

Meal Plan - 1000 calorie macro 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

973 cals ● 90g protein (37%) ● 45g fat (42%) ● 41g carbs (17%) ● 10g fiber (4%)

Breakfast

235 cals, 14g protein, 12g net carbs, 13g fat



Milk

1/2 cup(s)- 75 cals



Grapes

39 cals



Bacon & egg cups

1 cup(s)- 120 cals

Lunch

415 cals, 35g protein, 23g net carbs, 19g fat



Protein greek yogurt

1 container- 139 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals

Dinner

325 cals, 41g protein, 6g net carbs, 14g fat



Hummus crusted chicken

6 oz- 234 cals



Roasted tomatoes

1 1/2 tomato(es)- 89 cals

Day 2

973 cals ● 90g protein (37%) ● 45g fat (42%) ● 41g carbs (17%) ● 10g fiber (4%)

Breakfast

235 cals, 14g protein, 12g net carbs, 13g fat



Milk

1/2 cup(s)- 75 cals



Grapes

39 cals



Bacon & egg cups

1 cup(s)- 120 cals

Lunch

415 cals, 35g protein, 23g net carbs, 19g fat



Protein greek yogurt

1 container- 139 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals

Dinner

325 cals, 41g protein, 6g net carbs, 14g fat



Hummus crusted chicken

6 oz- 234 cals



Roasted tomatoes

1 1/2 tomato(es)- 89 cals

Day 3

1068 cals ● 101g protein (38%) ● 46g fat (39%) ● 48g carbs (18%) ● 14g fiber (5%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Protein shake (milk)
129 cals

Lunch

435 cals, 36g protein, 38g net carbs, 13g fat



Chipotle honey pork chops
206 cals



Lentils
231 cals

Dinner

430 cals, 42g protein, 3g net carbs, 24g fat



Basic ground turkey
6 2/3 oz- 313 cals



Garlic collard greens
119 cals

Day 4

1049 cals ● 96g protein (36%) ● 45g fat (39%) ● 54g carbs (21%) ● 11g fiber (4%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Protein shake (milk)
129 cals

Lunch

435 cals, 36g protein, 38g net carbs, 13g fat



Chipotle honey pork chops
206 cals



Lentils
231 cals

Dinner

415 cals, 37g protein, 10g net carbs, 23g fat



Sugar snap peas
41 cals



Honey mustard chicken thighs w/ skin
5 1/3 oz- 372 cals

Day 5

975 cals ● 104g protein (43%) ● 45g fat (41%) ● 29g carbs (12%) ● 11g fiber (4%)

Breakfast

205 cals, 11g protein, 13g net carbs, 11g fat



Bacon omelet

140 cals



Peach

1 peach(es)- 66 cals

Lunch

355 cals, 55g protein, 6g net carbs, 10g fat



Broccoli

1 1/2 cup(s)- 44 cals



Cajun cod

10 oz- 312 cals

Dinner

415 cals, 37g protein, 10g net carbs, 23g fat



Sugar snap peas

41 cals



Honey mustard chicken thighs w/ skin

5 1/3 oz- 372 cals

Day 6

1006 cals ● 91g protein (36%) ● 42g fat (37%) ● 51g carbs (20%) ● 16g fiber (6%)

Breakfast

205 cals, 11g protein, 13g net carbs, 11g fat



Bacon omelet

140 cals



Peach

1 peach(es)- 66 cals

Lunch

360 cals, 31g protein, 35g net carbs, 6g fat



Simple salad with tomatoes and carrots

98 cals



Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals

Dinner

440 cals, 49g protein, 4g net carbs, 24g fat



Buttered broccoli

1 1/3 cup(s)- 178 cals



Cajun tilapia

8 oz- 264 cals

Day 7

1006 cals ● 91g protein (36%) ● 42g fat (37%) ● 51g carbs (20%) ● 16g fiber (6%)

