

# Meal Plan - 1300 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

1333 cals ● 149g protein (45%) ● 46g fat (31%) ● 68g carbs (21%) ● 13g fiber (4%)

### Lunch

695 cals, 67g protein, 41g net carbs, 27g fat



[Honey mustard chicken](#)

10 oz- 547 cals



[Roasted tomatoes](#)

2 1/2 tomato(es)- 149 cals

### Dinner

640 cals, 82g protein, 27g net carbs, 19g fat



[Mixed vegetables](#)

1 cup(s)- 97 cals



[Lemon pepper chicken breast](#)

12 oz- 444 cals



[Baked fries](#)

97 cals

## Day 2

1322 cals ● 91g protein (27%) ● 67g fat (46%) ● 69g carbs (21%) ● 20g fiber (6%)

### Lunch

625 cals, 41g protein, 48g net carbs, 27g fat



[Mixed nuts](#)

1/3 cup(s)- 272 cals



[Raisins](#)

1/4 cup- 137 cals



[Paleo chicken club lettuce wrap](#)

1 1/2 wrap(s)- 216 cals

### Dinner

695 cals, 50g protein, 21g net carbs, 40g fat



[Sunflower seeds](#)

361 cals



[Shrimp-broccoli-cauliflower rice bowl](#)

336 cals

## Day 3

1298 cals ● 123g protein (38%) ● 63g fat (43%) ● 48g carbs (15%) ● 14g fiber (4%)

### Lunch

645 cals, 70g protein, 13g net carbs, 34g fat



[Roasted cashews](#)

1/6 cup(s)- 139 cals



[Basic chicken & spinach salad](#)

507 cals

### Dinner

650 cals, 52g protein, 35g net carbs, 29g fat



[Walnuts](#)

1/4 cup(s)- 175 cals



[Chicken-broccoli-sweet potato bowl](#)

477 cals

## Day 4

1347 cals ● 104g protein (31%) ● 77g fat (51%) ● 45g carbs (13%) ● 15g fiber (5%)

### Lunch

695 cals, 51g protein, 10g net carbs, 48g fat



**Mixed vegetables**  
3/4 cup(s)- 73 cals



**Buffalo drumsticks**  
10 2/3 oz- 622 cals

### Dinner

650 cals, 52g protein, 35g net carbs, 29g fat



**Walnuts**  
1/4 cup(s)- 175 cals



**Chicken-broccoli-sweet potato bowl**  
477 cals

## Day 5

1292 cals ● 98g protein (30%) ● 76g fat (53%) ● 41g carbs (13%) ● 13g fiber (4%)

### Lunch

695 cals, 51g protein, 10g net carbs, 48g fat



**Mixed vegetables**  
3/4 cup(s)- 73 cals



**Buffalo drumsticks**  
10 2/3 oz- 622 cals

### Dinner

595 cals, 47g protein, 31g net carbs, 28g fat



**Beets**  
7 beets- 169 cals



**Coriander and cumin rubbed pork chops**  
1 chop(s)- 428 cals

## Day 6

1293 cals ● 128g protein (40%) ● 57g fat (39%) ● 51g carbs (16%) ● 17g fiber (5%)

### Lunch

695 cals, 81g protein, 21g net carbs, 28g fat



**Baked fries**  
97 cals



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

### Dinner

595 cals, 47g protein, 31g net carbs, 28g fat



**Beets**  
7 beets- 169 cals



**Coriander and cumin rubbed pork chops**  
1 chop(s)- 428 cals

## Day 7

1300 cals ● 146g protein (45%) ● 55g fat (38%) ● 41g carbs (13%) ● 13g fiber (4%)

### Lunch

695 cals, 81g protein, 21g net carbs, 28g fat



**Baked fries**  
97 cals



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

### Dinner

605 cals, 65g protein, 21g net carbs, 27g fat



**Roasted cashews**  
1/3 cup(s)- 261 cals



**Bbq pulled chicken & slaw bowl**  
343 cals

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 lbs (2212g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (49mL)
- ☐ olive oil  
2 1/3 oz (72mL)
- ☐ coconut oil  
3/4 tbsp (10g)
- ☐ salad dressing  
2 1/2 tbsp (38mL)

## Sweets

- ☐ honey  
2 tbsp (42g)

