

Meal Plan - 1300 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

1348 cals ● 94g protein (28%) ● 47g fat (32%) ● 123g carbs (36%) ● 13g fiber (4%)

Lunch

625 cals, 45g protein, 51g net carbs, 23g fat



Simple mixed greens and tomato salad

76 cals



White rice

1/2 cup rice, cooked- 109 cals



Pork and vegetable stir fry

440 cals

Dinner

725 cals, 49g protein, 72g net carbs, 24g fat



Flavored rice mix

287 cals



Chipotle honey pork chops

386 cals



Okra

1 1/4 cup- 50 cals

Day 2

1282 cals ● 102g protein (32%) ● 44g fat (31%) ● 99g carbs (31%) ● 20g fiber (6%)

Lunch

625 cals, 45g protein, 51g net carbs, 23g fat



Simple mixed greens and tomato salad

76 cals



White rice

1/2 cup rice, cooked- 109 cals



Pork and vegetable stir fry

440 cals

Dinner

655 cals, 57g protein, 48g net carbs, 21g fat



Simple mixed greens salad

203 cals



Mexican posole soup

454 cals

Day 3

1306 cals ● 108g protein (33%) ● 67g fat (46%) ● 52g carbs (16%) ● 17g fiber (5%)

Lunch

635 cals, 51g protein, 21g net carbs, 35g fat



Milk

1 1/3 cup(s)- 199 cals



Avocado tuna salad

436 cals

Dinner

670 cals, 57g protein, 31g net carbs, 32g fat



Simple salad with tomatoes and carrots

98 cals



Ginger beef & carrot bowl

573 cals

Day 4

1306 cals ● 108g protein (33%) ● 67g fat (46%) ● 52g carbs (16%) ● 17g fiber (5%)

Lunch

635 cals, 51g protein, 21g net carbs, 35g fat



Milk

1 1/3 cup(s)- 199 cals



Avocado tuna salad

436 cals

Dinner

670 cals, 57g protein, 31g net carbs, 32g fat



Simple salad with tomatoes and carrots

98 cals



Ginger beef & carrot bowl

573 cals

Day 5

1314 cals ● 101g protein (31%) ● 67g fat (46%) ● 57g carbs (17%) ● 19g fiber (6%)

Lunch

700 cals, 43g protein, 44g net carbs, 34g fat



Simple salad with tomatoes and carrots

147 cals



Tuna salad wrap

1 wrap(s)- 552 cals

Dinner

615 cals, 58g protein, 14g net carbs, 34g fat



Roasted almonds

1/6 cup(s)- 166 cals



Chicken beet & carrot salad bowl

449 cals

Day 6

1314 cals ● 101g protein (31%) ● 67g fat (46%) ● 57g carbs (17%) ● 19g fiber (6%)

Lunch

700 cals, 43g protein, 44g net carbs, 34g fat



Simple salad with tomatoes and carrots

147 cals



Tuna salad wrap

1 wrap(s)- 552 cals

Dinner

615 cals, 58g protein, 14g net carbs, 34g fat



Roasted almonds

1/6 cup(s)- 166 cals



Chicken beet & carrot salad bowl

449 cals

Day 7

1290 cals ● 98g protein (30%) ● 46g fat (32%) ● 106g carbs (33%) ● 15g fiber (5%)

Lunch

600 cals, 45g protein, 58g net carbs, 17g fat



Shredded bbq & ranch chicken sandwich

1 sandwich(es)- 456 cals



Mixed vegetables

1 1/2 cup(s)- 146 cals

Dinner

690 cals, 53g protein, 48g net carbs, 29g fat



Flavored rice mix

143 cals



Thyme & lime chicken thighs

368 cals



Sautéed corn & lima beans

179 cals

Grocery List



Other

- ☐ mixed greens
9 1/2 cup (285g)
- ☐ stir-fry sauce
4 tbsp (68g)
- ☐ stewed tomatoes with peppers and spices
1/2 can (~15 oz) (210g)
- ☐ sriracha chili sauce
1 tsp (5g)

Vegetables and Vegetable Products

- ☐ tomatoes
4 medium whole (2-3/5" dia) (472g)
- ☐ frozen mixed veggies
17 oz (487g)
- ☐ okra, frozen
1 1/4 cup (140g)
- ☐ onion
1/2 small (35g)
- ☐ carrots
3 1/2 medium (209g)
- ☐ romaine lettuce
2 head (1256g)
- ☐ fresh ginger
2 inch (2.5cm) cube (10g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)
- ☐ raw celery
1 stalk, small (5" long) (17g)
- ☐ beets, precooked (canned or refrigerated)
1/2 lbs (227g)
- ☐ lima beans, frozen
6 tbsp (60g)
- ☐ frozen corn kernels
6 tbsp (51g)

