

Meal Plan - 1500 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

1475 cals ● 137g protein (37%) ● 33g fat (20%) ● 122g carbs (33%) ● 35g fiber (10%)

Lunch

775 cals, 51g protein, 70g net carbs, 21g fat



Boiled eggs
2 egg(s)- 139 cals



Smashed chickpea toast
2 toast(s)- 636 cals

Dinner

700 cals, 87g protein, 52g net carbs, 12g fat



Marinated chicken breast
10 oz- 353 cals



Lentils
347 cals

Day 2

1493 cals ● 136g protein (36%) ● 81g fat (49%) ● 41g carbs (11%) ● 16g fiber (4%)

Lunch

710 cals, 82g protein, 17g net carbs, 32g fat



Simple kale salad
2 cup(s)- 110 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals

Dinner

785 cals, 54g protein, 23g net carbs, 49g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Roasted carrots
4 carrots(s)- 211 cals

Day 3

1467 cals ● 115g protein (31%) ● 45g fat (28%) ● 136g carbs (37%) ● 15g fiber (4%)

Lunch

710 cals, 82g protein, 17g net carbs, 32g fat



Simple kale salad
2 cup(s)- 110 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals

Dinner

755 cals, 33g protein, 119g net carbs, 13g fat



Fruit juice
3 1/4 cup(s)- 372 cals



Garlic beef stuffed sweet potatoes
1 sweet potato(es)- 385 cals

Day 4

1541 cals ● 116g protein (30%) ● 48g fat (28%) ● 135g carbs (35%) ● 26g fiber (7%)

Lunch

795 cals, 46g protein, 70g net carbs, 32g fat



Grilled cheese with mushrooms
485 cals



Lowfat Greek yogurt
2 container(s)- 310 cals

Dinner

745 cals, 70g protein, 65g net carbs, 16g fat



Chicken-broccoli-sweet potato bowl
572 cals




Lentils
174 cals

Day 5


1537 calsgreen94g protein (24%)orange55g fat (32%)blue128g carbs (33%)grey39g fiber (10%)

Lunch

755 calsgreen33g protein, 66g net carbs, 27g fat

Tossed salad


182 calsgreen

Chickpea & chickpea pasta


573 calsgreen

Dinner

785 calsgreen61g protein, 62g net carbs, 28g fat

Mashed sweet potatoes

275 calsgreen

Chicken sausage


4 link- 508 calsgreen

Day 6


1524 calsgreen113g protein (30%)orange58g fat (34%)blue115g carbs (30%)grey22g fiber (6%)

Lunch

740 calsgreen52g protein, 53g net carbs, 30g fat

Turkey & hummus deli sandwich


1 1/2 sandwich(es)- 524 calsgreen

Celery and peanut butter

218 calsgreen

Dinner

785 calsgreen61g protein, 62g net carbs, 28g fat

Mashed sweet potatoes

275 calsgreen

Chicken sausage


4 link- 508 calsgreen

Day 7


1452 calsgreen94g protein (26%)orange55g fat (34%)blue123g carbs (34%)grey21g fiber (6%)

Lunch

740 calsgreen52g protein, 53g net carbs, 30g fat

Turkey & hummus deli sandwich


1 1/2 sandwich(es)- 524 calsgreen

Celery and peanut butter


218 calsgreen

Dinner


710 calsgreen42g protein, 71g net carbs, 25g fat

Milk

1 cup(s)- 149 calsgreen

Pesto chicken sweet potatoes

1 sweet potato(s)- 431 calsgreen

Naan bread

1/2 piece(s)- 131 calsgreen

Dairy and Egg Products

- ☐ eggs
2 large (100g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ sliced cheese
1 1/2 slice (3/4 oz ea) (32g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ butter
1/2 tbsp (7g)
- ☐ whole milk
1 cup (240mL)

Spices and Herbs

- ☐ mustard
1 tbsp (15g)
- ☐ onion powder
1 tsp (2g)
- ☐ salt
1/2 tbsp (10g)
- ☐ black pepper
2 g (2g)
- ☐ chili powder
4 tsp (11g)
- ☐ fresh basil
24 leaves (12g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ garlic powder
1 dash (0g)
- ☐ thyme, dried
1/2 tbsp, ground (2g)

Vegetables and Vegetable Products

- ☐ raw celery
3/8 bunch (194g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (638g)
- ☐ carrots
5 1/3 medium (326g)
- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ sweet potatoes
6 sweetpotato, 5" long (1260g)
- ☐ mushrooms
3/4 cup, chopped (53g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/2 can (672g)
- ☐ lentils, raw
3/4 cup (144g)
- ☐ hummus
6 tbsp (90g)
- ☐ peanut butter
4 tbsp (64g)

Baked Products

- ☐ bread
11 slice(s) (352g)
- ☐ naan bread
1/2 piece (45g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1298g)
- ☐ boneless chicken thighs, with skin
1/2 lbs (227g)

Fats and Oils

- ☐ marinade sauce
5 tbsp (74mL)
- ☐ salad dressing
3 oz (82mL)
- ☐ olive oil
1 1/3 oz (41mL)
- ☐ oil
1 oz (30mL)

Beverages

- ☐ water
3 cup(s) (711mL)

Fruits and Fruit Juices

- ☐ green olives
24 large (106g)
- ☐ fruit juice
26 fl oz (780mL)

Other

- ☐ roasted red peppers
2/3 pepper(s) (47g)

- ☐ frozen broccoli
1/2 package (142g)
- ☐ red onion
1/6 medium (2-1/2" dia) (21g)
- ☐ cucumber
1/6 cucumber (8-1/4") (56g)
- ☐ romaine lettuce
3/4 hearts (375g)
- ☐ onion
1/2 medium (2-1/2" dia) (55g)

- ☐ nutritional yeast
1 tsp (1g)
- ☐ 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)
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Lunch 1 [↗](#)

Eat on day 1

Boiled eggs

2 egg(s) - 139 cal ● 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.
3. 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 cal ● 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 cal ● 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 cal ● 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)

boneless skinless chicken breast, 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, 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 (11 mL)

thyme, dried

1/2 tbsp, ground (2g)

bread

3 slice(s) (96g)

sliced cheese

1 1/2 slice (3/4 oz ea) (32g)

1. 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.
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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)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
 2. 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.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Turkey & hummus deli sandwich

1 1/2 sandwich(es) - 524 cal ● 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 cal ● 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

Marinated 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 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.

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)

1. 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).
3. 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).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Dinner 3 [↗](#)

Eat on day 3

Fruit juice

3 1/4 cup(s) - 372 cals ● 6g protein ● 2g fat ● 82g carbs ● 2g fiber



Makes 3 1/4 cup(s)

fruit juice

26 fl oz (780mL)

1. This recipe has no instructions.

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)

1. 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).
2. 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 garlicky 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 sweet potato, 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.
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.

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)

1. 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.
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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.

Dinner 6 [↗](#)

Eat on day 7

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



Makes 1 cup(s)

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Pesto chicken sweet potatoes

1 sweet potato(s) - 431 cal ● 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)

1. 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.
4. Add pesto to chicken and mix well. Stuff sweet potatoes with chicken mixture. Serve.

Naan bread

1/2 piece(s) - 131 cal ● 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.