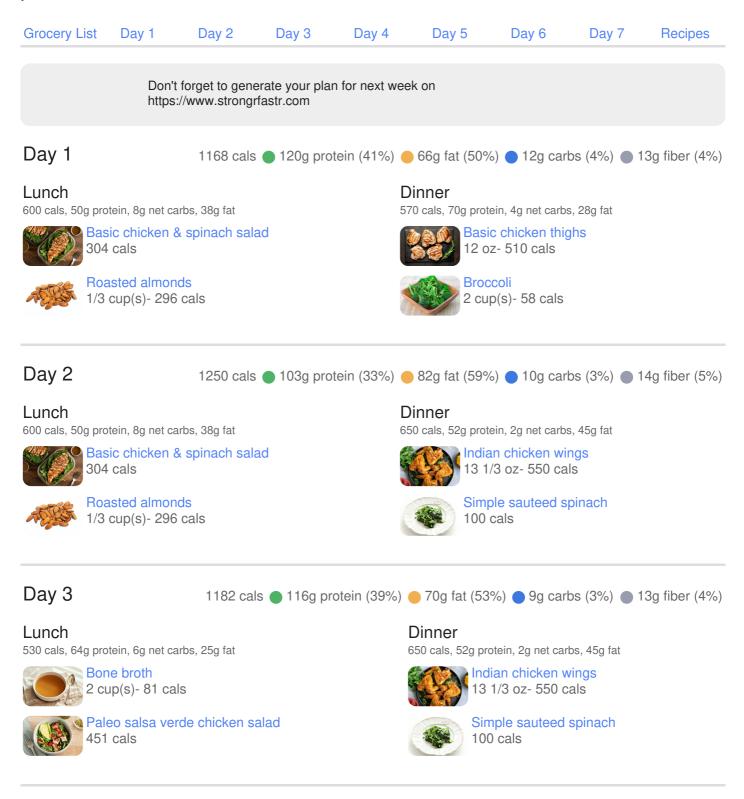
Meal Plan - 1200 calorie intermittent fasting paleo meal plan





Day 4	1151 cals 135g protei	in (47%) 🛑 41g fat (32%) 🔵 47g carbs (16%) 🌘	14g fiber (5%)
Lunch 530 cals, 64g protein, 6g net carb Bone broth 2 cup(s)- 81 cals	-	Dinner 620 cals, 72g protein, 40g net carbs, 16g fat Honey mustard chicken 10 oz- 547 cals	
Paleo salsa verd 451 cals	e chicken salad	Broccoli 2 1/2 cup(s)- 73 cals	
Day 5	1182 cals 🌑 146g prote	ein (49%) 🛑 50g fat (38%) 🔵 20g carbs (7%) 🌒	15g fiber (5%)
Lunch 625 cals, 93g protein, 7g net carb Basic chicken br 13 1/3 oz- 529 ca	east	Dinner 555 cals, 53g protein, 14g net carbs, 29g fat Cherry tomatoes 12 cherry tomatoes- 42 cals	
Roasted broccol 98 cals	i	Lemon garlic chicken zoodles 402 cals	
		Roasted almonds 1/8 cup(s)- 111 cals	
Day 6	1182 cals 🌑 146g prote	ein (49%) 🛑 50g fat (38%) 🔵 20g carbs (7%) 🌗	15g fiber (5%)
Lunch		Dinner	
625 cals, 93g protein, 7g net carbon carbon brasic chicken brasic chicken brasic chicken brasic 13 1/3 oz- 529 carbon car	east	555 cals, 53g protein, 14g net carbs, 29g fat Cherry tomatoes 12 cherry tomatoes- 42 cals	
Roasted broccol 98 cals	i	Lemon garlic chicken zoodles 402 cals	
		Roasted almonds 1/8 cup(s)- 111 cals	
Day 7	1168 cals 🌑 135g protei	in (46%) 🔴 40g fat (31%) 🔵 47g carbs (16%) 🌗	20g fiber (7%)
Lunch		Dinner	
615 cals, 74g protein, 13g net ca Garlic zucchini n 163 cals	-	555 cals, 60g protein, 34g net carbs, 16g fat Pork-broccoli-sweet potato bowl 499 cals	
Roasted broccol 98 cals	i	Simple kale salad 1 cup(s)- 55 cals	
Marinaded chick 10 oz- 353 cals	en breast		



Fats and Oils

oil 2 1/2 oz (77mL)
salad dressing 4 tbsp (60mL)
olive oil 1 oz (37mL)
marinade sauce 5 tbsp (74mL)

Poultry Products

boneless skinless chicken thighs 3/4 lbs (340g)
boneless skinless chicken breast, raw 5 1/3 lbs (2394g)
chicken wings, with skin, raw 1 2/3 lbs (757g)

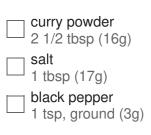
Vegetables and Vegetable Products



Nut and Seed Products

almonds 1 cup, whole (131g)
roasted pumpkin seeds, unsalted 4 tbsp (30g)

