

Meal Plan - 1100 calorie intermittent fasting paleo 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

1093 cals ● 120g protein (44%) ● 55g fat (45%) ● 17g carbs (6%) ● 12g fiber (4%)

Lunch

560 cals, 56g protein, 11g net carbs, 30g fat



[One pan roasted chicken & veggies](#)
398 cals



[Garlic zucchini noodles](#)
163 cals

Dinner

530 cals, 64g protein, 6g net carbs, 25g fat



[Bone broth](#)
2 cup(s)- 81 cals



[Paleo salsa verde chicken salad](#)
451 cals

Day 2

1126 cals ● 108g protein (38%) ● 54g fat (43%) ● 31g carbs (11%) ● 21g fiber (7%)

Lunch

595 cals, 45g protein, 24g net carbs, 29g fat



[Chicken avocado salad](#)
500 cals



[Kiwi](#)
2 kiwi- 94 cals

Dinner

530 cals, 64g protein, 6g net carbs, 25g fat



[Bone broth](#)
2 cup(s)- 81 cals



[Paleo salsa verde chicken salad](#)
451 cals

Day 3

1077 cals ● 121g protein (45%) ● 46g fat (39%) ● 29g carbs (11%) ● 16g fiber (6%)

Lunch

595 cals, 45g protein, 24g net carbs, 29g fat



[Chicken avocado salad](#)
500 cals



[Kiwi](#)
2 kiwi- 94 cals

Dinner

485 cals, 76g protein, 5g net carbs, 17g fat



[Roasted tomatoes](#)
1 tomato(es)- 60 cals



[Marinated chicken breast](#)
12 oz- 424 cals

Day 4

1082 cals ● 123g protein (45%) ● 52g fat (43%) ● 18g carbs (7%) ● 12g fiber (4%)

Lunch

600 cals, 47g protein, 14g net carbs, 35g fat



Olive oil drizzled sugar snap peas
286 cals



Basic ground turkey
6 2/3 oz- 313 cals

Dinner

485 cals, 76g protein, 5g net carbs, 17g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Marinated chicken breast
12 oz- 424 cals

Day 5

1062 cals ● 91g protein (34%) ● 54g fat (45%) ● 33g carbs (12%) ● 21g fiber (8%)

Lunch

525 cals, 30g protein, 24g net carbs, 28g fat



Grapes
131 cals



Paleo ham, bacon, avocado lettuce wrap
1 wrap(s)- 396 cals

Dinner

535 cals, 61g protein, 9g net carbs, 26g fat



'Buttery' cauliflower rice
86 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 6

1133 cals ● 96g protein (34%) ● 55g fat (43%) ● 52g carbs (18%) ● 13g fiber (5%)

Lunch

610 cals, 44g protein, 39g net carbs, 28g fat



Mashed sweet potatoes
183 cals



Coriander and cumin rubbed pork chops
1 chop(s)- 428 cals

Dinner

520 cals, 51g protein, 13g net carbs, 27g fat



Chipotle honey pork chops
464 cals



Broccoli
2 cup(s)- 58 cals

Day 7

1133 cals ● 96g protein (34%) ● 55g fat (43%) ● 52g carbs (18%) ● 13g fiber (5%)

Lunch

610 cals, 44g protein, 39g net carbs, 28g fat



Mashed sweet potatoes
183 cals



Coriander and cumin rubbed pork chops
1 chop(s)- 428 cals

Dinner

520 cals, 51g protein, 13g net carbs, 27g fat



Chipotle honey pork chops
464 cals



Broccoli
2 cup(s)- 58 cals

Other

- ☐ chicken bone broth
4 cup(s) (mL)
- ☐ mixed greens
3 cup (90g)
- ☐ frozen cauliflower
1 cup (113g)

Vegetables and Vegetable Products

- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (440g)
- ☐ red bell pepper
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)
- ☐ onion
1/3 medium (2-1/2" dia) (38g)
- ☐ zucchini
1 1/3 medium (261g)
- ☐ broccoli
1/3 cup chopped (30g)
- ☐ garlic
3 1/2 clove(s) (11g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ frozen sugar snap peas
2 1/3 cup (336g)
- ☐ romaine lettuce
1 leaf outer (28g)
- ☐ frozen broccoli
4 cup (364g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)

Soups, Sauces, and Gravies

- ☐ salsa verde
2 tbsp (32g)

Spices and Herbs

- ☐ ground cumin
10 1/4 g (10g)
- ☐ oregano, dried
4 dash, ground (1g)
- ☐ salt
1/4 oz (7g)
- ☐ black pepper
1 g (1g)
- ☐ chili powder
1/2 tbsp (4g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (402g)
- ☐ lime juice
4 tsp (20mL)
- ☐ kiwi
4 fruit (276g)
- ☐ green olives
9 large (40g)
- ☐ grapes
2 1/4 cup (207g)

Fats and Oils

- ☐ oil
2 1/4 oz (67mL)
- ☐ olive oil
2 1/4 oz (70mL)
- ☐ marinade sauce
3/4 cup (180mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 lbs (1834g)
- ☐ ground turkey, raw
6 2/3 oz (189g)

Dairy and Egg Products

- ☐ ghee
5 tsp (23g)

Pork Products

- ☐ bacon
2 slice(s) (20g)
- ☐ pork loin chops, boneless, raw
1 3/4 lbs (795g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
4 oz (113g)

Beverages

- ☐ fresh basil
9 leaves (5g)
- ☐ chipotle seasoning
1/4 tbsp (2g)
- ☐ ground coriander
1 tbsp (5g)

- ☐ water
1 1/2 tbsp (23mL)

Sweets

- ☐ honey
1 tbsp (21g)
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Lunch 1 [↗](#)

Eat on day 1

One pan roasted chicken & veggies

398 cals ● 54g protein ● 16g fat ● 7g carbs ● 3g fiber



boneless skinless chicken breast, raw

1/2 lbs (227g)

oregano, dried

4 dash, ground (1g)

red bell pepper, deseeded and sliced

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)

tomatoes

2 2/3 tbsp cherry tomatoes (25g)

oil

2 tsp (10mL)

onion, sliced

1/6 medium (2-1/2" dia) (18g)

zucchini, sliced

1/3 medium (65g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

broccoli

1/3 cup chopped (30g)

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.

