

# Meal Plan - 1100 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

1085 cals ● 109g protein (40%) ● 40g fat (33%) ● 61g carbs (22%) ● 11g fiber (4%)

### Lunch

540 cals, 43g protein, 35g net carbs, 23g fat



**Honey mustard chicken salad**  
277 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals

### Dinner

545 cals, 66g protein, 26g net carbs, 17g fat



**Sweet potato wedges**  
174 cals



**Lemon pepper chicken breast**  
10 oz- 370 cals

## Day 2

1102 cals ● 111g protein (40%) ● 44g fat (36%) ● 46g carbs (17%) ● 21g fiber (8%)

### Lunch

545 cals, 29g protein, 37g net carbs, 25g fat



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



**Avocado**  
176 cals

### Dinner

555 cals, 82g protein, 9g net carbs, 19g fat



**Balsamic chicken breast**  
12 oz- 473 cals



**Sugar snap peas**  
82 cals

## Day 3

1102 cals ● 111g protein (40%) ● 44g fat (36%) ● 46g carbs (17%) ● 21g fiber (8%)

### Lunch

545 cals, 29g protein, 37g net carbs, 25g fat



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



**Avocado**  
176 cals

### Dinner

555 cals, 82g protein, 9g net carbs, 19g fat



**Balsamic chicken breast**  
12 oz- 473 cals



**Sugar snap peas**  
82 cals

## Day 4

1106 cals ● 105g protein (38%) ● 54g fat (44%) ● 39g carbs (14%) ● 12g fiber (4%)

### Lunch

580 cals, 53g protein, 22g net carbs, 28g fat



[Sweet potato medallions](#)

1/2 sweet potato- 155 cals



[Sugar snap peas](#)

41 cals



[Basic chicken thighs](#)

9 oz- 383 cals

### Dinner

530 cals, 52g protein, 17g net carbs, 26g fat



[Smothered cajun pork chops](#)

7 1/2 oz pork- 405 cals



[Olive oil drizzled sugar snap peas](#)

122 cals

## Day 5

1106 cals ● 105g protein (38%) ● 54g fat (44%) ● 39g carbs (14%) ● 12g fiber (4%)

### Lunch

580 cals, 53g protein, 22g net carbs, 28g fat



[Sweet potato medallions](#)

1/2 sweet potato- 155 cals



[Sugar snap peas](#)

41 cals



[Basic chicken thighs](#)

9 oz- 383 cals

### Dinner

530 cals, 52g protein, 17g net carbs, 26g fat



[Smothered cajun pork chops](#)

7 1/2 oz pork- 405 cals



[Olive oil drizzled sugar snap peas](#)

122 cals

## Day 6

1113 cals ● 126g protein (45%) ● 27g fat (22%) ● 81g carbs (29%) ● 12g fiber (4%)

### Lunch

505 cals, 44g protein, 56g net carbs, 8g fat



[Protein bar](#)

1 bar- 245 cals



[Bbq deli chicken sandwich](#)

1 sandwich(es)- 258 cals

### Dinner

610 cals, 82g protein, 25g net carbs, 18g fat



[Curried pork chops](#)

2 chop(s)- 478 cals



[Basic baked potato](#)

1/2 potato(es)- 132 cals

## Day 7

1113 cals ● 126g protein (45%) ● 27g fat (22%) ● 81g carbs (29%) ● 12g fiber (4%)

### Lunch

505 cals, 44g protein, 56g net carbs, 8g fat



[Protein bar](#)

1 bar- 245 cals



[Bbq deli chicken sandwich](#)

1 sandwich(es)- 258 cals

### Dinner

610 cals, 82g protein, 25g net carbs, 18g fat



[Curried pork chops](#)

2 chop(s)- 478 cals



[Basic baked potato](#)

1/2 potato(es)- 132 cals

## Fats and Oils

- ☐ oil  
2 oz (61mL)
- ☐ olive oil  
1 oz (30mL)
- ☐ balsamic vinaigrette  
6 tbsp (91mL)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
1 2/3 sweetpotato, 5" long (350g)
- ☐ tomatoes  
2 tbsp, sliced (23g)
- ☐ frozen sugar snap peas  
6 cup (864g)
- ☐ jalapeno pepper  
3/4 pepper (11g)
- ☐ onion  
3/4 medium (2-1/2" dia) (83g)
- ☐ potatoes  
1 large (3" to 4-1/4" dia.) (369g)

## Spices and Herbs

- ☐ salt  
1/4 oz (6g)
- ☐ black pepper  
1/8 oz (2g)
- ☐ lemon pepper  
2 tsp (4g)
- ☐ dijon mustard  
2 1/2 tsp (12g)
- ☐ cajun seasoning  
3/4 tbsp (5g)
- ☐ curry powder  
1 tsp (2g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 1/2 lbs (1074g)
- ☐ boneless skinless chicken thighs  
18 oz (510g)

## Fruits and Fruit Juices

- ☐ avocados  
1 avocado(s) (226g)
- ☐ lemon juice  
1 tsp (5mL)

## Other

- ☐ mixed greens  
1 cup (30g)
- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ diced tomatoes  
3/4 can(s) (315g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ coleslaw mix  
2/3 cup (60g)

## Sweets

- ☐ honey  
2 1/2 tsp (17g)

## Dairy and Egg Products

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

## Nut and Seed Products

- ☐ mixed nuts  
2 tbsp (17g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)
- ☐ barbecue sauce  
4 tbsp (68g)

## Pork Products

- ☐ pork loin chops, boneless, raw  
15 oz (425g)
- ☐ pork chop, bone-in  
4 chop (712g)

