

# Meal Plan - 1200 calorie intermittent fasting 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

1154 cals ● 121g protein (42%) ● 58g fat (45%) ● 24g carbs (8%) ● 13g fiber (4%)

### Lunch

580 cals, 67g protein, 9g net carbs, 28g fat



[Pan roasted zucchini](#)  
208 cals



[Lemon pepper chicken breast](#)  
10 oz- 370 cals

### Dinner

575 cals, 54g protein, 14g net carbs, 30g fat



[Hungarian goulash](#)  
461 cals



[Simple kale & avocado salad](#)  
115 cals

## Day 2

1156 cals ● 103g protein (36%) ● 57g fat (44%) ● 45g carbs (15%) ● 14g fiber (5%)

### Lunch

580 cals, 49g protein, 30g net carbs, 26g fat



[Protein bar](#)  
1 bar- 245 cals



[Pumpkin seeds](#)  
183 cals



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

### Dinner

575 cals, 54g protein, 14g net carbs, 30g fat



[Hungarian goulash](#)  
461 cals



[Simple kale & avocado salad](#)  
115 cals

## Day 3

1165 cals ● 101g protein (35%) ● 67g fat (51%) ● 22g carbs (8%) ● 18g fiber (6%)

### Lunch

570 cals, 43g protein, 13g net carbs, 32g fat



[Simple kale & avocado salad](#)  
115 cals



[Avocado tuna salad stuffed pepper](#)  
2 half pepper(s)- 456 cals

### Dinner

595 cals, 58g protein, 9g net carbs, 35g fat



[Sauteed peppers and onions](#)  
125 cals



[Basic ground turkey](#)  
10 oz- 469 cals

## Day 4

1165 cals ● 101g protein (35%) ● 67g fat (51%) ● 22g carbs (8%) ● 18g fiber (6%)

### Lunch

570 cals, 43g protein, 13g net carbs, 32g fat



Simple kale & avocado salad  
115 cals



Avocado tuna salad stuffed pepper  
2 half pepper(s)- 456 cals

### Dinner

595 cals, 58g protein, 9g net carbs, 35g fat



Sauteed peppers and onions  
125 cals



Basic ground turkey  
10 oz- 469 cals

## Day 5

1170 cals ● 96g protein (33%) ● 41g fat (32%) ● 83g carbs (28%) ● 20g fiber (7%)

### Lunch

600 cals, 40g protein, 25g net carbs, 33g fat



Bbq glazed meatloaf  
1 meatloaves- 280 cals



Buttered sugar snap peas  
322 cals

### Dinner

570 cals, 56g protein, 59g net carbs, 8g fat



Simple salad with tomatoes and carrots  
49 cals



Bbq chicken stuffed sweet potatoes  
1 potato(es)- 520 cals

## Day 6

1170 cals ● 96g protein (33%) ● 41g fat (32%) ● 83g carbs (28%) ● 20g fiber (7%)

### Lunch

600 cals, 40g protein, 25g net carbs, 33g fat



Bbq glazed meatloaf  
1 meatloaves- 280 cals



Buttered sugar snap peas  
322 cals

### Dinner

570 cals, 56g protein, 59g net carbs, 8g fat



Simple salad with tomatoes and carrots  
49 cals



Bbq chicken stuffed sweet potatoes  
1 potato(es)- 520 cals

## Day 7

1160 cals ● 100g protein (34%) ● 42g fat (33%) ● 81g carbs (28%) ● 14g fiber (5%)

### Lunch

550 cals, 44g protein, 40g net carbs, 22g fat



One pan roasted chicken & veggies  
298 cals



Buttery brown rice  
250 cals

### Dinner

610 cals, 56g protein, 42g net carbs, 20g fat



Grapes  
58 cals



Honey mustard chicken salad  
554 cals

## Vegetables and Vegetable Products

- ☐ zucchini  
1 1/2 medium (294g)
- ☐ tomato paste  
1/3 can (6 oz) (57g)
- ☐ garlic  
1/3 clove (1g)
- ☐ onion  
2 1/2 medium (2-1/2" dia) (269g)
- ☐ kale leaves  
1 bunch (170g)
- ☐ fresh spinach  
1 cup(s) (30g)
- ☐ bell pepper  
4 large (656g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ tomatoes  
1 medium whole (2-3/5" dia) (125g)
- ☐ carrots  
1/4 medium (15g)
- ☐ romaine lettuce  
1/2 hearts (250g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ red bell pepper  
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
- ☐ broccoli  
4 tbsp chopped (23g)

