

# Meal Plan - 1700 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

1670 cals ● 131g protein (31%) ● 81g fat (44%) ● 85g carbs (20%) ● 20g fiber (5%)

### Lunch

825 cals, 80g protein, 45g net carbs, 32g fat



**Marinated chicken breast**  
12 oz- 424 cals



**Sautéed peppers and onions**  
94 cals



**Sweet potato medallions**  
1 sweet potato- 309 cals

### Dinner

845 cals, 51g protein, 40g net carbs, 48g fat



**Kiwi**  
3 kiwi- 140 cals



**Steak and beet salad**  
703 cals

## Day 2

1692 cals ● 177g protein (42%) ● 93g fat (50%) ● 17g carbs (4%) ● 18g fiber (4%)

### Lunch

840 cals, 78g protein, 11g net carbs, 50g fat



**Roasted almonds**  
3/8 cup(s)- 333 cals



**Basic chicken & spinach salad**  
507 cals

### Dinner

850 cals, 99g protein, 7g net carbs, 44g fat



**Basic ground turkey**  
16 oz- 750 cals



**Broccoli**  
3 1/2 cup(s)- 102 cals

## Day 3

1663 cals ● 132g protein (32%) ● 99g fat (54%) ● 40g carbs (10%) ● 21g fiber (5%)

### Lunch

830 cals, 65g protein, 16g net carbs, 52g fat



**Low carb fried chicken**  
12 oz- 702 cals



**Green beans**  
126 cals

### Dinner

835 cals, 67g protein, 24g net carbs, 47g fat



**Chicken sausage**  
4 link- 508 cals



**Olive oil drizzled sugar snap peas**  
326 cals

## Day 4

1694 cals ● 150g protein (35%) ● 81g fat (43%) ● 68g carbs (16%) ● 25g fiber (6%)

### Lunch

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



Baked chicken with tomatoes & olives

12 oz- 599 cals



Sweet potato wedges

261 cals

### Dinner

835 cals, 67g protein, 24g net carbs, 47g fat



Chicken sausage

4 link- 508 cals



Olive oil drizzled sugar snap peas

326 cals

## Day 5

1663 cals ● 134g protein (32%) ● 79g fat (43%) ● 73g carbs (18%) ● 30g fiber (7%)

### Lunch

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



Baked chicken with tomatoes & olives

12 oz- 599 cals



Sweet potato wedges

261 cals

### Dinner

805 cals, 51g protein, 29g net carbs, 46g fat



Roasted almonds

1/3 cup(s)- 277 cals



Salmon & artichoke salad

526 cals

## Day 6

1713 cals ● 140g protein (33%) ● 57g fat (30%) ● 120g carbs (28%) ● 41g fiber (10%)

### Lunch

910 cals, 31g protein, 112g net carbs, 24g fat



Black bean & sweet potato stew

415 cals



Raisins

1/2 cup- 275 cals



Roasted almonds

1/4 cup(s)- 222 cals

### Dinner

800 cals, 110g protein, 8g net carbs, 32g fat



Lemon pepper chicken breast

16 oz- 592 cals



Olive oil drizzled broccoli

3 cup(s)- 209 cals

## Day 7

1713 cals ● 140g protein (33%) ● 57g fat (30%) ● 120g carbs (28%) ● 41g fiber (10%)

### Lunch

910 cals, 31g protein, 112g net carbs, 24g fat



Black bean & sweet potato stew

415 cals



Raisins

1/2 cup- 275 cals



Roasted almonds

1/4 cup(s)- 222 cals

### Dinner

800 cals, 110g protein, 8g net carbs, 32g fat



Lemon pepper chicken breast

16 oz- 592 cals



Olive oil drizzled broccoli

3 cup(s)- 209 cals

## Fruits and Fruit Juices

- ☐ kiwi  
3 fruit (207g)
- ☐ green olives  
24 large (106g)
- ☐ lemon juice  
2 tsp (10mL)
- ☐ raisins  
1 cup, packed (165g)

