

Meal Plan - 1800 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

1760 cals ● 172g protein (39%) ● 86g fat (44%) ● 58g carbs (13%) ● 18g fiber (4%)

Lunch

850 cals, 62g protein, 18g net carbs, 56g fat



[Cauliflower rice](#)

2 1/2 cup(s)- 151 cals



[Pepper steak stir fry](#)

701 cals

Dinner

910 cals, 110g protein, 40g net carbs, 29g fat



[Baked sweet potatoes](#)

1 sweet potato(s)- 216 cals



[Basic chicken breast](#)

16 oz- 635 cals



[Broccoli](#)

2 cup(s)- 58 cals

Day 2

1760 cals ● 172g protein (39%) ● 86g fat (44%) ● 58g carbs (13%) ● 18g fiber (4%)

Lunch

850 cals, 62g protein, 18g net carbs, 56g fat



[Cauliflower rice](#)

2 1/2 cup(s)- 151 cals



[Pepper steak stir fry](#)

701 cals

Dinner

910 cals, 110g protein, 40g net carbs, 29g fat



[Baked sweet potatoes](#)

1 sweet potato(s)- 216 cals



[Basic chicken breast](#)

16 oz- 635 cals



[Broccoli](#)

2 cup(s)- 58 cals

Day 3

1759 cals ● 115g protein (26%) ● 97g fat (50%) ● 73g carbs (17%) ● 34g fiber (8%)

Lunch

875 cals, 50g protein, 28g net carbs, 55g fat



[Pistachios](#)

188 cals



[Paleo ham, bacon, avocado lettuce wrap](#)

1 1/2 wrap(s)- 593 cals



[Blueberries](#)

1 cup(s)- 95 cals

Dinner

885 cals, 65g protein, 45g net carbs, 42g fat



[Slow-baked salmon with lemon and thyme](#)

9 oz- 603 cals



[Mashed sweet potatoes](#)

183 cals



[Roasted broccoli](#)

98 cals

Day 4

1759 cals ● 115g protein (26%) ● 97g fat (50%) ● 73g carbs (17%) ● 34g fiber (8%)

Lunch

875 cals, 50g protein, 28g net carbs, 55g fat



Pistachios
188 cals



Paleo ham, bacon, avocado lettuce wrap
1 1/2 wrap(s)- 593 cals



Blueberries
1 cup(s)- 95 cals

Dinner

885 cals, 65g protein, 45g net carbs, 42g fat



Slow-baked salmon with lemon and thyme
9 oz- 603 cals



Mashed sweet potatoes
183 cals



Roasted broccoli
98 cals

Day 5

1845 cals ● 148g protein (32%) ● 118g fat (58%) ● 21g carbs (5%) ● 26g fiber (6%)

Lunch

925 cals, 84g protein, 2g net carbs, 64g fat



Simple salmon
14 oz- 898 cals



Broccoli
1 cup(s)- 29 cals

Dinner

920 cals, 64g protein, 19g net carbs, 55g fat



Tomato and avocado salad
235 cals



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

Day 6

1826 cals ● 126g protein (28%) ● 115g fat (57%) ● 34g carbs (8%) ● 37g fiber (8%)

Lunch

910 cals, 62g protein, 15g net carbs, 60g fat



Avocado tuna salad
545 cals



Mixed nuts
3/8 cup(s)- 363 cals

Dinner

920 cals, 64g protein, 19g net carbs, 55g fat



Tomato and avocado salad
235 cals



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

Day 7

1767 cals ● 193g protein (44%) ● 91g fat (46%) ● 26g carbs (6%) ● 18g fiber (4%)

Lunch

910 cals, 62g protein, 15g net carbs, 60g fat



Avocado tuna salad
545 cals



Mixed nuts
3/8 cup(s)- 363 cals

Dinner

860 cals, 131g protein, 11g net carbs, 30g fat



Okra
1 3/4 cup- 70 cals



Balsamic chicken breast
20 oz- 789 cals

Fats and Oils

- ☐ oil
1/4 lbs (102mL)
- ☐ olive oil
1 3/4 tbsp (26mL)
- ☐ balsamic vinaigrette
5 tbsp (74mL)

Spices and Herbs

- ☐ oregano, dried
1 dash, ground (0g)
- ☐ salt
1/3 oz (9g)
- ☐ black pepper
4 1/2 g (5g)
- ☐ thyme, dried
1/4 tbsp, leaves (1g)
- ☐ garlic powder
1 tsp (3g)
- ☐ onion powder
4 dash (1g)

Vegetables and Vegetable Products

- ☐ sweet potatoes
4 sweetpotato, 5" long (840g)
- ☐ frozen broccoli
2 1/4 lbs (1023g)
- ☐ bell pepper
5 large (790g)
- ☐ fresh ginger
2 1/2 tbsp (15g)
- ☐ garlic
5 clove(s) (15g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (195g)
- ☐ romaine lettuce
3 leaf outer (84g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (236g)
- ☐ okra, frozen
1 3/4 cup (196g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/4 lbs (1463g)

Other

- ☐ frozen cauliflower
5 cup (567g)
- ☐ mixed greens
2 1/2 cup (75g)
- ☐ italian seasoning
5 dash (2g)

Beef Products

- ☐ sirloin steak, raw
1 1/4 lbs (567g)

Finfish and Shellfish Products

- ☐ salmon
2 lbs (907g)
- ☐ canned tuna
5 1/2 can (946g)

