

Meal Plan - 1200 calorie intermittent fasting paleo 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

1168 cals ● 120g protein (41%) ● 66g fat (50%) ● 12g carbs (4%) ● 13g fiber (4%)

Lunch

600 cals, 50g protein, 8g net carbs, 38g fat



Roasted almonds
1/3 cup(s)- 296 cals



Basic chicken & spinach salad
304 cals

Dinner

570 cals, 70g protein, 4g net carbs, 28g fat



Broccoli
2 cup(s)- 58 cals



Basic chicken thighs
12 oz- 510 cals

Day 2

1250 cals ● 103g protein (33%) ● 82g fat (59%) ● 10g carbs (3%) ● 14g fiber (5%)

Lunch

600 cals, 50g protein, 8g net carbs, 38g fat



Roasted almonds
1/3 cup(s)- 296 cals



Basic chicken & spinach salad
304 cals

Dinner

650 cals, 52g protein, 2g net carbs, 45g fat



Simple sauteed spinach
100 cals



Indian chicken wings
13 1/3 oz- 550 cals

Day 3

1182 cals ● 116g protein (39%) ● 70g fat (53%) ● 9g carbs (3%) ● 13g fiber (4%)

Lunch

530 cals, 64g protein, 6g net carbs, 25g fat



Paleo salsa verde chicken salad
451 cals



Bone broth
2 cup(s)- 81 cals

Dinner

650 cals, 52g protein, 2g net carbs, 45g fat



Simple sauteed spinach
100 cals



Indian chicken wings
13 1/3 oz- 550 cals

Day 4

1151 cals ● 135g protein (47%) ● 41g fat (32%) ● 47g carbs (16%) ● 14g fiber (5%)

Lunch

530 cals, 64g protein, 6g net carbs, 25g fat



Paleo salsa verde chicken salad
451 cals



Bone broth
2 cup(s)- 81 cals

Dinner

620 cals, 72g protein, 40g net carbs, 16g fat



Broccoli
2 1/2 cup(s)- 73 cals



Honey mustard chicken
10 oz- 547 cals

Day 5

1182 cals ● 146g protein (49%) ● 50g fat (38%) ● 20g carbs (7%) ● 15g fiber (5%)

Lunch

625 cals, 93g protein, 7g net carbs, 22g fat



Roasted broccoli
98 cals



Basic chicken breast
13 1/3 oz- 529 cals

Dinner

555 cals, 53g protein, 14g net carbs, 29g fat



Roasted almonds
1/8 cup(s)- 111 cals



Lemon garlic chicken zoodles
402 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Day 6

1182 cals ● 146g protein (49%) ● 50g fat (38%) ● 20g carbs (7%) ● 15g fiber (5%)

Lunch

625 cals, 93g protein, 7g net carbs, 22g fat



Roasted broccoli
98 cals



Basic chicken breast
13 1/3 oz- 529 cals

Dinner

555 cals, 53g protein, 14g net carbs, 29g fat



Roasted almonds
1/8 cup(s)- 111 cals



Lemon garlic chicken zoodles
402 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Day 7

1168 cals ● 135g protein (46%) ● 40g fat (31%) ● 47g carbs (16%) ● 20g fiber (7%)

Lunch

615 cals, 74g protein, 13g net carbs, 25g fat



Marinated chicken breast
10 oz- 353 cals



Roasted broccoli
98 cals



Garlic zucchini noodles
163 cals

Dinner

555 cals, 60g protein, 34g net carbs, 16g fat



Simple kale salad
1 cup(s)- 55 cals



Pork-broccoli-sweet potato bowl
499 cals

Grocery List



Nut and Seed Products

- ☐ almonds
1 cup, whole (131g)
- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)

Vegetables and Vegetable Products

- ☐ fresh spinach
12 cup(s) (360g)
- ☐ frozen broccoli
3 lbs (1368g)
- ☐ garlic
6 clove(s) (18g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (488g)
- ☐ zucchini
2 1/2 medium (490g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ sweet potatoes
3/4 sweetpotato, 5" long (158g)

Fats and Oils

- ☐ oil
2 1/2 oz (77mL)
- ☐ salad dressing
4 tbsp (60mL)
- ☐ olive oil
1 oz (37mL)
- ☐ marinade sauce
5 tbsp (74mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 1/3 lbs (2394g)
- ☐ boneless skinless chicken thighs
3/4 lbs (340g)
- ☐ chicken wings, with skin, raw
1 2/3 lbs (757g)

Spices and Herbs

- ☐ black pepper
1 tsp, ground (3g)
- ☐ salt
1 tbsp (17g)
- ☐ curry powder
2 1/2 tbsp (16g)

Other

- ☐ mixed greens
3 cup (90g)
- ☐ chicken bone broth
4 cup(s) (mL)

Soups, Sauces, and Gravies

- ☐ salsa verde
2 tbsp (32g)

Fruits and Fruit Juices

- ☐ avocados
4 slices (100g)
- ☐ lemon juice
1 1/2 tbsp (23mL)

Sweets

- ☐ honey
2 tbsp (42g)

