

# Meal Plan - 1600 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

1626 cals ● 126g protein (31%) ● 82g fat (46%) ● 70g carbs (17%) ● 25g fiber (6%)

### Lunch

870 cals, 63g protein, 46g net carbs, 41g fat



**Pecans**  
1/4 cup- 183 cals



**Turkey-broccoli-sweet potato bowl**  
685 cals

### Dinner

760 cals, 62g protein, 24g net carbs, 42g fat



**Pakistani chicken seekh**  
5 patties- 593 cals



**Buttered lima beans**  
165 cals

## Day 2

1562 cals ● 128g protein (33%) ● 63g fat (36%) ● 104g carbs (27%) ● 17g fiber (4%)

### Lunch

805 cals, 66g protein, 80g net carbs, 21g fat



**Flavored rice mix**  
382 cals



**Basic chicken breast**  
8 oz- 317 cals



**Olive oil drizzled broccoli**  
1 1/2 cup(s)- 105 cals

### Dinner

760 cals, 62g protein, 24g net carbs, 42g fat



**Pakistani chicken seekh**  
5 patties- 593 cals



**Buttered lima beans**  
165 cals

## Day 3

1568 cals ● 112g protein (29%) ● 61g fat (35%) ● 114g carbs (29%) ● 30g fiber (8%)

### Lunch

755 cals, 82g protein, 13g net carbs, 37g fat



**Tomato and avocado salad**  
156 cals



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

### Dinner

815 cals, 30g protein, 101g net carbs, 24g fat



**Simple mixed greens salad**  
136 cals



**Chickpea bowl with spicy yogurt sauce**  
677 cals

## Day 4

1568 cals ● 112g protein (29%) ● 61g fat (35%) ● 114g carbs (29%) ● 30g fiber (8%)

### Lunch

755 cals, 82g protein, 13g net carbs, 37g fat



**Tomato and avocado salad**  
156 cals



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

### Dinner

815 cals, 30g protein, 101g net carbs, 24g fat



**Simple mixed greens salad**  
136 cals



**Chickpea bowl with spicy yogurt sauce**  
677 cals

## Day 5

1620 cals ● 105g protein (26%) ● 50g fat (28%) ● 154g carbs (38%) ● 35g fiber (9%)

### Lunch

805 cals, 35g protein, 94g net carbs, 22g fat



**Simple garlic bread**  
2 slice(s)- 229 cals



**White bean cassoulet**  
577 cals

### Dinner

815 cals, 70g protein, 60g net carbs, 28g fat



**Grilled chicken sandwich**  
1 sandwich(es)- 460 cals



**Chunky canned soup (creamy)**  
1 can(s)- 354 cals

## Day 6

1632 cals ● 115g protein (28%) ● 44g fat (24%) ● 167g carbs (41%) ● 27g fiber (7%)

### Lunch

855 cals, 51g protein, 113g net carbs, 15g fat



**Orange**  
2 orange(s)- 170 cals



**Mediterranean turkey sandwich**  
1 1/2 sandwich(es)- 505 cals



**Lowfat yogurt**  
1 container(s)- 181 cals

### Dinner

775 cals, 65g protein, 53g net carbs, 29g fat



**Lentils**  
347 cals



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

## Day 7

1632 cals ● 115g protein (28%) ● 44g fat (24%) ● 167g carbs (41%) ● 27g fiber (7%)

### Lunch

855 cals, 51g protein, 113g net carbs, 15g fat



**Orange**  
2 orange(s)- 170 cals



**Mediterranean turkey sandwich**  
1 1/2 sandwich(es)- 505 cals



**Lowfat yogurt**  
1 container(s)- 181 cals

### Dinner

775 cals, 65g protein, 53g net carbs, 29g fat



**Lentils**  
347 cals



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

# Grocery List



## Poultry Products

- ground chicken, raw  
1 1/4 lbs (567g)
- ground turkey, raw  
9 1/4 oz (265g)
- boneless skinless chicken breast, raw  
2 1/2 lbs (1131g)

## Spices and Herbs

- ground cumin  
5 tsp (10g)
- ground coriander  
5 tsp (8g)
- curry powder  
2 tsp (4g)
- salt  
1 oz (24g)
- ground ginger  
1 1/4 tsp (2g)
- black pepper  
3 g (3g)
- paprika  
1/4 tsp (1g)
- garlic powder  
1 1/2 g (2g)
- chili powder  
4 tsp (11g)
- fresh basil  
24 leaves (12g)
- dijon mustard  
1/2 tbsp (8g)

## Dairy and Egg Products

- eggs  
1 1/4 large (63g)
- butter  
5 tsp (23g)
- nonfat greek yogurt, plain  
6 tbsp (105g)
- feta cheese  
6 tbsp (56g)
- lowfat flavored yogurt  
2 container (6 oz) (340g)

