

# Meal Plan - 1100 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

1057 cals ● 128g protein (48%) ● 28g fat (24%) ● 61g carbs (23%) ● 12g fiber (5%)

### Lunch

480 cals, 68g protein, 8g net carbs, 17g fat



**Sugar snap peas**  
82 cals



**Basic chicken breast**  
10 oz- 397 cals

### Dinner

580 cals, 60g protein, 54g net carbs, 11g fat



**Grilled chicken sandwich**  
1 sandwich(es)- 460 cals



**Grapefruit**  
1 grapefruit- 119 cals

## Day 2

1101 cals ● 97g protein (35%) ● 46g fat (37%) ● 64g carbs (23%) ● 12g fiber (4%)

### Lunch

595 cals, 40g protein, 26g net carbs, 35g fat



**Sweet potato wedges**  
174 cals



**Steak & mushroom skillet**  
6 oz steak- 422 cals

### Dinner

505 cals, 58g protein, 38g net carbs, 11g fat



**Corn**  
139 cals



**Italian baked tilapia**  
9 oz- 367 cals

## Day 3

1162 cals ● 105g protein (36%) ● 55g fat (43%) ● 45g carbs (15%) ● 16g fiber (5%)

### Lunch

595 cals, 40g protein, 26g net carbs, 35g fat



**Sweet potato wedges**  
174 cals



**Steak & mushroom skillet**  
6 oz steak- 422 cals

### Dinner

565 cals, 66g protein, 19g net carbs, 21g fat



**Easy chickpea salad**  
117 cals



**Baked chicken with tomatoes & olives**  
9 oz- 449 cals

## Day 4

1147 cals ● 99g protein (35%) ● 63g fat (49%) ● 30g carbs (10%) ● 16g fiber (6%)

### Lunch

580 cals, 34g protein, 11g net carbs, 42g fat



**Cheesy garlicky salmon**  
367 cals



**Buttered sugar snap peas**  
214 cals

### Dinner

565 cals, 66g protein, 19g net carbs, 21g fat



**Easy chickpea salad**  
117 cals




**Baked chicken with tomatoes & olives**  
9 oz- 449 cals

Day 5

1101 calsgreen88g protein (32%)orange48g fat (39%)blue66g carbs (24%)grey13g fiber (5%)


Lunch

580 calsgreen34g protein, 11g net carbs, 42g fat



Cheesy garlicky salmon

367 calsgreen




Buttered sugar snap peas

214 calsgreen

Dinner

520 calsgreen54g protein, 55g net carbs, 6g fat



Bbq chicken stuffed sweet potatoes


1 potato(es)- 520 calsgreen

Day 6

1105 calsgreen94g protein (34%)orange47g fat (38%)blue64g carbs (23%)grey13g fiber (5%)


Lunch

585 calsgreen40g protein, 9g net carbs, 41g fat



Olive oil drizzled sugar snap peas

163 calsgreen




Steak Bites

6 oz(s)- 422 calsgreen

Dinner

520 calsgreen54g protein, 55g net carbs, 6g fat



Bbq chicken stuffed sweet potatoes


1 potato(es)- 520 calsgreen

Day 7

1103 calsgreen114g protein (41%)orange53g fat (43%)blue26g carbs (9%)grey18g fiber (7%)


Lunch

585 calsgreen40g protein, 9g net carbs, 41g fat



Olive oil drizzled sugar snap peas

163 calsgreen




Steak Bites

6 oz(s)- 422 calsgreen

Dinner

515 calsgreen74g protein, 17g net carbs, 12g fat



Sugar snap peas

164 calsgreen



Marinated chicken breast

10 oz- 353 calsgreen

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
9 1/3 cup (1344g)
- ☐ tomatoes  
3 1/2 medium whole (2-3/5" dia) (426g)
- ☐ sweet potatoes  
3 1/3 sweetpotato, 5" long (700g)
- ☐ mushrooms  
6 oz (170g)
- ☐ frozen corn kernels  
1 cup (136g)
- ☐ canned crushed tomatoes  
3/8 can (152g)
- ☐ onion  
1/2 medium (2-1/2" dia) (59g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ garlic  
2 1/2 clove(s) (8g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
4 lbs (1745g)

## Fats and Oils

- ☐ oil  
2 oz (64mL)
- ☐ olive oil  
2 1/3 tbsp (35mL)
- ☐ marinade sauce  
5 tbsp (74mL)

## Other

- ☐ mixed greens  
4 tbsp (8g)
- ☐ italian seasoning  
1 tsp (4g)

## Spices and Herbs

- ☐ dijon mustard  
1 1/2 g (11g)
- ☐ salt  
10 1/4 g (10g)
- ☐ black pepper  
1/8 oz (2g)
- ☐ rosemary, dried  
3 dash (0g)

## Baked Products

- ☐ kaiser rolls  
1 roll (3-1/2" dia) (57g)

## Fruits and Fruit Juices

- ☐ Grapefruit  
1 large (approx 4-1/2" dia) (332g)
- ☐ green olives  
18 large (79g)
- ☐ lemon juice  
1 tbsp (15mL)

## Beef Products

- ☐ sirloin steak, raw  
1 1/2 lbs (680g)

## Dairy and Egg Products

- ☐ butter  
1/2 stick (57g)
- ☐ parmesan cheese  
1/3 cup (33g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/2 lbs (252g)
- ☐ salmon  
1/2 lbs (227g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/2 tbsp (0mL)
- ☐ barbecue sauce  
1/3 cup (95g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1/2 can(s) (224g)

- ☐ **balsamic vinegar**  
1/2 tbsp (8mL)
  - ☐ **chili powder**  
1 tbsp (8g)
  - ☐ **fresh basil**  
20 leaves (10g)
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## Lunch 1 [↗](#)

