

Meal Plan - 1000 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

979 cals ● 111g protein (45%) ● 48g fat (44%) ● 10g carbs (4%) ● 15g fiber (6%)

Lunch

455 cals, 68g protein, 4g net carbs, 16g fat



Broccoli

2 cup(s)- 58 cals



Basic chicken breast

10 oz- 397 cals

Dinner

525 cals, 43g protein, 7g net carbs, 32g fat



Walnuts

1/8 cup(s)- 87 cals



Avocado tuna salad

436 cals

Day 2

960 cals ● 129g protein (54%) ● 38g fat (36%) ● 15g carbs (6%) ● 11g fiber (4%)

Lunch

455 cals, 68g protein, 4g net carbs, 16g fat



Broccoli

2 cup(s)- 58 cals



Basic chicken breast

10 oz- 397 cals

Dinner

505 cals, 61g protein, 11g net carbs, 22g fat



Simple kale salad

1 cup(s)- 55 cals



Baked chicken with tomatoes & olives

9 oz- 449 cals

Day 3

979 cals ● 129g protein (53%) ● 41g fat (37%) ● 15g carbs (6%) ● 10g fiber (4%)

Lunch

475 cals, 68g protein, 4g net carbs, 19g fat



Lemon pepper chicken breast

10 oz- 370 cals



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals

Dinner

505 cals, 61g protein, 11g net carbs, 22g fat



Simple kale salad

1 cup(s)- 55 cals



Baked chicken with tomatoes & olives

9 oz- 449 cals

Day 4

950 cals ● 103g protein (43%) ● 30g fat (28%) ● 53g carbs (22%) ● 16g fiber (7%)

Lunch

550 cals, 43g protein, 46g net carbs, 19g fat



White rice

1/2 cup rice, cooked- 109 cals



Pork and vegetable stir fry

440 cals

Dinner

400 cals, 59g protein, 7g net carbs, 11g fat



Basic chicken breast tenderloins

8 oz- 299 cals



Broccoli


3 1/2 cup(s)- 102 cals

Day 5

1039 calsgreen92g protein (35%)orange36g fat (31%)blue76g carbs (29%)grey11g fiber (4%)


Lunch

550 calsgreen43g protein, 46g net carbs, 19g fat



White rice

1/2 cup rice, cooked- 109 calsgreen




Pork and vegetable stir fry

440 calsgreen


Dinner

490 calsgreen49g protein, 30g net carbs, 17g fat



Homemade chicken noodle soup

422 calsgreen



Simple mixed greens salad


68 calsgreen

Day 6

949 calsgreen94g protein (40%)orange26g fat (24%)blue73g carbs (31%)grey13g fiber (5%)


Lunch

460 calsgreen45g protein, 43g net carbs, 8g fat



Lentils

260 calsgreen




Baked garlic parmesan chicken

4 oz- 200 calsgreen


Dinner

490 calsgreen49g protein, 30g net carbs, 17g fat



Homemade chicken noodle soup

422 calsgreen



Simple mixed greens salad


68 calsgreen

Day 7

996 calsgreen90g protein (36%)orange33g fat (29%)blue65g carbs (26%)grey20g fiber (8%)


Lunch

460 calsgreen45g protein, 43g net carbs, 8g fat



Lentils

260 calsgreen




Baked garlic parmesan chicken

4 oz- 200 calsgreen


Dinner

535 calsgreen45g protein, 22g net carbs, 24g fat



Honey mustard chicken thighs w/ skin

5 1/3 oz- 372 calsgreen



Sugar snap peas

164 calsgreen

Vegetables and Vegetable Products

- ☐ frozen broccoli
9 cup (819g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (351g)
- ☐ onion
1 medium (2-1/2" dia) (100g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ frozen mixed veggies
1 10oz package (284g)
- ☐ carrots
3/4 cup chopped (96g)
- ☐ raw celery
3/4 cup chopped (76g)
- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ frozen sugar snap peas
2 2/3 cup (384g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/4 lbs (1917g)
- ☐ chicken thighs, with bone and skin, raw
1/3 lbs (151g)