## Beef Products

- ☐ sirloin steak, raw  
1/2 lbs (213g)

## Other

- ☐ mixed greens  
6 cup (180g)
- ☐ Chicken, drumsticks, with skin  
3/4 lbs (340g)
- ☐ pork rinds  
11 g (11g)

## Vegetables and Vegetable Products

- ☐ broccoli  
3/4 cup chopped (68g)
- ☐ beets, precooked (canned or refrigerated)  
1 1/2 beet(s) (75g)
- ☐ onion  
5/6 medium (2-1/2" dia) (88g)
- ☐ bell pepper  
3/4 large (123g)
- ☐ sweet potatoes  
3 2/3 sweetpotato, 5" long (770g)
- ☐ frozen broccoli  
9 1/2 cup (865g)
- ☐ fresh spinach  
3 1/3 cup(s) (100g)
- ☐ frozen sugar snap peas  
5 1/3 cup (768g)
- ☐ frozen green beans  
2 2/3 cup (323g)
- ☐ tomatoes  
4 1/3 medium whole (2-3/5" dia) (532g)
- ☐ artichokes, canned  
13 1/4 tbsp hearts (140g)
- ☐ kale leaves  
1 cup, chopped (40g)

## Fats and Oils

- ☐ salad dressing  
1/3 cup (83mL)
- ☐ oil  
2 2/3 oz (82mL)
- ☐ marinade sauce  
6 tbsp (91mL)
- ☐ olive oil  
3 1/3 oz (105mL)
- ☐ balsamic vinaigrette  
5 tbsp (75mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 lbs (2196g)
- ☐ ground turkey, raw  
1 lbs (454g)

## Nut and Seed Products

- ☐ almonds  
1 1/3 cup, whole (170g)

## Sausages and Luncheon Meats

- ☐ chicken sausage, cooked  
8 link (672g)

## Spices and Herbs

- ☐ black pepper  
2 1/2 g (3g)
- ☐ salt  
1/2 oz (15g)
- ☐ cajun seasoning  
4 dash (1g)
- ☐ chili powder  
4 tsp (11g)
- ☐ fresh basil  
24 leaves (12g)
- ☐ lemon pepper  
2 tbsp (14g)
- ☐ ground cumin  
1 tsp (2g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
3/4 tbsp (11mL)

- ☐ tomato paste  
4 tsp (21g)
- ☐ garlic  
1 1/3 clove(s) (4g)

## Finfish and Shellfish Products

- ☐ canned salmon  
1/2 lbs (213g)

## Beverages

- ☐ water  
2 cup(s) (474mL)

## Legumes and Legume Products

- ☐ black beans  
1 1/3 can(s) (585g)
-

## Lunch 1 [↗](#)

Eat on day 1

### Marinated chicken breast

12 oz - 424 cals ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



Makes 12 oz

**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**marinade sauce**  
6 tbsp (90mL)

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.

### Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



**oil**  
1 tsp (6mL)  
**onion, sliced**  
3/8 medium (2-1/2" dia) (41g)  
**bell pepper, sliced into strips**  
3/4 large (123g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and 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.

---

## Lunch 2 [↗](#)

Eat on day 2

---

### Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



Makes 3/8 cup(s)

### almonds

6 tbsp, whole (54g)

1. The recipe has no instructions.

---

## Basic chicken & spinach salad

507 cals ● 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.

---

## Lunch 3 [🔗](#)

Eat on day 3

---

### Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



Makes 12 oz  
**hot sauce**  
3/4 tbsp (11mL)  
**cajun seasoning**  
4 dash (1g)  
**Chicken, drumsticks, with skin**  
3/4 lbs (340g)  
**pork rinds, crushed**  
10 3/4 g (11g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

---

### Green beans

126 cals ● 6g protein ● 1g fat ● 16g carbs ● 8g fiber



**frozen green beans**  
2 2/3 cup (323g)

1. Prepare according to instructions on package.

## Lunch 4 [🔗](#)

Eat on day 4 and day 5

### 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.

### Sweet potato wedges

261 cal ● 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.

