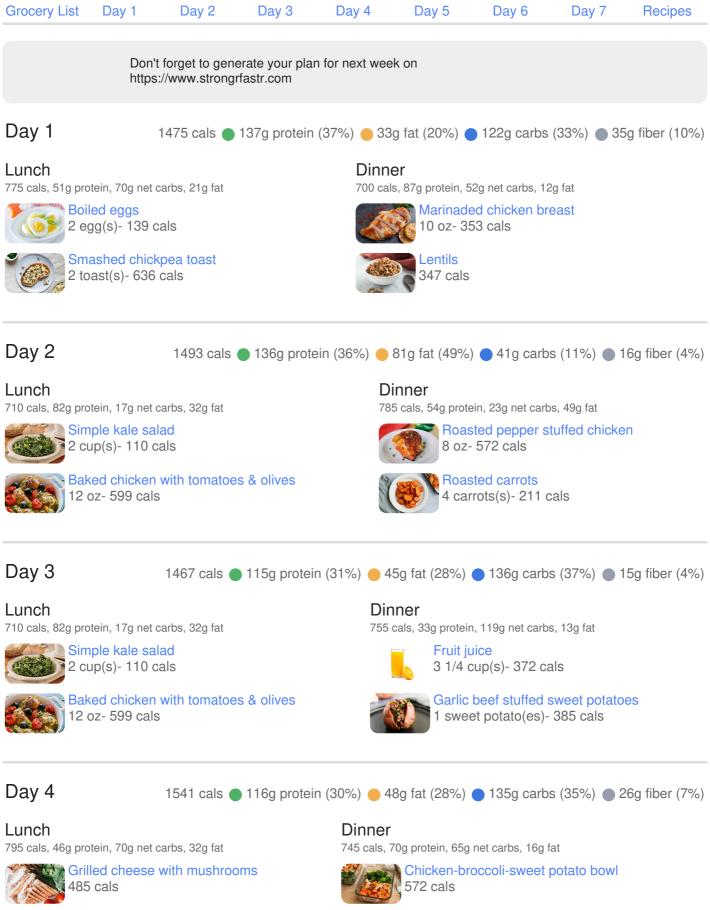
# Meal Plan - 1500 calorie intermittent fasting meal plan



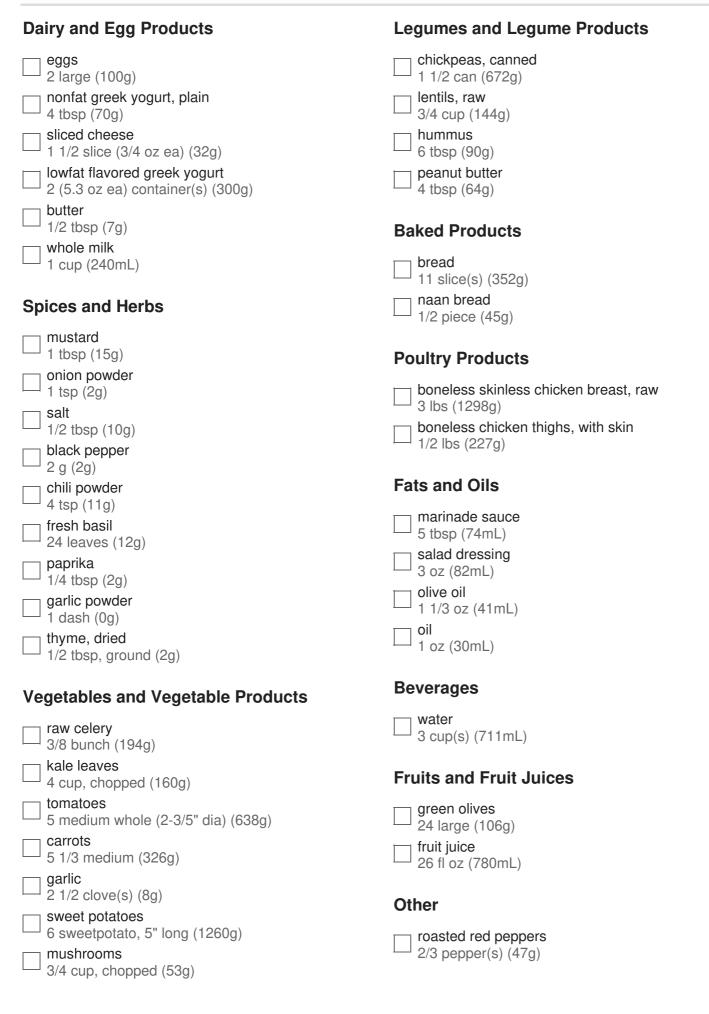


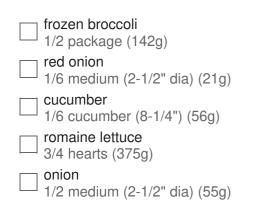
Lowfat Greek yogurt 2 container(s)- 310 cals