## Spices and Herbs

- ☐ dijon mustard  
1 3/4 oz (50g)
- ☐ lemon pepper  
3/4 tbsp (5g)
- ☐ black pepper  
4 g (4g)
- ☐ salt  
1 tbsp (17g)
- ☐ paprika  
1/4 tbsp (2g)
- ☐ ground cumin  
1 tbsp (6g)
- ☐ ground coriander  
1 tbsp (5g)
- ☐ chili powder  
4 tsp (11g)
- ☐ fresh basil  
24 leaves (12g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (681g)
- ☐ frozen mixed veggies  
2 1/2 cup (338g)
- ☐ potatoes  
3/4 large (3" to 4-1/4" dia.) (277g)
- ☐ onion  
5/8 medium (2-1/2" dia) (67g)

## Nut and Seed Products

- ☐ mixed nuts  
5 tbsp (42g)
- ☐ sunflower kernels  
2 oz (57g)
- ☐ roasted cashews  
1/2 cup (66g)
- ☐ walnuts  
1/2 cup, shelled (50g)

## Fruits and Fruit Juices

- ☐ raisins  
4 tbsp, packed (41g)
- ☐ green olives  
24 large (106g)
- ☐ lemon juice  
1/2 tbsp (8mL)

## Sausages and Luncheon Meats

- ☐ chicken cold cuts  
6 oz (170g)

## Finfish and Shellfish Products

- ☐ shrimp, raw  
4 oz (114g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/4 cup (53mL)

## Other

- ☐ Chicken, drumsticks, with skin  
1 1/3 lbs (605g)
- ☐ coleslaw mix  
1 1/2 cup (135g)
- ☐ sugar-free barbecue sauce  
3 tbsp (45g)

## Pork Products

- ☐ pork loin chops, boneless, raw  
2 chop (370g)

- ☐ **romaine lettuce**  
1 1/2 leaf outer (42g)
  - ☐ **cauliflower**  
1/2 head medium (5-6" dia.) (294g)
  - ☐ **frozen broccoli**  
1 package (308g)
  - ☐ **garlic**  
4 clove(s) (12g)
  - ☐ **fresh spinach**  
3 1/3 cup(s) (100g)
  - ☐ **sweet potatoes**  
1 2/3 sweetpotato, 5" long (350g)
  - ☐ **beets, precooked (canned or refrigerated)**  
14 beet(s) (700g)
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## Lunch 1 [↗](#)

Eat on day 1

### 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.

### Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

**oil**

2 1/2 tsp (13mL)

**tomatoes**

2 1/2 small whole (2-2/5" dia) (228g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

## Lunch 2 [↗](#)

Eat on day 2

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### Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



Makes 1/3 cup(s)

**mixed nuts**  
5 tbsp (42g)

1. The recipe has no instructions.

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### Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



Makes 1/4 cup

**raisins**  
4 tbsp, packed (41g)

1. The recipe has no instructions.

### Paleo chicken club lettuce wrap

1 1/2 wrap(s) - 216 cals ● 32g protein ● 4g fat ● 11g carbs ● 3g fiber



Makes 1 1/2 wrap(s)

**dijon mustard**  
3/4 tbsp (11g)  
**tomatoes**  
3 slice(s), thin/small (45g)  
**chicken cold cuts**  
6 oz (170g)  
**onion**  
6 slices, thin (54g)  
**romaine lettuce**  
1 1/2 leaf outer (42g)

1. Spread the mustard on the lettuce leaf.
  2. Place the chicken, onion, and tomato on the mustard.
  3. Wrap the leaf up. Serve.
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## Lunch 3 [↗](#)

Eat on day 3

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### Roasted cashews

1/6 cup(s) - 139 cal ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



Makes 1/6 cup(s)

**roasted cashews**  
2 2/3 tbsp (23g)

1. The recipe has no instructions.

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### Basic chicken & spinach salad

507 cal ● 67g protein ● 23g fat ● 6g carbs ● 2g fiber



**fresh spinach**  
3 1/3 cup(s) (100g)  
**oil**  
1/2 tbsp (8mL)  
**salad dressing**  
2 1/2 tbsp (38mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
10 oz (284g)

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.
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## Lunch 4 [↗](#)

Eat on day 4 and day 5

### Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**frozen mixed veggies**  
3/4 cup (101g)

For all 2 meals:

**frozen mixed veggies**  
1 1/2 cup (203g)

1. Prepare according to instructions on package.

### 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.



## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Baked fries

97 cal ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



For single meal:

**potatoes**  
1/4 large (3" to 4-1/4" dia.) (92g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**oil**  
1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Baked chicken with tomatoes & olives

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



For single meal:

**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)

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)  
**olive oil**  
4 tsp (20mL)  
**salt**  
1 tsp (6g)  
**green olives**  
24 large (106g)  
**black pepper**  
1 tsp (1g)  
**chili powder**  
4 tsp (11g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**fresh basil, shredded**  
24 leaves (12g)

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.

