

Meal Plan - 1100 calorie meal plan to lose fat/weight

[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

1139 cals ● 97g protein (34%) ● 51g fat (40%) ● 61g carbs (21%) ● 13g fiber (4%)

Breakfast

235 cals, 15g protein, 14g net carbs, 9g fat



[Chocolate avocado chia pudding](#)
197 cals



[Clementine](#)
1 clementine(s)- 39 cals

Lunch

445 cals, 24g protein, 17g net carbs, 30g fat



[String cheese](#)
2 stick(s)- 165 cals



[Pesto grilled cheese sandwich](#)
1/2 sandwich(es)- 279 cals

Dinner

460 cals, 58g protein, 30g net carbs, 11g fat



[Grilled chicken sandwich](#)
1 sandwich(es)- 460 cals

Day 2

1118 cals ● 101g protein (36%) ● 43g fat (35%) ● 65g carbs (23%) ● 16g fiber (6%)

Breakfast

235 cals, 15g protein, 14g net carbs, 9g fat



[Chocolate avocado chia pudding](#)
197 cals



[Clementine](#)
1 clementine(s)- 39 cals

Lunch

450 cals, 31g protein, 31g net carbs, 20g fat



[Chicken, pesto, bacon, avocado sandwich](#)
1/2 sandwich(es)- 294 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Dinner

435 cals, 55g protein, 21g net carbs, 14g fat



[Basic chicken breast](#)
8 oz- 317 cals



[Pita bread](#)
1 1/2 pita bread(s)- 117 cals

Day 3

1123 cals ● 100g protein (36%) ● 50g fat (40%) ● 58g carbs (21%) ● 11g fiber (4%)

Breakfast

240 cals, 15g protein, 7g net carbs, 16g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Pesto scrambled eggs](#)

2 eggs- 198 cals

Dinner

435 cals, 55g protein, 21g net carbs, 14g fat



[Basic chicken breast](#)

8 oz- 317 cals



[Pita bread](#)

1 1/2 pita bread(s)- 117 cals

Lunch

450 cals, 31g protein, 31g net carbs, 20g fat



[Chicken, pesto, bacon, avocado sandwich](#)

1/2 sandwich(es)- 294 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

Day 4

1123 cals ● 102g protein (36%) ● 42g fat (34%) ● 66g carbs (23%) ● 17g fiber (6%)

Breakfast

240 cals, 15g protein, 7g net carbs, 16g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Pesto scrambled eggs](#)

2 eggs- 198 cals

Dinner

470 cals, 47g protein, 46g net carbs, 9g fat



[Chicken-broccoli-rice bowl](#)

472 cals

Lunch

410 cals, 40g protein, 13g net carbs, 18g fat



[Chipotle honey pork chops](#)

309 cals



[Broccoli](#)

3 1/2 cup(s)- 102 cals

Day 5

1053 cals ● 101g protein (38%) ● 54g fat (46%) ● 27g carbs (10%) ● 14g fiber (5%)

Breakfast

255 cals, 17g protein, 5g net carbs, 18g fat



[Scrambled eggs with veggies and bacon](#)

256 cals

Dinner

385 cals, 44g protein, 10g net carbs, 18g fat



[Simple mixed greens and tomato salad](#)

76 cals



[Enchilada chicken](#)

6 oz chicken- 311 cals

Lunch

410 cals, 40g protein, 13g net carbs, 18g fat



[Chipotle honey pork chops](#)

309 cals



[Broccoli](#)

3 1/2 cup(s)- 102 cals

Day 6

1036 cals ● 97g protein (37%) ● 56g fat (49%) ● 25g carbs (10%) ● 10g fiber (4%)

Breakfast

255 cals, 17g protein, 5g net carbs, 18g fat



Scrambled eggs with veggies and bacon
256 cals

Lunch

395 cals, 36g protein, 11g net carbs, 21g fat



Southwest meatloaf
1 meatloaves- 279 cals



Simple kale & avocado salad
115 cals

Dinner

385 cals, 44g protein, 10g net carbs, 18g fat



Simple mixed greens and tomato salad
76 cals



Enchilada chicken
6 oz chicken- 311 cals

Day 7

1106 cals ● 101g protein (37%) ● 62g fat (50%) ● 22g carbs (8%) ● 14g fiber (5%)

