Meal Plan - 1300 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

1307 cals | 108g protein (33%) | 44g fat (30%) | 94g carbs (29%) | 25g fiber (8%)

Lunch

660 cals, 47g protein, 64g net carbs, 19g fat

Turkey & hummus deli sandwich
1 1/2 sandwich(es)- 524 cals

Crackers
8 cracker(s)- 135 cals

Dinner

650 cals, 61g protein, 31g net carbs, 25g fat

Lemon pepper chicken breast
8 oz- 296 cals

Baked fries
193 cals

Garlic collard greens
159 cals

Day 2

1261 cals | 91g protein (29%) | 74g fat (53%) | 43g carbs (14%) | 15g fiber (5%)

Lunch

700 cals, 48g protein, 26g net carbs, 40g fat

Buffalo drumsticks
8 oz- 467 cals

Easy chickpea salad
234 cals

Dinner

560 cals, 43g protein, 17g net carbs, 34g fat

Roasted rosemary sweet potatoes
105 cals

Chicken thighs with tomatoes & feta
1 thigh(s)- 455 cals

Day 3

1258 cals | 122g protein (39%) | 30g fat (21%) | 111g carbs (35%) | 15g fiber (5%)

Lunch

645 cals, 51g protein, 66g net carbs, 16g fat

Mediterranean turkey sandwich
1 sandwich(es)- 337 cals

Lowfat Greek yogurt
2 container(s)- 310 cals

Dinner

610 cals, 71g protein, 45g net carbs, 14g fat

Lentils
231 cals

Teriyaki chicken
8 oz- 380 cals

Day 4

1262 cals | 115g protein (36%) | 51g fat (36%) | 73g carbs (23%) | 14g fiber (4%)

Lunch

650 cals, 44g protein, 28g net carbs, 37g fat

Walnuts
1/4 cup(s)- 175 cals

Roast beef sandwich
1 sandwich(es)- 476 cals

Dinner

610 cals, 71g protein, 45g net carbs, 14g fat

Lentils
231 cals

Teriyaki chicken
8 oz- 380 cals

Day 5

1286 cals | 104g protein (32%) | 62g fat (43%) | 64g carbs (20%) | 15g fiber (5%)

Lunch

650 cals, 44g protein, 28g net carbs, 37g fat

Walnuts
1/4 cup(s)- 175 cals

Roast beef sandwich
1 sandwich(es)- 476 cals

Dinner

635 cals, 60g protein, 35g net carbs, 25g fat

Grilled chicken sandwich
1 sandwich(es)- 460 cals

Tomato and avocado salad
176 cals

Day 6

1348 cals | 103g protein (30%) | 68g fat (45%) | 66g carbs (19%) | 17g fiber (5%)

Lunch

625 cals, 46g protein, 11g net carbs, 41g fat

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

String cheese
3 stick(s)- 248 cals

Roasted almonds
1/6 cup(s)- 148 cals

Dinner

725 cals, 57g protein, 54g net carbs, 27g fat

Basic baked potato
1 potato(es)- 264 cals

Ranch chicken
8 oz- 461 cals

Day 7

1348 cals | 103g protein (30%) | 68g fat (45%) | 66g carbs (19%) | 17g fiber (5%)

Lunch

625 cals, 46g protein, 11g net carbs, 41g fat

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

String cheese
3 stick(s)- 248 cals

Roasted almonds
1/6 cup(s)- 148 cals

Dinner

725 cals, 57g protein, 54g net carbs, 27g fat

Basic baked potato
1 potato(es)- 264 cals

Ranch chicken
8 oz- 461 cals

Grocery List

Spices and Herbs

- [ ] lemon pepper
  1/2 tbsp (3g)
- [ ] salt
  1/4 oz (6g)
- [ ] rosemary, dried
  4 dash (1g)
- [ ] black pepper
  1 g (1g)
- [ ] balsamic vinegar
  1/2 tbsp (8mL)
- [ ] mustard
  2 tsp (10g)
- [ ] dijon mustard
  1/2 tbsp (8g)
- [ ] garlic powder
  1 1/2 dash (1g)

Fats and Oils

- [ ] olive oil
  3/4 tbsp (12mL)
- [ ] oil
  2 oz (58mL)
- [ ] ranch dressing
  4 tbsp (60mL)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  3 lbs (1347g)
- [ ] chicken thighs, with bone and skin, raw
  1 thigh (6 oz ea) (170g)

