

Meal Plan - 1400 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

1376 cals ● 108g protein (31%) ● 61g fat (40%) ● 76g carbs (22%) ● 23g fiber (7%)

Lunch

675 cals, 21g protein, 55g net carbs, 36g fat



[Cheese ravioli](#)
272 cals



[Tomato and avocado salad](#)
293 cals



[Milk](#)
3/4 cup(s)- 112 cals

Dinner

700 cals, 88g protein, 21g net carbs, 26g fat



[Buttered lima beans](#)
220 cals



[Curried pork chops](#)
2 chop(s)- 478 cals

Day 2

1355 cals ● 99g protein (29%) ● 47g fat (31%) ● 112g carbs (33%) ● 23g fiber (7%)

Lunch

655 cals, 12g protein, 91g net carbs, 21g fat



[Tomato and avocado salad](#)
235 cals



[Tomato soup](#)
2 can(s)- 421 cals

Dinner

700 cals, 88g protein, 21g net carbs, 26g fat



[Buttered lima beans](#)
220 cals



[Curried pork chops](#)
2 chop(s)- 478 cals

Day 3

1430 cals ● 101g protein (28%) ● 57g fat (36%) ● 111g carbs (31%) ● 19g fiber (5%)

Lunch

695 cals, 56g protein, 58g net carbs, 21g fat



[Chicken-broccoli-rice bowl](#)
524 cals



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

Dinner

735 cals, 45g protein, 53g net carbs, 36g fat



[Chunky canned soup \(creamy\)](#)
1/2 can(s)- 177 cals



[Honey mustard glazed chicken sandwich](#)
1 sandwich- 557 cals

Day 4

1425 cals ● 90g protein (25%) ● 76g fat (48%) ● 76g carbs (21%) ● 19g fiber (5%)

Lunch

690 cals, 46g protein, 23g net carbs, 40g fat



Sunflower seeds

271 cals



Salmon & artichoke salad

421 cals

Dinner

735 cals, 45g protein, 53g net carbs, 36g fat



Chunky canned soup (creamy)

1/2 can(s)- 177 cals



Honey mustard glazed chicken sandwich

1 sandwich- 557 cals

Day 5

1414 cals ● 129g protein (37%) ● 68g fat (43%) ● 47g carbs (13%) ● 25g fiber (7%)

Lunch

750 cals, 62g protein, 37g net carbs, 33g fat



Avocado

176 cals



Simple kale & avocado salad

115 cals



Grilled chicken sandwich

1 sandwich(es)- 460 cals

Dinner

665 cals, 67g protein, 10g net carbs, 35g fat



Tomato and avocado salad

293 cals



Lemon pepper chicken breast

10 oz- 370 cals

Day 6

1433 cals ● 109g protein (31%) ● 57g fat (36%) ● 102g carbs (28%) ● 19g fiber (5%)

Lunch

755 cals, 60g protein, 48g net carbs, 33g fat



Turkey sandwich with mustard

1 1/2 sandwich(es)- 680 cals



Milk

1/2 cup(s)- 75 cals

Dinner

680 cals, 50g protein, 54g net carbs, 24g fat



Baked potato with toppings

1 large potato(es)- 379 cals



Baked chicken with tomatoes & olives

6 oz- 300 cals

Day 7

1433 cals ● 109g protein (31%) ● 57g fat (36%) ● 102g carbs (28%) ● 19g fiber (5%)

Lunch

755 cals, 60g protein, 48g net carbs, 33g fat



Turkey sandwich with mustard

1 1/2 sandwich(es)- 680 cals



Milk

1/2 cup(s)- 75 cals

Dinner

680 cals, 50g protein, 54g net carbs, 24g fat



Baked potato with toppings

1 large potato(es)- 379 cals



Baked chicken with tomatoes & olives

6 oz- 300 cals

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/6 jar (24 oz) (112g)
- ☐ condensed canned tomato soup
2 can (10.5 oz) (596g)
- ☐ chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
4 oz (113g)
- ☐ flavored rice mix
3/8 pouch (~5.6 oz) (66g)