## Spices and Herbs

- ☐ black pepper  
1/4 oz (6g)
- ☐ oregano, dried  
1 tsp, ground (2g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ salt  
1/2 oz (14g)
- ☐ lemon pepper  
2 tsp (4g)
- ☐ paprika  
2 tsp (5g)
- ☐ chipotle seasoning  
2 dash (1g)
- ☐ dijon mustard  
5 tsp (25g)

## Fats and Oils

- ☐ olive oil  
1 1/2 tbsp (23mL)
- ☐ oil  
2 1/4 oz (69mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 2/3 lbs (1210g)
- ☐ ground turkey, raw  
1 1/4 lbs (567g)

## Beverages

- ☐ water  
1 cup (269mL)

## Beef Products

- ☐ beef stew meat, raw  
1 lbs (454g)
- ☐ ground beef (93% lean)  
10 oz (284g)

## Fruits and Fruit Juices

- ☐ lemon  
1 small (58g)
- ☐ avocados  
2 1/4 avocado(s) (452g)
- ☐ lime juice  
2 tsp (10mL)
- ☐ grapes  
1 cup (92g)

## Other

- ☐ protein bar (20g protein)  
1 bar (50g)
- ☐ mixed greens  
2 cup (60g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)

## Finfish and Shellfish Products

☐ canned tuna  
2 can (344g)

### **Soups, Sauces, and Gravies**

☐ barbecue sauce  
3 1/2 fl oz (129g)

### **Baked Products**

☐ bread  
1 slice (32g)

### **Dairy and Egg Products**

☐ butter  
1/2 stick (65g)

### **Cereal Grains and Pasta**

☐ brown rice  
4 tbsp (48g)

### **Sweets**

☐ honey  
5 tsp (34g)

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## Lunch 1 [↗](#)

Eat on day 1

### Pan roasted zucchini

208 cals ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



**zucchini**  
1 1/4 medium (245g)  
**black pepper**  
2 tsp, ground (4g)  
**oregano, dried**  
5 dash, ground (1g)  
**garlic powder**  
5 dash (2g)  
**salt**  
5 dash (4g)  
**olive oil**  
1 1/4 tbsp (19mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

### Lemon pepper chicken breast

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



Makes 10 oz

**lemon pepper**

2 tsp (4g)

**olive oil**

1 tsp (5mL)

**boneless skinless chicken breast,  
raw**

10 oz (280g)

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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## Lunch 2 [↗](#)

Eat on day 2

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### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



Makes 1 bar

#### **protein bar (20g protein)**

1 bar (50g)

1. This recipe has no instructions.

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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



#### **roasted pumpkin seeds, unsalted**

4 tbsp (30g)

1. This recipe has no instructions.

### Basic chicken & spinach salad

152 cals ● 20g protein ● 7g fat ● 2g carbs ● 1g fiber



#### **salad dressing**

3/4 tbsp (11mL)

#### **oil**

1/2 tsp (3mL)

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

3 oz (85g)

#### **fresh spinach**

1 cup(s) (30g)

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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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

**canned tuna, drained**  
1 can (172g)  
**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**bell pepper**  
1 large (164g)  
**onion**  
1/4 small (18g)

For all 2 meals:

**canned tuna, drained**  
2 can (344g)  
**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)

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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## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Bbq glazed meatloaf

1 meatloaves - 280 cals ● 32g protein ● 11g fat ● 13g carbs ● 1g fiber



For single meal:

**garlic powder**

1 dash (0g)

**water**

1 tbsp (15mL)

**barbecue sauce**

1 tbsp (17g)

**chipotle seasoning**

1 dash (0g)

**bread**

1/2 slice (16g)

**ground beef (93% lean)**

5 oz (142g)

For all 2 meals:

**garlic powder**

2 dash (1g)

**water**

2 tbsp (30mL)

**barbecue sauce**

2 tbsp (34g)

**chipotle seasoning**

2 dash (1g)

**bread**

1 slice (32g)

**ground beef (93% lean)**

10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chipotle seasoning and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet and brush with the barbeque sauce. Bake until meat loaves are browned and cooked through, 15-18 minutes. Serve.

