

Meal Plan - 1900 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

1925 cals ● 187g protein (39%) ● 55g fat (26%) ● 136g carbs (28%) ● 35g fiber (7%)

Lunch

905 cals, 60g protein, 76g net carbs, 28g fat



[Avocado tuna salad sandwich](#)
1 1/2 sandwich(es)- 555 cals



[Easy chickpea salad](#)
350 cals

Dinner

1020 cals, 127g protein, 60g net carbs, 27g fat



[Teriyaki chicken](#)
16 oz- 760 cals



[Lentils](#)
260 cals

Day 2

1912 cals ● 144g protein (30%) ● 90g fat (42%) ● 102g carbs (21%) ● 30g fiber (6%)

Lunch

965 cals, 49g protein, 73g net carbs, 45g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Avocado](#)
176 cals



[Chunky canned soup \(creamy\)](#)
1 1/2 can(s)- 530 cals

Dinner

945 cals, 95g protein, 29g net carbs, 45g fat



[Grapes](#)
87 cals



[Spiced turkey meatball lettuce wrap](#)
7 lettuce wrap(s)- 858 cals

Day 3

1889 cals ● 136g protein (29%) ● 112g fat (53%) ● 63g carbs (13%) ● 21g fiber (4%)

Lunch

945 cals, 41g protein, 34g net carbs, 68g fat



[Egg salad sandwich](#)
1 sandwich(es)- 542 cals



[Roasted peanuts](#)
1/2 cup(s)- 403 cals

Dinner

945 cals, 95g protein, 29g net carbs, 45g fat



[Grapes](#)
87 cals



[Spiced turkey meatball lettuce wrap](#)
7 lettuce wrap(s)- 858 cals

Day 4

1859 cals ● 166g protein (36%) ● 101g fat (49%) ● 45g carbs (10%) ● 26g fiber (6%)

Lunch

945 cals, 41g protein, 34g net carbs, 68g fat



[Egg salad sandwich](#)

1 sandwich(es)- 542 cals



[Roasted peanuts](#)

1/2 cup(s)- 403 cals

Dinner

915 cals, 126g protein, 11g net carbs, 34g fat



[Garlic collard greens](#)

279 cals



[Marinated chicken breast](#)

18 oz- 636 cals

Day 5

1898 cals ● 204g protein (43%) ● 61g fat (29%) ● 111g carbs (23%) ● 22g fiber (5%)

Lunch

980 cals, 135g protein, 39g net carbs, 27g fat



[Lentils](#)

260 cals



[Curried pork chops](#)

3 chop(s)- 718 cals

Dinner

920 cals, 69g protein, 72g net carbs, 34g fat



[Chicken fajitas](#)

2 tortilla(s)- 562 cals



[Edamame & beet salad](#)

171 cals



[Tortilla chips](#)

188 cals

Day 6

1940 cals ● 172g protein (35%) ● 80g fat (37%) ● 104g carbs (21%) ● 29g fiber (6%)

Lunch

980 cals, 135g protein, 39g net carbs, 27g fat



[Lentils](#)

260 cals



[Curried pork chops](#)

3 chop(s)- 718 cals

Dinner

960 cals, 37g protein, 65g net carbs, 53g fat



[Roasted peanuts](#)

1/4 cup(s)- 230 cals



[Tomato and avocado salad](#)

235 cals



[Chicken noodle soup](#)

3 1/2 can(s)- 498 cals

Day 7

1875 cals ● 137g protein (29%) ● 85g fat (41%) ● 99g carbs (21%) ● 41g fiber (9%)

Lunch

910 cals, 100g protein, 34g net carbs, 33g fat



[Balsamic chicken breast](#)

12 oz- 473 cals



[Garlic collard greens](#)

266 cals



[Lentils](#)

174 cals

Dinner

960 cals, 37g protein, 65g net carbs, 53g fat



[Roasted peanuts](#)

1/4 cup(s)- 230 cals



[Tomato and avocado salad](#)

235 cals



[Chicken noodle soup](#)

3 1/2 can(s)- 498 cals

Fats and Oils

- ☐ oil
2 2/3 oz (82mL)
- ☐ mayonnaise
4 tbsp (60mL)
- ☐ marinade sauce
1/2 cup (134mL)
- ☐ balsamic vinaigrette
2 oz (60mL)
- ☐ olive oil
3/4 oz (22mL)