Dinner 1 [↗](#)

Eat on day 1

Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

**frozen mixed veggies**  
1 cup (135g)

1. Prepare according to instructions on package.

Lemon pepper chicken breast

12 oz - 444 cals ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



Makes 12 oz

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

**olive oil**

1 tsp (6mL)

**lemon pepper**

3/4 tbsp (5g)

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.

## Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



**potatoes**  
1/4 large (3" to 4-1/4" dia.) (92g)  
**oil**  
1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

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## Dinner 2 [↗](#)

Eat on day 2

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### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

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### Shrimp-broccoli-cauliflower rice bowl

336 cals ● 33g protein ● 12g fat ● 16g carbs ● 8g fiber



**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**cauliflower**  
1/2 head medium (5-6" dia.) (294g)  
**frozen broccoli**  
1/4 package (71g)  
**onion, diced**  
1/6 small (13g)  
**garlic, diced**  
1 clove(s) (3g)  
**coconut oil, divided**  
3/4 tbsp (10g)  
**shrimp, raw, peeled and deveined**  
4 oz (114g)

1. Prepare the rice:
2. Remove leaves and stem from cauliflower. Grate the head so that it resembles rice.
3. Add half of the coconut oil to a skillet over medium-high heat. Add in diced onion and garlic for a couple of minutes until softened.
4. Add in grated cauliflower, salt, and pepper; stir. Cook for a couple minutes until it's heated through. Set aside.
5. Prepare the shrimp:
6. Heat the second half of the oil in a large skillet over medium-high heat.
7. Add the shrimp to the pan and cook for 5-6 minutes, until fully pink and opaque.
8. Prepare the broccoli according to its package.
9. Bring the shrimp, broccoli, and rice together; stir (or keep it all separate- whichever you prefer!) Serve.

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## Dinner 3 [🔗](#)

Eat on day 3 and day 4

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### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
4 tbsp, shelled (25g)

For all 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. The recipe has no instructions.

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## Chicken-broccoli-sweet potato bowl

477 cal ● 49g protein ● 13g fat ● 33g carbs ● 9g fiber





For single meal:

**frozen broccoli**  
3/8 package (118g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tsp (1g)  
**boneless skinless chicken breast, raw, cut into bite-sized cubes**  
6 2/3 oz (187g)  
**sweet potatoes, cut into bite-sized cubes**  
5/6 sweetpotato, 5" long (175g)

For all 2 meals:

**frozen broccoli**  
5/6 package (237g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)  
**olive oil**  
1 tbsp (17mL)  
**paprika**  
1 tsp (2g)  
**boneless skinless chicken breast, raw, cut into bite-sized cubes**  
13 1/3 oz (373g)  
**sweet potatoes, cut into bite-sized cubes**  
1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of 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 spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Beets

7 beets - 169 cal ● 6g protein ● 1g fat ● 28g carbs ● 7g fiber



For single meal:

**beets, precooked (canned or refrigerated)**  
7 beet(s) (350g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**  
14 beet(s) (700g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

### Coriander and cumin rubbed pork chops

1 chop(s) - 428 cal ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber





For single meal:

- salt**  
2 dash (2g)
- ground cumin**  
1/2 tbsp (3g)
- ground coriander**  
1/2 tbsp (3g)
- pork loin chops, boneless, raw**  
1 chop (185g)
- black pepper**  
1 dash (0g)
- garlic, minced**  
1 1/2 clove(s) (5g)
- olive oil, divided**  
1 tbsp (15mL)

For all 2 meals:

- salt**  
4 dash (3g)
- ground cumin**  
1 tbsp (6g)
- ground coriander**  
1 tbsp (5g)
- pork loin chops, boneless, raw**  
2 chop (370g)
- black pepper**  
2 dash (0g)
- garlic, minced**  
3 clove(s) (9g)
- olive oil, divided**  
2 tbsp (30mL)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Dinner 5 [🔗](#)  
Eat on day 7

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



- Makes 1/3 cup(s)
- roasted cashews**  
5 tbsp (43g)

1. The recipe has no instructions.

Bbq pulled chicken & slaw bowl

343 cals ● 59g protein ● 7g fat ● 8g carbs ● 3g fiber



**boneless skinless chicken breast, raw**  
1/2 lbs (255g)  
**coleslaw mix**  
1 1/2 cup (135g)  
**sugar-free barbecue sauce**  
3 tbsp (45g)  
**dijon mustard**  
1/2 tbsp (8g)  
**lemon juice**  
1/2 tbsp (8mL)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
  2. In a small bowl, mix together the mustard and lemon juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
  3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
  4. Add coleslaw to the bbq chicken bowl and serve.
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