

Meal Plan - 1900 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

1919 cals ● 173g protein (36%) ● 94g fat (44%) ● 68g carbs (14%) ● 28g fiber (6%)

Lunch

935 cals, 81g protein, 55g net carbs, 39g fat



[Sweet potato medallions](#)

1 1/2 sweet potato- 464 cals



[Balsamic chicken breast](#)

12 oz- 473 cals

Dinner

980 cals, 91g protein, 13g net carbs, 54g fat



[Avocado tuna salad](#)

982 cals

Day 2

1858 cals ● 145g protein (31%) ● 88g fat (42%) ● 94g carbs (20%) ● 28g fiber (6%)

Lunch

935 cals, 81g protein, 55g net carbs, 39g fat



[Sweet potato medallions](#)

1 1/2 sweet potato- 464 cals



[Balsamic chicken breast](#)

12 oz- 473 cals

Dinner

920 cals, 64g protein, 39g net carbs, 48g fat



[Chicken-broccoli-sweet potato bowl](#)

477 cals



[Roasted almonds](#)

1/2 cup(s)- 443 cals

Day 3

1948 cals ● 162g protein (33%) ● 98g fat (45%) ● 66g carbs (14%) ● 39g fiber (8%)

Lunch

1000 cals, 86g protein, 16g net carbs, 56g fat



[Chicken avocado salad](#)

1001 cals

Dinner

945 cals, 76g protein, 50g net carbs, 42g fat



[Roasted rosemary sweet potatoes](#)

368 cals



[Olive oil drizzled broccoli](#)

3 cup(s)- 209 cals



[Lemon pepper chicken breast](#)

10 oz- 370 cals

Day 4

1860 cals ● 181g protein (39%) ● 70g fat (34%) ● 101g carbs (22%) ● 26g fiber (6%)

Lunch

915 cals, 105g protein, 51g net carbs, 28g fat



Sweet potato wedges
347 cals



Marinated chicken breast
16 oz- 565 cals

Dinner

945 cals, 76g protein, 50g net carbs, 42g fat



Roasted rosemary sweet potatoes
368 cals



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



Lemon pepper chicken breast
10 oz- 370 cals

Day 5

1878 cals ● 154g protein (33%) ● 75g fat (36%) ● 126g carbs (27%) ● 22g fiber (5%)

Lunch

915 cals, 105g protein, 51g net carbs, 28g fat



Sweet potato wedges
347 cals



Marinated chicken breast
16 oz- 565 cals

Dinner

965 cals, 48g protein, 75g net carbs, 47g fat



Mashed sweet potatoes
366 cals



Paleo chicken thighs and mushrooms
6 oz- 600 cals

Day 6

1867 cals ● 203g protein (44%) ● 78g fat (38%) ● 67g carbs (14%) ● 22g fiber (5%)

Lunch

945 cals, 101g protein, 33g net carbs, 41g fat



Cauliflower rice
1 1/2 cup(s)- 91 cals



Paleo taco stuffed peppers
4 stuffed pepper(s)- 854 cals

Dinner

925 cals, 102g protein, 34g net carbs, 37g fat



Sweet potato wedges
174 cals



Baked chicken with tomatoes & olives
15 oz- 749 cals

Day 7

1867 cals ● 203g protein (44%) ● 78g fat (38%) ● 67g carbs (14%) ● 22g fiber (5%)

Lunch

945 cals, 101g protein, 33g net carbs, 41g fat



Cauliflower rice
1 1/2 cup(s)- 91 cals



Paleo taco stuffed peppers
4 stuffed pepper(s)- 854 cals

Dinner

925 cals, 102g protein, 34g net carbs, 37g fat



Sweet potato wedges
174 cals



Baked chicken with tomatoes & olives
15 oz- 749 cals

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (427g)
- ☐ lime juice
2 tbsp (31mL)
- ☐ green olives
30 large (132g)

Spices and Herbs

- ☐ salt
1 oz (32g)
- ☐ black pepper
1/4 oz (8g)
- ☐ paprika
1/2 tsp (1g)
- ☐ rosemary, dried
3 1/2 tsp (4g)
- ☐ lemon pepper
1 1/4 tbsp (9g)
- ☐ chili powder
5 tsp (14g)
- ☐ fresh basil
30 leaves (15g)
- ☐ taco seasoning mix
4 tsp (11g)

Other

- ☐ mixed greens
2 1/4 cup (68g)
- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ frozen cauliflower
3 cup (340g)

Vegetables and Vegetable Products

- ☐ onion
1/2 medium (2-1/2" dia) (59g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (611g)
- ☐ sweet potatoes
12 sweetpotato, 5" long (2555g)
- ☐ frozen broccoli
1 1/2 lbs (664g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ mushrooms
4 oz (113g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/4 can (387g)

Fats and Oils

- ☐ oil
1/4 lbs (138mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)
- ☐ olive oil
4 oz (130mL)
- ☐ marinade sauce
1 cup (240mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 lbs (3514g)
- ☐ chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)

Nut and Seed Products

- ☐ almonds
1/2 cup, whole (72g)

Beverages

- ☐ water
1/4 cup(s) (59mL)

Soups, Sauces, and Gravies

- ☐ salsa verde
1 cup (256g)

Beef Products

- ☐ ground beef (93% lean)
2 lbs (907g)

- ☐ tomato puree
1 cup (250g)
 - ☐ bell pepper
8 small (592g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Sweet potato medallions

1 1/2 sweet potato - 464 cals ● 5g protein ● 21g fat ● 54g carbs ● 10g fiber



For single meal:

sweet potatoes, sliced

1 1/2 sweetpotato, 5" long (315g)

oil

1 1/2 tbsp (23mL)

For all 2 meals:

sweet potatoes, sliced

3 sweetpotato, 5" long (630g)

oil

3 tbsp (45mL)

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.