Eat on day 1

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



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

1. Prepare according to instructions on package.

### Basic chicken breast

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



Makes 10 oz

**boneless skinless chicken breast, raw**

10 oz (280g)

**oil**

2 tsp (9mL)

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.
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## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**sweet potatoes, cut into wedges**  
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

### Steak & mushroom skillet

6 oz steak - 422 cals ● 37g protein ● 29g fat ● 2g carbs ● 1g fiber



For single meal:

**sirloin steak, raw**  
6 oz (170g)  
**oil**  
1/2 tsp (3mL)  
**butter**  
1 tsp (5g)  
**dijon mustard**  
3 dash (2g)  
**rosemary, dried**  
1 1/2 dash (0g)  
**mushrooms, sliced**  
3 oz (85g)

For all 2 meals:

**sirloin steak, raw**  
3/4 lbs (340g)  
**oil**  
1 tsp (6mL)  
**butter**  
3/4 tbsp (11g)  
**dijon mustard**  
1/4 tbsp (4g)  
**rosemary, dried**  
3 dash (0g)  
**mushrooms, sliced**  
6 oz (170g)

1. Season steak with some salt/pepper.
2. Heat oil in a skillet over medium-high heat.
3. Once oil is hot, add steak and cook 5-7 minutes on each side or until it's done to your liking.
4. Remove steak from pan and set aside to rest.
5. Add butter, mushrooms, dijon, rosemary and some salt/pepper to the skillet and stir. Cook mushrooms until tender, about 5 minutes.
6. Serve steak with mushroom mixture.

## Lunch 3 [↗](#)

Eat on day 4 and day 5

### Cheesy garlicky salmon

367 cals ● 28g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

**parmesan cheese**  
2 1/2 tbsp (17g)  
**salmon**  
4 oz (113g)  
**lemon juice**  
1/2 tbsp (8mL)  
**oil**  
1/2 tbsp (8mL)  
**fresh basil, chopped**  
1 leaves (1g)  
**garlic, minced**  
1/2 clove(s) (2g)

For all 2 meals:

**parmesan cheese**  
1/3 cup (33g)  
**salmon**  
1/2 lbs (227g)  
**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**fresh basil, chopped**  
2 leaves (1g)  
**garlic, minced**  
1 clove(s) (3g)

1. Preheat oven to 350°F (180°C).
2. Line a baking tray with parchment paper and spray. Place salmon fillets, skin side down, on the baking tray. Set aside.
3. In a small bowl combine the cheese, garlic, lemon, basil, oil, and some salt and pepper. Mix until well combined.
4. Spread cheese mixture evenly over each fillet.
5. Bake in oven for 13 minutes or until internal temperature reaches 145°F (63°C). Serve.

### Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**butter**  
2 2/3 tbsp (36g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.



## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)  
**olive oil**  
4 tsp (20mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Steak Bites

6 oz(s) - 422 cals ● 35g protein ● 31g fat ● 1g carbs ● 0g fiber



For single meal:

**sirloin steak, raw**  
6 oz (170g)  
**oil**  
1 tsp (6mL)  
**garlic, diced**  
3/4 clove(s) (2g)  
**butter, room-temperature**  
1 tsp (5g)

For all 2 meals:

**sirloin steak, raw**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, diced**  
1 1/2 clove(s) (5g)  
**butter, room-temperature**  
3/4 tbsp (11g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

## Dinner 1 [↗](#)

Eat on day 1

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### Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**tomatoes**

3 slice(s), thin/small (45g)

**mixed greens**

4 tbsp (8g)

**dijon mustard**

1/2 tbsp (8g)

**kaiser rolls**

1 roll (3-1/2" dia) (57g)

**oil**

1/2 tsp (3mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

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### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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## Dinner 2 [↗](#)

Eat on day 2

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### Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



**frozen corn kernels**  
1 cup (136g)

1. Prepare according to instructions on package.

### Italian baked tilapia

9 oz - 367 cals ● 54g protein ● 10g fat ● 12g carbs ● 4g fiber



Makes 9 oz

**italian seasoning**  
1 tsp (4g)  
**tilapia, raw**  
1/2 lbs (252g)  
**canned crushed tomatoes**  
3/8 can (152g)  
**oil**  
1 tsp (6mL)  
**onion, chopped**  
3/8 medium (2-1/2" dia) (41g)

1. Preheat the oven to 375°F (190°C). Heat the oil in an oven-proof pan over medium-high heat. Add the onion and cook for about 8 minutes, until soft and browned.
2. Stir in half of the tomatoes and half of the Italian seasoning. Season with a pinch of salt and pepper. Place the tilapia on top of the mixture, then spoon the remaining tomatoes and seasoning over the fish. Add another pinch of salt and pepper.
3. Transfer the pan to the oven and bake for about 15 minutes, or until the fish is cooked through. Keep an eye on it to avoid overcooking.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Easy chickpea salad

117 cal ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

**balsamic vinegar**  
1/4 tbsp (4mL)  
**apple cider vinegar**  
1/4 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/4 can(s) (112g)  
**onion, thinly sliced**  
1/8 small (9g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**fresh parsley, chopped**  
3/4 sprigs (1g)

For all 2 meals:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

### Baked chicken with tomatoes & olives

9 oz - 449 cal ● 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 4 [↗](#)

Eat on day 5 and day 6

### Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cals ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

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

For all 2 meals:

**barbecue sauce**  
1/3 cup (95g)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**sweet potatoes, halved**  
2 sweetpotato, 5" long (420g)

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 5 [↗](#)

Eat on day 7

### 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.

### 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.
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