Fats and Oils

- ☐ salad dressing
2/3 cup (169mL)
- ☐ oil
2 oz (56mL)
- ☐ mayonnaise
5 tbsp (75mL)
- ☐ ranch dressing
2 tsp (10mL)
- ☐ olive oil
11 1/2 g (13mL)

Spices and Herbs

- ☐ black pepper
1/8 oz (2g)
- ☐ salt
4 g (4g)
- ☐ chipotle seasoning
1 1/3 tsp (3g)
- ☐ thyme, dried
1/4 tbsp, leaves (1g)

Pork Products

- ☐ boneless pork loin
3/4 lbs (340g)
- ☐ pork loin chops, boneless, raw
6 1/4 oz (177g)
- ☐ pork tenderloin, raw
1/2 lbs (227g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
3/4 pouch (~5.6 oz) (119g)

Dairy and Egg Products

- ☐ ghee
1 1/4 tsp (6g)
- ☐ whole milk
2 2/3 cup(s) (641mL)

Sweets

- ☐ honey
1 1/4 tsp (9g)

Fruits and Fruit Juices

- ☐ avocados
1 avocado(s) (201g)
- ☐ lime juice
5/6 fl oz (25mL)

Finfish and Shellfish Products

- ☐ canned tuna
3 2/3 can (628g)

Beef Products

- ☐ ground beef (93% lean)
1 lbs (452g)

Beverages

- ☐ water
1 1/4 cup (307mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
9 1/4 tbsp (108g)
- ☐ white hominy
1/2 can (15.5 oz) (220g)

Legumes and Legume Products

- ☐ soy sauce
4 tbsp (60mL)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)
- ☐ hamburger buns
1 bun(s) (51g)

Nut and Seed Products

- ☐ almonds
6 tbsp, whole (54g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 tsp (0mL)
- ☐ barbecue sauce
2 tbsp (34g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
22 oz (618g)
 - ☐ boneless skinless chicken thighs
1/2 lb (227g)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

White rice

1/2 cup rice, cooked - 109 cals ● 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 cals ● 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 2 [↗](#)

Eat on day 3 and day 4

Milk

1 1/3 cup(s) - 199 cal ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

whole milk
1 1/3 cup(s) (320mL)

For all 2 meals:

whole milk
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

Avocado tuna salad

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



For single meal:

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)

For all 2 meals:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

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.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

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

Tuna salad wrap

1 wrap(s) - 552 cal ● 37g protein ● 29g fat ● 33g carbs ● 3g fiber



For single meal:

canned tuna
5 oz (142g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
salt
1 dash (0g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)

For all 2 meals:

canned tuna
10 oz (284g)
mayonnaise
3 tbsp (45mL)
black pepper
2 dash (0g)
salt
2 dash (1g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
raw celery, chopped
1 stalk, small (5" long) (17g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over the tortilla and wrap it.

Lunch 4 [🔗](#)
Eat on day 7

Shredded bbq & ranch chicken sandwich

1 sandwich(es) - 456 cals ● 39g protein ● 16g fat ● 39g carbs ● 1g fiber



Makes 1 sandwich(es)

barbecue sauce
2 tbsp (34g)
hamburger buns
1 bun(s) (51g)
ranch dressing
2 tsp (10mL)
romaine lettuce
1 leaf inner (6g)
olive oil
1 tsp (5mL)
boneless skinless chicken breast, raw
6 oz (170g)

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.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Mixed vegetables

1 1/2 cup(s) - 146 cals ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



Makes 1 1/2 cup(s)

frozen mixed veggies

1 1/2 cup (203g)

1. Prepare according to instructions on package.

Dinner 1 [↗](#)

Eat on day 1

Flavored rice mix

287 cal ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



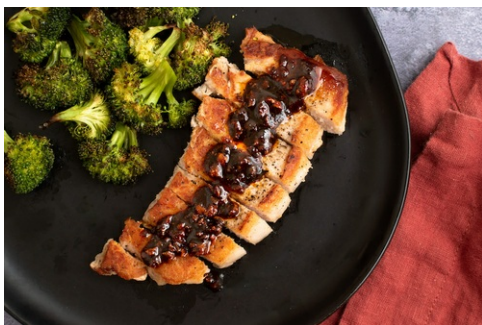
flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Chipotle honey pork chops

386 cal ● 38g protein ● 23g fat ● 8g carbs ● 0g fiber



ghee

1 1/4 tsp (6g)

pork loin chops, boneless, raw

6 1/4 oz (177g)

honey

1 1/4 tsp (9g)

chipotle seasoning

1/3 tsp (1g)

water

2 tsp (9mL)

oil

1 1/4 tsp (6mL)

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.