Fats and Oils

- ☐ oil
1 1/2 oz (47mL)
- ☐ salad dressing
5 tbsp (75mL)
- ☐ olive oil
1 oz (35mL)

Nut and Seed Products

- ☐ walnuts
2 tbsp, shelled (13g)

Fruits and Fruit Juices

- ☐ avocados
1/2 avocado(s) (101g)
- ☐ lime juice
1 tsp (5mL)
- ☐ green olives
18 large (79g)

Spices and Herbs

Other

- ☐ mixed greens
4 cup (120g)
- ☐ stir-fry sauce
4 tbsp (68g)
- ☐ chicken breast tenderloins, raw
1/2 lbs (227g)

Finfish and Shellfish Products

- ☐ canned tuna
1 can (172g)

Beverages

- ☐ water
3 2/3 cup(s) (870mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/3 cup (62g)
- ☐ dry egg noodles
1 cup (43g)

Pork Products

- ☐ boneless pork loin
3/4 lbs (340g)

Soups, Sauces, and Gravies

- ☐ chicken broth
6 cup(s) (mL)

Legumes and Legume Products

- ☐ lentils, raw
3/4 cup (144g)

Dairy and Egg Products

- ☐ parmesan cheese
1 tbsp (6g)

Baked Products

- ☐ bread crumbs
2 tbsp (14g)

Sweets

- ☐ salt
1/4 oz (8g)
 - ☐ black pepper
2 g (2g)
 - ☐ chili powder
1 tbsp (8g)
 - ☐ fresh basil
18 leaves (9g)
 - ☐ lemon pepper
2 tsp (4g)
 - ☐ thyme, dried
1 g (1g)
 - ☐ basil, dried
1 tsp, leaves (1g)
 - ☐ dried parsley
1/4 tbsp (0g)
 - ☐ brown deli mustard
1/2 tbsp (8g)
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- ☐ honey
1 tsp (7g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli
2 cup (182g)

For all 2 meals:

frozen broccoli
4 cup (364g)

1. Prepare according to instructions on package.

Basic chicken breast

10 oz - 397 cals ● 63g protein ● 16g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
oil
2 tsp (9mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
oil
1 1/4 tbsp (19mL)

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.

Lunch 2 [↗](#)

Eat on day 3

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.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

White rice

1/2 cup rice, cooked - 109 cal● 2g protein● 0g fat● 24g carbs● 0g fiber



For single meal:

water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Pork and vegetable stir fry

440 cal● 41g protein● 18g fat● 22g carbs● 6g fiber



For single meal:

stir-fry sauce
2 tbsp (34g)
frozen mixed veggies
1/2 10oz package (142g)
black pepper
2 dash, ground (1g)
salt
1 dash (1g)
oil, divided
1/4 tbsp (4mL)
boneless pork loin, cubed
6 oz (170g)

For all 2 meals:

stir-fry sauce
4 tbsp (68g)
frozen mixed veggies
1 10oz package (284g)
black pepper
4 dash, ground (1g)
salt
2 dash (2g)
oil, divided
1/2 tbsp (8mL)
boneless pork loin, cubed
3/4 lbs (340g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return pork to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until pork is fully cooked.
6. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

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.

Baked garlic parmesan chicken

4 oz - 200 cal ● 27g protein ● 8g fat ● 5g carbs ● 0g fiber



For single meal:

olive oil
1/4 tbsp (4mL)
parmesan cheese
1/2 tbsp (3g)
garlic, minced
1/8 clove (0g)
bread crumbs
1 tbsp (7g)
basil, dried
1 dash, leaves (0g)
boneless skinless chicken breast, raw
4 oz (113g)
black pepper
1/4 dash, ground (0g)