Vegetables and Vegetable Products

- [ ] potatoes
  2 1/2 large (3" to 4-1/4" dia.) (923g)
- [ ] collard greens
  1/2 lbs (227g)
- [ ] garlic
  1 1/2 clove(s) (5g)
- [ ] tomatoes
  4 medium whole (2-3/5" dia) (492g)
- [ ] sweet potatoes
  1/3 sweetpotato, 5" long (70g)
- [ ] fresh parsley
  1 1/2 sprigs (2g)
- [ ] onion
  3/4 medium (2-1/2" dia) (82g)

Legumes and Legume Products

- [ ] hummus
  3 tbsp (45g)
- [ ] chickpeas, canned
  1/2 can (224g)
- [ ] lentils, raw
  2/3 cup (128g)

Baked Products

- [ ] bread
  10 oz (288g)
- [ ] crackers
  8 crackers (28g)
- [ ] kaiser rolls
  1 roll (3-1/2" dia) (57g)

Sausages and Luncheon Meats

- [ ] turkey cold cuts
  1/2 lbs (255g)
- [ ] roast beef cold cuts
  1/2 lbs (227g)

Dairy and Egg Products

- [ ] feta cheese
  1 oz (33g)
- [ ] lowfat flavored greek yogurt
  2 (5.3 oz ea) container(s) (300g)
- [ ] sliced cheese
  4 slice (3/4 oz ea) (84g)
- [ ] string cheese
  6 stick (168g)

Soups, Sauces, and Gravies

- [ ] pasta sauce
  1 tbsp (16g)
- [ ] Frank's Red Hot sauce
  4 tsp (19mL)
- [ ] apple cider vinegar
  1/2 tbsp (0mL)

Beverages

- [ ] water
  2 2/3 cup(s) (633mL)

Nut and Seed Products

- [ ] cucumber
  1/4 cucumber (8-1/4") (75g)
- [ ] romaine lettuce
  2 leaf outer (56g)
- [ ] bell pepper
  1 large (164g)

Other

- [ ] mixed greens
  1 1/4 cup (38g)
- [ ] italian seasoning
  2 dash (1g)
- [ ] Chicken, drumsticks, with skin
  1/2 lbs (227g)
- [ ] teriyaki sauce
  1/2 cup (120mL)
- [ ] ranch dressing mix
  1/2 packet (1 oz) (14g)
- [ ] walnuts
  1/2 cup, shelled (50g)
- [ ] almonds
  1/3 cup, whole (48g)

Fruits and Fruit Juices

- [ ] lime juice
  1/2 fl oz (16mL)
- [ ] avocados
  7/8 avocado(s) (176g)

Finfish and Shellfish Products

- [ ] canned tuna
  1 can (172g)

Recipes

Lunch 1

Eat on day 1

Turkey & hummus deli sandwich

1 1/2 sandwich(es) - 524 cals 45g protein 14g fat 46g carbs 10g fiber

Makes 1 1/2 sandwich(es)

oil
3/8 tsp (2mL)
mixed greens
3/4 cup (23g)
tomatoes
3 slice(s), thick/large (1/2" thick) (81g)
hummus
3 tbsp (45g)
bread
3 slice(s) (96g)
turkey cold cuts
6 oz (170g)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Crackers

8 cracker(s) - 135 cals 2g protein 6g fat 18g carbs 1g fiber

Makes 8 cracker(s)

crackers
8 crackers (28g)

1. Enjoy.

Lunch 2

Eat on day 2

Buffalo drumsticks

8 oz - 467 cals 36g protein 36g fat 0g carbs 0g fiber

Makes 8 oz

Frank's Red Hot sauce
4 tsp (20mL)
oil
1/4 tbsp (4mL)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
Chicken, drumsticks, with skin
1/2 lbs (227g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Easy chickpea salad

234 cals 12g protein 5g fat 25g carbs 11g fiber

fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Lunch 3

Eat on day 3

Mediterranean turkey sandwich

1 sandwich(es) - 337 cals 26g protein 8g fat 33g carbs 6g fiber

Makes 1 sandwich(es)

feta cheese
2 tbsp (19g)
turkey cold cuts
3 oz (85g)
tomatoes, sliced
2 slice(s), thick/large (1/2" thick) (54g)
onion, sliced
4 slices, thin (36g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)
mixed greens
4 tbsp (8g)
bread
2 slice(s) (64g)

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

Lowfat Greek yogurt

2 container(s) - 310 cals 25g protein 8g fat 33g carbs 3g fiber

Makes 2 container(s)

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

1. This recipe has no instructions.

Lunch 4

Eat on day 4, day 5

Walnuts

1/4 cup(s) - 175 cals 4g protein 16g fat 2g carbs 2g fiber

For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. This recipe has no instructions.

