

Meal Plan - 1900 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

1881 cals ● 149g protein (32%) ● 113g fat (54%) ● 39g carbs (8%) ● 27g fiber (6%)

Lunch

915 cals, 57g protein, 5g net carbs, 69g fat



Buttered broccoli
2 3/4 cup(s)- 367 cals



Indian chicken wings
13 1/3 oz- 550 cals

Dinner

965 cals, 93g protein, 33g net carbs, 44g fat



Cottage cheese & honey
3/4 cup(s)- 187 cals



Avocado tuna salad
764 cals



Celery sticks
2 celery stalk- 13 cals

Day 2

1895 cals ● 135g protein (29%) ● 105g fat (50%) ● 67g carbs (14%) ● 35g fiber (7%)

Lunch

930 cals, 42g protein, 34g net carbs, 61g fat



Roasted almonds
3/8 cup(s)- 370 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Dinner

965 cals, 93g protein, 33g net carbs, 44g fat



Cottage cheese & honey
3/4 cup(s)- 187 cals



Avocado tuna salad
764 cals



Celery sticks
2 celery stalk- 13 cals

Day 3

1905 cals ● 135g protein (28%) ● 61g fat (29%) ● 160g carbs (34%) ● 44g fiber (9%)

Lunch

960 cals, 104g protein, 51g net carbs, 33g fat



Sugar snap peas
123 cals



Bbq glazed meatloaf
3 meatloaves- 839 cals

Dinner

945 cals, 31g protein, 110g net carbs, 29g fat



Mashed sweet potatoes with butter
249 cals



Tomato and avocado salad
117 cals



White bean cassoulet
577 cals

Day 4

1905 cals ● 135g protein (28%) ● 61g fat (29%) ● 160g carbs (34%) ● 44g fiber (9%)

Lunch

960 cals, 104g protein, 51g net carbs, 33g fat



Sugar snap peas

123 cals



Bbq glazed meatloaf

3 meatloaves- 839 cals

Dinner

945 cals, 31g protein, 110g net carbs, 29g fat



Mashed sweet potatoes with butter

249 cals



Tomato and avocado salad

117 cals



White bean cassoulet

577 cals

Day 5

1879 cals ● 145g protein (31%) ● 81g fat (39%) ● 120g carbs (25%) ● 22g fiber (5%)

Lunch

940 cals, 106g protein, 51g net carbs, 30g fat



Sweet potato wedges

347 cals



Lemon pepper chicken breast

16 oz- 592 cals

Dinner

940 cals, 39g protein, 69g net carbs, 51g fat



Italian sausage

2 link- 514 cals



Parmesan & pesto roasted potatoes

425 cals

Day 6

1879 cals ● 128g protein (27%) ● 105g fat (50%) ● 80g carbs (17%) ● 26g fiber (5%)

Lunch

940 cals, 89g protein, 12g net carbs, 54g fat



Tomato and avocado salad

411 cals



Basic chicken breast

13 1/3 oz- 529 cals

Dinner

940 cals, 39g protein, 69g net carbs, 51g fat



Italian sausage

2 link- 514 cals



Parmesan & pesto roasted potatoes

425 cals

Day 7

1915 cals ● 150g protein (31%) ● 103g fat (48%) ● 63g carbs (13%) ● 34g fiber (7%)

Lunch

940 cals, 89g protein, 12g net carbs, 54g fat



Tomato and avocado salad

411 cals



Basic chicken breast

13 1/3 oz- 529 cals

Dinner

975 cals, 61g protein, 51g net carbs, 50g fat



Orange

2 orange(s)- 170 cals



Simple kale & avocado salad

345 cals



Ranch chicken

8 oz- 461 cals

Grocery List



Spices and Herbs

- salt
1 oz (24g)
- black pepper
1/4 oz (6g)
- curry powder
1 1/4 tbsp (8g)
- garlic powder
2 1/2 tsp (7g)
- chipotle seasoning
1/4 tbsp (2g)
- lemon pepper
1 tbsp (7g)

