbs (128g)
cheese
1 1/2 cup, shredded (170g)
bread
6 slice(s) (192g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lunch 3 [🔗](#)

Eat on day 5, day 6

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.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

2 container (340g)

For all 2 meals:

cottage cheese & fruit cup

4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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 4 [↗](#)

Eat on day 7

Turkey sandwich with mustard

1 1/2 sandwich(es) - 680 cal ● 56g protein ● 29g fat ● 42g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

dijon mustard

1/2 tbsp (8g)

romaine lettuce

1 1/2 leaf inner (9g)

tomatoes

3 slice(s), thin/small (45g)

bread

3 slice (96g)

sliced cheese

3 slice (3/4 oz ea) (63g)

turkey cold cuts

6 oz (170g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

Walnuts

1/2 cup(s) - 306 cal ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



Makes 1/2 cup(s)

walnuts

1/2 cup, shelled (44g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled lima beans

215 cal ● 9g protein ● 7g fat ● 21g carbs ● 8g fiber



For single meal:

black pepper

1 dash, ground (0g)

salt

2 dash (2g)

lima beans, frozen

1/2 package (10 oz) (142g)

olive oil

1/2 tbsp (8mL)

For all 2 meals:

black pepper

2 dash, ground (1g)

salt

4 dash (3g)

lima beans, frozen

1 package (10 oz) (284g)

olive oil

1 tbsp (15mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



For single meal:

tilapia, raw
1/2 lbs (252g)
almonds
6 tbsp, slivered (41g)
all-purpose flour
1/4 cup(s) (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

For all 2 meals:

tilapia, raw
18 oz (504g)
almonds
3/4 cup, slivered (81g)
all-purpose flour
1/2 cup(s) (62g)
salt
3 dash (1g)
olive oil
1 1/2 tbsp (23mL)

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.

Dinner 2 [↗](#)

Eat on day 3

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

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.

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

tomatoes

12 cherry tomatoes (204g)

olive oil

2 tsp (10mL)

salt

4 dash (3g)

green olives

12 large (53g)

black pepper

4 dash (0g)

chili powder

2 tsp (5g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

fresh basil, shredded

12 leaves (6g)

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Lentils

260 cals ● 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.

Steak & cauliflower skillet

611 cals ● 50g protein ● 37g fat ● 15g carbs ● 6g fiber



For single meal:

crushed red pepper

3/4 dash (0g)

garlic, diced

1 1/2 clove(s) (5g)

onion, diced

3/8 small (26g)

tomato paste

3/4 tbsp (12g)

butter

3/4 tbsp (11g)

sirloin steak, raw, sliced into strips

1/2 lbs (213g)

cauliflower, cut into florets

3/8 head medium (5-6" dia.) (221g)

For all 2 meals:

crushed red pepper

1 1/2 dash (0g)

garlic, diced

3 clove(s) (9g)

onion, diced

3/4 small (53g)

tomato paste

1 1/2 tbsp (24g)

butter

1 1/2 tbsp (21g)

sirloin steak, raw, sliced into strips

15 oz (425g)

cauliflower, cut into florets

3/4 head medium (5-6" dia.) (441g)

1. Melt butter in a skillet over medium heat and add garlic. Cook about 1 minute until fragrant.
2. Turn the heat to high and add beef. Once beef is almost done, remove meat from the pan and set aside.
3. Reduce the heat back to medium and add in the diced onion. Cook for about 10 minutes until softened and browned.
4. Add in the cauliflower florets and cook for another 5-10 minutes until the cauliflower is slightly browned.
5. Add the tomato paste and cooked beef and stir, cooking for another couple of minutes.
6. Season to taste with a pinch of salt/pepper and the crushed red pepper flakes. Serve.

Dinner 4 [↗](#)

Eat on day 6, day 7

Shrimp-broccoli-rice bowl

588 cals ● 58g protein ● 9g fat ● 61g carbs ● 7g fiber



For single meal:

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

shrimp, raw, peeled and deveined

1/2 lbs (227g)

frozen broccoli

1/2 package (142g)

flavored rice mix

1/2 pouch (~5.6 oz) (79g)

olive oil

1/2 tbsp (8mL)

For all 2 meals:

black pepper

4 dash, ground (1g)

salt

4 dash (3g)

shrimp, raw, peeled and deveined

1 lbs (454g)

frozen broccoli

1 package (284g)

flavored rice mix

1 pouch (~5.6 oz) (158g)

olive oil

1 tbsp (15mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Cranberry spinach salad

253 cals ● 4g protein ● 17g fat ● 19g carbs ● 3g fiber



For single meal:

dried cranberries

1 3/4 tbsp (18g)

walnuts

1 3/4 tbsp, chopped (13g)

fresh spinach

1/3 6oz package (57g)

raspberry walnut vinaigrette

1 3/4 tbsp (27mL)

romano cheese, finely shredded

1 tsp (2g)

For all 2 meals:

dried cranberries

1/4 cup (36g)

walnuts

1/4 cup, chopped (26g)

fresh spinach

2/3 6oz package (113g)

raspberry walnut vinaigrette

1/4 cup (53mL)

romano cheese, finely shredded

2 tsp (4g)

1. Mix ingredients in a bowl and serve.
 2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.
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