

Meal Plan - 1400 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

1425 cals ● 126g protein (35%) ● 80g fat (50%) ● 35g carbs (10%) ● 15g fiber (4%)

Lunch

750 cals, 43g protein, 24g net carbs, 50g fat



[Beef and cabbage skillet](#)
617 cals



[Sweet potato wedges](#)
130 cals

Dinner

675 cals, 83g protein, 11g net carbs, 30g fat



[Olive oil drizzled sugar snap peas](#)
204 cals



[Balsamic chicken breast](#)
12 oz- 473 cals

Day 2

1422 cals ● 150g protein (42%) ● 69g fat (44%) ● 35g carbs (10%) ● 16g fiber (4%)

Lunch

750 cals, 43g protein, 24g net carbs, 50g fat



[Beef and cabbage skillet](#)
617 cals



[Sweet potato wedges](#)
130 cals

Dinner

675 cals, 107g protein, 10g net carbs, 19g fat



[Lemon pepper chicken breast](#)
16 oz- 592 cals



[Sugar snap peas](#)
82 cals

Day 3

1338 cals ● 146g protein (44%) ● 59g fat (40%) ● 35g carbs (11%) ● 21g fiber (6%)

Lunch

665 cals, 39g protein, 25g net carbs, 40g fat



[Roasted almonds](#)
3/8 cup(s)- 370 cals



[Turkey-broccoli-sweet potato bowl](#)
294 cals

Dinner

675 cals, 107g protein, 10g net carbs, 19g fat



[Lemon pepper chicken breast](#)
16 oz- 592 cals



[Sugar snap peas](#)
82 cals

Day 4

1362 cals ● 91g protein (27%) ● 89g fat (59%) ● 34g carbs (10%) ● 15g fiber (4%)

Lunch

665 cals, 39g protein, 25g net carbs, 40g fat



Roasted almonds
3/8 cup(s)- 370 cals



Turkey-broccoli-sweet potato bowl
294 cals

Dinner

700 cals, 53g protein, 9g net carbs, 49g fat



Sautéed garlic & herb tomatoes
127 cals



Roasted pepper stuffed chicken
8 oz- 572 cals

Day 5

1375 cals ● 106g protein (31%) ● 41g fat (27%) ● 123g carbs (36%) ● 22g fiber (6%)

Lunch

680 cals, 44g protein, 72g net carbs, 18g fat



Mashed sweet potatoes
366 cals



Basic ground turkey
6 2/3 oz- 313 cals

Dinner

695 cals, 62g protein, 51g net carbs, 23g fat



Sweet potato wedges
347 cals



Spicy garlic lime chicken breast
9 oz- 349 cals

Day 6

1430 cals ● 106g protein (30%) ● 60g fat (37%) ● 89g carbs (25%) ● 28g fiber (8%)

Lunch

680 cals, 44g protein, 72g net carbs, 18g fat



Mashed sweet potatoes
366 cals



Basic ground turkey
6 2/3 oz- 313 cals

Dinner

750 cals, 63g protein, 17g net carbs, 41g fat



Simple mixed greens salad
68 cals



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals

Day 7

1424 cals ● 132g protein (37%) ● 75g fat (48%) ● 32g carbs (9%) ● 22g fiber (6%)

Lunch

675 cals, 70g protein, 16g net carbs, 34g fat



Roasted almonds
1/8 cup(s)- 111 cals



Chicken beet & carrot salad bowl
562 cals

Dinner

750 cals, 63g protein, 17g net carbs, 41g fat



Simple mixed greens salad
68 cals



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/2 oz (13g)
- ☐ yellow mustard
1/2 tbsp (8g)
- ☐ lemon pepper
2 tbsp (14g)
- ☐ paprika
5 dash (1g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ cayenne pepper
3/4 dash (0g)
- ☐ thyme, dried
1/2 g (0g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
4 1/3 cup (624g)
- ☐ cabbage
1/2 head, small (about 4-1/2" dia) (357g)
- ☐ sweet potatoes
7 1/3 sweetpotato, 5" long (1540g)
- ☐ frozen broccoli
1/2 package (142g)
- ☐ garlic
1/2 clove(s) (2g)
- ☐ tomatoes
1/2 pint, cherry tomatoes (149g)
- ☐ bell pepper
3 large (492g)
- ☐ onion
3/4 small (53g)
- ☐ carrots
5/8 medium (38g)
- ☐ beets, precooked (canned or refrigerated)
5 oz (142g)

Fats and Oils

- ☐ olive oil
1 1/2 oz (47mL)
- ☐ oil
2 oz (65mL)
- ☐ balsamic vinaigrette
3 tbsp (46mL)
- ☐ salad dressing
3 tbsp (45mL)

Other

- ☐ italian seasoning
1/6 container (.75 oz) (4g)
- ☐ ground beef (20% fat)
1 lbs (454g)
- ☐ roasted red peppers
2/3 pepper(s) (47g)
- ☐ mixed greens
3 cup (90g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 lbs (1768g)
- ☐ ground turkey, raw
1 1/3 lbs (605g)
- ☐ boneless chicken thighs, with skin
1/2 lbs (227g)

Soups, Sauces, and Gravies

- ☐ chicken bouillon
1/2 cube (2g)
- ☐ apple cider vinegar
5/8 tsp (0mL)

