

# Meal Plan - 1800 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

1816 cals ● 130g protein (29%) ● 63g fat (31%) ● 160g carbs (35%) ● 22g fiber (5%)

### Lunch

930 cals, 49g protein, 98g net carbs, 34g fat



#### Salmon & artichoke salad

315 cals



#### Naan bread

1 1/2 piece(s)- 393 cals



#### Milk

1 1/2 cup(s)- 224 cals

### Dinner

885 cals, 81g protein, 62g net carbs, 30g fat



#### Brown rice

1/2 cup brown rice, cooked- 115 cals



#### Beef-broccoli-sweet potato bowl

770 cals

## Day 2

1816 cals ● 130g protein (29%) ● 63g fat (31%) ● 160g carbs (35%) ● 22g fiber (5%)

### Lunch

930 cals, 49g protein, 98g net carbs, 34g fat



#### Salmon & artichoke salad

315 cals



#### Naan bread

1 1/2 piece(s)- 393 cals



#### Milk

1 1/2 cup(s)- 224 cals

### Dinner

885 cals, 81g protein, 62g net carbs, 30g fat



#### Brown rice

1/2 cup brown rice, cooked- 115 cals



#### Beef-broccoli-sweet potato bowl

770 cals

## Day 3

1775 cals ● 155g protein (35%) ● 84g fat (43%) ● 79g carbs (18%) ● 20g fiber (5%)

### Lunch

880 cals, 71g protein, 40g net carbs, 45g fat



#### Thyme & lime chicken thighs

551 cals



#### Sweet potato wedges

261 cals



#### Olive oil drizzled broccoli

1 cup(s)- 70 cals

### Dinner

895 cals, 84g protein, 39g net carbs, 40g fat



#### Mashed sweet potatoes

183 cals



#### Buttered broccoli

1 3/4 cup(s)- 234 cals



#### Basic chicken breast

12 oz- 476 cals

## Day 4

1775 cals ● 155g protein (35%) ● 84g fat (43%) ● 79g carbs (18%) ● 20g fiber (5%)

### Lunch

880 cals, 71g protein, 40g net carbs, 45g fat



**Thyme & lime chicken thighs**  
551 cals



**Sweet potato wedges**  
261 cals



**Olive oil drizzled broccoli**  
1 cup(s)- 70 cals

### Dinner

895 cals, 84g protein, 39g net carbs, 40g fat



**Mashed sweet potatoes**  
183 cals



**Buttered broccoli**  
1 3/4 cup(s)- 234 cals



**Basic chicken breast**  
12 oz- 476 cals

## Day 5

1834 cals ● 133g protein (29%) ● 57g fat (28%) ● 172g carbs (37%) ● 27g fiber (6%)

### Lunch

905 cals, 60g protein, 86g net carbs, 31g fat



**Brussels sprout, chicken & apple salad**  
412 cals



**Banana**  
2 banana(s)- 233 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

930 cals, 72g protein, 86g net carbs, 25g fat



**Mashed sweet potatoes**  
366 cals



**Chicken beet & carrot salad bowl**  
562 cals

## Day 6

1824 cals ● 124g protein (27%) ● 86g fat (43%) ● 105g carbs (23%) ● 33g fiber (7%)

### Lunch

905 cals, 60g protein, 86g net carbs, 31g fat



**Brussels sprout, chicken & apple salad**  
412 cals



**Banana**  
2 banana(s)- 233 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

920 cals, 64g protein, 19g net carbs, 55g fat



**Tomato and avocado salad**  
235 cals



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals

## Day 7

1767 cals ● 148g protein (33%) ● 89g fat (46%) ● 62g carbs (14%) ● 31g fiber (7%)

### Lunch

850 cals, 84g protein, 43g net carbs, 35g fat



**Baked chicken with tomatoes & olives**  
12 oz- 599 cals



**Buttery brown rice**  
250 cals

### Dinner

920 cals, 64g protein, 19g net carbs, 55g fat



**Tomato and avocado salad**  
235 cals



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals

# Grocery List



## Finfish and Shellfish Products

- canned salmon  
1/2 lbs (255g)
- canned tuna  
3 can (516g)