Vegetables and Vegetable Products

- ☐ onion
1/4 cup minced (53g)
- ☐ tomatoes
6 medium whole (2-3/5" dia) (733g)
- ☐ lima beans, frozen
1 package (10 oz) (284g)
- ☐ frozen broccoli
3/8 package (118g)
- ☐ kale leaves
5/8 bunch (106g)
- ☐ artichokes, canned
2/3 cup hearts (112g)
- ☐ romaine lettuce
3 leaf inner (18g)
- ☐ potatoes
2 large (3" to 4-1/4" dia.) (738g)

Fruits and Fruit Juices

- ☐ lime juice
1/4 cup (53mL)
- ☐ avocados
3 avocado(s) (578g)
- ☐ lemon
5/8 small (36g)
- ☐ lemon juice
1/2 tsp (3mL)
- ☐ green olives
12 large (53g)

Fats and Oils

- ☐ olive oil
1 1/3 oz (42mL)

Spices and Herbs

- ☐ garlic powder
1 tsp (3g)
- ☐ salt
1/2 oz (16g)
- ☐ black pepper
5 g (5g)
- ☐ curry powder
1 tsp (2g)
- ☐ dijon mustard
3/4 oz (23g)
- ☐ lemon pepper
2 tsp (4g)
- ☐ chili powder
2 tsp (5g)
- ☐ fresh basil
12 leaves (6g)

Dairy and Egg Products

- ☐ whole milk
1 3/4 cup (420mL)
- ☐ butter
2 tbsp (27g)
- ☐ cheese
3 oz (84g)
- ☐ sliced cheese
6 slice (3/4 oz ea) (126g)
- ☐ sour cream
2 tbsp (24g)

Pork Products

- ☐ pork chop, bone-in
4 chop (712g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 2/3 lbs (1261g)

Other

- ☐ mixed greens
3 3/4 cup (113g)

Baked Products

- ☐ kaiser rolls
3 roll (3-1/2" dia) (171g)

- ☐ honey mustard sauce
4 tbsp (60g)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ oil
1/2 tbsp (8mL)

- ☐ bread
6 slice (192g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)

Finfish and Shellfish Products

- ☐ canned salmon
6 oz (170g)

Sausages and Luncheon Meats

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

Eat on day 1

Cheese ravioli

272 cals ● 11g protein ● 7g fat ● 38g carbs ● 4g fiber



pasta sauce

1/6 jar (24 oz) (112g)

frozen cheese ravioli

4 oz (113g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

avocados, cubed

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, 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.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber

Makes 3/4 cup(s)

whole milk

3/4 cup (180mL)



1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2

Tomato and avocado salad

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



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)

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.

Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

condensed canned tomato soup

2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.
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Lunch 3 [↗](#)

Eat on day 3

Chicken-broccoli-rice bowl

524 cals ● 53g protein ● 10g fat ● 51g carbs ● 6g fiber



boneless skinless chicken breast, raw

6 2/3 oz (187g)

frozen broccoli

3/8 package (118g)

flavored rice mix

3/8 pouch (~5.6 oz) (66g)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

olive oil

1 tsp (4mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

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.

Lunch 4 [↗](#)

Eat on day 4

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



sunflower kernels

1 1/2 oz (43g)

1. This recipe has no instructions.

Salmon & artichoke salad

421 cals ● 33g protein ● 19g fat ● 20g carbs ● 10g fiber



balsamic vinaigrette

4 tbsp (60mL)

tomatoes, halved

2/3 cup cherry tomatoes (99g)

mixed greens

3 cup (90g)

artichokes, canned

2/3 cup hearts (112g)

canned salmon

6 oz (170g)

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

Lunch 5 [↗](#)

Eat on day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Simple kale & avocado salad

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



kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

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.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

oil
1/2 tsp (3mL)
kaiser rolls
1 roll (3-1/2" dia) (57g)
dijon mustard
1/2 tbsp (8g)
mixed greens
4 tbsp (8g)
tomatoes
3 slice(s), thin/small (45g)
boneless skinless chicken breast, raw
1/2 lbs (227g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Lunch 6 [🔗](#)