Day 5	1537 cals <b>●</b> 94g protein (24%)	<b>6</b> 55g fat (3	32%) 🔵 128g carbs (33%) 🌑 39g fiber (10%)	
Lunch 755 cals, 33g protein, 66g net carbs, 27g fat		<b>Dinner</b> 785 cals, 61g protein, 62g net carbs, 28g fat		
Tossed salad 182 cals		2	Aashed sweet potatoes 275 cals	
Chickpea & ch 573 cals	ickpea pasta		Chicken sausage Ink- 508 cals	
Day 6	1524 cals 🌑 113g protein (30%) 🛑 58g fat (34%) 🔵 115g carbs (30%) 🌑 22g fiber (6%)			
Lunch 740 cals, 52g protein, 53g net carbs, 30g fat		<b>Dinner</b> 785 cals, 61g protein, 62g net carbs, 28g fat		
Turkey & hummus deli sandwich 1 1/2 sandwich(es)- 524 cals			Mashed sweet potatoes 275 cals	
Celery and pea 218 cals	anut butter	S	Chicken sausage 4 link- 508 cals	
Day 7	1452 cals 🌑 94g protein (26%	) 🛑 55g fat (	(34%) 🌑 123g carbs (34%) 🌑 21g fiber (6%)	
Lunch	antha 20g fat	Dinner	protoin 71 a pot porbo. OF a fet	
740 cals, 52g protein, 53g net carbs, 30g fat <b>Turkey &amp; hummus deli sandwich</b> 1 1/2 sandwich(es)- 524 cals		5	protein, 71g net carbs, 25g fat <mark>Milk</mark> 1 cup(s)- 149 cals	
Celery and pea 218 cals	anut butter		Pesto chicken sweet potatoes 1 sweet potato(s)- 431 cals	
			Naan bread 1/2 piece(s)- 131 cals	







nutritional yeast	
☐ chickpea pasta 2 oz (57g)	
mixed greens 1 1/2 cup (45g)	

### **Beef Products**

ground beef (93% lean) 4 oz (114g)

### **Sausages and Luncheon Meats**

chicken sausage, cooked 8 link (672g)

turkey cold cuts 3/4 lbs (340g)

## Soups, Sauces, and Gravies

pesto sauce 2 tbsp (32g)

# Recipes



## Lunch 1 🗹

Eat on day 1

### Boiled eggs

2 egg(s) - 139 cals 
13g protein 
10g fat 
1g carbs 
0g fiber



Makes 2 egg(s)

**eggs** 2 large (100g)

- 1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
- 2. Place the eggs in a small sauce pan and cover with water.
- Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
- 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Smashed chickpea toast

2 toast(s) - 636 cals 
38g protein 
12g fat 
69g carbs 
25g fiber



Makes 2 toast(s)

nonfat greek yogurt, plain 4 tbsp (70g) mustard 1 tbsp (15g) onion powder 1 tsp (2g) raw celery, diced 2 stalk, small (5" long) (34g) chickpeas, canned, drained & rinsed 1 can (448g) bread 2 slice(s) (64g)

- 1. Toast bread (optional).
- 2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
- 3. Mix in the remaining whole chickpeas.
- 4. Top the toast with the chickpea mixture and serve.