Okra

1 1/4 cup - 50 cal ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1 1/4 cup

okra, frozen
1 1/4 cup (140g)

1. Pour frozen okra into a saucepan.
2. Cover with water and boil for 3 minutes.
3. Drain and season to taste. Serve.

Dinner 2 [↗](#)

Eat on day 2

Simple mixed greens salad

203 cal ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Mexican posole soup

454 cal ● 53g protein ● 7g fat ● 36g carbs ● 9g fiber



water
1/2 cup(s) (119mL)
chipotle seasoning
1 tsp (2g)
stewed tomatoes with peppers and spices, undrained
1/2 can (~15 oz) (210g)
white hominy, undrained
1/2 can (15.5 oz) (220g)
pork tenderloin, raw, trimmed, cut into bite-sized pieces
1/2 lbs (227g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
 2. Sprinkle pork evenly with chipotle seasoning blend.
 3. Add pork to pan; cook 4 minutes or until browned.
 4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
 5. Serve.
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Dinner 3 [↗](#)

Eat on day 3 and day 4

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.

Ginger beef & carrot bowl

573 cals ● 53g protein ● 29g fat ● 24g carbs ● 2g fiber



For single meal:

long-grain white rice
2 tbsp (23g)
ground beef (93% lean)
1/2 lbs (226g)
mayonnaise
1 tbsp (15mL)
sriracha chili sauce
4 dash (3g)
soy sauce
2 tbsp (30mL)
oil
1/2 tsp (3mL)
carrots, shredded or finely sliced
1/2 large (36g)
fresh ginger, peeled & minced
1 inch (2.5cm) cube (5g)
fresh cilantro, chopped
1 tbsp, chopped (3g)

For all 2 meals:

long-grain white rice
4 tbsp (46g)
ground beef (93% lean)
1 lbs (452g)
mayonnaise
2 tbsp (30mL)
sriracha chili sauce
1 tsp (5g)
soy sauce
4 tbsp (60mL)
oil
1 tsp (5mL)
carrots, shredded or finely sliced
1 large (72g)
fresh ginger, peeled & minced
2 inch (2.5cm) cube (10g)
fresh cilantro, chopped
2 tbsp, chopped (6g)

1. Cook rice according to package instructions. Set aside.
2. Meanwhile in a small bowl, mix together the mayonnaise and sriracha. Set aside.
3. Heat oil in a skillet over medium heat. Add ginger and cook for 1 minute until aromatic. Add beef, and some salt and pepper. Break up beef and cook until browned, 5-8 minutes.
4. Stir in carrots and soy sauce and cook a couple more minutes until carrots have softened and soy sauce has reduced.
5. Plate rice and top with beef and carrot mixture. Drizzle with sriracha mayo, sprinkle with cilantro, and serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Chicken beet & carrot salad bowl

449 cal ● 53g protein ● 20g fat ● 11g carbs ● 3g fiber



For single meal:

oil
1 tbsp (15mL)
thyme, dried
2 dash, leaves (0g)
apple cider vinegar
1/2 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
4 oz (113g)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)
carrots, thinly sliced
1/2 medium (31g)

For all 2 meals:

oil
2 tbsp (30mL)
thyme, dried
4 dash, leaves (1g)
apple cider vinegar
1 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
1/2 lbs (227g)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)
carrots, thinly sliced
1 medium (61g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Dinner 5 [↗](#)

Eat on day 7

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Thyme & lime chicken thighs

368 cals ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



boneless skinless chicken thighs
1/2 lb (227g)
thyme, dried
2 dash, leaves (0g)
lime juice
1 tbsp (15mL)
oil
1/2 tbsp (8mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Sauteed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



black pepper
1 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
6 tbsp (60g)
frozen corn kernels
6 tbsp (51g)
olive oil
1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
 2. Add the shallot and cook for about 1-2 minutes, until soft.
 3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
 4. Serve.
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