Fruits and Fruit Juices

- ☐ lemon
3/4 large (63g)
- ☐ avocados
5 1/4 avocado(s) (1055g)
- ☐ blueberries
2 cup (296g)
- ☐ lime juice
2 fl oz (58mL)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ mixed nuts
13 1/4 tbsp (112g)

Pork Products

- ☐ bacon
6 slice(s) (60g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
3/4 lbs (340g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Cauliflower rice

2 1/2 cup(s) - 151 cals ● 3g protein ● 11g fat ● 8g carbs ● 3g fiber



For single meal:

oil
2 1/2 tsp (13mL)
frozen cauliflower
2 1/2 cup (284g)

For all 2 meals:

oil
5 tsp (25mL)
frozen cauliflower
5 cup (567g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

Pepper steak stir fry

701 cals ● 60g protein ● 45g fat ● 11g carbs ● 4g fiber



For single meal:

sirloin steak, raw, cut into thin strips
10 oz (283g)
bell pepper, thinly sliced
1 1/4 medium (149g)
fresh ginger, minced
1 1/4 tbsp (8g)
garlic, minced
2 1/2 clove(s) (8g)
black pepper
1/3 tsp, ground (1g)
olive oil
2 tsp (9mL)
onion, sliced
1/3 medium (2-1/2" dia) (34g)

For all 2 meals:

sirloin steak, raw, cut into thin strips
1 1/4 lbs (567g)
bell pepper, thinly sliced
2 1/2 medium (298g)
fresh ginger, minced
2 1/2 tbsp (15g)
garlic, minced
5 clove(s) (15g)
black pepper
5 dash, ground (1g)
olive oil
1 1/4 tbsp (19mL)
onion, sliced
5/8 medium (2-1/2" dia) (69g)

1. Place strips of steak in a bowl and sprinkle pepper over them. Toss to coat.
2. Add oil to a pan over medium-high heat and add the bell peppers, onions, ginger, and garlic, and cook for 3-4 minutes, stirring occasionally. Transfer to a plate.
3. Put steak into skillet and cook until brown, about 2-3 minutes.
4. Add vegetables back into the pan and cook for another minute or so.
5. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 593 cals ● 43g protein ● 40g fat ● 5g carbs ● 11g fiber



For single meal:

romaine lettuce

1 1/2 leaf outer (42g)

bacon

3 slice(s) (30g)

ham cold cuts

6 oz (170g)

avocados, sliced

3/4 avocado(s) (151g)

For all 2 meals:

romaine lettuce

3 leaf outer (84g)

bacon

6 slice(s) (60g)

ham cold cuts

3/4 lbs (340g)

avocados, sliced

1 1/2 avocado(s) (302g)

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.

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries

1 cup (148g)

For all 2 meals:

blueberries

2 cup (296g)

1. Rinse off blueberries and serve.

Lunch 3 [🔗](#)

Eat on day 5

Simple salmon

14 oz - 898 cals ● 81g protein ● 64g fat ● 0g carbs ● 0g fiber



Makes 14 oz

salmon

14 oz (397g)

oil

3/4 tbsp (12mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

frozen broccoli

1 cup (91g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 6, day 7

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados

5/8 avocado(s) (126g)

lime juice

1 1/4 tsp (6mL)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash (0g)

mixed greens

1 1/4 cup (38g)

onion, minced

1/3 small (22g)

canned tuna

1 1/4 can (215g)

tomatoes

5 tbsp, chopped (56g)

For all 2 meals:

avocados

1 1/4 avocado(s) (251g)

lime juice

2 1/2 tsp (13mL)

salt

1/3 tsp (1g)

black pepper

1/3 tsp (0g)

mixed greens

2 1/2 cup (75g)

onion, minced

5/8 small (44g)

canned tuna

2 1/2 can (430g)

tomatoes

10 tbsp, chopped (113g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



For single meal:

mixed nuts

6 2/3 tbsp (56g)

For all 2 meals:

mixed nuts

13 1/3 tbsp (112g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Baked sweet potatoes

1 sweet potato(s) - 216 cals ● 3g protein ● 4g fat ● 36g carbs ● 6g fiber



For single meal:

oil
1/4 tbsp (4mL)
oregano, dried
1/2 dash, ground (0g)
sweet potatoes
1 sweetpotato, 5" long (210g)
salt
1/2 dash (0g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

oil
1/2 tbsp (8mL)
oregano, dried
1 dash, ground (0g)
sweet potatoes
2 sweetpotato, 5" long (420g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
2 lbs (896g)

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.

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Slow-baked salmon with lemon and thyme

9 oz - 603 cals ● 53g protein ● 42g fat ● 2g carbs ● 1g fiber



For single meal:
salmon, skin on
1/2 lbs (255g)
oil
1/2 tbsp (8mL)
thyme, dried
3 dash, leaves (0g)
lemon, cut into wedges
3/8 large (32g)

For all 2 meals:
salmon, skin on
18 oz (510g)
oil
1 tbsp (17mL)
thyme, dried
1/4 tbsp, leaves (1g)
lemon, cut into wedges
3/4 large (63g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

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.

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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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.

Dinner 4 [🔗](#)

Eat on day 7

Okra

1 3/4 cup - 70 cals ● 3g protein ● 0g fat ● 9g carbs ● 4g fiber



Makes 1 3/4 cup

okra, frozen
1 3/4 cup (196g)

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

Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



Makes 20 oz

italian seasoning

5 dash (2g)

oil

2 1/2 tsp (13mL)

balsamic vinaigrette

5 tbsp (75mL)

**boneless skinless chicken breast,
raw**

1 1/4 lbs (567g)

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.
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