Other

- ☐ teriyaki sauce
1/2 cup (120mL)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ mixed greens
1 cup (30g)
- ☐ italian seasoning
3 dash (1g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1516g)
- ☐ ground turkey, raw
1 3/4 lbs (794g)

Spices and Herbs

- ☐ salt
1 oz (29g)
- ☐ black pepper
3 g (3g)
- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ paprika
1/3 oz (9g)
- ☐ dried dill weed
3 1/2 tsp (4g)
- ☐ onion powder
2 1/2 tsp (6g)
- ☐ garlic powder
11 g (11g)
- ☐ oregano, dried
2 1/2 tsp, leaves (3g)
- ☐ yellow mustard
4 dash or 1 packet (3g)

Fruits and Fruit Juices

- ☐ lime juice
1 fl oz (34mL)
- ☐ avocados
2 avocado(s) (377g)
- ☐ grapes
3 cup (276g)
- ☐ lemon juice
1 fl oz (29mL)
- ☐ limes
1/4 fruit (2" dia) (17g)

Finfish and Shellfish Products

- ☐ canned tuna
3/4 can (129g)

Baked Products

- ☐ bread
7 slice (224g)
- ☐ flour tortillas
2 tortilla medium (approx 6" dia) (60g)

Vegetables and Vegetable Products

- ☐ onion
1 1/4 medium (2-1/2" dia) (142g)
- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (235g)
- ☐ romaine lettuce
14 leaf inner (84g)
- ☐ bell pepper
2 large (331g)
- ☐ collard greens
1 3/4 lbs (775g)
- ☐ garlic
5 clove(s) (15g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3/4 tbsp (1mL)
- ☐ chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)

- ☐ chili powder
3 dash (1g)
- ☐ ground cumin
3 dash (1g)
- ☐ curry powder
1/2 tbsp (3g)

Beverages

- ☐ water
5 1/2 cup(s) (1317mL)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (264g)
- ☐ chickpeas, canned
3/4 can (336g)
- ☐ roasted peanuts
1 1/2 cup (201g)

- ☐ condensed canned chicken noodle soup
7 can (10.5 oz) (2086g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
14 tbsp (245g)
- ☐ eggs
6 medium (264g)

Snacks

- ☐ tortilla chips
1 1/3 oz (38g)

Pork Products

- ☐ pork chop, bone-in
6 chop (1068g)
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Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

lime juice

1/4 tbsp (4mL)

avocados

3/8 avocado(s) (75g)

canned tuna, drained

3/4 can (129g)

bread

3 slice (96g)

onion, minced

1/6 small (13g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

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

Lunch 2 [🔗](#)

Eat on day 2

Cottage cheese & fruit cup

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



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



Makes 1 1/2 can(s)

chunky canned soup (creamy varieties)

1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.
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Lunch 3 [↗](#)

Eat on day 3, day 4

Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



For single meal:

eggs

3 medium (132g)

mayonnaise

2 tbsp (30mL)

onion, chopped

1/4 small (18g)

salt

1 dash (0g)

black pepper

1 dash (0g)

bread

2 slice (64g)

paprika

1 dash (1g)

yellow mustard

2 dash or 1 packet (1g)

For all 2 meals:

eggs

6 medium (264g)

mayonnaise

4 tbsp (60mL)

onion, chopped

1/2 small (35g)

salt

2 dash (1g)

black pepper

2 dash (0g)

bread

4 slice (128g)

paprika

2 dash (1g)

yellow mustard

4 dash or 1 packet (3g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



For single meal:

roasted peanuts

1/2 cup (64g)

For all 2 meals:

roasted peanuts

14 tbsp (128g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

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) (359mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (718mL)
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.

Curried pork chops

3 chop(s) - 718 cal ● 118g protein ● 27g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
3 chop (534g)
curry powder
1/4 tbsp (2g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

For all 2 meals:

pork chop, bone-in
6 chop (1068g)
curry powder
1/2 tbsp (3g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Lunch 5 [🔗](#)

Eat on day 7

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



collard greens

13 1/3 oz (378g)

oil

2 1/2 tsp (13mL)

garlic, minced

2 1/2 clove(s) (8g)

salt

1/4 tsp (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



salt
1/2 dash (0g)
water
1 cup(s) (239mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Dinner 1 [🔗](#)

