

# Meal Plan - 1700 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

1728 cals ● 109g protein (25%) ● 86g fat (45%) ● 110g carbs (25%) ● 20g fiber (5%)

### Lunch

835 cals, 54g protein, 29g net carbs, 48g fat



Avocado tuna salad

545 cals



Apple

1 apple(s)- 105 cals



Pecans

1/4 cup- 183 cals

### Dinner

895 cals, 56g protein, 81g net carbs, 38g fat



Philly cheesesteak lettuce wrap

2 lettuce wrap(s)- 445 cals



Kefir

450 cals

## Day 2

1723 cals ● 111g protein (26%) ● 53g fat (28%) ● 173g carbs (40%) ● 28g fiber (6%)

### Lunch

920 cals, 52g protein, 71g net carbs, 42g fat



Lowfat yogurt

1 container(s)- 181 cals



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals



Pecans

1/4 cup- 183 cals

### Dinner

805 cals, 58g protein, 102g net carbs, 11g fat



Corn

185 cals



Farro

1 cups, cooked- 370 cals



Cajun cod

8 oz- 249 cals

## Day 3

1700 cals ● 119g protein (28%) ● 95g fat (51%) ● 65g carbs (15%) ● 26g fiber (6%)

### Lunch

885 cals, 61g protein, 48g net carbs, 43g fat



Grapes

58 cals



Ham, bacon, avocado sandwich

1 1/2 sandwich(es)- 825 cals

### Dinner

815 cals, 58g protein, 17g net carbs, 52g fat



Simple kale & avocado salad

230 cals



Pork & mushroom ragout

8 oz pork- 587 cals

## Day 4

1666 cals ● 128g protein (31%) ● 64g fat (34%) ● 127g carbs (30%) ● 19g fiber (4%)

### Lunch

885 cals, 61g protein, 48g net carbs, 43g fat



Grapes  
58 cals



Ham, bacon, avocado sandwich  
1 1/2 sandwich(es)- 825 cals

### Dinner

785 cals, 67g protein, 79g net carbs, 20g fat



Coleslaw  
49 cals



Flavored rice mix  
382 cals



Simple seared tuna steak  
8 oz- 353 cals

## Day 5

1668 cals ● 131g protein (32%) ● 65g fat (35%) ● 113g carbs (27%) ● 26g fiber (6%)

### Lunch

820 cals, 49g protein, 60g net carbs, 38g fat



Roast beef bagel sandwich  
1 sandwich(es)- 543 cals



Roasted almonds  
1/3 cup(s)- 277 cals

### Dinner

850 cals, 82g protein, 54g net carbs, 27g fat



Simple roasted cod  
10 2/3 oz- 396 cals



Garlic collard greens  
106 cals



Lentils  
347 cals

## Day 6

1729 cals ● 121g protein (28%) ● 90g fat (47%) ● 79g carbs (18%) ● 30g fiber (7%)

### Lunch

870 cals, 63g protein, 72g net carbs, 30g fat



Simple mixed greens salad  
170 cals



Turkey & hummus deli sandwich  
2 sandwich(es)- 698 cals

### Dinner

860 cals, 59g protein, 7g net carbs, 60g fat



Garlic collard greens  
239 cals



Buffalo drumsticks  
10 2/3 oz- 622 cals

## Day 7

1729 cals ● 121g protein (28%) ● 90g fat (47%) ● 79g carbs (18%) ● 30g fiber (7%)

### Lunch

870 cals, 63g protein, 72g net carbs, 30g fat



Simple mixed greens salad  
170 cals



Turkey & hummus deli sandwich  
2 sandwich(es)- 698 cals

### Dinner

860 cals, 59g protein, 7g net carbs, 60g fat



Garlic collard greens  
239 cals



Buffalo drumsticks  
10 2/3 oz- 622 cals

# Grocery List



## Fruits and Fruit Juices

- avocados**  
2 1/4 avocado(s) (452g)
- lime juice**  
2 tsp (10mL)
- apples**  
1 medium (3" dia) (182g)
- grapes**  
2 cup (184g)
- lemon**  
1/2 small (29g)
- lemon juice**  
1 tsp (5mL)