# Lunch 2 🗹

Eat on day 2, day 3

#### Simple kale salad

2 cup(s) - 110 cals 
2g protein 
7g fat 
9g carbs 
1g fiber



For single meal:

salad dressing 2 tbsp (30mL) kale leaves 2 cup, chopped (80g) For all 2 meals:

salad dressing 4 tbsp (60mL) kale leaves 4 cup, chopped (160g)

1. Toss kale in dressing of your choice and serve.

## 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)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, 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 3 🗹

Eat on day 4

#### Grilled cheese with mushrooms

485 cals 
21g protein 
24g fat 
38g carbs 
7g fiber



mushrooms 3/4 cup, chopped (53g) olive oil 3/4 tbsp (11mL) thyme, dried 1/2 tbsp, ground (2g) bread 3 slice(s) (96g) sliced cheese 1 1/2 slice (3/4 oz ea) (32g)

- In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
- 2. Put the cheese on one slice of bread and put the mushrooms on top.
- 3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
- 4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lowfat Greek yogurt

2 container(s) - 310 cals 
25g protein 
8g fat 
33g carbs 
3g fiber

Makes 2 container(s)

**lowfat flavored greek yogurt** 2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.



## Lunch 4 🗹

Eat on day 5

#### Tossed salad

182 cals 
6g protein 
6g fat 
15g carbs 
10g fiber



red onion, sliced 1/6 medium (2-1/2" dia) (21g) cucumber, sliced or diced 1/6 cucumber (8-1/4") (56g) romaine lettuce, shredded 3/4 hearts (375g) carrots, peeled and shredded or sliced 3/4 small (5-1/2" long) (38g) tomatoes, diced 3/4 small whole (2-2/5" dia) (68g) salad dressing 1 1/2 tbsp (23mL)

- 1. Mix ingredients together in a bowl and serve.
- 2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Chickpea & chickpea pasta

573 cals 
27g protein 
21g fat 
51g carbs 
19g fiber



nutritional yeast 1 tsp (1g) butter 1/2 tbsp (7g) oil 1/2 tbsp (8mL) garlic, minced 2 clove(s) (6g) chickpeas, canned, drained & rinsed 1/2 can (224g) chickpea pasta 2 oz (57g) onion, thinly sliced 1/2 medium (2-1/2" dia) (55g)

- Cook chickpea pasta according to package instructions. Drain and set aside.
- Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
- 3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
- 4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

## Lunch 5 🗹

Eat on day 6, day 7

#### Turkey & hummus deli sandwich

1 1/2 sandwich(es) - 524 cals 
45g protein 
14g fat 
46g carbs 
10g fiber



For single meal: oil 3/8 tsp (2mL) mixed greens 3/4 cup (23g) tomatoes 3 slice(s), thick/large (1/2" thick) (81g) hummus 3 tbsp (45g) bread 3 slice(s) (96g) turkey cold cuts 6 oz (170g) For all 2 meals:

oil 1/4 tbsp (4mL) mixed greens 1 1/2 cup (45g) tomatoes 6 slice(s), thick/large (1/2" thick) (162g) hummus 6 tbsp (90g) bread 6 slice(s) (192g) turkey cold cuts 3/4 lbs (340g)

- 1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
- 2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

### Celery and peanut butter

218 cals 8g protein 17g fat 7g carbs 3g fiber



For single meal:

raw celery 2 stalk, medium (7-1/2" - 8" long) (80g) peanut butter 2 tbsp (32g) For all 2 meals:

raw celery 4 stalk, medium (7-1/2" - 8" long) (160g) peanut butter 4 tbsp (64g)

- 1. Clean celery and slice to desired lengths
- 2. spread peanut butter along center

## Dinner 1 🗹

Eat on day 1

#### Marinaded chicken breast

10 oz - 353 cals 
63g protein 
11g fat 
2g carbs 
0g fiber



Makes 10 oz

#### boneless skinless chicken breast, raw 10 oz (280g)

marinade sauce 5 tbsp (75mL)

- 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 marinade 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.
- 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.
- Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

#### Lentils

347 cals 
24g protein 
1g fat 
51g carbs 
10g fiber



#### salt

1 dash (1g) water 2 cup(s) (474mL) lentils, raw, rinsed 1/2 cup (96g)

- Cooking instructions of lentils can vary. Follow package instructions if possible.
- 2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Dinner 2 🗹

Eat on day 2

#### Roasted pepper stuffed chicken

8 oz - 572 cals 
51g protein 
39g fat 
4g carbs 
0g fiber



Makes 8 oz

#### oil

1 tsp (5mL) paprika 1/3 tsp (1g) boneless chicken thighs, with skin 1/2 lbs (227g) roasted red peppers, cut into thick strips 2/3 pepper(s) (47g) 1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.