Breakfast

205 cals, 11g protein, 13g net carbs, 11g fat



Bacon omelet

140 cals



Peach

1 peach(es)- 66 cals

Lunch

360 cals, 31g protein, 35g net carbs, 6g fat



Simple salad with tomatoes and carrots

98 cals



Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals

Dinner

440 cals, 49g protein, 4g net carbs, 24g fat



Buttered broccoli

1 1/3 cup(s)- 178 cals



Cajun tilapia

8 oz- 264 cals

Grocery List



Poultry Products

- boneless skinless chicken breast, raw
1 1/4 lbs (564g)
- ground turkey, raw
6 2/3 oz (189g)
- chicken thighs, with bone and skin, raw
2/3 lbs (303g)

Legumes and Legume Products

- hummus
3 tbsp (46g)
- roasted peanuts
1/3 cup (49g)
- lentils, raw
2/3 cup (128g)

Spices and Herbs

- paprika
1 1/2 dash (0g)
- salt
3 g (3g)
- chipotle seasoning
1/3 tsp (1g)
- brown deli mustard
1 tbsp (15g)
- thyme, dried
1/4 tbsp, ground (1g)
- cajun seasoning
1/2 oz (12g)
- black pepper
1 1/3 dash (0g)

Fats and Oils

- oil
1 1/2 oz (49mL)
- olive oil
1/2 tbsp (8mL)
- salad dressing
1 1/2 tbsp (23mL)

Vegetables and Vegetable Products

- tomatoes
3 1/4 medium whole (2-3/5" dia) (396g)
- collard greens
6 oz (170g)
- garlic
1 clove(s) (3g)

Other

- protein greek yogurt, flavored
2 container (300g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
- barbecue sauce
2 3/4 tbsp (48g)

Dairy and Egg Products

- whole milk
2 cup(s) (480mL)
- eggs
7 large (350g)
- ghee
1/2 tbsp (6g)
- butter
2 2/3 tbsp (38g)

Fruits and Fruit Juices

- grapes
1 1/3 cup (123g)
- peach
3 medium (2-2/3" dia) (450g)

Pork Products

- bacon, cooked
5 slice(s) (50g)
- pork loin chops, boneless, raw
6 2/3 oz (189g)

Beverages

- protein powder
1 scoop (1/3 cup ea) (31g)
- water
2 3/4 cup (653mL)

Sweets

- honey
2/3 oz (23g)

Finfish and Shellfish Products

- cod, raw
10 oz (283g)

frozen sugar snap peas

1 1/3 cup (192g)

frozen broccoli

4 cup (379g)

carrots

1/2 medium (31g)

romaine lettuce

1 hearts (500g)

sweet potatoes

1 sweetpotato, 5" long (210g)

tilapia, raw

1 lbs (448g)

Breakfast 1 ↗

Eat on day 1 and day 2

Milk

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



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Grapes

39 cals ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

grapes
2/3 cup (61g)

For all 2 meals:

grapes
1 1/3 cup (123g)

1. The recipe has no instructions.

Bacon & egg cups

1 cup(s) - 120 cals ● 10g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
bacon, cooked
1 slice(s) (10g)

For all 2 meals:

eggs
2 large (100g)
bacon, cooked
2 slice(s) (20g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

Breakfast 2 ↗

Eat on day 3 and day 4

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

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.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Bacon omelet

140 cals ● 10g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
1/2 tsp (3mL)
eggs
1 large (50g)
bacon, cooked, cooked and chopped
1 slice(s) (10g)

For all 3 meals:

olive oil
1/2 tbsp (8mL)
eggs
3 large (150g)
bacon, cooked, cooked and chopped
3 slice(s) (30g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 3 meals:

peach

3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

Lunch 1

Eat on day 1 and day 2

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 2 meals:

protein greek yogurt, flavored

2 container (300g)

