

Meal Plan - 1500 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

1452 cals ● 114g protein (31%) ● 55g fat (34%) ● 108g carbs (30%) ● 16g fiber (4%)

Lunch

725 cals, 55g protein, 71g net carbs, 19g fat



Lentils

174 cals



Pork and vegetable stir fry

440 cals



White rice

1/2 cup rice, cooked- 109 cals

Dinner

730 cals, 59g protein, 37g net carbs, 36g fat



Baked garlic parmesan chicken

8 oz- 399 cals



Buttery white rice

121 cals



Roasted tomatoes

3 1/2 tomato(es)- 208 cals

Day 2

1463 cals ● 108g protein (29%) ● 47g fat (29%) ● 127g carbs (35%) ● 25g fiber (7%)

Lunch

740 cals, 30g protein, 68g net carbs, 33g fat



Blueberries

1 cup(s)- 95 cals



Grilled cheese with mushrooms

646 cals

Dinner

720 cals, 78g protein, 59g net carbs, 14g fat



Basic chicken breast

8 oz- 317 cals



Lentils

405 cals

Day 3

1466 cals ● 130g protein (35%) ● 49g fat (30%) ● 104g carbs (28%) ● 21g fiber (6%)

Lunch

740 cals, 30g protein, 68g net carbs, 33g fat



Blueberries

1 cup(s)- 95 cals



Grilled cheese with mushrooms

646 cals

Dinner

725 cals, 100g protein, 36g net carbs, 16g fat



Lentils

231 cals



Lemon pepper chicken breast

13 1/3 oz- 494 cals

Day 4

1456 cals ● 146g protein (40%) ● 34g fat (21%) ● 119g carbs (33%) ● 24g fiber (7%)

Lunch

730 cals, 45g protein, 83g net carbs, 17g fat



[Chunky canned soup \(non-creamy\)](#)

2 1/2 can(s)- 618 cals



[Applesauce](#)

114 cals

Dinner

725 cals, 100g protein, 36g net carbs, 16g fat



[Lentils](#)

231 cals



[Lemon pepper chicken breast](#)

13 1/3 oz- 494 cals

Day 5

1453 cals ● 109g protein (30%) ● 77g fat (47%) ● 54g carbs (15%) ● 28g fiber (8%)

Lunch

685 cals, 57g protein, 36g net carbs, 33g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Simple turkey sandwich](#)

1 sandwich(es)- 544 cals

Dinner

770 cals, 52g protein, 18g net carbs, 44g fat



[Honey mustard chicken thighs w/ skin](#)

5 1/3 oz- 372 cals



[Garlic collard greens](#)

398 cals

Day 6

1453 cals ● 109g protein (30%) ● 77g fat (47%) ● 54g carbs (15%) ● 28g fiber (8%)

Lunch

685 cals, 57g protein, 36g net carbs, 33g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Simple turkey sandwich](#)

1 sandwich(es)- 544 cals

Dinner

770 cals, 52g protein, 18g net carbs, 44g fat



[Honey mustard chicken thighs w/ skin](#)

5 1/3 oz- 372 cals



[Garlic collard greens](#)

398 cals

Day 7

1471 cals ● 95g protein (26%) ● 80g fat (49%) ● 75g carbs (20%) ● 16g fiber (4%)

Lunch

680 cals, 44g protein, 54g net carbs, 30g fat



[Shredded bbq & ranch chicken sandwich](#)

1 sandwich(es)- 456 cals



[Simple mixed greens and tomato salad](#)

227 cals

Dinner

790 cals, 52g protein, 21g net carbs, 51g fat



[Tossed salad](#)

121 cals



[Philly cheesesteak lettuce wrap](#)

3 lettuce wrap(s)- 668 cals

Fats and Oils

- ☐ olive oil
1 3/4 oz (55mL)
- ☐ oil
2 1/2 oz (80mL)
- ☐ mayonnaise
2 tbsp (30mL)
- ☐ salad dressing
3 oz (82mL)
- ☐ ranch dressing
2 tsp (10mL)

