

Meal Plan - 1600 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

1618 cals ● 133g protein (33%) ● 82g fat (46%) ● 65g carbs (16%) ● 22g fiber (5%)

Lunch

760 cals, 50g protein, 20g net carbs, 49g fat



[Chicken sausage](#)

3 link- 381 cals



[Roasted brussels sprouts](#)

174 cals



[Garlic zucchini noodles](#)

204 cals

Dinner

860 cals, 83g protein, 44g net carbs, 33g fat



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cals



[Sweet potato wedges](#)

261 cals

Day 2

1583 cals ● 155g protein (39%) ● 57g fat (32%) ● 91g carbs (23%) ● 23g fiber (6%)

Lunch

755 cals, 81g protein, 48g net carbs, 22g fat



[Lemon pepper chicken breast](#)

12 oz- 444 cals



[Sweet potato fries](#)

309 cals

Dinner

830 cals, 74g protein, 43g net carbs, 35g fat



[Simple salad with tomatoes and carrots](#)

98 cals



[Basic chicken breast](#)

10 2/3 oz- 423 cals



[Sweet potato medallions](#)

1 sweet potato- 309 cals

Day 3

1594 cals ● 145g protein (36%) ● 90g fat (51%) ● 34g carbs (9%) ● 17g fiber (4%)

Lunch

770 cals, 63g protein, 10g net carbs, 48g fat



[Roasted almonds](#)

1/2 cup(s)- 388 cals



[Basic chicken & spinach salad](#)

380 cals

Dinner

825 cals, 81g protein, 24g net carbs, 42g fat



[Cauliflower rice](#)

2 1/2 cup(s)- 151 cals



[Chicken beet & carrot salad bowl](#)

674 cals

Day 4

1594 cals ● 145g protein (36%) ● 90g fat (51%) ● 34g carbs (9%) ● 17g fiber (4%)

Lunch

770 cals, 63g protein, 10g net carbs, 48g fat



Roasted almonds
1/2 cup(s)- 388 cals



Basic chicken & spinach salad
380 cals

Dinner

825 cals, 81g protein, 24g net carbs, 42g fat



Cauliflower rice
2 1/2 cup(s)- 151 cals



Chicken beet & carrot salad bowl
674 cals

Day 5

1638 cals ● 133g protein (32%) ● 103g fat (57%) ● 26g carbs (6%) ● 19g fiber (5%)

Lunch

850 cals, 54g protein, 8g net carbs, 64g fat



Roasted almonds
1/4 cup(s)- 222 cals



Salmon salad lettuce wrap
630 cals

Dinner

785 cals, 79g protein, 18g net carbs, 39g fat



Turkey meatballs
14 meatballs- 639 cals



Simple salad with tomatoes and carrots
147 cals

Day 6

1549 cals ● 137g protein (35%) ● 81g fat (47%) ● 49g carbs (13%) ● 20g fiber (5%)

Lunch

765 cals, 58g protein, 30g net carbs, 42g fat



Hungarian goulash
461 cals



Simple mixed greens and tomato salad
302 cals

Dinner

785 cals, 79g protein, 18g net carbs, 39g fat



Turkey meatballs
14 meatballs- 639 cals



Simple salad with tomatoes and carrots
147 cals

Day 7

1640 cals ● 161g protein (39%) ● 75g fat (41%) ● 62g carbs (15%) ● 19g fiber (5%)

Lunch

765 cals, 58g protein, 30g net carbs, 42g fat



Hungarian goulash
461 cals



Simple mixed greens and tomato salad
302 cals

Dinner

875 cals, 103g protein, 32g net carbs, 33g fat



Sweet potato fries
132 cals



One pan roasted chicken & veggies
745 cals

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
3 link (252g)

Spices and Herbs

- ☐ salt
1 oz (32g)
- ☐ black pepper
3 1/2 g (3g)
- ☐ chili powder
2 tsp (5g)
- ☐ fresh basil
12 leaves (6g)
- ☐ lemon pepper
3/4 tbsp (5g)
- ☐ garlic powder
1/4 oz (8g)
- ☐ paprika
5 1/2 g (5g)
- ☐ thyme, dried
1/4 tbsp, leaves (1g)
- ☐ oregano, dried
1/8 oz (4g)
- ☐ onion powder
2 tsp (5g)