## Sausages and Luncheon Meats

- ☐ chicken cold cuts  
1/2 lbs (227g)

**Baked Products**

☐

bread  
2 slice(s) (64g)



## Lunch 1 [↗](#)

Eat on day 1

### Honey mustard chicken salad

277 cal ● 28g protein ● 10g fat ● 16g carbs ● 3g fiber



#### avocados, chopped

1/8 avocado(s) (25g)

#### tomatoes, sliced

2 tbsp, sliced (23g)

#### mixed greens

1 cup (30g)

#### boneless skinless chicken breast, raw

4 oz (113g)

#### oil

1/2 tsp (3mL)

#### honey

2 1/2 tsp (17g)

#### dijon mustard

2 1/2 tsp (12g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

### Lowfat Greek yogurt

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



Makes 1 container(s)

#### lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

1. This recipe has no instructions.

### Mixed nuts

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



Makes 1/8 cup(s)

**mixed nuts**  
2 tbsp (17g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.



## Lunch 3 [↗](#)

Eat on day 4, day 5

### Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

#### **sweet potatoes, sliced**

1/2 sweetpotato, 5" long (105g)

#### **oil**

1/2 tbsp (8mL)

For all 2 meals:

#### **sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

#### **oil**

1 tbsp (15mL)

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.

### Sugar snap peas

41 cal ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

#### **frozen sugar snap peas**

2/3 cup (96g)

For all 2 meals:

#### **frozen sugar snap peas**

1 1/3 cup (192g)

1. Prepare according to instructions on package.

### Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**boneless skinless chicken thighs**  
1/2 lbs (255g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken thighs**  
18 oz (510g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

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## Lunch 4 [🔗](#)

Eat on day 6, day 7

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### Protein bar

1 bar - 245 cal● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**  
2 bar (100g)

1. This recipe has no instructions.

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### Bbq deli chicken sandwich

1 sandwich(es) - 258 cal● 24g protein ● 3g fat ● 30g carbs ● 3g fiber



For single meal:

**coleslaw mix**  
1/3 cup (30g)  
**barbecue sauce**  
2 tbsp (34g)  
**chicken cold cuts**  
4 oz (113g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**coleslaw mix**  
2/3 cup (60g)  
**barbecue sauce**  
4 tbsp (68g)  
**chicken cold cuts**  
1/2 lbs (227g)  
**bread**  
2 slice(s) (64g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.
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## Dinner 1 [🔗](#)

Eat on day 1

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### Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



#### oil

1/2 tbsp (8mL)

#### sweet potatoes, cut into wedges

2/3 sweetpotato, 5" long (140g)

#### salt

1/3 tsp (2g)

#### black pepper

1 1/3 dash, ground (0g)

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.

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### Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



Makes 10 oz

**lemon pepper**

2 tsp (4g)

**olive oil**

1 tsp (5mL)

**boneless skinless chicken breast,  
raw**

10 oz (280g)

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.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

**italian seasoning**

3 dash (1g)

**oil**

1/2 tbsp (8mL)

**balsamic vinaigrette**

3 tbsp (45mL)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

For all 2 meals:

**italian seasoning**

1/4 tbsp (3g)

**oil**

1 tbsp (15mL)

**balsamic vinaigrette**

6 tbsp (90mL)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**

1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**

2 2/3 cup (384g)

1. Prepare according to instructions on package.

## Dinner 3 [↗](#)

Eat on day 4, day 5

### Smothered cajun pork chops

7 1/2 oz pork - 405 cals ● 48g protein ● 18g fat ● 11g carbs ● 1g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**diced tomatoes**  
3/8 can(s) (158g)  
**jalapeno pepper, chopped**  
3/8 pepper (5g)  
**onion, diced**  
3/8 medium (2-1/2" dia) (41g)  
**cajun seasoning**  
1 tsp (3g)  
**pork loin chops, boneless, raw**  
1/2 lbs (212g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**diced tomatoes**  
3/4 can(s) (315g)  
**jalapeno pepper, chopped**  
3/4 pepper (11g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**cajun seasoning**  
3/4 tbsp (5g)  
**pork loin chops, boneless, raw**  
15 oz (425g)

1. Rub pork with cajun seasoning and some salt (if needed, depending on how salty your cajun seasoning is).
2. Heat oil in a large skillet over medium-high heat. Add onion and jalapeno and cook until tender, about 2 minutes. Push mixture over to one side of the skillet.
3. Add the pork chops to the open side of the skillet. Cook 3 minutes on each side until browned.
4. Add canned tomatoes to the skillet and stir, incorporating with the onion/jalapeno mixture. Bring to a simmer, reduce heat to low and cover. Cook for 6-8 minutes until pork is no longer pink inside.
5. Serve pork chops with sauce spooned on top.

### Olive oil drizzled sugar snap peas

122 cals ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**frozen sugar snap peas**  
1 cup (144g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen sugar snap peas**  
2 cup (288g)  
**olive oil**  
1 tbsp (15mL)

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 6, day 7

### Curried pork chops

2 chop(s) - 478 cals ● 78g protein ● 18g fat ● 0g carbs ● 1g fiber



For single meal:

**pork chop, bone-in**

2 chop (356g)

**curry powder**

4 dash (1g)

**olive oil**

1 tsp (5mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

For all 2 meals:

**pork chop, bone-in**

4 chop (712g)

**curry powder**

1 tsp (2g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

### Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

**salt**

1/2 dash (0g)

**oil**

1/4 tsp (1mL)

For all 2 meals:

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

**salt**

1 dash (0g)

**oil**

1/2 tsp (3mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.