Dairy and Egg Products

- ☐ parmesan cheese
1 tbsp (6g)
- ☐ butter
1 tsp (5g)
- ☐ sliced cheese
8 slice (3/4 oz ea) (168g)
- ☐ provolone cheese
1 1/2 slice(s) (42g)

Vegetables and Vegetable Products

- ☐ garlic
7 3/4 clove(s) (23g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (536g)
- ☐ frozen mixed veggies
1/2 10oz package (142g)
- ☐ mushrooms
2 cup, chopped (140g)
- ☐ collard greens
2 1/2 lbs (1134g)
- ☐ romaine lettuce
1/2 head (286g)
- ☐ red onion
1/8 medium (2-1/2" dia) (14g)
- ☐ cucumber
1/8 cucumber (8-1/4") (38g)
- ☐ carrots
1/2 small (5-1/2" long) (25g)
- ☐ bell pepper
1 1/2 small (111g)
- ☐ onion
3/4 medium (2-1/2" dia) (83g)

Baked Products

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1368g)
- ☐ chicken thighs, with bone and skin, raw
2/3 lbs (303g)

Beverages

- ☐ water
6 1/2 cup(s) (1559mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/4 cup (54g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (288g)

Other

- ☐ stir-fry sauce
2 tbsp (34g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ italian seasoning
3 dash (1g)
- ☐ mixed greens
4 1/2 cup (135g)

Pork Products

- ☐ boneless pork loin
6 oz (170g)

Fruits and Fruit Juices

- ☐ blueberries
2 cup (296g)
- ☐ applesauce
2 to-go container (~4 oz) (244g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)
- ☐ barbecue sauce
2 tbsp (34g)

- ☐ bread crumbs
2 tbsp (14g)
- ☐ bread
13 1/2 oz (384g)
- ☐ hamburger buns
1 bun(s) (51g)

Spices and Herbs

- ☐ basil, dried
2 dash, leaves (0g)
 - ☐ black pepper
3 dash, ground (1g)
 - ☐ salt
1/2 tbsp (9g)
 - ☐ thyme, dried
1 1/2 tbsp, ground (7g)
 - ☐ lemon pepper
5 tsp (12g)
 - ☐ brown deli mustard
1 tbsp (15g)
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Sweets

- ☐ honey
2 tsp (14g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1/2 lbs (227g)

Beef Products

- ☐ sirloin steak, raw
6 oz (170g)

Lunch 1 [↗](#)

Eat on day 1

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Pork and vegetable stir fry

440 cals ● 41g protein ● 18g fat ● 22g carbs ● 6g fiber



stir-fry sauce
2 tbsp (34g)
frozen mixed veggies
1/2 10oz package (142g)
black pepper
2 dash, ground (1g)
salt
1 dash (1g)
oil, divided
1/4 tbsp (4mL)
boneless pork loin, cubed
6 oz (170g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return pork to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until pork is fully cooked.
6. Serve.

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



Makes 1/2 cup rice, cooked

water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Grilled cheese with mushrooms

646 cals ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



For single meal:

mushrooms
1 cup, chopped (70g)
olive oil
1 tbsp (15mL)
thyme, dried
2 tsp, ground (3g)
bread
4 slice(s) (128g)
sliced cheese
2 slice (3/4 oz ea) (42g)

For all 2 meals:

mushrooms
2 cup, chopped (140g)
olive oil
2 tbsp (30mL)
thyme, dried
4 tsp, ground (6g)
bread
8 slice(s) (256g)
sliced cheese
4 slice (3/4 oz ea) (84g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lunch 3 [↗](#)

Eat on day 4

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cal ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



Makes 2 1/2 can(s)

chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)

1. Prepare according to instructions on package.

Applesauce

114 cal ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



applesauce
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Simple turkey sandwich

1 sandwich(es) - 544 cal ● 37g protein ● 30g fat ● 28g carbs ● 4g fiber



For single meal:

turkey cold cuts
4 oz (113g)
sliced cheese
2 slice (3/4 oz ea) (42g)
bread
2 slice (64g)
mayonnaise
1 tbsp (15mL)
tomatoes
2 slice(s), thin/small (30g)
romaine lettuce
1 leaf inner (6g)