Nut and Seed Products

- ☐ almonds
1 cup, whole (137g)

Fruits and Fruit Juices

- ☐ lime juice
1 fl oz (32mL)
- ☐ avocados
1 1/2 avocado(s) (302g)

Finfish and Shellfish Products

- ☐ canned tuna
3 can (516g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Beef and cabbage skillet

617 cal ● 41g protein ● 46g fat ● 6g carbs ● 5g fiber



For single meal:

ground beef (20% fat)
1/2 lbs (227g)
chicken bouillon
1/4 cube (1g)
yellow mustard
1/4 tbsp (4g)
cabbage, sliced
1/4 head, small (about 4-1/2" dia)
(179g)

For all 2 meals:

ground beef (20% fat)
1 lbs (454g)
chicken bouillon
1/2 cube (2g)
yellow mustard
1/2 tbsp (8g)
cabbage, sliced
1/2 head, small (about 4-1/2" dia)
(357g)

1. Heat a large, walled skillet over medium heat.
2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
3. Cook until beef is browned and mostly done.
4. Add in the mustard and mix.
5. Add the cabbage and mix.
6. Cook until cabbage is soft, but still firm, about 5 minutes.
7. Serve.

Sweet potato wedges

130 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
sweet potatoes, cut into wedges
1/2 sweetpotato, 5" long (105g)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)

For all 2 meals:

oil
3/4 tbsp (11mL)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Lunch 2 [↗](#)

Eat on day 3, day 4

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



For single meal:

almonds

6 2/3 tbsp, whole (60g)

For all 2 meals:

almonds

13 1/3 tbsp, whole (119g)

1. This recipe has no instructions.

Turkey-broccoli-sweet potato bowl

294 cals ● 26g protein ● 10g fat ● 20g carbs ● 6g fiber



For single meal:

ground turkey, raw

4 oz (113g)

paprika

1 dash (0g)

sweet potatoes, cut into bite-sized cubes

1/2 sweetpotato, 5" long (105g)

frozen broccoli

1/4 package (71g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/4 tsp (1mL)

For all 2 meals:

ground turkey, raw

1/2 lbs (227g)

paprika

2 dash (1g)

sweet potatoes, cut into bite-sized cubes

1 sweetpotato, 5" long (210g)

frozen broccoli

1/2 package (142g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

1/2 tsp (3mL)

1. Preheat oven to 400 F (200 C)
2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
4. Meanwhile, cook the ground turkey in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
5. Prepare the broccoli according to the instructions on its packaging.
6. Once all items are prepared, bring the turkey, broccoli, and sweet potatoes together. Serve with some more salt and pepper.

Lunch 3 [↗](#)

Eat on day 5, day 6

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes

4 sweetpotato, 5" long (840g)

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.

Basic ground turkey

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



For single meal:

oil

1 tsp (4mL)

ground turkey, raw

6 2/3 oz (189g)

For all 2 meals:

oil

1/2 tbsp (8mL)

ground turkey, raw

13 1/3 oz (378g)

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.
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Lunch 4 [↗](#)

Eat on day 7

Roasted almonds

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



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



boneless skinless chicken breast, raw, cubed

10 oz (280g)

apple cider vinegar

5/8 tsp (0mL)

thyme, dried

1/3 tsp, leaves (0g)

oil

1 1/4 tbsp (19mL)

carrots, thinly sliced

5/8 medium (38g)

beets, precooked (canned or refrigerated), cubed

5 oz (142g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Dinner 1 [↗](#)

Eat on day 1

Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen sugar snap peas

1 2/3 cup (240g)

olive oil

2 1/2 tsp (13mL)

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

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (7g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1 lbs (448g)

For all 2 meals:

lemon pepper

2 tbsp (14g)

olive oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

2 lbs (896g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

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.

Dinner 3 [🔗](#)

Eat on day 4

Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



black pepper

1/2 dash, ground (0g)

olive oil

3/4 tbsp (11mL)

garlic, minced

1/2 clove(s) (2g)

tomatoes

1/2 pint, cherry tomatoes (149g)

italian seasoning

1/4 tbsp (3g)

salt

2 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



Makes 8 oz

oil

1 tsp (5mL)

paprika

1/3 tsp (1g)

boneless chicken thighs, with skin

1/2 lbs (227g)

roasted red peppers, cut into thick strips

2/3 pepper(s) (47g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Dinner 4 [↗](#)

Eat on day 5

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Spicy garlic lime chicken breast

9 oz - 349 cals ● 57g protein ● 12g fat ● 3g carbs ● 0g fiber



Makes 9 oz

olive oil

1 tsp (6mL)

garlic powder

1/4 tbsp (2g)

lime juice

1 tbsp (17mL)

salt

1/4 tsp (2g)

black pepper

3/4 dash, ground (0g)

cayenne pepper

3/4 dash (0g)

paprika

3/8 dash (0g)

thyme, dried

3/4 dash, ground (0g)

boneless skinless chicken breast, raw

1/2 lbs (252g)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Dinner 5 [🔗](#)

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

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

canned tuna, drained
1 1/2 can (258g)
avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
bell pepper
1 1/2 large (246g)
onion
3/8 small (26g)

For all 2 meals:

canned tuna, drained
3 can (516g)
avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)

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.
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