Meal Plan - 1000 calorie intermittent fasting paleo meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

955 cals 92g protein (38%) 52g fat (49%) 19g carbs (8%) 11g fiber (5%)

Lunch

500 cals, 42g protein, 11g net carbs, 30g fat

Chicken thighs with lemon & olives
6 oz- 438 cals

Okra
1 1/2 cup- 60 cals

Dinner

455 cals, 50g protein, 8g net carbs, 22g fat

Basic ground turkey
8 oz- 375 cals

Sugar snap peas
82 cals

Day 2

1022 cals 112g protein (44%) 48g fat (42%) 21g carbs (8%) 15g fiber (6%)

Lunch

490 cals, 51g protein, 13g net carbs, 22g fat

Thyme & lime chicken thighs
368 cals

Sugar snap peas
123 cals

Dinner

530 cals, 61g protein, 8g net carbs, 26g fat

Garlic zucchini noodles
82 cals

Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 3

1022 cals 112g protein (44%) 48g fat (42%) 21g carbs (8%) 15g fiber (6%)

Lunch

490 cals, 51g protein, 13g net carbs, 22g fat

Thyme & lime chicken thighs
368 cals

Sugar snap peas
123 cals

Dinner

530 cals, 61g protein, 8g net carbs, 26g fat

Garlic zucchini noodles
82 cals

Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 4

975 cals 97g protein (40%) 49g fat (45%) 27g carbs (11%) 10g fiber (4%)

Lunch

490 cals, 45g protein, 8g net carbs, 29g fat

Sugar snap peas
82 cals

Slow cooker carnitas
8 oz- 410 cals

Dinner

485 cals, 52g protein, 19g net carbs, 21g fat

Simple mixed greens and tomato salad
76 cals

Unstuffed cabbage
407 cals

Day 5

1034 cals 102g protein (39%) 58g fat (50%) 16g carbs (6%) 10g fiber (4%)

Lunch

490 cals, 45g protein, 8g net carbs, 29g fat

Sugar snap peas
82 cals

Slow cooker carnitas
8 oz- 410 cals

Dinner

540 cals, 57g protein, 8g net carbs, 29g fat

Bacon zucchini noodles
244 cals

One pan roasted chicken & veggies
298 cals

Day 6

1021 cals 91g protein (36%) 58g fat (51%) 18g carbs (7%) 15g fiber (6%)

Lunch

525 cals, 42g protein, 13g net carbs, 29g fat

Simple mixed greens salad
68 cals

Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Dinner

500 cals, 49g protein, 6g net carbs, 29g fat

Olive oil drizzled sugar snap peas
122 cals

Simple plain turkey burger
2 burger(s)- 375 cals

Day 7

1021 cals 91g protein (36%) 58g fat (51%) 18g carbs (7%) 15g fiber (6%)

Lunch

525 cals, 42g protein, 13g net carbs, 29g fat

Simple mixed greens salad
68 cals

Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Dinner

500 cals, 49g protein, 6g net carbs, 29g fat

Olive oil drizzled sugar snap peas
122 cals

Simple plain turkey burger
2 burger(s)- 375 cals

Grocery List

Fats and Oils

- [ ] oil
  1 1/4 oz (37mL)
- [ ] olive oil
  1 1/2 oz (47mL)
- [ ] salad dressing
  1/4 cup (68mL)

Poultry Products

- [ ] ground turkey, raw
  1 1/2 lbs (680g)
- [ ] chicken thighs, with bone and skin, raw
  1 thigh (6 oz ea) (170g)
- [ ] boneless skinless chicken breast, raw
  1 1/2 lbs (680g)
- [ ] boneless skinless chicken thighs
  1 lb (454g)

Vegetables and Vegetable Products

- [ ] frozen sugar snap peas
  10 cup (1440g)
- [ ] garlic
  1 1/4 clove(s) (4g)
- [ ] okra, frozen
  1 1/2 cup (168g)
- [ ] zucchini
  2 medium (392g)
- [ ] tomatoes
  3 medium whole (2-3/5" dia) (362g)
- [ ] red bell pepper
  1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
- [ ] onion
  1/2 medium (2-1/2" dia) (49g)
- [ ] broccoli
  4 tbsp chopped (23g)
- [ ] bell pepper
  2 large (328g)