Roast beef sandwich

1 sandwich(es) - 476 cals 40g protein 21g fat 27g carbs 5g fiber

For single meal:

roast beef cold cuts
4 oz (113g)
bread
2 slice (64g)
mustard
1 tsp (5g)
tomatoes
2 slice, medium (1/4" thick) (40g)
romaine lettuce
1 leaf outer (28g)
sliced cheese
2 slice (3/4 oz ea) (42g)

For all 2 meals:

roast beef cold cuts
1/2 lbs (227g)
bread
4 slice (128g)
mustard
2 tsp (10g)
tomatoes
4 slice, medium (1/4" thick) (80g)
romaine lettuce
2 leaf outer (56g)
sliced cheese
4 slice (3/4 oz ea) (84g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.

Lunch 5

Eat on day 6, day 7

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals 20g protein 12g fat 4g carbs 5g fiber

For single meal:

canned tuna, drained
1/2 can (86g)
avocados
1/4 avocado(s) (50g)
lime juice
1/2 tsp (3mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bell pepper
1/2 large (82g)
onion
1/8 small (9g)

For all 2 meals:

canned tuna, drained
1 can (172g)
avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

String cheese

3 stick(s) - 248 cals 20g protein 17g fat 5g carbs 0g fiber

For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. This recipe has no instructions.

Roasted almonds

1/6 cup(s) - 148 cals 5g protein 12g fat 2g carbs 3g fiber

For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. This recipe has no instructions.

Dinner 1

Eat on day 1

Lemon pepper chicken breast

8 oz - 296 cals 51g protein 9g fat 1g carbs 1g fiber

Makes 8 oz

lemon pepper
1/2 tbsp (3g)
olive oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

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.

Baked fries

193 cals 3g protein 7g fat 25g carbs 4g fiber

oil
1/2 tbsp (8mL)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Garlic collard greens

159 cals 7g protein 8g fat 5g carbs 9g fiber

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

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 2

Eat on day 2

Roasted rosemary sweet potatoes

105 cals 1g protein 5g fat 12g carbs 2g fiber

sweet potatoes, cut into 1" cubes
1/3 sweetpotato, 5" long (70g)
rosemary, dried
4 dash (1g)
olive oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Chicken thighs with tomatoes & feta

1 thigh(s) - 455 cals 42g protein 29g fat 5g carbs 2g fiber

Makes 1 thigh(s)

feta cheese
1/2 oz (14g)
italian seasoning
2 dash (1g)
pasta sauce
1 tbsp (16g)
tomatoes
3/8 pint, cherry tomatoes (112g)
chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)

1. Season chicken with salt/pepper to taste.
2. Heat a walled skillet over medium heat and add the chicken, skin-side down. Cook until skin is browned and crispy, about 15 minutes.
3. Transfer chicken to a plate, skin-side up. Set aside.
4. Add tomatoes, sauce, and seasoning to the skillet and mix. Heat for about 10 minutes or until the tomatoes have burst.
5. Add back in the chicken skin-side up, and nestle it so the chicken touches the bottom of the skillet.
6. Continue cooking for about 10 minutes or until chicken reaches an internal temperature of 165 F (75 C).
7. Remove from heat, crumble feta on top, and serve.

Dinner 3

Eat on day 3, day 4

Lentils

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

For single meal:

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

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
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.

Teriyaki chicken

8 oz - 380 cals 55g protein 13g fat 11g carbs 0g fiber

For single meal:

oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Dinner 4

Eat on day 5

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.

Tomato and avocado salad

176 cals 2g protein 14g fat 5g carbs 6g fiber

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia) (46g)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)

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.

Dinner 5

Eat on day 6, day 7

Basic baked potato

1 potato(es) - 264 cals 6g protein 1g fat 49g carbs 9g fiber

For single meal:

potatoes
1 large (3" to 4-1/4" dia.) (369g)
salt
1 dash (0g)
oil
1/2 tsp (3mL)

For all 2 meals:

potatoes
2 large (3" to 4-1/4" dia.) (738g)
salt
2 dash (1g)
oil
1 tsp (5mL)

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.

Ranch chicken

8 oz - 461 cals 51g protein 26g fat 5g carbs 0g fiber

For single meal:

ranch dressing mix
1/4 packet (1 oz) (7g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

ranch dressing mix
1/2 packet (1 oz) (14g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)
ranch dressing
4 tbsp (60mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.