Garlic zucchini noodles

163 cals ● 3g protein ● 14g fat ● 4g carbs ● 2g fiber



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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



For single meal:

lime juice

2 tsp (10mL)

oil

2 tsp (10mL)

onion

1 tbsp chopped (10g)

avocados, chopped

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

6 oz (170g)

brussels sprouts

5 sprouts (95g)

For all 2 meals:

lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

onion

2 tbsp chopped (20g)

avocados, chopped

1 avocado(s) (201g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

brussels sprouts

10 sprouts (190g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi

2 fruit (138g)

For all 2 meals:

kiwi

4 fruit (276g)

1. Slice the kiwi and serve.

Lunch 3 [↗](#)

Eat on day 4

Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen sugar snap peas

2 1/3 cup (336g)

olive oil

3 1/2 tsp (18mL)

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

Basic ground turkey

6 2/3 oz - 313 cals ● 37g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 6 2/3 oz

oil

1 tsp (4mL)

ground turkey, raw

6 2/3 oz (189g)

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.

Lunch 4 [↗](#)

Eat on day 5

Grapes

131 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



grapes

2 1/4 cup (207g)

1. This recipe has no instructions.

Paleo ham, bacon, avocado lettuce wrap

1 wrap(s) - 396 cals ● 29g protein ● 27g fat ● 3g carbs ● 7g fiber



Makes 1 wrap(s)

romaine lettuce

1 leaf outer (28g)

bacon

2 slice(s) (20g)

ham cold cuts

4 oz (113g)

avocados, sliced

1/2 avocado(s) (101g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Mashed sweet potatoes

183 cals ● 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.

Coriander and cumin rubbed pork chops

1 chop(s) - 428 cals ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



For single meal:

black pepper

1 dash (0g)

pork loin chops, boneless, raw

1 chop (185g)

olive oil, divided

1 tbsp (15mL)

ground coriander

1/2 tbsp (3g)

ground cumin

1/2 tbsp (3g)

salt

2 dash (2g)

garlic, minced

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

For all 2 meals:

black pepper

2 dash (0g)

pork loin chops, boneless, raw

2 chop (370g)

olive oil, divided

2 tbsp (30mL)

ground coriander

1 tbsp (5g)

ground cumin

1 tbsp (6g)

salt

4 dash (3g)

garlic, minced

3 clove(s) (9g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

chicken bone broth
2 cup(s) (mL)

For all 2 meals:

chicken bone broth
4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.
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Paleo salsa verde chicken salad

451 cals ● 46g protein ● 24g fat ● 6g carbs ● 6g fiber



For single meal:

tomatoes, chopped
1/2 roma tomato (40g)
salsa verde
1 tbsp (16g)
ground cumin
1 tsp (2g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
avocados, sliced
2 slices (50g)
mixed greens
1 1/2 cup (45g)
oil
1 tsp (5mL)
boneless skinless chicken breast, raw
6 oz (170g)

For all 2 meals:

tomatoes, chopped
1 roma tomato (80g)
salsa verde
2 tbsp (32g)
ground cumin
2 tsp (4g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
avocados, sliced
4 slices (100g)
mixed greens
3 cup (90g)
oil
2 tsp (10mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
 2. When chicken is cool enough to handle, chop it into bite-sized pieces.
 3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Roasted tomatoes

1 tomato(es) - 60 cals ● 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.

Marinated chicken breast

12 oz - 424 cals ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

marinade sauce

3/4 cup (180mL)

1. Place the chicken in a ziploc bag with the marinade and mash 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 3 [🔗](#)

Eat on day 5

'Buttery' cauliflower rice

86 cals ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



frozen cauliflower

1 cup (113g)

ghee

2 tsp (9g)

1. Cook frozen cauliflower according to package instructions.
2. Stir in ghee and season with salt and pepper to taste. Serve.

Baked chicken with tomatoes & olives

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



Makes 9 oz

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)

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.
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Dinner 4 [🔗](#)

Eat on day 6, day 7

Chipotle honey pork chops

464 cals ● 46g protein ● 27g fat ● 9g carbs ● 0g fiber



For single meal:

ghee

1/2 tbsp (7g)

water

3/4 tbsp (11mL)

oil

1/2 tbsp (8mL)

chipotle seasoning

3 dash (1g)

honey

1/2 tbsp (11g)

pork loin chops, boneless, raw

1/2 lbs (212g)

For all 2 meals:

ghee

1 tbsp (14g)

water

1 1/2 tbsp (23mL)

oil

1 tbsp (15mL)

chipotle seasoning

1/4 tbsp (2g)

honey

1 tbsp (21g)

pork loin chops, boneless, raw

15 oz (425g)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli

2 cup (182g)

For all 2 meals:

frozen broccoli

4 cup (364g)

1. Prepare according to instructions on package.