## Vegetables and Vegetable Products

- artichokes, canned  
1 cup hearts (168g)
- tomatoes  
4 medium whole (2-3/5" dia) (476g)
- frozen broccoli  
1 3/4 lbs (785g)
- sweet potatoes  
8 sweetpotato, 5" long (1680g)
- brussels sprouts  
1 1/2 cup (132g)
- beets, precooked (canned or refrigerated)  
5 oz (142g)
- carrots  
5/8 medium (38g)
- onion  
3/4 medium (2-1/2" dia) (83g)
- bell pepper  
3 large (492g)

## Other

- mixed greens  
4 1/2 cup (135g)
- cottage cheese & fruit cup  
4 container (680g)

## Fats and Oils

- balsamic vinaigrette  
6 tbsp (90mL)
- oil  
3 oz (96mL)
- olive oil  
2 oz (58mL)

## Baked Products

- naan bread  
3 piece(s) (270g)

## Dairy and Egg Products

## Beverages

- water  
1 1/6 cup(s) (277mL)

## Cereal Grains and Pasta

- brown rice  
9 1/4 tbsp (111g)

## Beef Products

- ground beef (93% lean)  
1 1/2 lbs (681g)

## Poultry Products

- boneless skinless chicken thighs  
1 1/2 lb (680g)
- boneless skinless chicken breast, raw  
3 1/2 lbs (1519g)

## Fruits and Fruit Juices

- lime juice  
3 fl oz (90mL)
- apples  
1/3 small (2-3/4" dia) (50g)
- banana  
4 medium (7" to 7-7/8" long) (472g)
- avocados  
2 1/2 avocado(s) (503g)
- green olives  
12 large (53g)

## Nut and Seed Products

- walnuts  
4 tbsp, chopped (28g)

## Sweets

- maple syrup  
2 tsp (10mL)

## Soups, Sauces, and Gravies

- apple cider vinegar  
5/8 tsp (0mL)

- whole milk**  
3 cup(s) (720mL)
- butter**  
1/4 cup (60g)

## Spices and Herbs

- salt**  
1/2 oz (17g)
- black pepper**  
4 1/4 g (4g)
- paprika**  
4 dash (1g)
- thyme, dried**  
1 tsp, leaves (1g)
- apple cider vinegar**  
1/2 tbsp (7g)
- garlic powder**  
4 dash (2g)
- chili powder**  
2 tsp (5g)
- fresh basil**  
12 leaves (6g)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



For single meal:

**canned salmon**  
1/4 lbs (128g)  
**artichokes, canned**  
1/2 cup hearts (84g)  
**mixed greens**  
2 1/4 cup (68g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (74g)

For all 2 meals:

**canned salmon**  
1/2 lbs (255g)  
**artichokes, canned**  
1 cup hearts (168g)  
**mixed greens**  
4 1/2 cup (135g)  
**balsamic vinaigrette**  
6 tbsp (90mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

### Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

**naan bread**  
1 1/2 piece(s) (135g)

For all 2 meals:

**naan bread**  
3 piece(s) (270g)

1. The recipe has no instructions.

### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:  
**whole milk**  
1 1/2 cup(s) (360mL)

For all 2 meals:  
**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 3 and day 4

### Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



For single meal:  
**boneless skinless chicken thighs**  
3/4 lb (340g)  
**thyme, dried**  
3 dash, leaves (0g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:  
**boneless skinless chicken thighs**  
1 1/2 lb (680g)  
**thyme, dried**  
1/4 tbsp, leaves (1g)  
**lime juice**  
3 tbsp (45mL)  
**oil**  
1 1/2 tbsp (23mL)

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.

### Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**salt**  
1 tsp (6g)  
**black pepper**  
4 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
2 sweetpotato, 5" long (420g)

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.

## Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

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 5 and day 6

### Brussels sprout, chicken & apple salad

412 cals ● 30g protein ● 26g fat ● 12g carbs ● 4g fiber



For single meal:

**walnuts**  
2 tbsp, chopped (14g)  
**apple cider vinegar**  
1/4 tbsp (4g)  
**maple syrup**  
1 tsp (5mL)  
**olive oil**  
1 tbsp (15mL)  
**boneless skinless chicken breast, raw**  
4 oz (113g)  
**brussels sprouts, ends trimmed and discarded**  
3/4 cup (66g)  
**apples, chopped**  
1/6 small (2-3/4" dia) (25g)

For all 2 meals:

**walnuts**  
4 tbsp, chopped (28g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**maple syrup**  
2 tsp (10mL)  
**olive oil**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**brussels sprouts, ends trimmed and discarded**  
1 1/2 cup (132g)  
**apples, chopped**  
1/3 small (2-3/4" dia) (50g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

**banana**  
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

**banana**  
4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

### Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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## Lunch 4

Eat on day 7

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

**tomatoes**  
12 cherry tomatoes (204g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
4 dash (3g)  
**green olives**  
12 large (53g)  
**black pepper**  
4 dash (0g)  
**chili powder**  
2 tsp (5g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**fresh basil, shredded**  
12 leaves (6g)

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.

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### Buttery brown rice

250 cals ● 4g protein ● 10g fat ● 35g carbs ● 2g fiber



**butter**  
3/4 tbsp (11g)  
**brown rice**  
4 tbsp (48g)  
**salt**  
1 1/2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

## Dinner 1 ↗

Eat on day 1 and day 2

### 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.

### Beef-broccoli-sweet potato bowl

770 cals ● 79g protein ● 29g fat ● 39g carbs ● 11g fiber



For single meal:

**frozen broccoli**  
1/2 package (142g)  
**paprika**  
2 dash (1g)  
**ground beef (93% lean)**  
3/4 lbs (341g)  
**oil**  
1 tsp (5mL)  
**sweet potatoes, cut into bite-sized cubes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**frozen broccoli**  
1 package (284g)  
**paprika**  
4 dash (1g)  
**ground beef (93% lean)**  
1 1/2 lbs (681g)  
**oil**  
2 tsp (10mL)  
**sweet potatoes, cut into bite-sized cubes**  
2 sweetpotato, 5" long (420g)

1. Preheat oven to 400 F (200 C)
2. Coat the sweet potatoes in oil and season with paprika and some salt/pepper.
3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
4. Meanwhile, cook the ground beef in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
5. Prepare the broccoli according to the instructions on its packaging.
6. Once all items are prepared, bring the beef, broccoli, and sweet potatoes together. Serve with extra salt and pepper.

## Dinner 2 ↗

Eat on day 3 and day 4

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**  
2 sweetpotato, 5" long (420g)

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.

### Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

**salt**  
1 dash (0g)  
**frozen broccoli**  
1 3/4 cup (159g)  
**black pepper**  
1 dash (0g)  
**butter**  
1 3/4 tbsp (25g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**black pepper**  
1/4 tsp (0g)  
**butter**  
1/4 cup (50g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**oil**  
1 1/2 tbsp (23mL)

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.

## Dinner 3 ↗

Eat on day 5

### Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



#### sweet potatoes

2 sweetpotato, 5" long (420g)

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.

### Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



#### oil

1 1/4 tbsp (19mL)

#### thyme, dried

1/3 tsp, leaves (0g)

#### apple cider vinegar

5/8 tsp (0mL)

#### beets, precooked (canned or refrigerated), cubed

5 oz (142g)

#### boneless skinless chicken breast, raw, cubed

10 oz (280g)

#### carrots, thinly sliced

5/8 medium (38g)

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 4 ↗

Eat on day 6 and day 7

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

**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)  
**bell pepper**  
1 1/2 large (246g)  
**onion**  
3/8 small (26g)  
**canned tuna, drained**  
1 1/2 can (258g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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