Spices and Herbs



Other

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    chicken bone broth
    4 cup(s) (mL)
    mixed greens
    3 cup (90g)
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Soups, Sauces, and Gravies

salsa verde 2 tbsp (32g)

Fruits and Fruit Juices

avocados 4 slices (100g)

☐ lemon juice ☐ 1 1/2 tbsp (23mL)

Sweets

honey 2 tbsp (42g)

Dairy and Egg Products

☐ butter 1 1/2 tbsp (21g)

Pork Products

pork tenderloin, raw 1/2 lbs (255g)

$\Box ground cumin 2 tsp (4g)$
dijon mustard 2 tbsp (31g)
onion powder 1 tsp (3g)
garlic powder 1 tsp (3g)
☐ paprika 1 1/2 dash (0g)

Recipes



Lunch 1

Eat on day 1, day 2

Basic chicken & spinach salad

304 cals 40g protein 14g fat 4g carbs 1g fiber



For single meal:

salad dressing 1 1/2 tbsp (23mL) oil 1 tsp (5mL) raw, chopped, cooked 6 oz (170g) fresh spinach 2 cup(s) (60g)

For all 2 meals:

salad dressing 3 tbsp (45mL) oil 2 tsp (10mL) boneless skinless chicken breast, boneless skinless chicken breast, raw, chopped, cooked 3/4 lbs (340g) fresh spinach 4 cup(s) (120g)

- 1. Season chicken breasts with some salt and pepper.
- 2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
- 3. Arrange spinach and top with chicken.
- 4. Drizzle dressing over top when serving.

Roasted almonds

1/3 cup(s) - 296 cals
10g protein
24g fat
4g carbs
6g fiber



For single meal:

almonds 1/3 cup, whole (48g) For all 2 meals:

almonds 2/3 cup, whole (95g)

1. This recipe has no instructions.

Lunch 2 🗹

Eat on day 3, day 4

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.

Paleo salsa verde chicken salad

451 cals A6g 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 roasted pumpkin seeds, unsalted 2 tbsp (15g) avocados, sliced 2 slices (50g) mixed greens $1 \frac{1}{2} \exp (45g)$ oil 1 tsp (5mL) boneless skinless chicken breast, 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) 4 tbsp (30g) avocados, sliced 4 slices (100g) mixed greens 3 cup (90g) oil 2 tsp (10mL) 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.

Lunch 3 🗹

Eat on day 5, day 6

Basic chicken breast

13 1/3 oz - 529 cals 🔵 84g protein 😑 22g fat 🔵 0g carbs 🌑 0g fiber



ľ	or single meal:
C	bil
2	2 1/2 tsp (13mL)
k	ooneless skinless chicken breas
ľ	aw
1	3 1/3 oz (373g)

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For all 2 meals:

oil 5 tsp (25mL) t, boneless skinless chicken breast, raw 1 2/3 lbs (747g)

- 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.

Roasted broccoli

98 cals 🌑 9g protein 🛑 0g fat 🔵 7g carbs 🌑 9g fiber



For single meal:

frozen broccoli 1 package (284g) salt 2 dash (2g) black pepper 2 dash, ground (1g) garlic powder 2 dash (1g) onion powder 2 dash (1g) For all 2 meals:

frozen broccoli 2 package (568g) salt 4 dash (3g) black pepper 4 dash, ground (1g) garlic powder 4 dash (2g) onion powder 4 dash (1g)

- 1. Preheat oven to 375°F.
- 2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
- 3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Lunch 4 🗹

Eat on day 7

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.
- 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.

Roasted broccoli

98 cals
9g protein
9g fat
7g carbs
9g fiber



frozen broccoli 1 package (284g) salt 2 dash (2g) black pepper 2 dash, ground (1g) garlic powder 2 dash (1g) onion powder 2 dash (1g)

- 1. Preheat oven to 375°F.
- 2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
- Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Marinaded chicken breast

10 oz - 353 cals
63g protein
11g fat
2g carbs
0g fiber



Makes 10 oz

boneless skinless chicken breast, raw 10 oz (280g)

marinade sauce 5 tbsp (75mL)

- 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 marinade 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.

Dinner 1 🗹

Eat on day 1

Basic chicken thighs

12 oz - 510 cals 🔵 65g protein 🛑 28g fat 🔵 0g carbs 🔵 0g fiber



Makes 12 oz

oil 1/2 tbsp (8mL) boneless skinless chicken thighs 3/4 lbs (340g)

- 1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
- 2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
- 3. Serve.

Broccoli

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



Makes 2 cup(s)

frozen broccoli 2 cup (182g) 1. Prepare according to instructions on package.

