

Meal Plan - 1700 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

1670 cals ● 131g protein (31%) ● 81g fat (44%) ● 85g carbs (20%) ● 20g fiber (5%)

Lunch

825 cals, 80g protein, 45g net carbs, 32g fat



[Sweet potato medallions](#)
1 sweet potato- 309 cals



[Sauteed peppers and onions](#)
94 cals



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

Dinner

845 cals, 51g protein, 40g net carbs, 48g fat



[Steak and beet salad](#)
703 cals



[Kiwi](#)
3 kiwi- 140 cals

Day 2

1692 cals ● 177g protein (42%) ● 93g fat (50%) ● 17g carbs (4%) ● 18g fiber (4%)

Lunch

840 cals, 78g protein, 11g net carbs, 50g fat



[Basic chicken & spinach salad](#)
507 cals



[Roasted almonds](#)
3/8 cup(s)- 333 cals

Dinner

850 cals, 99g protein, 7g net carbs, 44g fat



[Broccoli](#)
3 1/2 cup(s)- 102 cals



[Basic ground turkey](#)
16 oz- 750 cals

Day 3

1663 cals ● 132g protein (32%) ● 99g fat (54%) ● 40g carbs (10%) ● 21g fiber (5%)

Lunch

830 cals, 65g protein, 16g net carbs, 52g fat



[Green beans](#)
126 cals



[Low carb fried chicken](#)
12 oz- 702 cals

Dinner

835 cals, 67g protein, 24g net carbs, 47g fat



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



[Chicken sausage](#)
4 link- 508 cals

Day 4

1694 cals ● 150g protein (35%) ● 81g fat (43%) ● 68g carbs (16%) ● 25g fiber (6%)

Lunch

860 cals, 83g protein, 44g net carbs, 33g fat



Sweet potato wedges
261 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals

Dinner

835 cals, 67g protein, 24g net carbs, 47g fat



Olive oil drizzled sugar snap peas
326 cals



Chicken sausage
4 link- 508 cals

Day 5

1663 cals ● 134g protein (32%) ● 79g fat (43%) ● 73g carbs (18%) ● 30g fiber (7%)

Lunch

860 cals, 83g protein, 44g net carbs, 33g fat



Sweet potato wedges
261 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals

Dinner

805 cals, 51g protein, 29g net carbs, 46g fat



Salmon & artichoke salad
526 cals



Roasted almonds
1/3 cup(s)- 277 cals

Day 6

1713 cals ● 140g protein (33%) ● 57g fat (30%) ● 120g carbs (28%) ● 41g fiber (10%)

Lunch

910 cals, 31g protein, 112g net carbs, 24g fat



Roasted almonds
1/4 cup(s)- 222 cals



Raisins
1/2 cup- 275 cals



Black bean & sweet potato stew
415 cals

Dinner

800 cals, 110g protein, 8g net carbs, 32g fat



Olive oil drizzled broccoli
3 cup(s)- 209 cals



Lemon pepper chicken breast
16 oz- 592 cals

Day 7

1713 cals ● 140g protein (33%) ● 57g fat (30%) ● 120g carbs (28%) ● 41g fiber (10%)

Lunch

910 cals, 31g protein, 112g net carbs, 24g fat



Roasted almonds
1/4 cup(s)- 222 cals



Raisins
1/2 cup- 275 cals



Black bean & sweet potato stew
415 cals

Dinner

800 cals, 110g protein, 8g net carbs, 32g fat



Olive oil drizzled broccoli
3 cup(s)- 209 cals



Lemon pepper chicken breast
16 oz- 592 cals

Fats and Oils

- ☐ oil
2 2/3 oz (82mL)
- ☐ salad dressing
1/3 cup (83mL)
- ☐ marinade sauce
6 tbsp (91mL)
- ☐ olive oil
3 1/3 oz (105mL)
- ☐ balsamic vinaigrette
5 tbsp (75mL)

Vegetables and Vegetable Products

- ☐ beets, precooked (canned or refrigerated)
1 1/2 beets (2" dia, sphere) (75g)
- ☐ broccoli
3/4 cup chopped (68g)
- ☐ sweet potatoes
3 2/3 sweetpotato, 5" long (770g)
- ☐ onion
5/6 medium (2-1/2" dia) (88g)
- ☐ bell pepper
3/4 large (123g)
- ☐ frozen broccoli
9 1/2 cup (865g)
- ☐ fresh spinach
3 1/3 cup(s) (100g)
- ☐ frozen sugar snap peas
5 1/3 cup (768g)
- ☐ frozen green beans
2 2/3 cup (323g)
- ☐ tomatoes
4 1/3 medium whole (2-3/5" dia) (532g)
- ☐ artichokes, canned
13 1/4 tbsp hearts (140g)
- ☐ tomato paste
4 tsp (21g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ garlic
1 1/3 clove(s) (4g)

Other

- ☐ mixed greens
6 cup (180g)
- ☐ Chicken, drumsticks, with skin
3/4 lbs (340g)
- ☐ pork rinds
11 g (11g)

Beef Products

- ☐ sirloin steak, raw
1/2 lbs (213g)

Fruits and Fruit Juices

- ☐ kiwi
3 fruit (207g)
- ☐ green olives
24 large (106g)
- ☐ raisins
1 cup, packed (165g)
- ☐ lemon juice
2 tsp (10mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 lbs (2196g)
- ☐ ground turkey, raw
1 lbs (454g)

Nut and Seed Products

- ☐ almonds
1 1/3 cup, whole (170g)

Spices and Herbs

- ☐ black pepper
2 1/2 g (3g)
- ☐ salt
1/2 oz (15g)
- ☐ cajun seasoning
4 dash (1g)
- ☐ chili powder
4 tsp (11g)
- ☐ fresh basil
24 leaves (12g)
- ☐ lemon pepper
2 tbsp (14g)
- ☐ ground cumin
1 tsp (2g)