Vegetables and Vegetable Products

- ☐ brussels sprouts
6 oz (170g)
- ☐ zucchini
2 medium (368g)
- ☐ garlic
1 clove (3g)
- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (795g)
- ☐ sweet potatoes
4 sweetpotato, 5" long (798g)
- ☐ carrots
2 1/2 medium (153g)
- ☐ romaine lettuce
1 3/4 head (1112g)
- ☐ fresh spinach
5 cup(s) (150g)
- ☐ beets, precooked (canned or refrigerated)
3/4 lbs (340g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (174g)
- ☐ raw celery
2 stalk, small (5" long) (34g)

Fats and Oils

- ☐ olive oil
2 oz (58mL)
- ☐ oil
6 oz (183mL)
- ☐ salad dressing
56 1/4 tsp (281mL)
- ☐ mayonnaise
4 tbsp (60mL)

Fruits and Fruit Juices

- ☐ green olives
12 large (53g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 1/2 lbs (2497g)
- ☐ ground turkey, raw
22 1/2 oz (635g)

Nut and Seed Products

- ☐ almonds
1 cup, whole (161g)

Other

- ☐ frozen cauliflower
5 cup (567g)
- ☐ mixed greens
12 cup (360g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/2 tsp (0mL)

Finfish and Shellfish Products

- ☐ canned salmon
2 5oz can(s) (undrained) (284g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
2/3 cup (196g)

Beverages

☐ **tomato paste**
1/3 can (6 oz) (57g)

☐ **broccoli**
10 tbsp chopped (57g)

☐ **red bell pepper**
5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)

☐ **water**
1/2 cup(s) (119mL)

Beef Products

☐ **beef stew meat, raw**
1 lbs (454g)

Lunch 1 [↗](#)

Eat on day 1

Chicken sausage

3 link - 381 cals ● 42g protein ● 21g fat ● 6g carbs ● 0g fiber



Makes 3 link

chicken sausage, cooked
3 link (252g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

Roasted brussels sprouts

174 cals ● 5g protein ● 10g fat ● 9g carbs ● 7g fiber



salt
1 1/2 dash (1g)
black pepper
1 dash, ground (0g)
brussels sprouts
6 oz (170g)
olive oil
3/4 tbsp (11mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Garlic zucchini noodles

204 cals ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



olive oil
1 1/4 tbsp (19mL)
zucchini
1 1/4 medium (245g)
garlic, minced
5/8 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.

Lunch 2 [🔗](#)

Eat on day 2

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.

Sweet potato fries

309 cals ● 4g protein ● 8g fat ● 46g carbs ● 8g fiber



olive oil
1 3/4 tsp (9mL)
garlic powder
1/4 tsp (1g)
paprika
1/4 tsp (1g)
salt
1/4 tsp (2g)
black pepper
1 dash, ground (0g)
sweet potatoes, peeled
9 1/3 oz (265g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



For single meal:

almonds
1/2 cup, whole (63g)

For all 2 meals:

almonds
14 tbsp, whole (125g)

1. The recipe has no instructions.

Basic chicken & spinach salad

380 cals ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



For single meal:

fresh spinach
2 1/2 cup(s) (75g)
oil
1 1/4 tsp (6mL)
salad dressing
2 tbsp (28mL)
boneless skinless chicken breast, raw, chopped, cooked
1/2 lbs (213g)

For all 2 meals:

fresh spinach
5 cup(s) (150g)
oil
2 1/2 tsp (13mL)
salad dressing
1/4 cup (56mL)
boneless skinless chicken breast, raw, chopped, cooked
15 oz (425g)

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 4 [↗](#)

Eat on day 5

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Salmon salad lettuce wrap

630 cals ● 46g protein ● 46g fat ● 5g carbs ● 3g fiber



canned salmon
2 5oz can(s) (undrained) (284g)
mayonnaise
4 tbsp (60mL)
onion
2 tbsp minced (30g)
raw celery, diced
2 stalk, small (5" long) (34g)
salt
2 dash (1g)
black pepper
2 dash (0g)
romaine lettuce
4 leaf outer (112g)

1. Drain salmon and discard any liquid.
 2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
 3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
 4. Roll up to create the wrap.
 5. Serve.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Hungarian goulash

461 cals ● 52g protein ● 23g fat ● 10g carbs ● 3g fiber



For single meal:

oil
2 2/3 tsp (13mL)
salt
4 dash (3g)
black pepper
2/3 dash, ground (0g)
water
1/4 cup(s) (59mL)
tomato paste
1/6 can (6 oz) (28g)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1/6 clove (1g)
beef stew meat, raw, cut into 1.5 inch cubes
1/2 lbs (227g)
paprika, preferably Hungarian sweet paprika
1 tsp (2g)