Breakfast

255 cals, 17g protein, 5g net carbs, 18g fat



Scrambled eggs with veggies and bacon
256 cals

Lunch

395 cals, 36g protein, 11g net carbs, 21g fat



Southwest meatloaf
1 meatloaves- 279 cals



Simple kale & avocado salad
115 cals

Dinner

455 cals, 49g protein, 7g net carbs, 23g fat



Caprese chicken
5 1/3 oz- 398 cals



Broccoli
2 cup(s)- 58 cals

Dairy and Egg Products

- ☐ string cheese
2 stick (56g)
- ☐ butter
1/2 tbsp (7g)
- ☐ cheese
1 1/2 oz (42g)
- ☐ lowfat greek yogurt
4 tbsp (70g)
- ☐ whole milk
1/2 cup (120mL)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ eggs
10 large (500g)
- ☐ ghee
2 tsp (9g)
- ☐ cheddar cheese
4 tbsp, shredded (28g)
- ☐ fresh mozzarella cheese
1 1/3 oz (38g)

Baked Products

- ☐ bread
4 slice (128g)
- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
- ☐ pita bread
3 pita, small (4" dia) (84g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/4 cup (69g)
- ☐ enchilada sauce
1/2 cup (120g)

Vegetables and Vegetable Products

- ☐ tomatoes
4 2/3 medium whole (2-3/5" dia) (577g)
- ☐ frozen broccoli
2 lbs (926g)
- ☐ bell pepper
1 1/2 cup, chopped (224g)
- ☐ onion
6 tbsp, chopped (60g)
- ☐ kale leaves
1/2 bunch (85g)

Spices and Herbs

- ☐ dijon mustard
1/2 tbsp (8g)
- ☐ salt
1 1/2 dash (1g)
- ☐ black pepper
1 1/2 dash, ground (0g)
- ☐ chipotle seasoning
4 dash (1g)
- ☐ chili powder
1 1/4 tsp (3g)
- ☐ garlic powder
2 dash (1g)
- ☐ fresh basil
4 tsp, chopped (4g)

Other

- ☐ mixed greens
3 1/2 cup (105g)
- ☐ cacao powder
1 tbsp (6g)
- ☐ italian seasoning
1/3 tsp (1g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1332g)

Beverages

- ☐ protein powder
1/2 scoop (1/3 cup ea) (16g)
- ☐ water
3 tbsp (45mL)

Fruits and Fruit Juices

- ☐ avocados
7/8 avocado(s) (176g)
- ☐ clementines
2 fruit (148g)
- ☐ lemon
1/2 small (29g)

Nut and Seed Products

- ☐ chia seeds
2 tbsp (28g)

Fats and Oils

- ☐ oil
1 1/4 oz (38mL)
- ☐ mayonnaise
1 tbsp (15mL)
- ☐ olive oil
1 1/4 tbsp (19mL)
- ☐ salad dressing
3 tbsp (45mL)

Pork Products

- ☐ bacon
5 slice(s) (50g)
- ☐ pork loin chops, boneless, raw
10 oz (283g)

Sausages and Luncheon Meats

- ☐ chicken cold cuts
4 oz (113g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
3/8 pouch (~5.6 oz) (59g)

Sweets

- ☐ honey
2 tsp (14g)

Beef Products

- ☐ ground beef (93% lean)
10 oz (284g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

protein powder
1/4 scoop (1/3 cup ea) (8g)
lowfat greek yogurt
2 tbsp (35g)
avocados
1/2 slices (13g)
cacao powder
1/2 tbsp (3g)
whole milk
4 tbsp (60mL)
chia seeds
1 tbsp (14g)

For all 2 meals:

protein powder
1/2 scoop (1/3 cup ea) (16g)
lowfat greek yogurt
4 tbsp (70g)
avocados
1 slices (25g)
cacao powder
1 tbsp (6g)
whole milk
1/2 cup (120mL)
chia seeds
2 tbsp (28g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce

1 tbsp (16g)

eggs

2 large (100g)

For all 2 meals:

pesto sauce

2 tbsp (32g)

eggs

4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Scrambled eggs with veggies and bacon

256 cal ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

bell pepper

1/2 cup, chopped (75g)

eggs

2 large (100g)

onion

2 tbsp, chopped (20g)

bacon, cooked and chopped

1 slice(s) (10g)

olive oil

1 tsp (5mL)

For all 3 meals:

bell pepper

1 1/2 cup, chopped (224g)

eggs

6 large (300g)

onion

6 tbsp, chopped (60g)

bacon, cooked and chopped

3 slice(s) (30g)

olive oil

1 tbsp (15mL)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Lunch 1 [↗](#)

Eat on day 1

String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

string cheese

2 stick (56g)

1. This recipe has no instructions.

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cal ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

butter, softened

1/2 tbsp (7g)

pesto sauce

1/2 tbsp (8g)

cheese

1 slice (1 oz each) (28g)

tomatoes

1 slice(s), thin/small (15g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Chicken, pesto, bacon, avocado sandwich