For all 2 meals:

olive oil
1/2 tbsp (8mL)
parmesan cheese
1 tbsp (6g)
garlic, minced
1/4 clove (1g)
bread crumbs
2 tbsp (14g)
basil, dried
2 dash, leaves (0g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
black pepper
1/2 dash, ground (0g)

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Dinner 1 [↗](#)

Eat on day 1

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber

Makes 1/8 cup(s)

walnuts
2 tbsp, shelled (13g)



1. The recipe has no instructions.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
canned tuna
1 can (172g)
tomatoes
4 tbsp, chopped (45g)
onion, minced
1/4 small (18g)

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 2 [↗](#)

Eat on day 2 and day 3

Simple kale salad

1 cup(s) - 55 cals ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



For single meal:

kale leaves
1 cup, chopped (40g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

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

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
green olives
9 large (40g)
black pepper
3 dash (0g)
chili powder
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (255g)
fresh basil, shredded
9 leaves (5g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

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.

Dinner 3 [↗](#)

Eat on day 4

Basic chicken breast tenderloins

8 oz - 299 cals ● 50g protein ● 11g fat ● 0g carbs ● 0g fiber



Makes 8 oz

oil
2 tsp (10mL)
chicken breast tenderloins, raw
1/2 lbs (227g)

1. Season tenderloins with salt, pepper, or your favorite seasoning blend.
2. Stove: Heat oil in a skillet or grill pan over medium heat and cook tenderloins for 3-4 minutes per side until golden brown and cooked through. Oven: Preheat the oven to 400°F (200°C), place tenderloins on a baking sheet, and bake for 15-20 minutes or until internal temperature reaches 165°F (74°C).

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli
3 1/2 cup (319g)

1. Prepare according to instructions on package.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Homemade chicken noodle soup

422 cals ● 48g protein ● 12g fat ● 26g carbs ● 4g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
chicken broth
3 cup(s) (mL)
dry egg noodles
1/2 cup (21g)
oil
1 tsp (6mL)
thyme, dried
3 dash, leaves (0g)
basil, dried
3 dash, leaves (0g)
dried parsley
3 dash (0g)
carrots, chopped
6 tbsp chopped (48g)
raw celery, chopped
6 tbsp chopped (38g)
onion, chopped
3/8 medium (2-1/2" dia) (41g)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
chicken broth
6 cup(s) (mL)
dry egg noodles
1 cup (43g)
oil
3/4 tbsp (11mL)
thyme, dried
1/4 tbsp, leaves (1g)
basil, dried
1/4 tbsp, leaves (1g)
dried parsley
1/4 tbsp (0g)
carrots, chopped
3/4 cup chopped (96g)
raw celery, chopped
3/4 cup chopped (76g)
onion, chopped
3/4 medium (2-1/2" dia) (83g)
garlic, minced
2 1/4 clove(s) (7g)

1. Heat oil in a large pot over medium-high heat. Add the chicken and cook until browned on both sides but not fully cooked, about 4-5 minutes per side. Transfer the chicken to a plate and set aside.
2. In the same pot, add the onions, carrots, and celery. Cook until the vegetables are tender, about 5-7 minutes. Add the garlic and cook for another 1-2 minutes, until fragrant.
3. Pour in the chicken broth and add the thyme, basil, and parsley. Bring to a boil.
4. Return the chicken breasts to the pot, reduce the heat to a simmer, and cook until the chicken is fully cooked, about 10-12 minutes. Transfer the chicken to a plate and let it cool slightly.
5. Add the egg noodles to the pot and cook according to the package instructions, usually 8-10 minutes.
6. While the noodles cook, shred the chicken with two forks.
7. Return the shredded chicken to the pot, stir, and season with salt and pepper to taste. Serve hot.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl.
Serve.

Dinner 5 [🔗](#)
Eat on day 7

Honey mustard chicken thighs w/ skin

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



Makes 5 1/3 oz

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)

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.

Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



frozen sugar snap peas
2 2/3 cup (384g)

1. Prepare according to instructions on package.