

Meal Plan - 1100 calorie meal plan to lose fat/weight

[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

1144 cals ● 99g protein (35%) ● 59g fat (46%) ● 39g carbs (14%) ● 16g fiber (5%)

Breakfast

255 cals, 15g protein, 19g net carbs, 10g fat



Scrambled egg whites
61 cals



Southwest avocado toast
1 toast(s)- 193 cals

Lunch

470 cals, 40g protein, 4g net carbs, 30g fat



Indian chicken wings
10 2/3 oz- 440 cals



Green beans
32 cals

Dinner

420 cals, 44g protein, 16g net carbs, 18g fat



Milk
3/4 cup(s)- 112 cals



Zoodles with lemon garlic shrimp
6 oz shrimp- 307 cals

Day 2

1089 cals ● 109g protein (40%) ● 51g fat (42%) ● 35g carbs (13%) ● 13g fiber (5%)

Breakfast

255 cals, 15g protein, 19g net carbs, 10g fat



Scrambled egg whites
61 cals



Southwest avocado toast
1 toast(s)- 193 cals

Lunch

470 cals, 40g protein, 4g net carbs, 30g fat



Indian chicken wings
10 2/3 oz- 440 cals



Green beans
32 cals

Dinner

365 cals, 54g protein, 13g net carbs, 11g fat



Milk
1 cup(s)- 149 cals



Cajun lime shrimp
8 oz- 215 cals

Day 3

1165 cals ● 115g protein (39%) ● 41g fat (31%) ● 70g carbs (24%) ● 15g fiber (5%)

Breakfast

255 cals, 15g protein, 19g net carbs, 10g fat



Scrambled egg whites
61 cals



Southwest avocado toast
1 toast(s)- 193 cals

Dinner

515 cals, 58g protein, 30g net carbs, 16g fat



Brown rice
1/2 cup brown rice, cooked- 115 cals



Edamame & beet salad
86 cals



Balsamic chicken breast
8 oz- 316 cals

Lunch

395 cals, 42g protein, 22g net carbs, 14g fat



Mashed sweet potatoes
92 cals



Basic chicken & spinach salad
304 cals

Day 4

1132 cals ● 111g protein (39%) ● 39g fat (31%) ● 72g carbs (26%) ● 13g fiber (4%)

Breakfast

220 cals, 11g protein, 21g net carbs, 9g fat



Hummus toast
1 slice(s)- 146 cals



Milk
1/2 cup(s)- 75 cals

Dinner

515 cals, 58g protein, 30g net carbs, 16g fat



Brown rice
1/2 cup brown rice, cooked- 115 cals



Edamame & beet salad
86 cals



Balsamic chicken breast
8 oz- 316 cals

Lunch

395 cals, 42g protein, 22g net carbs, 14g fat



Mashed sweet potatoes
92 cals



Basic chicken & spinach salad
304 cals

Day 5


1070 calsgreen104g protein (39%)orange40g fat (34%)blue57g carbs (21%)grey16g fiber (6%)

Breakfast

220 calsgreen11g protein, 21g net carbs, 9g fat

Hummus toast


1 slice(s)- 146 calsgreen

Milk


1/2 cup(s)- 75 calsgreen

Dinner

465 calsgreen50g protein, 12g net carbs, 21g fat

Protein greek yogurt


1 container- 139 calsgreen

Avocado tuna salad

327 calsgreen

Lunch

385 calsgreen43g protein, 24g net carbs, 10g fat

Basic chicken breast

6 oz- 238 calsgreen

Beets


6 beets- 145 calsgreen

Day 6


1093 calsgreen130g protein (48%)orange44g fat (36%)blue33g carbs (12%)grey12g fiber (5%)

Breakfast

245 calsgreen14g protein, 17g net carbs, 12g fat

Orange


1 orange(s)- 85 calsgreen

Basic scrambled eggs


2 egg(s)- 159 calsgreen

Dinner

465 calsgreen50g protein, 12g net carbs, 21g fat

Protein greek yogurt


1 container- 139 calsgreen

Avocado tuna salad

327 calsgreen

Lunch

380 calsgreen66g protein, 4g net carbs, 11g fat

Broccoli

1 cup(s)- 29 calsgreen

Marinated chicken breast

10 oz- 353 calsgreen

Day 7


1102 calsgreen144g protein (52%)orange39g fat (32%)blue32g carbs (11%)grey11g fiber (4%)