Spices and Herbs

- [ ] salt
  1/4 oz (8g)
- [ ] black pepper
  2 g (2g)
- [ ] rosemary
  3 dash (0g)
- [ ] chili powder
  1 tbsp (8g)

Fruits and Fruit Juices

- [ ] lemon
  1/4 large (21g)
- [ ] green olives
  1/2 can (~6 oz) (95g)
- [ ] lime juice
  1 1/3 fl oz (40mL)
- [ ] avocados
  1 avocado(s) (201g)

Soups, Sauces, and Gravies

- [ ] chicken broth
  1/8 cup(s) (mL)

Other

- [ ] mixed greens
  4 1/2 cup (135g)
- [ ] italian seasoning
  2 dash (1g)
- [ ] diced tomatoes
  1/2 can(s) (210g)
- [ ] coleslaw mix
  1/4 package (14 oz) (99g)

Beverages

- [ ] water
  1/8 cup(s) (31mL)

Beef Products

- [ ] ground beef (93% lean)
  1/2 lbs (227g)

Pork Products

- [ ] pork shoulder
  1 lbs (453g)
- [ ] bacon, raw
  1 1/2 slice(s) (43g)

Finfish and Shellfish Products

- [ ] canned tuna
  2 can (344g)

- [ ] fresh basil
  18 leaves (9g)
- [ ] thyme, dried
  4 dash, leaves (1g)
- [ ] garlic powder
  2 dash (1g)
- [ ] onion powder
  4 dash (1g)
- [ ] oregano, dried
  3 dash, ground (1g)

Recipes

Lunch 1

Eat on day 1

Chicken thighs with lemon & olives

6 oz - 438 cals 39g protein 29g fat 3g carbs 2g fiber

Makes 6 oz

chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)
salt
1 dash (1g)
black pepper
2 dash, ground (1g)
garlic, minced
3/4 clove(s) (2g)
rosemary
3 dash (0g)
olive oil
3/8 tsp (2mL)
lemon
1/4 large (21g)
green olives
1/4 small can (~2 oz) (16g)
chicken broth
1/8 cup(s) (mL)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

Okra

1 1/2 cup - 60 cals 3g protein 0g fat 8g carbs 4g fiber

Makes 1 1/2 cup

okra, frozen
1 1/2 cup (168g)

1. Pour frozen okra into a saucepan.
2. Cover with water and boil for 3 minutes.
3. Drain and season to taste. Serve.

Lunch 2

Eat on day 2, day 3

Thyme & lime chicken thighs

368 cals 43g protein 21g fat 1g carbs 0g fiber

For single meal:

oil
1/2 tbsp (8mL)
lime juice
1 tbsp (15mL)
thyme, dried
2 dash, leaves (0g)
boneless skinless chicken thighs
1/2 lb (227g)

For all 2 meals:

oil
1 tbsp (15mL)
lime juice
2 tbsp (30mL)
thyme, dried
4 dash, leaves (1g)
boneless skinless chicken thighs
1 lb (454g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Sugar snap peas

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

For single meal:

frozen sugar snap peas
2 cup (288g)

For all 2 meals:

frozen sugar snap peas
4 cup (576g)

1. Prepare according to instructions on package.

Lunch 3

Eat on day 4, day 5

Sugar snap peas

82 cals 5g protein 1g fat 8g carbs 6g fiber

For single meal:

frozen sugar snap peas
1 1/3 cup (192g)

For all 2 meals:

frozen sugar snap peas
2 2/3 cup (384g)

1. Prepare according to instructions on package.

Slow cooker carnitas

8 oz - 410 cals 40g protein 28g fat 0g carbs 0g fiber

For single meal:

pork shoulder
1/2 lbs (227g)

For all 2 meals:

pork shoulder
1 lbs (453g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Lunch 4

Eat on day 6, day 7

Simple mixed greens salad

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

For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals 41g protein 24g fat 8g carbs 10g fiber