Dairy and Egg Products

- ☐ butter
1 1/2 tbsp (21g)

Pork Products

- ☐ pork tenderloin, raw
1/2 lbs (255g)

- ☐ **ground cumin**
2 tsp (4g)
 - ☐ **dijon mustard**
2 tbsp (31g)
 - ☐ **garlic powder**
1 tsp (3g)
 - ☐ **onion powder**
1 tsp (3g)
 - ☐ **paprika**
1 1/2 dash (0g)
-

Lunch 1 [↗](#)

Eat on day 1 and day 2

Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
1/3 cup, whole (48g)

For all 2 meals:

almonds
2/3 cup, whole (95g)

1. The recipe has no instructions.

Basic chicken & spinach salad

304 cal ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



For single meal:

fresh spinach
2 cup(s) (60g)
oil
1 tsp (5mL)
salad dressing
1 1/2 tbsp (23mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
6 oz (170g)

For all 2 meals:

fresh spinach
4 cup(s) (120g)
oil
2 tsp (10mL)
salad dressing
3 tbsp (45mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
3/4 lbs (340g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Paleo salsa verde chicken salad

451 cals ● 46g protein ● 24g fat ● 6g carbs ● 6g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
oil
1 tsp (5mL)
mixed greens
1 1/2 cup (45g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
ground cumin
1 tsp (2g)
salsa verde
1 tbsp (16g)
tomatoes, chopped
1/2 roma tomato (40g)
avocados, sliced
2 slices (50g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
oil
2 tsp (10mL)
mixed greens
3 cup (90g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
ground cumin
2 tsp (4g)
salsa verde
2 tbsp (32g)
tomatoes, chopped
1 roma tomato (80g)
avocados, sliced
4 slices (100g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. When chicken is cool enough to handle, chop it into bite-sized pieces.
3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

chicken bone broth
2 cup(s) (mL)

For all 2 meals:

chicken bone broth
4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Roasted broccoli

98 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

For all 2 meals:

frozen broccoli
2 package (568g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
garlic powder
4 dash (2g)
onion powder
4 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

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.

Lunch 4 [↗](#)

Eat on day 7

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.

Roasted broccoli

98 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Garlic zucchini noodles

163 cals ● 3g protein ● 14g fat ● 4g carbs ● 2g fiber



olive oil
1 tbsp (15mL)
zucchini
1 medium (196g)
garlic, minced
1/2 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Dinner 1 [↗](#)

Eat on day 1

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken thighs
3/4 lbs (340g)
oil
1/2 tbsp (8mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Indian chicken wings

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



For single meal:

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)

For all 2 meals:

oil
1 1/4 tsp (6mL)
chicken wings, with skin, raw
1 2/3 lbs (757g)
salt
1/2 tbsp (10g)
curry powder
2 1/2 tbsp (16g)

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.
-

Dinner 3 [↗](#)

Eat on day 4

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

frozen broccoli
2 1/2 cup (228g)

1. Prepare according to instructions on package.

Honey mustard chicken

10 oz - 547 cals ● 65g protein ● 16g fat ● 35g carbs ● 1g fiber



Makes 10 oz

boneless skinless chicken breast, raw
10 oz (284g)
oil
1/2 tbsp (8mL)
honey
2 tbsp (42g)
dijon mustard
2 tbsp (31g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Lemon garlic chicken zoodles

402 cals ● 48g protein ● 20g fat ● 6g carbs ● 2g fiber



For single meal:

butter
3/4 tbsp (11g)
garlic powder
1 1/2 dash (1g)
onion powder
1 1/2 dash (0g)
lemon juice
3/4 tbsp (11mL)
oil
1 tsp (6mL)
garlic, minced
2 1/4 clove(s) (7g)
zucchini, spiralized
3/4 medium (147g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
1/2 lbs (202g)

For all 2 meals:

butter
1 1/2 tbsp (21g)
garlic powder
3 dash (1g)
onion powder
3 dash (1g)
lemon juice
1 1/2 tbsp (23mL)
oil
3/4 tbsp (11mL)
garlic, minced
4 1/2 clove(s) (14g)
zucchini, spiralized
1 1/2 medium (294g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
14 1/2 oz (403g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
6. Add noodles and chicken to a bowl and serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

Dinner 5 [↗](#)

Eat on day 7

Simple kale salad

1 cup(s) - 55 cals ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

kale leaves

1 cup, chopped (40g)

salad dressing

1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

Pork-broccoli-sweet potato bowl

499 cals ● 59g protein ● 12g fat ● 29g carbs ● 8g fiber

**paprika**

1 1/2 dash (0g)

frozen broccoli

3/8 package (107g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

olive oil

1/2 tbsp (8mL)

sweet potatoes, cut into bite-sized cubes

3/4 sweetpotato, 5" long (158g)

pork tenderloin, raw, cut into bite-sized cubes

1/2 lbs (255g)

1. Preheat oven to 400 F (200 C)
 2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
 3. Take the mixture and coat the sweet potatoes.
 4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
 5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
 6. Prepare the broccoli according to the instructions on its packaging.
 7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.
-