Breakfast

245 calsgreen14g protein, 17g net carbs, 12g fat




Orange
1 orange(s)- 85 calsgreen



Basic scrambled eggs
2 egg(s)- 159 calsgreen

Lunch

380 calsgreen66g protein, 4g net carbs, 11g fat




Broccoli
1 cup(s)- 29 calsgreen




Marinated chicken breast
10 oz- 353 calsgreen

Dinner

475 calsgreen65g protein, 11g net carbs, 17g fat



Lemon pepper chicken breast
10 oz- 370 calsgreen



Roasted carrots
2 carrots(s)- 106 calsgreen

Dairy and Egg Products

- ☐ whole milk
2 3/4 cup(s) (660mL)
- ☐ egg whites
3/4 cup (182g)
- ☐ eggs
4 large (200g)

Finfish and Shellfish Products

- ☐ shrimp, raw
14 oz (397g)
- ☐ canned tuna
1 1/2 can (258g)

Vegetables and Vegetable Products

- ☐ garlic
3/4 clove (2g)
- ☐ zucchini
1 1/2 medium (294g)
- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ fresh spinach
4 1/2 cup(s) (131g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)
- ☐ beets, precooked (canned or refrigerated)
8 beet(s) (400g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ tomatoes
6 tbsp, chopped (68g)
- ☐ onion
3/8 small (26g)
- ☐ frozen broccoli
2 cup (182g)
- ☐ carrots
2 large (144g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1/6 cup(s) (mL)

Fruits and Fruit Juices

- ☐ lemon juice
3/4 tbsp (11mL)
- ☐ limes
1/2 fruit (2" dia) (34g)

Fats and Oils

- ☐ oil
2 oz (62mL)
- ☐ olive oil
2 1/2 tsp (12mL)
- ☐ balsamic vinaigrette
2 1/2 oz (75mL)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ marinade sauce
10 tbsp (151mL)

Poultry Products

- ☐ chicken wings, with skin, raw
1 1/3 lbs (605g)
- ☐ boneless skinless chicken breast, raw
4 lbs (1802g)

Spices and Herbs

- ☐ salt
10 1/4 g (10g)
- ☐ curry powder
2 tbsp (13g)
- ☐ cajun seasoning
1/2 tbsp (3g)
- ☐ black pepper
1/8 oz (1g)
- ☐ lemon pepper
2 tsp (4g)

Baked Products

- ☐ bread
1/3 lbs (160g)

Other

- ☐ guacamole, store-bought
6 tbsp (93g)
- ☐ mixed greens
2 1/2 cup (75g)
- ☐ italian seasoning
4 dash (2g)
- ☐ protein greek yogurt, flavored
2 container (300g)

Legumes and Legume Products

- ☐ **avocados**
3/4 avocado(s) (151g)
- ☐ **lime juice**
1/2 tbsp (8mL)
- ☐ **orange**
2 orange (308g)

- ☐ **refried beans**
3/4 cup (182g)
- ☐ **hummus**
5 tbsp (75g)

Beverages

- ☐ **water**
2/3 cup(s) (159mL)

Cereal Grains and Pasta

- ☐ **brown rice**
1/3 cup (63g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Scrambled egg whites

61 cal ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

egg whites

4 tbsp (61g)

oil

1/4 tbsp (4mL)

For all 3 meals:

egg whites

3/4 cup (182g)

oil

3/4 tbsp (11mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Southwest avocado toast

1 toast(s) - 193 cal ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

bread

1 slice(s) (32g)

guacamole, store-bought

2 tbsp (31g)

refried beans

4 tbsp (61g)

fresh spinach

1/8 cup(s) (4g)

For all 3 meals:

bread

3 slice(s) (96g)

guacamole, store-bought

6 tbsp (93g)

refried beans

3/4 cup (182g)

fresh spinach

3/8 cup(s) (11g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread

1 slice (32g)

hummus

2 1/2 tbsp (38g)

For all 2 meals:

bread

2 slice (64g)

hummus

5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.
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Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/2 tsp (3mL)

eggs

2 large (100g)

For all 2 meals:

oil

1 tsp (5mL)

eggs

4 large (200g)

1. Beat eggs in medium bowl until blended.
 2. Heat oil in large nonstick skillet over medium heat until hot.
 3. Pour in egg mixture.
 4. As eggs begin to set, scramble them.
 5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Indian chicken wings

10 2/3 oz - 440 cals ● 39g protein ● 30g fat ● 0g carbs ● 3g fiber



For single meal:

oil

1/2 tsp (2mL)

chicken wings, with skin, raw

2/3 lbs (303g)

salt

1/4 tbsp (4g)

curry powder

1 tbsp (6g)

For all 2 meals:

oil

1 tsp (5mL)

chicken wings, with skin, raw

1 1/3 lbs (605g)

salt

1/2 tbsp (8g)

curry powder

2 tbsp (13g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Green beans

32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

frozen green beans

2/3 cup (81g)