### Buttered sugar snap peas

322 cals ● 8g protein ● 23g fat ● 12g carbs ● 9g fiber



For single meal:

**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**butter**

2 tbsp (27g)

**frozen sugar snap peas**

2 cup (288g)

For all 2 meals:

**black pepper**

3 dash (0g)

**salt**

3 dash (1g)

**butter**

4 tbsp (54g)

**frozen sugar snap peas**

4 cup (576g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Lunch 5 [🔗](#)

Eat on day 7

### One pan roasted chicken & veggies

298 cal ● 40g protein ● 12g fat ● 5g carbs ● 3g fiber



**boneless skinless chicken breast, raw**

6 oz (170g)

**oregano, dried**

3 dash, ground (1g)

**red bell pepper, deseeded and sliced**

1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

**tomatoes**

2 tbsp cherry tomatoes (19g)

**oil**

1/2 tbsp (8mL)

**onion, sliced**

1/8 medium (2-1/2" dia) (14g)

**zucchini, sliced**

1/4 medium (49g)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**broccoli**

4 tbsp chopped (23g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

### Buttery brown rice

250 cal ● 4g protein ● 10g fat ● 35g carbs ● 2g fiber



**butter**

3/4 tbsp (11g)

**brown rice**

4 tbsp (48g)

**salt**

1 1/2 dash (1g)

**water**

1/2 cup(s) (119mL)

**black pepper**

1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Hungarian goulash

461 cal ● 52g protein ● 23g fat ● 10g carbs ● 3g fiber



For single meal:

**paprika, preferably Hungarian sweet paprika**  
1 tsp (2g)  
**tomato paste**  
1/6 can (6 oz) (28g)  
**garlic, minced**  
1/6 clove (1g)  
**water**  
1/4 cup(s) (59mL)  
**beef stew meat, raw, cut into 1.5 inch cubes**  
1/2 lbs (227g)  
**black pepper**  
2/3 dash, ground (0g)  
**salt**  
4 dash (3g)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**oil**  
2 2/3 tsp (13mL)

For all 2 meals:

**paprika, preferably Hungarian sweet paprika**  
2 tsp (5g)  
**tomato paste**  
1/3 can (6 oz) (57g)  
**garlic, minced**  
1/3 clove (1g)  
**water**  
1/2 cup(s) (118mL)  
**beef stew meat, raw, cut into 1.5 inch cubes**  
16 oz (454g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**salt**  
1 tsp (6g)  
**onion, sliced**  
1 medium (2-1/2" dia) (110g)  
**oil**  
1 3/4 tbsp (27mL)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced into strips**  
1 large (164g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**onion, sliced**  
1 medium (2-1/2" dia) (110g)  
**bell pepper, sliced into strips**  
2 large (328g)

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.

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### Basic ground turkey

10 oz - 469 cals ● 56g protein ● 27g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 1/4 tsp (6mL)  
**ground turkey, raw**  
10 oz (284g)

For all 2 meals:

**oil**  
2 1/2 tsp (13mL)  
**ground turkey, raw**  
1 1/4 lbs (567g)

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 5, day 6

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### Simple salad with tomatoes and carrots

49 cal ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



For single meal:

**salad dressing**

1 tsp (6mL)

**tomatoes, diced**

1/4 medium whole (2-3/5" dia) (31g)

**carrots, sliced**

1/8 medium (8g)

**romaine lettuce, roughly chopped**

1/4 hearts (125g)

For all 2 meals:

**salad dressing**

3/4 tbsp (11mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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### Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cal ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

**sweet potatoes, halved**

1 sweetpotato, 5" long (210g)

**barbecue sauce**

2 2/3 tbsp (48g)

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

For all 2 meals:

**sweet potatoes, halved**

2 sweetpotato, 5" long (420g)

**barbecue sauce**

1/3 cup (95g)

**boneless skinless chicken breast, raw**

1 lbs (448g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
  2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
  3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
  4. Bake until soft, about 35 minutes.
  5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
  6. Top each potato with equal spoonfuls of chicken.
  7. Serve.
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## Dinner 4 [↗](#)

Eat on day 7

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### Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



**grapes**  
1 cup (92g)

1. This recipe has no instructions.

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### Honey mustard chicken salad

554 cal ● 55g protein ● 20g fat ● 32g carbs ● 6g fiber



**avocados, chopped**  
1/4 avocado(s) (50g)  
**tomatoes, sliced**  
4 tbsp, sliced (45g)  
**mixed greens**  
2 cup (60g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**oil**  
1 tsp (6mL)  
**honey**  
5 tsp (34g)  
**dijon mustard**  
5 tsp (25g)

1. Whisk honey and mustard together in a small bowl. Set aside.
  2. Season chicken with some salt/pepper.
  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 half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
  5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.
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