Eat on day 1

Teriyaki chicken

16 oz - 760 cals ● 110g protein ● 26g fat ● 22g carbs ● 0g fiber



Makes 16 oz
oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Lentils

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



salt
3/4 dash (1g)
water
1 1/2 cup(s) (359mL)
lentils, raw, rinsed
6 tbsp (72g)

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

grapes
1 1/2 cup (138g)

For all 2 meals:

grapes
3 cup (276g)

1. This recipe has no instructions.

Spiced turkey meatball lettuce wrap

7 lettuce wrap(s) - 858 cals ● 94g protein ● 44g fat ● 15g carbs ● 6g fiber



For single meal:

romaine lettuce
7 leaf inner (42g)
ground turkey, raw
14 oz (397g)
nonfat greek yogurt, plain
1/2 cup (123g)
bell pepper, sliced into strips
7/8 medium (104g)
paprika
1 3/4 tsp (4g)
dried dill weed
1 3/4 tsp (2g)
lemon juice
2 1/2 tsp (13mL)
onion powder
1/2 tbsp (3g)
garlic powder
1/2 tbsp (4g)
oregano, dried
1/2 tbsp, leaves (1g)
oil
2 1/2 tsp (13mL)
salt
1/2 tbsp (8g)

For all 2 meals:

romaine lettuce
14 leaf inner (84g)
ground turkey, raw
1 3/4 lbs (794g)
nonfat greek yogurt, plain
14 tbsp (245g)
bell pepper, sliced into strips
1 3/4 medium (208g)
paprika
3 1/2 tsp (8g)
dried dill weed
3 1/2 tsp (4g)
lemon juice
1 3/4 tbsp (26mL)
onion powder
2 1/2 tsp (6g)
garlic powder
2 1/2 tsp (8g)
oregano, dried
2 1/2 tsp, leaves (3g)
oil
1 3/4 tbsp (26mL)
salt
2 1/2 tsp (16g)

1. In a large bowl, mix together the ground turkey, onion powder, garlic powder, oregano, and salt with your hands until well incorporated. Form into small meatballs.
2. Heat oil in a large skillet over medium heat. Add meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
3. Meanwhile, make yogurt dressing by mixing together the yogurt, paprika, dill, lemon juice, and a pinch of salt. Set aside.
4. Assemble lettuce wrap by placing pepper strips and meatballs on the romaine lettuce leaves. Top with yogurt dressing. Serve.

Dinner 3 [↗](#)

Eat on day 4

Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



collard greens

14 oz (397g)

oil

2 1/2 tsp (13mL)

garlic, minced

2 1/2 clove(s) (8g)

salt

1/4 tsp (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Marinated chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



Makes 18 oz

**boneless skinless chicken breast,
raw**

18 oz (504g)

marinade sauce

1/2 cup (135mL)

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.
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Dinner 4 [🔗](#)

Eat on day 5

Chicken fajitas

2 tortilla(s) - 562 cals ● 57g protein ● 18g fat ● 36g carbs ● 6g fiber



Makes 2 tortilla(s)

onion, sliced

1/4 large (38g)

bell pepper, deseeded & sliced

3/4 large (123g)

chili powder

3 dash (1g)

flour tortillas

2 tortilla medium (approx 6" dia) (60g)

garlic powder

2 dash (1g)

ground cumin

3 dash (1g)

limes

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

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

1. Mix all seasonings in a small bowl and add in a pinch of salt. Season chicken breasts on all sides.
2. Heat oil in a skillet over medium heat. Add in chicken breasts and cook 7-10 minutes on each side until chicken is fully cooked. Remove and set aside to cool.
3. Meanwhile, add onions and peppers to skillet. Saute for about 5 minutes, stirring frequently, until they have softened a little.
4. When chicken is cool enough to handle, slice it into strips and add the strips back to the skillet. Stir to incorporate.
5. Spoon fajita mixture onto the tortillas and squeeze some lime on top. Serve.

Edamame & beet salad

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



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)

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

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.



Dinner 5 [↗](#)

Eat on day 6, day 7

Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. This recipe has no instructions.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Chicken noodle soup

3 1/2 can(s) - 498 cals ● 25g protein ● 16g fat ● 54g carbs ● 9g fiber



For single meal:

**condensed canned chicken
noodle soup**

3 1/2 can (10.5 oz) (1043g)

For all 2 meals:

**condensed canned chicken
noodle soup**

7 can (10.5 oz) (2086g)

1. Prepare according to instructions on package.
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