## Spices and Herbs

- salt**  
1/4 oz (7g)
- black pepper**  
1/8 oz (1g)
- cajun seasoning**  
1 tbsp (6g)
- ground cumin**  
3/8 dash (0g)
- mustard**  
1 tsp (5g)

## Other

- mixed greens**  
10 3/4 cup (323g)
- italian seasoning**  
2 dash (1g)
- farro**  
1/2 cup (104g)
- coleslaw mix**  
1/8 package (14 oz) (40g)
- Chicken, drumsticks, with skin**  
1 1/3 lbs (605g)

## Finfish and Shellfish Products

- canned tuna**  
2 can (344g)
- cod, raw**  
18 2/3 oz (529g)
- yellowfin tuna steaks, raw**  
1/2 lbs (227g)

## Vegetables and Vegetable Products

## Nut and Seed Products

- pecans**  
1/2 cup, halves (50g)
- almonds**  
5 tbsp, whole (45g)

## Dairy and Egg Products

- provolone cheese**  
1 slice(s) (28g)
- kefir, flavored**  
3 cup (720mL)
- lowfat flavored yogurt**  
1 container (6 oz) (170g)
- sliced cheese**  
3 1/4 oz (91g)
- heavy cream**  
5 tbsp (72mL)

## Fats and Oils

- oil**  
2 oz (64mL)
- olive oil**  
1 1/4 oz (39mL)
- salad dressing**  
1/2 cup (113mL)

## Beef Products

- sirloin steak, raw**  
4 oz (113g)

## Baked Products

- bread**  
19 oz (544g)
- bagel**  
1 medium bagel (3-1/2" to 4" dia) (105g)

## Beverages

- water**  
6 cup(s) (1422mL)

## Sausages and Luncheon Meats

- ham cold cuts**  
3/4 lbs (340g)
- roast beef cold cuts**  
4 oz (113g)

- tomatoes**  
3 1/2 medium whole (2-3/5" dia) (422g)
- onion**  
5/6 medium (2-1/2" dia) (90g)
- romaine lettuce**  
1/8 head (40g)
- bell pepper**  
1 small (74g)
- frozen corn kernels**  
1 1/3 cup (181g)
- kale leaves**  
1/2 bunch (85g)
- mushrooms**  
3 oz (91g)
- garlic**  
5 1/2 clove(s) (17g)
- collard greens**  
29 1/4 oz (832g)

- turkey cold cuts**  
1 lbs (454g)

## **Pork Products**

- bacon, cooked**  
6 slice(s) (60g)
- pork tenderloin, raw**  
1/2 lbs (227g)

## **Soups, Sauces, and Gravies**

- vegetable broth**  
1/3 cup(s) (mL)
- Frank's Red Hot sauce**  
1/4 cup (53mL)

## **Meals, Entrees, and Side Dishes**

- flavored rice mix**  
2/3 pouch (~5.6 oz) (105g)

## **Legumes and Legume Products**

- lentils, raw**  
1/2 cup (96g)
- hummus**  
1/2 cup (120g)

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## Lunch 1 ↗

Eat on day 1

### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



**avocados**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tsp (6mL)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)  
**mixed greens**  
1 1/4 cup (38g)  
**canned tuna**  
1 1/4 can (215g)  
**tomatoes**  
5 tbsp, chopped (56g)  
**onion, minced**  
1/3 small (22g)

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.