1/2 sandwich(es) - 294 cals ● 18g protein ● 17g fat ● 14g carbs ● 4g fiber



For single meal:

bacon

1 slice(s) (10g)

bread

1 slice (32g)

mayonnaise

1/2 tbsp (8mL)

pesto sauce

1/4 tbsp (4g)

avocados, sliced

1/8 avocado(s) (25g)

chicken cold cuts

2 oz (57g)

mixed greens

2 tbsp (4g)

For all 2 meals:

bacon

2 slice(s) (20g)

bread

2 slice (64g)

mayonnaise

1 tbsp (15mL)

pesto sauce

1/2 tbsp (8g)

avocados, sliced

1/4 avocado(s) (50g)

chicken cold cuts

4 oz (113g)

mixed greens

4 tbsp (8g)

1. Cook the bacon according to package.
2. Build the sandwich to your liking.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Chipotle honey pork chops

309 cal ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

ghee
1 tsp (5g)
water
1/2 tbsp (8mL)
oil
1 tsp (5mL)
chipotle seasoning
2 dash (1g)
honey
1 tsp (7g)
pork loin chops, boneless, raw
5 oz (142g)

For all 2 meals:

ghee
2 tsp (9g)
water
1 tbsp (15mL)
oil
2 tsp (10mL)
chipotle seasoning
4 dash (1g)
honey
2 tsp (14g)
pork loin chops, boneless, raw
10 oz (283g)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Broccoli

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



For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 6, day 7

Southwest meatloaf

1 meatloaves - 279 cals ● 33g protein ● 13g fat ● 6g carbs ● 1g fiber



For single meal:

cheese
1 tbsp, shredded (7g)
chili powder
1 dash (0g)
ground beef (93% lean)
5 oz (142g)
bread
1/2 slice (16g)
water
1 tbsp (15mL)
garlic powder
1 dash (0g)

For all 2 meals:

cheese
2 tbsp, shredded (14g)
chili powder
2 dash (1g)
ground beef (93% lean)
10 oz (284g)
bread
1 slice (32g)
water
2 tbsp (30mL)
garlic powder
2 dash (1g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chili powder and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet. Bake until meat loaves are browned and cooked through, 15-18 minutes.
6. Carefully top the meat loaves with shredded cheese. Return sheet to the oven until cheese melts, 1-2 minutes more. Serve.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Grilled chicken sandwich

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



Makes 1 sandwich(es)

oil

1/2 tsp (3mL)

kaiser rolls

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

dijon mustard

1/2 tbsp (8g)

mixed greens

4 tbsp (8g)

tomatoes

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

boneless skinless chicken breast, raw

1/2 lbs (227g)

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Basic chicken breast

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



For single meal:

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

For all 2 meals:

oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

1 lbs (448g)

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.

Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



For single meal:

pita bread

1 1/2 pita, small (4" dia) (42g)

For all 2 meals:

pita bread

3 pita, small (4" dia) (84g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Dinner 3 [🔗](#)

Eat on day 4

Chicken-broccoli-rice bowl

472 cals ● 47g protein ● 9g fat ● 46g carbs ● 5g fiber



boneless skinless chicken breast, raw

6 oz (168g)

frozen broccoli

3/8 package (107g)

flavored rice mix

3/8 pouch (~5.6 oz) (59g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

olive oil

1/4 tbsp (4mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
 2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
 3. When everything is ready mix it all together and serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Enchilada chicken

6 oz chicken - 311 cal ● 43g protein ● 13g fat ● 5g carbs ● 2g fiber



For single meal:

cheddar cheese

2 tbsp, shredded (14g)

enchilada sauce

4 tbsp (60g)

chili powder

4 dash (1g)

oil

1/4 tbsp (4mL)

boneless skinless chicken breast, raw

6 oz (170g)

For all 2 meals:

cheddar cheese

4 tbsp, shredded (28g)

enchilada sauce

1/2 cup (120g)

chili powder

1 tsp (3g)

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

1. Preheat oven to 350°F (180°C).
2. Season chicken with chili powder and some salt.
3. Add oil to an ovenproof skillet and heat over medium heat. Add chicken and cook for about 3 minutes on each side until it's browned.
4. Pour in enchilada sauce and sprinkle cheese on top.
5. Bake for 15-20 minutes until chicken is done and cheese has melted into the sauce. Serve.

Dinner 5 [↗](#)

Eat on day 7

Caprese chicken

5 1/3 oz - 398 cals ● 43g protein ● 23g fat ● 3g carbs ● 1g fiber



Makes 5 1/3 oz

italian seasoning

1/3 tsp (1g)

pesto sauce

4 tsp (21g)

oil

1/4 tbsp (3mL)

tomatoes, quartered

2 cherry tomatoes (34g)

fresh basil

4 tsp, chopped (4g)

fresh mozzarella cheese, sliced

1 1/3 oz (38g)

boneless skinless chicken breast, raw

1/3 lbs (149g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.