For all 2 meals:

oil
1 3/4 tbsp (27mL)
salt
1 tsp (6g)
black pepper
1 1/3 dash, ground (0g)
water
1/2 cup(s) (118mL)
tomato paste
1/3 can (6 oz) (57g)
onion, sliced
1 medium (2-1/2" dia) (110g)
garlic, minced
1/3 clove (1g)
beef stew meat, raw, cut into 1.5 inch cubes
16 oz (454g)
paprika, preferably Hungarian sweet paprika
2 tsp (5g)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



For single meal:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

For all 2 meals:

mixed greens
12 cup (360g)
tomatoes
2 cup cherry tomatoes (298g)
salad dressing
3/4 cup (180mL)

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

Dinner 1 [↗](#)

Eat on day 1

Baked chicken with tomatoes & olives

12 oz - 599 cal ● 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.

Sweet potato wedges

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



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)

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.

Dinner 2 [↗](#)

Eat on day 2

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

boneless skinless chicken breast, raw
2/3 lbs (299g)
oil
2 tsp (10mL)

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.

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

oil

1 tbsp (15mL)

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Cauliflower rice

2 1/2 cup(s) - 151 cals ● 3g protein ● 11g fat ● 8g carbs ● 3g fiber



For single meal:

frozen cauliflower

2 1/2 cup (284g)

oil

2 1/2 tsp (13mL)

For all 2 meals:

frozen cauliflower

5 cup (567g)

oil

5 tsp (25mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

Chicken beet & carrot salad bowl

674 cals ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
thyme, dried
3 dash, leaves (0g)
apple cider vinegar
3/4 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
6 oz (170g)
boneless skinless chicken breast, raw, cubed
3/4 lbs (336g)
carrots, thinly sliced
3/4 medium (46g)

For all 2 meals:

oil
3 tbsp (45mL)
thyme, dried
1/4 tbsp, leaves (1g)
apple cider vinegar
1 1/2 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
3/4 lbs (340g)
boneless skinless chicken breast, raw, cubed
1 1/2 lbs (672g)
carrots, thinly sliced
1 1/2 medium (92g)

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 5 and day 6

Turkey meatballs

14 meatballs - 639 cal ● 73g protein ● 35g fat ● 8g carbs ● 1g fiber



For single meal:

ground turkey, raw
2/3 lbs (318g)
oil
2 tsp (11mL)
salt
1 tsp (6g)
oregano, dried
1 tsp, leaves (1g)
garlic powder
1 tsp (3g)
onion powder
1 tsp (2g)
nonfat greek yogurt, plain
1/3 cup (98g)

For all 2 meals:

ground turkey, raw
22 1/2 oz (635g)
oil
4 tsp (21mL)
salt
2 tsp (13g)
oregano, dried
2 tsp, leaves (2g)
garlic powder
2 tsp (7g)
onion powder
2 tsp (5g)
nonfat greek yogurt, plain
2/3 cup (196g)

1. In a large bowl, mix together the ground turkey, onion powder, garlic powder, oregano, and salt with your hands until well incorporated. Form into small meatballs (use the number of meatballs listed in the recipes serving details).
2. Heat oil in a large skillet over medium heat. Add meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
3. Serve.

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 5 [🔗](#)

Eat on day 7

Sweet potato fries

132 cals ● 2g protein ● 3g fat ● 20g carbs ● 4g fiber



olive oil
1/4 tbsp (4mL)
garlic powder
1 dash (0g)
paprika
1 dash (0g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
sweet potatoes, peeled
4 oz (114g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

One pan roasted chicken & veggies

745 cals ● 101g protein ● 30g fat ● 12g carbs ● 7g fiber

**tomatoes**

5 tbsp cherry tomatoes (47g)

oil

1 1/4 tbsp (19mL)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

onion, sliced

1/3 medium (2-1/2" dia) (34g)

broccoli

10 tbsp chopped (57g)

oregano, dried

1 tsp, ground (2g)

boneless skinless chicken breast, raw

15 oz (425g)

red bell pepper, deseeded and sliced

5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)

zucchini, sliced

5/8 medium (123g)

1. Preheat oven to 500°F (260°C).
 2. Chop all veggies into large pieces. Chop chicken into small cubes.
 3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
 4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.
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