

Meal Plan - 1500 calorie intermittent fasting paleo 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

1455 cals ● 174g protein (48%) ● 54g fat (33%) ● 53g carbs (15%) ● 16g fiber (5%)

Lunch

705 cals, 71g protein, 36g net carbs, 27g fat



[Chicken beet & carrot salad bowl](#)
599 cals



[Apple](#)
1 apple(s)- 105 cals

Dinner

750 cals, 104g protein, 17g net carbs, 26g fat



[Roasted carrots](#)
3 carrots(s)- 158 cals



[Lemon pepper chicken breast](#)
16 oz- 592 cals

Day 2

1473 cals ● 156g protein (42%) ● 49g fat (30%) ● 83g carbs (23%) ● 20g fiber (5%)

Lunch

720 cals, 52g protein, 66g net carbs, 22g fat



[Beets](#)
3 beets- 72 cals



[Simple plain turkey burger](#)
2 burger(s)- 375 cals



[Mashed sweet potatoes](#)
275 cals

Dinner

750 cals, 104g protein, 17g net carbs, 26g fat



[Roasted carrots](#)
3 carrots(s)- 158 cals



[Lemon pepper chicken breast](#)
16 oz- 592 cals

Day 3

1521 cals ● 117g protein (31%) ● 76g fat (45%) ● 74g carbs (19%) ● 18g fiber (5%)

Lunch

720 cals, 52g protein, 66g net carbs, 22g fat



[Beets](#)
3 beets- 72 cals



[Simple plain turkey burger](#)
2 burger(s)- 375 cals



[Mashed sweet potatoes](#)
275 cals

Dinner

800 cals, 65g protein, 8g net carbs, 54g fat



[Asparagus](#)
157 cals



[Coriander and cumin rubbed pork chops](#)
1 1/2 chop(s)- 642 cals

Day 4

1477 cal ● 95g protein (26%) ● 104g fat (63%) ● 22g carbs (6%) ● 19g fiber (5%)

Lunch

680 cal, 30g protein, 14g net carbs, 50g fat



[Simple kale & avocado salad](#)
345 cal



[Bacon hamburger lettuce wrap](#)
1 patties (4oz each)- 333 cal

Dinner

800 cal, 65g protein, 8g net carbs, 54g fat



[Asparagus](#)
157 cal



[Coriander and cumin rubbed pork chops](#)
1 1/2 chop(s)- 642 cal

Day 5

1459 cal ● 122g protein (34%) ● 79g fat (49%) ● 48g carbs (13%) ● 17g fiber (5%)

Lunch

720 cal, 58g protein, 35g net carbs, 36g fat



[Honey mustard chicken](#)
8 oz- 437 cal



[Asparagus](#)
282 cal

Dinner

740 cal, 64g protein, 13g net carbs, 43g fat



[Bacon zucchini noodles](#)
325 cal



[Simple kale & avocado salad](#)
115 cal



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cal

Day 6

1459 cal ● 122g protein (34%) ● 79g fat (49%) ● 48g carbs (13%) ● 17g fiber (5%)

Lunch

720 cal, 58g protein, 35g net carbs, 36g fat



[Honey mustard chicken](#)
8 oz- 437 cal



[Asparagus](#)
282 cal

Dinner

740 cal, 64g protein, 13g net carbs, 43g fat



[Bacon zucchini noodles](#)
325 cal



[Simple kale & avocado salad](#)
115 cal



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cal

Day 7

1541 cal ● 124g protein (32%) ● 83g fat (48%) ● 56g carbs (15%) ● 18g fiber (5%)

Lunch

700 cal, 82g protein, 22g net carbs, 28g fat



[One pan roasted chicken & veggies](#)
596 cal



[Roasted rosemary sweet potatoes](#)
105 cal

Dinner

840 cal, 43g protein, 34g net carbs, 55g fat



[Honey balsamic chicken salad](#)
665 cal



[Avocado](#)
176 cal

Fats and Oils

- oil
2 1/2 oz (72mL)
- olive oil
5 oz (154mL)
- balsamic vinaigrette
3 tbsp (45mL)

Vegetables and Vegetable Products

- carrots
7 3/4 medium (473g)
- beets, precooked (canned or refrigerated)
1 lbs (451g)
- sweet potatoes
3 1/3 sweetpotato, 5" long (700g)
- asparagus
1 3/4 lbs (794g)
- garlic
4 1/2 clove(s) (14g)
- kale leaves
1 1/4 bunch (213g)
- romaine lettuce
1 leaf inner (6g)
- zucchini
2 1/2 medium (490g)
- tomatoes
2 3/4 medium whole (2-3/5" dia) (337g)
- red bell pepper
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)
- onion
1/4 medium (2-1/2" dia) (28g)
- broccoli
1/2 cup chopped (46g)

Spices and Herbs

- lemon pepper
2 tbsp (14g)
- thyme, dried
1/3 tsp, leaves (0g)
- salt
3 1/2 tsp (21g)
- black pepper
1/4 oz (6g)
- ground cumin
11 g (11g)
- ground coriander
1 1/2 tbsp (8g)
- chili powder
2 tsp (5g)

Poultry Products

- boneless skinless chicken breast, raw
5 lbs (2329g)
- ground turkey, raw
1 lbs (454g)
- chicken wings, with skin, raw
10 1/4 oz (292g)

Soups, Sauces, and Gravies

- apple cider vinegar
2/3 tsp (0mL)

Fruits and Fruit Juices

- apples
1 medium (3" dia) (182g)
- lemon juice
2 2/3 fl oz (81mL)
- lemon
1 1/4 small (73g)
- avocados
1 3/4 avocado(s) (352g)
- green olives
12 large (53g)