1. Enjoy.

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts

1/3 cup (49g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Lunch 2 ↗

Eat on day 3 and day 4

Chipotle honey pork chops

206 cals ● 20g protein ● 12g fat ● 4g carbs ● 0g fiber



For single meal:

ghee

1/4 tbsp (3g)

pork loin chops, boneless, raw

1/4 lbs (94g)

honey

1/4 tbsp (5g)

chipotle seasoning

1 1/3 dash (0g)

water

1 tsp (5mL)

oil

1/4 tbsp (3mL)

For all 2 meals:

ghee

1/2 tbsp (6g)

pork loin chops, boneless, raw

6 2/3 oz (189g)

honey

1/2 tbsp (9g)

chipotle seasoning

1/3 tsp (1g)

water

2 tsp (10mL)

oil

1/2 tbsp (7mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Lunch 3 ↗

Eat on day 5

Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen broccoli
1 1/2 cup (137g)

1. Prepare according to instructions on package.

Cajun cod

10 oz - 312 cals ● 51g protein ● 10g fat ● 3g carbs ● 1g fiber



Makes 10 oz

cod, raw
10 oz (283g)
cajun seasoning
1 tbsp (8g)
oil
1/2 tbsp (8mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Lunch 4 ↗

Eat on day 6 and day 7

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

salad dressing
1 1/2 tbsp (23mL)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

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

Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cals ● 27g protein ● 3g fat ● 28g carbs ● 3g fiber



For single meal:

barbecue sauce
4 tsp (24g)
boneless skinless chicken breast, raw
4 oz (112g)
sweet potatoes, halved
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
sweet potatoes, halved
1 sweetpotato, 5" long (210g)

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.

Dinner 1 ↗

Eat on day 1 and day 2

Hummus crusted chicken

6 oz - 234 cals ● 40g protein ● 7g fat ● 2g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
hummus
1 1/2 tbsp (23g)
paprika
3/4 dash (0g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
hummus
3 tbsp (46g)
paprika
1 1/2 dash (0g)

1. Preheat oven to 450°F (230°C).
2. Pat chicken dry with paper towels and season with salt and pepper.
3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
tomatoes
1 1/2 small whole (2-2/5" dia) (137g)

For all 2 meals:

oil
1 tbsp (15mL)
tomatoes
3 small whole (2-2/5" dia) (273g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 2 ↗

Eat on day 3

Basic ground turkey

6 2/3 oz - 313 cals ● 37g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 6 2/3 oz

ground turkey, raw
6 2/3 oz (189g)
oil
1 tsp (4mL)

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.

Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



collard greens
6 oz (170g)
oil
1 tsp (6mL)
salt
3/4 dash (1g)
garlic, minced
1 clove(s) (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 3 ↗

Eat on day 4 and day 5

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



For single meal:

brown deli mustard
1/2 tbsp (8g)
honey
1 tsp (7g)
thyme, dried
1/3 tsp, ground (0g)
salt
2/3 dash (1g)
chicken thighs, with bone and skin, raw
1/3 lbs (151g)

For all 2 meals:

brown deli mustard
1 tbsp (15g)
honey
2 tsp (14g)
thyme, dried
1/4 tbsp, ground (1g)
salt
1 1/3 dash (1g)
chicken thighs, with bone and skin, raw
2/3 lbs (303g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Dinner 4 ↗

Eat on day 6 and day 7

Buttered broccoli

1 1/3 cup(s) - 178 cals ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



For single meal:

salt
2/3 dash (0g)
frozen broccoli
1 1/3 cup (121g)
black pepper
2/3 dash (0g)
butter
4 tsp (19g)

For all 2 meals:

salt
1 1/3 dash (1g)
frozen broccoli
2 2/3 cup (243g)
black pepper
1 1/3 dash (0g)
butter
2 2/3 tbsp (38g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Cajun tilapia

8 oz - 264 cals ● 45g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

cajun seasoning
1 tsp (2g)
oil
1 tsp (5mL)
tilapia, raw
1/2 lbs (224g)

For all 2 meals:

cajun seasoning
2 tsp (5g)
oil
2 tsp (10mL)
tilapia, raw
16 oz (448g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.