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

**apples**  
1 medium (3" dia) (182g)

1. The recipe has no instructions.

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

**pecans**  
4 tbsp, halves (25g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2

### Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

1. The recipe has no instructions.

### Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**lime juice**  
1/4 tbsp (4mL)  
**avocados**  
3/8 avocado(s) (75g)  
**bread**  
3 slice (96g)  
**canned tuna, drained**  
3/4 can (129g)  
**onion, minced**  
1/6 small (13g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

**pecans**  
4 tbsp, halves (25g)

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 3 and day 4

### Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

**grapes**  
1 cup (92g)

For all 2 meals:

**grapes**  
2 cup (184g)

1. The recipe has no instructions.

### Ham, bacon, avocado sandwich

1 1/2 sandwich(es) - 825 cals ● 60g protein ● 43g fat ● 39g carbs ● 11g fiber



For single meal:

**bread**  
3 slice (96g)  
**sliced cheese**  
1 1/2 slice (3/4 oz ea) (32g)  
**ham cold cuts**  
6 oz (170g)  
**bacon, cooked**  
3 slice(s) (30g)  
**avocados, sliced**  
3/8 avocado(s) (75g)

For all 2 meals:

**bread**  
6 slice (192g)  
**sliced cheese**  
3 slice (3/4 oz ea) (63g)  
**ham cold cuts**  
3/4 lbs (340g)  
**bacon, cooked**  
6 slice(s) (60g)  
**avocados, sliced**  
3/4 avocado(s) (151g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.

## Lunch 4 ↗

Eat on day 5

### Roast beef bagel sandwich

1 sandwich(es) - 543 cals ● 40g protein ● 16g fat ● 56g carbs ● 4g fiber



Makes 1 sandwich(es)

**romaine lettuce**

1 leaf outer (28g)

**bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)

**roast beef cold cuts**

4 oz (113g)

**mustard**

1 tsp (5g)

**sliced cheese**

1 slice (1 oz ea) (28g)

**tomatoes, diced**

1/2 plum tomato (31g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.

### Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

**almonds**

5 tbsp, whole (45g)

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 6 and day 7

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

**mixed greens**

3 3/4 cup (113g)

**salad dressing**

1/4 cup (56mL)

For all 2 meals:

**mixed greens**

7 1/2 cup (225g)

**salad dressing**

1/2 cup (113mL)

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

## Turkey & hummus deli sandwich

2 sandwich(es) - 698 cals ● 59g protein ● 18g fat ● 61g carbs ● 13g fiber



For single meal:

**turkey cold cuts**

1/2 lbs (227g)

**bread**

4 slice(s) (128g)

**hummus**

4 tbsp (60g)

**tomatoes**

4 slice(s), thick/large (1/2" thick)  
(108g)

**mixed greens**

1 cup (30g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**turkey cold cuts**

1 lbs (454g)

**bread**

8 slice(s) (256g)

**hummus**

1/2 cup (120g)

**tomatoes**

8 slice(s), thick/large (1/2" thick)  
(216g)

**mixed greens**

2 cup (60g)

**oil**

1 tsp (5mL)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

## Dinner 1 ↗

Eat on day 1

### Philly cheesesteak lettuce wrap

2 lettuce wrap(s) - 445 cals ● 32g protein ● 31g fat ● 7g carbs ● 2g fiber



Makes 2 lettuce wrap(s)

**romaine lettuce**

2 leaf inner (12g)

**provolone cheese**

1 slice(s) (28g)

**italian seasoning**

2 dash (1g)

**oil**

2 tsp (10mL)

**sirloin steak, raw, cut into strips**

4 oz (113g)

**bell pepper, cut into strips**

1 small (74g)

**onion, sliced**

1/2 medium (2-1/2" dia) (55g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

## Kefir

450 cals ● 24g protein ● 7g fat ● 74g carbs ● 0g fiber



**kefir, flavored**  
3 cup (720mL)

1. Pour into a glass and drink.

## Dinner 2 ↗

Eat on day 2

### Corn

185 cals ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



**frozen corn kernels**  
1 1/3 cup (181g)

1. Prepare according to instructions on package.

### Farro

1 cups, cooked - 370 cals ● 12g protein ● 2g fat ● 66g carbs ● 10g fiber



Makes 1 cups, cooked

**farro**  
1/2 cup (104g)  
**water**  
4 cup(s) (948mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

### Cajun cod

8 oz - 249 cals ● 41g protein ● 8g fat ● 3g carbs ● 1g fiber



Makes 8 oz

**cod, raw**  
1/2 lbs (227g)  
**cajun seasoning**  
2 2/3 tsp (6g)  
**oil**  
1/2 tbsp (7mL)

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.