## Lunch 5 [🔗](#)

Eat on day 6 and day 7

### Black bean & sweet potato stew

415 cal ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**ground cumin**  
4 dash (1g)  
**lemon juice**  
1 tsp (5mL)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)  
**tomato paste**  
2 tsp (11g)  
**black beans, drained**  
2/3 can(s) (293g)  
**sweet potatoes, cubed**  
1/3 sweetpotato, 5" long (70g)  
**onion, chopped**  
1/3 small (23g)  
**garlic, diced**  
2/3 clove(s) (2g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**ground cumin**  
1 tsp (2g)  
**lemon juice**  
2 tsp (10mL)  
**kale leaves**  
16 tbsp, chopped (40g)  
**oil**  
2 tsp (10mL)  
**tomato paste**  
4 tsp (21g)  
**black beans, drained**  
1 1/3 can(s) (585g)  
**sweet potatoes, cubed**  
2/3 sweetpotato, 5" long (140g)  
**onion, chopped**  
2/3 small (47g)  
**garlic, diced**  
1 1/3 clove(s) (4g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



For single meal:

**raisins**

1/2 cup, packed (83g)

For all 2 meals:

**raisins**

1 cup, packed (165g)

1. The recipe has no instructions.

## Roasted almonds

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



For single meal:

**almonds**

4 tbsp, whole (36g)

For all 2 meals:

**almonds**

1/2 cup, whole (72g)

1. The recipe has no instructions.

---

## Dinner 1 [🔗](#)

Eat on day 1

---

### Kiwi

3 kiwi - 140 cals ● 2g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 3 kiwi

**kiwi**

3 fruit (207g)

1. Slice the kiwi and serve.

---

## Steak and beet salad

703 cals ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



**sirloin steak, raw**  
1/2 lbs (213g)  
**mixed greens**  
2 1/4 cup (68g)  
**broccoli**  
3/4 cup chopped (68g)  
**salad dressing**  
3 tbsp (45mL)  
**oil**  
3/4 tbsp (11mL)  
**beets, precooked (canned or refrigerated), chopped**  
1 1/2 beet(s) (75g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

## Dinner 2 [↗](#)

Eat on day 2

### Basic ground turkey

16 oz - 750 cals ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



Makes 16 oz

**ground turkey, raw**  
1 lbs (454g)  
**oil**  
2 tsp (10mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

### Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

**frozen broccoli**  
3 1/2 cup (319g)

1. Prepare according to instructions on package.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



For single meal:

**chicken sausage, cooked**  
4 link (336g)

For all 2 meals:

**chicken sausage, cooked**  
8 link (672g)

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

### Olive oil drizzled sugar snap peas

326 cals ● 11g protein ● 19g fat ● 16g carbs ● 12g fiber



For single meal:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)  
**olive oil**  
4 tsp (20mL)

For all 2 meals:

**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**frozen sugar snap peas**  
5 1/3 cup (768g)  
**olive oil**  
2 2/3 tbsp (40mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

## Dinner 4 [↗](#)

Eat on day 5

### Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

**almonds**  
5 tbsp, whole (45g)

1. The recipe has no instructions.



## Salmon & artichoke salad

526 cals ● 41g protein ● 24g fat ● 25g carbs ● 12g fiber



**canned salmon**  
1/2 lbs (213g)  
**artichokes, canned**  
13 1/3 tbsp hearts (140g)  
**mixed greens**  
3 3/4 cup (113g)  
**balsamic vinaigrette**  
5 tbsp (75mL)  
**tomatoes, halved**  
13 1/3 tbsp cherry tomatoes (124g)

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

## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Lemon pepper chicken breast

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



For single meal:

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

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (896g)  
**olive oil**  
1 tbsp (15mL)  
**lemon pepper**  
2 tbsp (14g)

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.

### Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen broccoli**  
6 cup (546g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
  2. Drizzle with olive oil and season with salt and pepper to taste.
-