Dinner 2 🗹

Eat on day 2, day 3

Indian chicken wings

13 1/3 oz - 550 cals • 49g protein • 38g fat • 0g carbs • 4g fiber



For single meal:

curry powder 1 1/4 tbsp (8g) salt 1 tsp (5g) chicken wings, with skin, raw 13 1/3 oz (378g) oil 1/4 tbsp (3mL) For all 2 meals:

curry powder 2 1/2 tbsp (16g) salt 1/2 tbsp (10g) chicken wings, with skin, raw 1 2/3 lbs (757g) oil 1 1/4 tsp (6mL)

- 1. Preheat oven to 450°F (230°C).
- 2. Grease a large baking tray with the oil of your choice.
- 3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
- 4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
- 5. Serve.

Simple sauteed spinach 100 cals
4g protein
7g fat
2g carbs
3g fiber



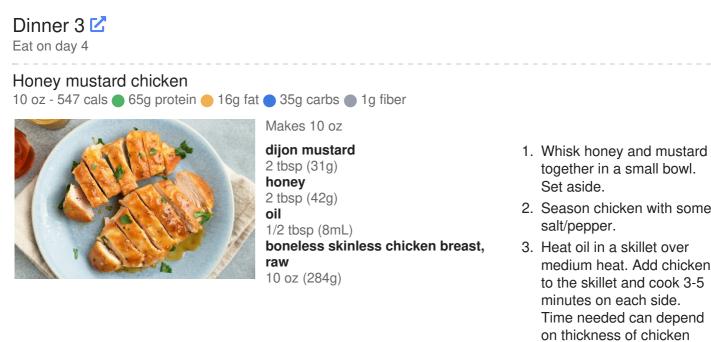
For single meal:

garlic, diced 1/2 clove (2g) black pepper 1 dash, ground (0g) salt 1 dash (1g) olive oil 1/2 tbsp (8mL) fresh spinach 4 cup(s) (120g)

For all 2 meals:

garlic, diced 1 clove (3g) black pepper 2 dash, ground (1g) salt 2 dash (2g) olive oil 1 tbsp (15mL) fresh spinach 8 cup(s) (240g)

- 1. Heat the oil in the pan over medium heat.
- 2. Add the garlic and sauté for a minute or two until fragrant.
- 3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
- 4. Serve.



- together in a small bowl.
- 2. Season chicken with some
- 3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
- 4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
- 5. Remove from skillet and serve.

Broccoli

2 1/2 cup(s) - 73 cals
7g protein
7g fat
5g carbs
7g fiber



Makes 2 1/2 cup(s) frozen broccoli

2 1/2 cup (228g)

1. Prepare according to instructions on package.

Dinner 4 🗹

Eat on day 5, day 6

Cherry tomatoes

12 cherry tomatoes - 42 cals
2g protein
0g fat
6g carbs
2g fiber



For single meal:

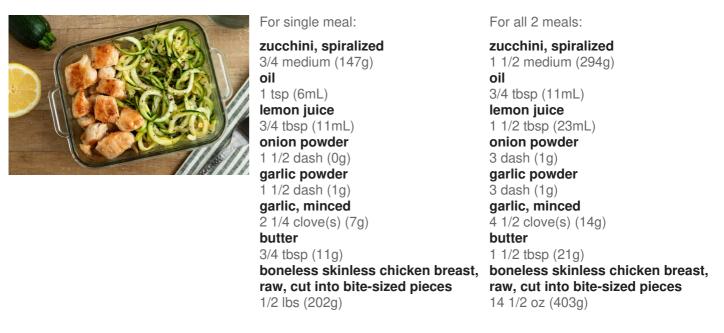
tomatoes 12 cherry tomatoes (204g) For all 2 meals:

tomatoes 24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

Lemon garlic chicken zoodles

402 cals • 48g protein • 20g fat • 6g carbs • 2g fiber



- 1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
- 2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
- 3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
- 4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
- 5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
- 6. Add noodles and chicken to a bowl and serve.

Roasted almonds

1/8 cup(s) - 111 cals
4g protein
9g fat
2g carbs
2g fiber



For single meal:

almonds 2 tbsp, whole (18g) For all 2 meals:

almonds 4 tbsp, whole (36g)

1. This recipe has no instructions.

Dinner 5 🗹

Eat on day 7

Pork-broccoli-sweet potato bowl

499 cals
59g protein
12g fat
29g carbs
8g fiber



paprika

1 1/2 dash (0g) sweet potatoes, cut into bite-sized cubes 3/4 sweetpotato, 5" long (158g) frozen broccoli 3/8 package (107g) salt 1 1/2 dash (1g) black pepper 1 1/2 dash, ground (0g) pork tenderloin, raw, cut into bitesized cubes 1/2 lbs (255g) olive oil 1/2 tbsp (8mL)

- 1. Preheat oven to 400 F (200 C)
- In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
- 3. Take the mixture and coat the sweet potatoes.
- Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
- Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
- Prepare the broccoli according to the instructions on its packaging.
- 7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separatewhichever you prefer!). Serve.

Simple kale salad 1 cup(s) - 55 cals • 1g protein • 3g fat • 5g carbs • 1g fiber



Makes 1 cup(s)

salad dressing 1 tbsp (15mL) kale leaves 1 cup, chopped (40g) 1. Toss kale in dressing of your choice and serve.