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## Dinner 3 ↗

Eat on day 3

### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Pork & mushroom ragout

8 oz pork - 587 cals ● 54g protein ● 37g fat ● 8g carbs ● 2g fiber



Makes 8 oz pork

**pork tenderloin, raw**  
1/2 lbs (227g)  
**vegetable broth**  
1/3 cup(s) (mL)  
**heavy cream**  
5 tbsp (72mL)  
**oil**  
1 tsp (6mL)  
**tomatoes, halved**  
3/8 pint, cherry tomatoes (119g)  
**mushrooms, sliced**  
3 oz (91g)

1. Heat oil in skillet over medium heat. Cut pork into inch-thick medallions and add to the skillet. Once browned on both sides and fully cooked, remove pork and set aside.
2. Add mushrooms to the skillet and saute for about 5 minutes. Add tomatoes and cook for 2 more minutes.
3. Add cream and stock and simmer for 4-8 minutes until it has reduced some and formed a thicker sauce. Season with salt/pepper to taste.
4. Add back in pork and heat until warmed through. Serve.

## Dinner 4

Eat on day 4

### Coleslaw

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



**coleslaw mix**  
1/8 package (14 oz) (40g)  
**olive oil**  
1 tsp (5mL)  
**lemon juice**  
1 tsp (5mL)  
**ground cumin**  
3/8 dash (0g)  
**salt**  
3/8 dash (0g)  
**garlic, minced**  
1/8 clove (0g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

### Flavored rice mix

382 cals ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



**flavored rice mix**  
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

## Simple seared tuna steak

8 oz - 353 cals ● 55g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 8 oz

olive oil

1 tbsp (15mL)

yellowfin tuna steaks, raw

1/2 lbs (227g)

1. Rub both sides of the steaks with olive oil.
2. Season both sides generously with salt, pepper, and any other preferred seasonings.
3. Place a skillet over high heat. Once the pan is hot, add the tuna steaks. Sear for about 1-2 minutes on each side for rare to medium-rare doneness. If you prefer your tuna more well-done, cook for an additional 1-2 minutes per side. Be careful not to overcook, as tuna can become dry.
4. Remove the tuna from the pan and let it rest for a minute or two.
5. Slice the tuna against the grain for serving.

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## Dinner 5 ↗

Eat on day 5

### Simple roasted cod

10 2/3 oz - 396 cals ● 54g protein ● 20g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

**olive oil**  
4 tsp (20mL)  
**cod, raw**  
2/3 lbs (302g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets.

Serve.

### Garlic collard greens

106 cals ● 5g protein ● 6g fat ● 3g carbs ● 6g fiber



**collard greens**  
1/3 lbs (151g)  
**oil**  
1 tsp (5mL)  
**salt**  
2/3 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 sauté 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.

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

## Dinner 6 ↗

Eat on day 6 and day 7

### Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
2 1/4 clove(s) (7g)

For all 2 meals:

**collard greens**  
1 1/2 lbs (680g)  
**oil**  
1 1/2 tbsp (23mL)  
**salt**  
3 dash (2g)  
**garlic, minced**  
4 1/2 clove(s) (14g)

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 sauté 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.

### Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
1 3/4 tbsp (27mL)  
**oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
2/3 lbs (302g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/4 cup (53mL)  
**oil**  
2 tsp (10mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
1 1/3 lbs (605g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

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