Vegetables and Vegetable Products

- frozen broccoli
2 3/4 cup (250g)
- tomatoes
4 medium whole (2-3/5" dia) (490g)
- onion
2 2/3 medium (2-1/2" dia) (294g)
- raw celery
5 1/2 stalk, medium (7-1/2" - 8" long) (220g)
- frozen sugar snap peas
4 cup (576g)
- sweet potatoes
3 1/3 sweetpotato, 5" long (700g)
- carrots
3 large (216g)
- garlic
3 clove(s) (9g)
- potatoes
2 lbs (908g)
- kale leaves
3/4 bunch (128g)

Dairy and Egg Products

- butter
1/2 stick (57g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- eggs
3 large (150g)
- parmesan cheese
4 tbsp (20g)

Fats and Oils

Poultry Products

- chicken wings, with skin, raw
13 1/4 oz (378g)
- boneless skinless chicken breast, raw
3 lbs (1419g)

Sweets

- honey
2 tbsp (42g)

Fruits and Fruit Juices

- avocados
5 1/4 avocado(s) (1055g)
- lime juice
2 3/4 fl oz (85mL)
- orange
2 orange (308g)
- lemon
3/4 small (44g)

Other

- mixed greens
3 1/2 cup (105g)
- Italian pork sausage, raw
4 link (430g)
- ranch dressing mix
1/4 packet (1 oz) (7g)

Finfish and Shellfish Products

- canned tuna
3 1/2 can (602g)

Nut and Seed Products

- almonds
6 3/4 tbsp, whole (60g)

Baked Products

- bread
5 slice (160g)

Beef Products

- ground beef (93% lean)
30 oz (851g)

oil
5 tbsp (73mL)

olive oil
5 tsp (24mL)

ranch dressing
2 tbsp (30mL)

Soups, Sauces, and Gravies

barbecue sauce
6 tbsp (102g)

vegetable broth
3/4 cup(s) (mL)

pesto sauce
2 tbsp (32g)

Beverages

water
6 tbsp (90mL)

Legumes and Legume Products

white beans, canned
1 1/2 can(s) (659g)

Lunch 1 ↗

Eat on day 1

Buttered broccoli

2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

salt
1 1/2 dash (1g)
frozen broccoli
2 3/4 cup (250g)
black pepper
1 1/2 dash (0g)
butter
2 3/4 tbsp (39g)

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

Indian chicken wings

13 1/3 oz - 550 cals ● 49g protein ● 38g fat ● 0g carbs ● 4g fiber



Makes 13 1/3 oz

oil
1/4 tbsp (3mL)
chicken wings, with skin, raw
13 1/3 oz (378g)
salt
1 tsp (5g)
curry powder
1 1/4 tbsp (8g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Lunch 2 ↗

Eat on day 2

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber

Makes 3/8 cup(s)



almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 3 ↗

Eat on day 3 and day 4

Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

frozen sugar snap peas
2 cup (288g)

For all 2 meals:

frozen sugar snap peas
4 cup (576g)

1. Prepare according to instructions on package.

Bbq glazed meatloaf

3 meatloaves - 839 cals ● 95g protein ● 32g fat ● 39g carbs ● 4g fiber



For single meal:

ground beef (93% lean)
15 oz (425g)
bread
1 1/2 slice (48g)
chipotle seasoning
3 dash (1g)
barbecue sauce
3 tbsp (51g)
water
3 tbsp (45mL)
garlic powder
3 dash (1g)

For all 2 meals:

ground beef (93% lean)
30 oz (851g)
bread
3 slice (96g)
chipotle seasoning
1/4 tbsp (2g)
barbecue sauce
6 tbsp (102g)
water
6 tbsp (90mL)
garlic powder
1/4 tbsp (2g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chipotle seasoning and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet and brush with the barbecue sauce. Bake until meat loaves are browned and cooked through, 15-18 minutes. Serve.

Lunch 4 ↗

Eat on day 5

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



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.

Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



Makes 16 oz

boneless skinless chicken breast, raw
1 lbs (448g)
olive oil
1/2 tbsp (8mL)
lemon pepper
1 tbsp (7g)

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.

Lunch 5 ↗

Eat on day 6 and day 7

Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

onion
1 3/4 tbsp minced (26g)
lime juice
1 3/4 tbsp (26mL)
olive oil
1/2 tbsp (7mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
7/8 avocado(s) (176g)
tomatoes, diced
7/8 medium whole (2-3/5" dia)
(108g)

For all 2 meals:

onion
1/4 cup minced (53g)
lime juice
1/4 cup (53mL)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)
avocados, cubed
1 3/4 avocado(s) (352g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)

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.

Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
13 1/3 oz (373g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
oil
5 tsp (25mL)

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 1 ↗

Eat on day 1 and day 2

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
honey
2 tbsp (42g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



For single meal:

avocados
7/8 avocado(s) (176g)
lime juice
1 3/4 tsp (9mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 3/4 cup (53g)
canned tuna
1 3/4 can (301g)
tomatoes
1/2 cup, chopped (79g)
onion, minced
1/2 small (31g)

For all 2 meals:

avocados
1 3/4 avocado(s) (352g)
lime juice
3 1/2 tsp (18mL)
salt
1/2 tsp (1g)
black pepper
1/2 tsp (0g)
mixed greens
3 1/2 cup (105g)
canned tuna
3 1/2 can (602g)
tomatoes
14 tbsp, chopped (158g)
onion, minced
7/8 small (61g)

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.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Dinner 2 ↗

Eat on day 3 and day 4

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

butter

2 tsp (9g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

butter

4 tsp (18g)

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, top with butter, and serve.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia)
(31g)

For all 2 meals:

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)

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.

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



For single meal:

vegetable broth
3/8 cup(s) (mL)
oil
3/4 tbsp (11mL)
raw celery, thinly sliced
3/4 stalk, medium (7-1/2" - 8" long)
(30g)
carrots, peeled & slices
1 1/2 large (108g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
1 1/2 clove(s) (5g)
white beans, canned, drained & rinsed
3/4 can(s) (329g)

For all 2 meals:

vegetable broth
3/4 cup(s) (mL)
oil
1 1/2 tbsp (23mL)
raw celery, thinly sliced
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
carrots, peeled & slices
3 large (216g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
garlic, minced
3 clove(s) (9g)
white beans, canned, drained & rinsed
1 1/2 can(s) (659g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Dinner 3 ↗

Eat on day 5 and day 6

Italian sausage

2 link - 514 cals ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
2 link (215g)

For all 2 meals:

Italian pork sausage, raw
4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to $\frac{1}{2}$ " depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Parmesan & pesto roasted potatoes

425 cals ● 11g protein ● 9g fat ● 63g carbs ● 12g fiber



For single meal:

pesto sauce
1 tbsp (16g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
parmesan cheese, grated
2 tbsp (10g)
potatoes, washed, cut into bite-sized pieces
1 lbs (454g)

For all 2 meals:

pesto sauce
2 tbsp (32g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
parmesan cheese, grated
4 tbsp (20g)
potatoes, washed, cut into bite-sized pieces
2 lbs (908g)

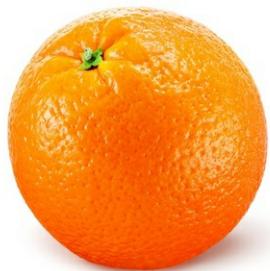
1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

Dinner 4 ↗

Eat on day 7

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange

2 orange (308g)

1. The recipe has no instructions.

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



kale leaves, chopped

3/4 bunch (128g)

avocados, chopped

3/4 avocado(s) (151g)

lemon, juiced

3/4 small (44g)

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.

Ranch chicken

8 oz - 461 cals ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



Makes 8 oz

ranch dressing

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

ranch dressing mix

1/4 packet (1 oz) (7g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.