- 2. Season chicken with paprika and salt/pepper (to taste).
- Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

#### Roasted carrots

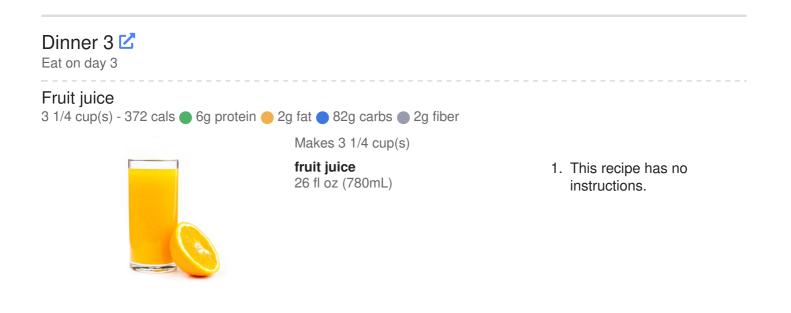
4 carrots(s) - 211 cals 
3g protein 
10g fat 
20g carbs 
8g fiber



Makes 4 carrots(s)

oil 2 tsp (10mL) carrots, sliced 4 large (288g)

- 1. Preheat oven to 400°F (200°C).
- Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.



#### Garlic beef stuffed sweet potatoes

1 sweet potato(es) - 385 cals 
27g protein 
12g fat 
37g carbs 
6g fiber



Makes 1 sweet potato(es)

oil 1/4 tbsp (4mL) garlic, minced 1/2 clove(s) (2g) garlic powder 1 dash (0g) ground beef (93% lean) 4 oz (114g) sweet potatoes 1 sweetpotato, 5" long (210g)

- Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
- Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
- 3. Add the ground beef and garlic powder. Break the beef apart and let it brown.
- 4. Once beef is fully cooked, split open sweet potatoes with a knife and stuff with the garlicy beef mixture. Serve.

## Dinner 4 🗹

Eat on day 4

#### Chicken-broccoli-sweet potato bowl

572 cals 
58g protein 
15g fat 
40g carbs 
11g fiber



frozen broccoli 1/2 package (142g) sweet potatoes, cut into bite-sized cubes 1 sweetpotato, 5" long (210g) paprika 4 dash (1g) boneless skinless chicken breast, raw, cut into bite-sized cubes 1/2 lbs (224g) salt 4 dash (3g) black pepper 4 dash, ground (1g) olive oil 2 tsp (10mL)

- 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.
- Prepare the broccoli according to the instructions on its packaging. Set aside.
- Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separatewhichever you prefer!). Serve.

#### Lentils

174 cals 
12g protein 
1g fat 
25g carbs 
5g fiber



salt 1/2 dash (0g) water 1 cup(s) (237mL) lentils, raw, rinsed 4 tbsp (48g)

- Cooking instructions of lentils can vary. Follow package instructions if possible.
- 2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Dinner 5 🗹

Eat on day 5, day 6

#### Mashed sweet potatoes

275 cals 
5g protein 
0g fat 
54g carbs 
9g fiber



For single meal:

**sweet potatoes** 1 1/2 sweetpotato, 5" long (315g) For all 2 meals:

**sweet potatoes** 3 sweetpotato, 5" long (630g)

- 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.

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.



#### 1 sweet potato(s) - 431 cals 30g protein 15g fat 38g carbs 7g fiber



Makes 1 sweet potato(s)

pesto sauce 2 tbsp (32g) boneless skinless chicken breast, raw 4 oz (113g) sweet potatoes 1 sweetpotato, 5" long (210g)

- Microwave sweet potato(s) for 4-7 minutes, or until soft. (Optional: bake in 400F (200 C) oven for 45 min to 1 hr instead)
- 2. Meanwhile, put raw chicken in a pot and cover with about an inch of water. Bring to a boil and cook for 15-20 minutes until chicken is done.
- 3. Transfer chicken to a bowl and shred with 2 forks.
- Add pesto to chicken and mix well. Stuff sweet potatoes with chicken mixture. Serve.

#### Naan bread

1/2 piece(s) - 131 cals • 4g protein • 3g fat • 22g carbs • 1g fiber

Makes 1/2 piece(s)

**naan bread** 1/2 piece (45g) 1. This recipe has no instructions.