For single meal:

canned tuna, drained
1 can (172g)
avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)

For all 2 meals:

canned tuna, drained
2 can (344g)
avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
bell pepper
2 large (328g)
onion
1/2 small (35g)

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 1

Eat on day 1

Basic ground turkey

8 oz - 375 cals 45g protein 22g fat 0g carbs 0g fiber

Makes 8 oz

oil
1 tsp (5mL)
ground turkey, raw
1/2 lbs (227g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Sugar snap peas

82 cals 5g protein 1g fat 8g carbs 6g fiber

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Dinner 2

Eat on day 2, day 3

Garlic zucchini noodles

82 cals 1g protein 7g fat 2g carbs 1g fiber

For single meal:

olive oil
1/2 tbsp (8mL)
zucchini
1/2 medium (98g)
garlic, minced
1/4 clove (1g)

For all 2 meals:

olive oil
1 tbsp (15mL)
zucchini
1 medium (196g)
garlic, minced
1/2 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Baked chicken with tomatoes & olives

9 oz - 449 cals 60g protein 19g fat 6g carbs 5g fiber

For single meal:

tomatoes
9 cherry tomatoes (153g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
green olives
9 large (40g)
black pepper
3 dash (0g)
chili powder
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (255g)
fresh basil, shredded
9 leaves (5g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
1 lbs (510g)
fresh basil, shredded
18 leaves (9g)

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

Simple mixed greens and tomato salad

76 cals 2g protein 5g fat 5g carbs 2g fiber

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

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

Unstuffed cabbage

407 cals 50g protein 16g fat 14g carbs 3g fiber

water
1/8 cup(s) (30mL)
italian seasoning
2 dash (1g)
garlic powder
2 dash (1g)
onion powder
4 dash (1g)
diced tomatoes
1/2 can(s) (210g)
coleslaw mix
1/4 package (14 oz) (99g)
ground beef (93% lean)
1/2 lbs (227g)

1. In a large pot over medium-high heat, add the ground beef and break it apart. Stir in remaining ingredients, plus a hefty pinch of salt and pepper, and bring to a simmer.
2. Cover the pot with a lid and simmer for about 30 minutes on medium-low. Serve.

Dinner 4

Eat on day 5

Bacon zucchini noodles

244 cals 17g protein 17g fat 3g carbs 2g fiber

zucchini
3/4 medium (147g)
bacon, raw
1 1/2 slice(s) (43g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

One pan roasted chicken & veggies

298 cals 40g protein 12g fat 5g carbs 3g fiber

boneless skinless chicken breast, raw
6 oz (170g)
oregano, dried
3 dash, ground (1g)
red bell pepper, deseeded and sliced
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
tomatoes
2 tbsp cherry tomatoes (19g)
oil
1/2 tbsp (8mL)
onion, sliced
1/8 medium (2-1/2" dia) (14g)
zucchini, sliced
1/4 medium (49g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
broccoli
4 tbsp chopped (23g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

Dinner 5

Eat on day 6, day 7

Olive oil drizzled sugar snap peas

122 cals 4g protein 7g fat 6g carbs 5g fiber

For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen sugar snap peas
1 cup (144g)
olive oil
1/2 tbsp (8mL)

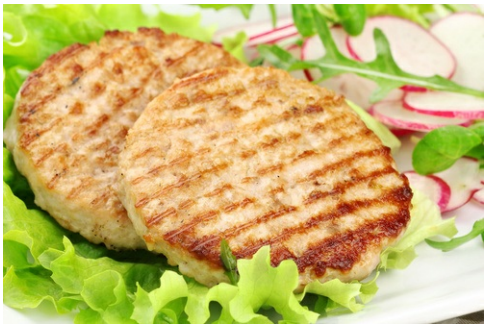
For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Simple plain turkey burger

2 burger(s) - 375 cals 45g protein 22g fat 0g carbs 0g fiber



For single meal:

oil
1 tsp (5mL)
ground turkey, raw
1/2 lbs (227g)

For all 2 meals:

oil
2 tsp (10mL)
ground turkey, raw
1 lbs (454g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.