## Fats and Oils

- oil  
1 3/4 oz (54mL)

## Nut and Seed Products

- pecans  
4 tbsp, halves (25g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
2/3 pouch (~5.6 oz) (105g)

## Other

- mixed greens  
7 cup (210g)
- sriracha chili sauce  
1 tbsp (15g)

## Cereal Grains and Pasta

- long-grain white rice  
3/4 cup (139g)

## Legumes and Legume Products

- chickpeas, canned  
1 1/2 can(s) (672g)
- white beans, canned  
3/4 can(s) (329g)
- lentils, raw  
1 cup (192g)

## Fruits and Fruit Juices

- lime juice  
4 tsp (20mL)
- avocados  
2/3 avocado(s) (134g)
- green olives  
24 large (106g)
- orange  
4 orange (616g)

## Baked Products

- kaiser rolls  
1 roll (3-1/2" dia) (57g)
- bread  
9 oz (256g)

## Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)

olive oil  
2 oz (66mL)

salad dressing  
6 tbsp (90mL)

## Vegetables and Vegetable Products

fresh cilantro  
1 1/4 cup (20g)

onion  
4 medium (2-1/2" dia) (453g)

garlic  
7 clove(s) (21g)

lima beans, frozen  
3/4 package (10 oz) (213g)

frozen broccoli  
2/3 lbs (302g)

sweet potatoes  
1 1/6 sweetpotato, 5" long (245g)

fresh parsley  
6 tbsp chopped (23g)

tomatoes  
5 2/3 medium whole (2-3/5" dia) (697g)

raw celery  
3/4 stalk, medium (7-1/2" - 8" long) (30g)

carrots  
1 1/2 large (108g)

cucumber  
3/4 cucumber (8-1/4") (226g)

vegetable broth  
3/8 cup(s) (mL)

## Beverages

water  
4 cup(s) (948mL)

## Pork Products

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

## Sausages and Luncheon Meats

turkey cold cuts  
1/2 lbs (255g)

## Lunch 1 ↗

Eat on day 1

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

**pecans**

4 tbsp, halves (25g)

1. The recipe has no instructions.

### Turkey-broccoli-sweet potato bowl

685 cals ● 61g protein ● 23g fat ● 45g carbs ● 13g fiber



**paprika**  
1/4 tsp (1g)  
**frozen broccoli**  
5/8 package (166g)  
**salt**  
1/4 tsp (2g)  
**black pepper**  
1/4 tsp, ground (1g)  
**olive oil**  
1/2 tsp (3mL)  
**ground turkey, raw**  
9 1/3 oz (265g)  
**sweet potatoes, cut into bite-sized cubes**  
1 1/6 sweetpotato, 5" long (245g)

1. Preheat oven to 400 F (200 C)
2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
4. Meanwhile, cook the ground turkey in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
5. Prepare the broccoli according to the instructions on its packaging.
6. Once all items are prepared, bring the turkey, broccoli, and sweet potatoes together. Serve with some more salt and pepper.

## Lunch 2 ↗

Eat on day 2

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### Flavored rice mix

382 cals ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



**flavored rice mix**  
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

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### 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.

## Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen broccoli**

1 1/2 cup (137g)

**olive oil**

1/2 tbsp (8mL)

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

## Lunch 3 ↗

Eat on day 3 and day 4

### Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

**onion**  
2 tsp minced (10g)  
**lime juice**  
2 tsp (10mL)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/3 dash (1g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**avocados, cubed**  
1/3 avocado(s) (67g)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia)  
(41g)

For all 2 meals:

**onion**  
4 tsp minced (20g)  
**lime juice**  
4 tsp (20mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
2/3 avocado(s) (134g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia)  
(82g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 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.

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## Lunch 4 ↗

Eat on day 5

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### Simple garlic bread

2 slice(s) - 229 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



Makes 2 slice(s)

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)  
**garlic powder**  
1 dash (1g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

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### White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



**vegetable broth**  
3/8 cup(s) (mL)  
**oil**  
3/4 tbsp (11mL)  
**raw celery, thinly sliced**  
3/4 stalk, medium (7-1/2" - 8" long)  
(30g)  
**carrots, peeled & slices**  
1 1/2 large (108g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

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## Lunch 5 ↗

Eat on day 6 and day 7

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### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

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### Mediterranean turkey sandwich

1 1/2 sandwich(es) - 505 cals ● 40g protein ● 13g fat ● 50g carbs ● 9g fiber



For single meal:

**bread**  
3 slice(s) (96g)  
**mixed greens**  
6 tbsp (11g)  
**turkey cold cuts**  
1/4 lbs (128g)  
**feta cheese**  
3 tbsp (28g)  
**tomatoes, sliced**  
3 slice(s), thick/large (1/2" thick)  
(81g)  
**cucumber, sliced**  
3/8 cucumber (8-1/4") (113g)  
**onion, sliced**  
6 slices, thin (54g)

For all 2 meals:

**bread**  
6 slice(s) (192g)  
**mixed greens**  
3/4 cup (23g)  
**turkey cold cuts**  
1/2 lbs (255g)  
**feta cheese**  
6 tbsp (56g)  
**tomatoes, sliced**  
6 slice(s), thick/large (1/2" thick)  
(162g)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)  
**onion, sliced**  
12 slices, thin (108g)

1. Build sandwich by layering all ingredients inside of the bread.  
Serve.

## Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

For all 2 meals:

**lowfat flavored yogurt**  
2 container (6 oz) (340g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Pakistani chicken seekh

5 patties - 593 cals ● 56g protein ● 36g fat ● 9g carbs ● 4g fiber



For single meal:

**ground chicken, raw**  
10 oz (284g)  
**ground cumin**  
1 tsp (2g)  
**ground coriander**  
1 tsp (2g)  
**curry powder**  
1 tsp (2g)  
**eggs**  
5/8 large (31g)  
**oil**  
2 tsp (9mL)  
**fresh cilantro, chopped**  
10 tbsp (10g)  
**salt**  
5 dash (4g)  
**ground ginger**  
5 dash (1g)  
**onion, diced**  
5/8 medium (2-1/2" dia) (69g)  
**garlic, minced**  
1 1/4 clove(s) (4g)

For all 2 meals:

**ground chicken, raw**  
1 1/4 lbs (567g)  
**ground cumin**  
2 tsp (4g)  
**ground coriander**  
2 tsp (3g)  
**curry powder**  
2 tsp (4g)  
**eggs**  
1 1/4 large (63g)  
**oil**  
1 1/4 tbsp (19mL)  
**fresh cilantro, chopped**  
1 1/4 cup (20g)  
**salt**  
1 1/4 tsp (8g)  
**ground ginger**  
1 1/4 tsp (2g)  
**onion, diced**  
1 1/4 medium (2-1/2" dia) (138g)  
**garlic, minced**  
2 1/2 clove(s) (8g)

1. Add all ingredients except the oil to a large bowl and mix together with your hands. Be careful to not over-mix.
2. Form into long patties (for accurate serving size, make the number of patties listed in the recipes serving details).
3. Heat a large skillet with oil over medium heat. Add the patties and fry for about 5-7 minutes on each side until they are cooked through. Serve.

### Buttered lima beans

165 cals ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



For single meal:

**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
3/8 package (10 oz) (107g)  
**butter**  
1/2 tbsp (7g)  
**black pepper**  
3/4 dash, ground (0g)

For all 2 meals:

**salt**  
3 dash (2g)  
**lima beans, frozen**  
3/4 package (10 oz) (213g)  
**butter**  
1 tbsp (14g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

For all 2 meals:

**mixed greens**

6 cup (180g)

**salad dressing**

6 tbsp (90mL)

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

### Chickpea bowl with spicy yogurt sauce

677 cals ● 28g protein ● 14g fat ● 93g carbs ● 17g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**long-grain white rice**

6 tbsp (69g)

**nonfat greek yogurt, plain**

3 tbsp (53g)

**sriracha chili sauce**

1/2 tbsp (8g)

**onion, diced**

3/4 small (53g)

**chickpeas, canned, rinsed & drained**

3/4 can(s) (336g)

**fresh parsley, chopped**

3 tbsp chopped (11g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**long-grain white rice**

3/4 cup (139g)

**nonfat greek yogurt, plain**

6 tbsp (105g)

**sriracha chili sauce**

1 tbsp (15g)

**onion, diced**

1 1/2 small (105g)

**chickpeas, canned, rinsed & drained**

1 1/2 can(s) (672g)

**fresh parsley, chopped**

6 tbsp chopped (23g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

## Dinner 3 ↗

Eat on day 5

### Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**tomatoes**

3 slice(s), thin/small (45g)

**mixed greens**

4 tbsp (8g)

**dijon mustard**

1/2 tbsp (8g)

**kaiser rolls**

1 roll (3-1/2" dia) (57g)

**oil**

1/2 tsp (3mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

### Chunky canned soup (creamy)

1 can(s) - 354 cals ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



Makes 1 can(s)

**chunky canned soup (creamy varieties)**

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

## Dinner 4 ↗

Eat on day 6 and day 7

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**water**  
4 cup(s) (948mL)  
**salt**  
2 dash (2g)  
**lentils, raw, rinsed**  
1 cup (192g)

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.

### Coriander and cumin rubbed pork chops

1 chop(s) - 428 cals ● 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.