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
8 link (672g)

Soups, Sauces, and Gravies

- ☐ hot sauce
3/4 tbsp (11mL)

Finfish and Shellfish Products

☐ canned salmon
1/2 lbs (213g)

Beverages

☐ water
2 cup(s) (474mL)

Legumes and Legume Products

☐ black beans
1 1/3 can(s) (585g)

Lunch 1 [↗](#)

Eat on day 1

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

sweet potatoes, sliced

1 sweet potato, 5" long (210g)

oil

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



oil

1 tsp (6mL)

onion, sliced

3/8 medium (2-1/2" dia) (41g)

bell pepper, sliced into strips

3/4 large (123g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Marinated chicken breast

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



Makes 12 oz

**boneless skinless chicken breast,
raw**

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

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.

Lunch 2 [🔗](#)

Eat on day 2

Basic chicken & spinach salad

507 cal ● 67g protein ● 23g fat ● 6g carbs ● 2g fiber



salad dressing

2 1/2 tbsp (38mL)

oil

1/2 tbsp (8mL)

**boneless skinless chicken breast,
raw, chopped, cooked**

10 oz (284g)

fresh spinach

3 1/3 cup(s) (100g)

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.
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Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



Makes 3/8 cup(s)

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3

Green beans

126 cals ● 6g protein ● 1g fat ● 16g carbs ● 8g fiber



frozen green beans

2 2/3 cup (323g)

1. Prepare according to instructions on package.

Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



Makes 12 oz

Chicken, drumsticks, with skin

3/4 lbs (340g)

pork rinds, crushed

10 3/4 g (11g)

cajun seasoning

4 dash (1g)

hot sauce

3/4 tbsp (11mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Lunch 4 [🔗](#)

Eat on day 4, day 5

Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

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)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
sweet potatoes, cut into wedges
2 sweetpotato, 5" long (420g)
salt
1 tsp (6g)
black pepper
4 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.

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
green olives
12 large (53g)
black pepper
4 dash (0g)
chili powder
2 tsp (5g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
fresh basil, shredded
12 leaves (6g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)
olive oil
4 tsp (20mL)
salt
1 tsp (6g)
green olives
24 large (106g)
black pepper
1 tsp (1g)
chili powder
4 tsp (11g)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)
fresh basil, shredded
24 leaves (12g)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. This recipe has no instructions.

Raisins

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



For single meal:

raisins
1/2 cup, packed (83g)

For all 2 meals:

raisins
1 cup, packed (165g)

1. This recipe has no instructions.

Black bean & sweet potato stew

415 cals ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

tomato paste
2 tsp (11g)
oil
1 tsp (5mL)
kale leaves
1/2 cup, chopped (20g)
lemon juice
1 tsp (5mL)
ground cumin
4 dash (1g)
garlic, diced
2/3 clove(s) (2g)
onion, chopped
1/3 small (23g)
sweet potatoes, cubed
1/3 sweetpotato, 5" long (70g)
water
1 cup(s) (237mL)
black beans, drained
2/3 can(s) (293g)

For all 2 meals:

tomato paste
4 tsp (21g)
oil
2 tsp (10mL)
kale leaves
16 tbsp, chopped (40g)
lemon juice
2 tsp (10mL)
ground cumin
1 tsp (2g)
garlic, diced
1 1/3 clove(s) (4g)
onion, chopped
2/3 small (47g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
water
2 cup(s) (474mL)
black beans, drained
1 1/3 can(s) (585g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Dinner 1 [🔗](#)

Eat on day 1

Steak and beet salad

703 cals ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



oil
3/4 tbsp (11mL)
beets, precooked (canned or refrigerated), chopped
1 1/2 beets (2" dia, sphere) (75g)
salad dressing
3 tbsp (45mL)
broccoli
3/4 cup chopped (68g)
mixed greens
2 1/4 cup (68g)
sirloin steak, raw
1/2 lbs (213g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

Kiwi

3 kiwi - 140 cals ● 2g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 3 kiwi

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Dinner 2 [↗](#)

Eat on day 2

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli
3 1/2 cup (319g)

1. Prepare according to instructions on package.

Basic ground turkey

16 oz - 750 cals ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



Makes 16 oz

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

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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Dinner 3 [↗](#)

Eat on day 3, day 4

Olive oil drizzled sugar snap peas

326 cals ● 11g protein ● 19g fat ● 16g carbs ● 12g fiber



For single meal:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen sugar snap peas

2 2/3 cup (384g)

olive oil

4 tsp (20mL)

For all 2 meals:

black pepper

4 dash (0g)

salt

4 dash (2g)

frozen sugar snap peas

5 1/3 cup (768g)

olive oil

2 2/3 tbsp (40mL)

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

Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



For single meal:

chicken sausage, cooked

4 link (336g)

For all 2 meals:

chicken sausage, cooked

8 link (672g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

Dinner 4 [↗](#)

Eat on day 5

Salmon & artichoke salad

526 cals ● 41g protein ● 24g fat ● 25g carbs ● 12g fiber



balsamic vinaigrette

5 tbsp (75mL)

tomatoes, halved

13 1/3 tbsp cherry tomatoes (124g)

mixed greens

3 3/4 cup (113g)

artichokes, canned

13 1/3 tbsp hearts (140g)

canned salmon

1/2 lbs (213g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. This recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen broccoli

3 cup (273g)

olive oil

1 tbsp (15mL)

For all 2 meals:

black pepper

3 dash (0g)

salt

3 dash (1g)

frozen broccoli

6 cup (546g)

olive oil

2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

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.
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