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

For all 2 meals:

italian seasoning

1/4 tbsp (3g)

oil

1 tbsp (15mL)

balsamic vinaigrette

6 tbsp (90mL)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

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.

Lunch 2 [↗](#)

Eat on day 3

Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



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 brussels 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.

Lunch 3 [↗](#)

Eat on day 4, day 5

Sweet potato wedges

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



For single meal:

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)

For all 2 meals:

oil

2 tbsp (30mL)

sweet potatoes, cut into wedges

2 2/3 sweetpotato, 5" long (560g)

salt

1/2 tbsp (8g)

black pepper

1/4 tbsp, ground (2g)

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.

Marinated chicken breast

16 oz - 565 cals ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 lbs (448g)
marinade sauce
1/2 cup (120mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 lbs (896g)
marinade sauce
1 cup (240mL)

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.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Cauliflower rice

1 1/2 cup(s) - 91 cals ● 2g protein ● 7g fat ● 5g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
frozen cauliflower
1 1/2 cup (170g)

For all 2 meals:

oil
1 tbsp (15mL)
frozen cauliflower
3 cup (340g)

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

Paleo taco stuffed peppers

4 stuffed pepper(s) - 854 cals ● 100g protein ● 34g fat ● 28g carbs ● 8g fiber



For single meal:

salsa verde
1/2 cup (128g)
ground beef (93% lean)
1 lbs (454g)
tomato puree
1/2 cup (125g)
taco seasoning mix
2 tsp (6g)
bell pepper
4 small (296g)

For all 2 meals:

salsa verde
1 cup (256g)
ground beef (93% lean)
2 lbs (907g)
tomato puree
1 cup (250g)
taco seasoning mix
4 tsp (11g)
bell pepper
8 small (592g)

1. Preheat oven to 400°F (200°C).
2. Cut tops off of peppers and discard the seeds. Set aside.
3. In a large skillet, brown the ground beef with some salt and pepper, 8-10 minutes.
4. Add in tomato puree, taco seasoning, and about half the salsa verde. Simmer for 2-4 minutes and turn off heat.
5. Scoop taco mixture into the peppers. Bake for 20 minutes until peppers are tender.
6. Top with remaining salsa verde and serve.

Dinner 1 [🔗](#)

Eat on day 1

Avocado tuna salad

982 cals ● 91g protein ● 54g fat ● 13g carbs ● 19g fiber



avocados
1 avocado(s) (226g)
lime juice
3/4 tbsp (11mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
2 1/4 cup (68g)
onion, minced
1/2 small (39g)
canned tuna
2 1/4 can (387g)
tomatoes
1/2 cup, chopped (101g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Chicken-broccoli-sweet potato bowl

477 cals ● 49g protein ● 13g fat ● 33g carbs ● 9g fiber



frozen broccoli

3/8 package (118g)

sweet potatoes, cut into bite-sized cubes

5/6 sweetpotato, 5" long (175g)

paprika

1/2 tsp (1g)

boneless skinless chicken breast, raw, cut into bite-sized cubes

6 2/3 oz (187g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

olive oil

1/2 tbsp (8mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



Makes 1/2 cup(s)

almonds

1/2 cup, whole (72g)

1. This recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 3, day 4

Roasted rosemary sweet potatoes

368 cals ● 4g protein ● 16g fat ● 43g carbs ● 9g fiber



For single meal:

sweet potatoes, cut into 1" cubes

1 1/6 sweetpotato, 5" long (245g)

rosemary, dried

1 3/4 tsp (2g)

olive oil

3 1/2 tsp (17mL)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes

2 1/3 sweetpotato, 5" long (490g)

rosemary, dried

3 1/2 tsp (4g)

olive oil

2 1/3 tbsp (35mL)

salt

1 tsp (7g)

black pepper

1 tsp, ground (3g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

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

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

For all 2 meals:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

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.

Dinner 4 [🔗](#)

Eat on day 5

Mashed sweet potatoes

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



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.

Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



Makes 6 oz

mushrooms, sliced 1/4 in thick

4 oz (113g)

black pepper

1 dash (0g)

chicken thighs, with bone and skin, raw

1 thigh (6 oz ea) (170g)

olive oil

1 1/2 tbsp (23mL)

salt

1 dash (0g)

water

1/4 cup(s) (59mL)

1. Preheat oven to 400 F (200 C).
 2. Season chicken on all sides with salt and ground black pepper.
 3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
 4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
 5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
 6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
 7. Stir in any accumulated juices from the chicken into the skillet.
 8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)

For all 2 meals:

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.

Baked chicken with tomatoes & olives

15 oz - 749 cals ● 100g protein ● 31g fat ● 10g carbs ● 8g fiber



For single meal:

tomatoes
15 cherry tomatoes (255g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
green olives
15 large (66g)
black pepper
5 dash (1g)
chili powder
2 1/2 tsp (7g)
boneless skinless chicken breast, raw
15 oz (425g)
fresh basil, shredded
15 leaves (8g)

For all 2 meals:

tomatoes
30 cherry tomatoes (510g)
olive oil
5 tsp (25mL)
salt
1 1/4 tsp (8g)
green olives
30 large (132g)
black pepper
1 1/4 tsp (1g)
chili powder
5 tsp (14g)
boneless skinless chicken breast, raw
30 oz (851g)
fresh basil, shredded
30 leaves (15g)

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.