For all 2 meals:

frozen green beans

1 1/3 cup (161g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes

1 sweetpotato, 5" long (210g)

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.
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Basic chicken & spinach salad

304 cals ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



For single meal:

fresh spinach

2 cup(s) (60g)

oil

1 tsp (5mL)

salad dressing

1 1/2 tbsp (23mL)

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

6 oz (170g)

For all 2 meals:

fresh spinach

4 cup(s) (120g)

oil

2 tsp (10mL)

salad dressing

3 tbsp (45mL)

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

3/4 lbs (340g)

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 5

Basic chicken breast

6 oz - 238 cals ● 38g protein ● 10g fat ● 0g carbs ● 0g fiber



Makes 6 oz

boneless skinless chicken breast, raw

6 oz (168g)

oil

1 tsp (6mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Beets

6 beets - 145 cals ● 5g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 6 beets

beets, precooked (canned or refrigerated)
6 beet(s) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli
1 cup (91g)

For all 2 meals:

frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Marinated chicken breast

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



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
marinade sauce
5 tbsp (75mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

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.
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.

Dinner 1 [↗](#)

Eat on day 1

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(s) (180mL)

1. The recipe has no instructions.

Zoodles with lemon garlic shrimp

6 oz shrimp - 307 cals ● 38g protein ● 12g fat ● 8g carbs ● 3g fiber



Makes 6 oz shrimp

shrimp, raw, peeled and deveined

6 oz (170g)

garlic, diced

3/4 clove (2g)

vegetable broth

1/6 cup(s) (mL)

lemon juice

3/4 tbsp (11mL)

oil

3/4 tbsp (11mL)

zucchini, spiralized

1 1/2 medium (294g)

1. Heat oil in a large pan over medium heat. Add garlic and shrimp in even layer and season with salt/pepper to taste. Cook for 1-2 minutes on each side until shrimp is fully cooked and pink. Remove shrimp and set aside.
2. Add broth and lemon juice to the pan and simmer for 2-3 minutes. Add in spiralized zucchini and toss in broth. Cook for about 1 minute until warmed through.
3. Add shrimp back in and serve.

Dinner 2 [↗](#)

Eat on day 2

Milk

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



Makes 1 cup(s)

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Cajun lime shrimp

8 oz - 215 cal ● 46g protein ● 3g fat ● 1g carbs ● 0g fiber



Makes 8 oz

cajun seasoning
1/2 tbsp (3g)

olive oil
1/2 tbsp (8mL)

limes, juiced
1/2 fruit (2" dia) (34g)

shrimp, raw, peeled and deveined
1/2 lbs (227g)

1. Mix together the Cajun seasoning, lime juice, and oil in a resealable plastic bag. Add the shrimp, coat with marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 20 minutes.
2. Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade.
3. Cook the shrimp on grill or in pan until they are bright pink on the outside and the inside is no longer transparent, about 2-3 minutes per side.
4. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

salt
1 dash (1g)

water
1/3 cup(s) (79mL)

black pepper
1 dash, ground (0g)

brown rice
2 2/3 tbsp (32g)

For all 2 meals:

salt
2 dash (1g)

water
2/3 cup(s) (158mL)

black pepper
2 dash, ground (1g)

brown rice
1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

mixed greens
1/2 cup (15g)
balsamic vinaigrette
1/2 tbsp (8mL)
edamame, frozen, shelled
4 tbsp (30g)
beets, precooked (canned or refrigerated), chopped
1 beet(s) (50g)

For all 2 meals:

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (227g)
balsamic vinaigrette
2 tbsp (30mL)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (454g)
balsamic vinaigrette
4 tbsp (60mL)
oil
2 tsp (10mL)
italian seasoning
4 dash (2g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
 2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.
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Dinner 4 [↗](#)

Eat on day 5 and day 6

Protein greek yogurt

1 container - 139 cal ● 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.

Avocado tuna salad

327 cal ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



For single meal:

avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)
onion, minced
1/6 small (13g)

For all 2 meals:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
mixed greens
1 1/2 cup (45g)
canned tuna
1 1/2 can (258g)
tomatoes
6 tbsp, chopped (68g)
onion, minced
3/8 small (26g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Lemon pepper chicken breast

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



Makes 10 oz

boneless skinless chicken breast, raw

10 oz (280g)

olive oil

1 tsp (5mL)

lemon pepper

2 tsp (4g)

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.

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil

1 tsp (5mL)

carrots, sliced

2 large (144g)

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.
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