Eat on day 6, day 7

Turkey sandwich with mustard

1 1/2 sandwich(es) - 680 cals ● 56g protein ● 29g fat ● 42g carbs ● 7g fiber



For single meal:
dijon mustard
1/2 tbsp (8g)
romaine lettuce
1 1/2 leaf inner (9g)
tomatoes
3 slice(s), thin/small (45g)
bread
3 slice (96g)
sliced cheese
3 slice (3/4 oz ea) (63g)
turkey cold cuts
6 oz (170g)

For all 2 meals:
dijon mustard
1 tbsp (15g)
romaine lettuce
3 leaf inner (18g)
tomatoes
6 slice(s), thin/small (90g)
bread
6 slice (192g)
sliced cheese
6 slice (3/4 oz ea) (126g)
turkey cold cuts
3/4 lbs (340g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttered lima beans

220 cal ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



For single meal:

lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

For all 2 meals:

lima beans, frozen
1 package (10 oz) (284g)
salt
4 dash (3g)
butter
4 tsp (18g)
black pepper
2 dash, ground (1g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Curried pork chops

2 chop(s) - 478 cal ● 78g protein ● 18g fat ● 0g carbs ● 1g fiber



For single meal:

pork chop, bone-in
2 chop (356g)
curry powder
4 dash (1g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

pork chop, bone-in
4 chop (712g)
curry powder
1 tsp (2g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Chunky canned soup (creamy)

1/2 can(s) - 177 cal ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

chunky canned soup (creamy varieties)

1/2 can (~19 oz) (267g)

For all 2 meals:

chunky canned soup (creamy varieties)

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.
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Honey mustard glazed chicken sandwich

1 sandwich - 557 cal ● 38g protein ● 27g fat ● 38g carbs ● 2g fiber



For single meal:

mixed greens

4 tbsp (8g)

tomatoes

2 slice, medium (1/4" thick) (40g)

cheese

1 slice (1 oz each) (28g)

honey mustard sauce, divided

2 tbsp (30g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

boneless skinless chicken breast, raw

4 oz (113g)

For all 2 meals:

mixed greens

1/2 cup (15g)

tomatoes

4 slice, medium (1/4" thick) (80g)

cheese

2 slice (1 oz each) (56g)

honey mustard sauce, divided

4 tbsp (60g)

kaiser rolls

2 roll (3-1/2" dia) (114g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

1. Coat the chicken breast with half of the honey mustard.
 2. Cook chicken in a skillet over medium-low heat, about 5 minutes per side or until done at 165 F (75 C). Remove from skillet and place cheese on top while chicken is still hot.
 3. Spread the remaining sauce on the cut sides of the roll.
 4. Place chicken on roll bottoms; top with lettuce, tomato and the roll top. Serve.
 5. To make in bulk: cook chicken and store in refrigerator separately from other sandwich makings. Build sandwich on day-of eating for best results. Reheat chicken if desired.
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Dinner 3 [↗](#)

Eat on day 5

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

avocados, cubed

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, 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.

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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Dinner 4 [↗](#)

Eat on day 6, day 7

Baked potato with toppings

1 large potato(es) - 379 cals ● 10g protein ● 12g fat ● 50g carbs ● 9g fiber



For single meal:

salt
1 dash (0g)
black pepper
1 dash (0g)
sour cream
1 tbsp (12g)
potatoes
1 large (3" to 4-1/4" dia.) (369g)
oil
1/2 tsp (3mL)
butter
1 tsp (5g)
cheese
2 tbsp, shredded (14g)

For all 2 meals:

salt
2 dash (1g)
black pepper
2 dash (0g)
sour cream
2 tbsp (24g)
potatoes
2 large (3" to 4-1/4" dia.) (738g)
oil
1 tsp (5mL)
butter
2 tsp (9g)
cheese
4 tbsp, shredded (28g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top with butter, salt to taste, pepper to taste, sour cream and cheese.

Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

olive oil

1 tsp (5mL)

salt

2 dash (2g)

green olives

6 large (26g)

black pepper

2 dash (0g)

chili powder

1 tsp (3g)

**boneless skinless chicken breast,
raw**

6 oz (170g)

fresh basil, shredded

6 leaves (3g)

For all 2 meals:

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)

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.
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