For all 2 meals:

turkey cold cuts
1/2 lbs (227g)
sliced cheese
4 slice (3/4 oz ea) (84g)
bread
4 slice (128g)
mayonnaise
2 tbsp (30mL)
tomatoes
4 slice(s), thin/small (60g)
romaine lettuce
2 leaf inner (12g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mayonnaise on the other slice of bread and place it mayonnaise-down on top of the turkey/cheese/lettuce/tomato.
3. Serve.

Lunch 5 [↗](#)

Eat on day 7

Shredded bbq & ranch chicken sandwich

1 sandwich(es) - 456 cals ● 39g protein ● 16g fat ● 39g carbs ● 1g fiber



Makes 1 sandwich(es)

barbecue sauce

2 tbsp (34g)

hamburger buns

1 bun(s) (51g)

ranch dressing

2 tsp (10mL)

romaine lettuce

1 leaf inner (6g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

6 oz (170g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

salad dressing

1/4 cup (68mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Baked garlic parmesan chicken

8 oz - 399 cal ● 55g protein ● 15g fat ● 10g carbs ● 1g fiber



Makes 8 oz

olive oil

1/2 tbsp (8mL)

parmesan cheese

1 tbsp (6g)

garlic, minced

1/4 clove (1g)

bread crumbs

2 tbsp (14g)

basil, dried

2 dash, leaves (0g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

black pepper

1/2 dash, ground (0g)

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Buttery white rice

121 cal ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



black pepper
1/2 dash, ground (0g)
butter
1 tsp (5g)
salt
1 dash (1g)
water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

oil
3 1/2 tsp (18mL)
tomatoes
3 1/2 small whole (2-2/5" dia) (319g)

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.

Dinner 2 [↗](#)

Eat on day 2

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

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.

Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



water
2 1/3 cup(s) (553mL)
salt
1 dash (1g)
lentils, raw, rinsed
9 1/3 tbsp (112g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:
water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:
water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Lemon pepper chicken breast

13 1/3 oz - 494 cals ● 85g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
13 1/3 oz (373g)
olive oil
1 1/4 tsp (6mL)
lemon pepper
2 1/2 tsp (6g)

For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
olive oil
2 1/2 tsp (13mL)
lemon pepper
5 tsp (12g)

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.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



For single meal:

brown deli mustard
1/2 tbsp (8g)
honey
1 tsp (7g)
thyme, dried
1/3 tsp, ground (0g)
salt
2/3 dash (1g)
chicken thighs, with bone and skin, raw
1/3 lbs (151g)

For all 2 meals:

brown deli mustard
1 tbsp (15g)
honey
2 tsp (14g)
thyme, dried
1/4 tbsp, ground (1g)
salt
1 1/3 dash (1g)
chicken thighs, with bone and skin, raw
2/3 lbs (303g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



For single meal:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
salt
1/3 tsp (2g)
garlic, minced
3 3/4 clove(s) (11g)

For all 2 meals:

collard greens
2 1/2 lbs (1134g)
oil
2 1/2 tbsp (38mL)
salt
5 dash (4g)
garlic, minced
7 1/2 clove(s) (23g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 5 [↗](#)

Eat on day 7

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded
1/2 hearts (250g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)
red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Philly cheesesteak lettuce wrap

3 lettuce wrap(s) - 668 cals ● 47g protein ● 47g fat ● 11g carbs ● 4g fiber



Makes 3 lettuce wrap(s)

romaine lettuce

3 leaf inner (18g)

provolone cheese

1 1/2 slice(s) (42g)

italian seasoning

3 dash (1g)

oil

1 tbsp (15mL)

sirloin steak, raw, cut into strips

6 oz (170g)

bell pepper, cut into strips

1 1/2 small (111g)

onion, sliced

3/4 medium (2-1/2" dia) (83g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
 2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
 3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
 4. Scoop beef mixture into lettuce leaves and serve.
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