Pork Products

- pork loin chops, boneless, raw
3 chop (555g)
- bacon
1 slice(s) (10g)
- bacon, raw
4 slice(s) (113g)

Other

- ground beef (20% fat)
4 oz (113g)
- mixed greens
2 1/2 cup (74g)

Sweets

- honey
3 oz (88g)

- fresh basil
12 leaves (6g)
 - dijon mustard
3 tbsp (50g)
 - balsamic vinegar
3/4 tbsp (11 mL)
 - garlic powder
1 tsp (3g)
 - paprika
1 tsp (2g)
 - oregano, dried
1/4 tbsp, ground (1g)
 - rosemary
4 dash (1g)
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Lunch 1 [↗](#)

Eat on day 1

Chicken beet & carrot salad bowl

599 cal ● 70g protein ● 27g fat ● 15g carbs ● 4g fiber



boneless skinless chicken breast, raw, cubed

2/3 lbs (299g)

apple cider vinegar

2/3 tsp (0mL)

thyme, dried

1/3 tsp, leaves (0g)

oil

4 tsp (20mL)

carrots, thinly sliced

2/3 medium (41g)

beets, precooked (canned or refrigerated), cubed

1/3 lbs (151g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2, day 3

Beets

3 beets - 72 cal ● 3g protein ● 0g fat ● 12g carbs ● 3g fiber



For single meal:

beets, precooked (canned or refrigerated)

3 beets (2" dia, sphere) (150g)

For all 2 meals:

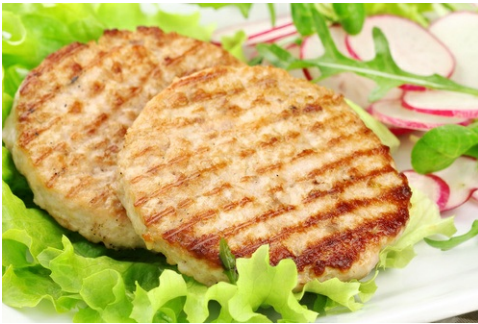
beets, precooked (canned or refrigerated)

6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.
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Simple plain turkey burger

2 burger(s) - 375 cal ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1 tsp (5mL)

ground turkey, raw

1/2 lbs (227g)

For all 2 meals:

oil

2 tsp (10mL)

ground turkey, raw

1 lbs (454g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Lunch 3 [↗](#)

Eat on day 4

Simple kale & avocado salad

345 cal ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



kale leaves, chopped

3/4 bunch (128g)

lemon, juiced

3/4 small (44g)

avocados, chopped

3/4 avocado(s) (151g)

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.

Bacon hamburger lettuce wrap

1 patties (4oz each) - 333 cal ● 23g protein ● 27g fat ● 0g carbs ● 0g fiber



Makes 1 patties (4oz each)

bacon
1 slice(s) (10g)
romaine lettuce
1 leaf inner (6g)
ground beef (20% fat)
4 oz (113g)

1. Heat a skillet over medium heat and cook bacon until done.
2. Meanwhile, form the beef into patties and season all sides with salt/pepper to taste.
3. Remove cooked bacon and place the patties in the skillet. Cook on each side for about 4 minutes (or until internal temperature reaches about 160 F (70 C)).
4. When patties are done, place on romaine lettuce and top with bacon.
5. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Honey mustard chicken

8 oz - 437 cal ● 52g protein ● 12g fat ● 28g carbs ● 1g fiber



For single meal:

dijon mustard
5 tsp (25g)
honey
5 tsp (34g)
oil
1 tsp (6mL)
boneless skinless chicken breast, raw
1/2 lbs (227g)

For all 2 meals:

dijon mustard
3 tbsp (50g)
honey
3 tbsp (68g)
oil
2 1/2 tsp (12mL)
boneless skinless chicken breast, raw
1 lbs (454g)

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 honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.

Asparagus

282 cal ● 6g protein ● 23g fat ● 7g carbs ● 6g fiber



For single meal:

asparagus
1/2 lbs (255g)
lemon juice
5 tsp (25mL)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
olive oil
5 tsp (25mL)

For all 2 meals:

asparagus
1 lbs (510g)
lemon juice
1/4 cup (51mL)
salt
1 tsp (7g)
black pepper
1 tsp, ground (3g)
olive oil
1/4 cup (51mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Lunch 5 [↗](#)

Eat on day 7

One pan roasted chicken & veggies

596 cal ● 81g protein ● 24g fat ● 10g carbs ● 5g fiber



boneless skinless chicken breast, raw
3/4 lbs (340g)
oregano, dried
1/4 tbsp, ground (1g)
red bell pepper, deseeded and sliced
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)
tomatoes
4 tbsp cherry tomatoes (37g)
oil
1 tbsp (15mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
zucchini, sliced
1/2 medium (98g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
broccoli
1/2 cup chopped (46g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

Roasted rosemary sweet potatoes

105 cal ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber

**sweet potatoes, cut into 1" cubes**

1/3 sweetpotato, 5" long (70g)

rosemary

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Roasted carrots

3 carrots(s) - 158 cal ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:

oil

1/2 tbsp (8mL)

carrots, sliced

3 large (216g)

For all 2 meals:

oil

1 tbsp (15mL)

carrots, sliced

6 large (432g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

Lemon pepper chicken breast

16 oz - 592 cal ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (7g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1 lbs (448g)

For all 2 meals:

lemon pepper

2 tbsp (14g)

olive oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

2 lbs (896g)

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 2 [↗](#)

Eat on day 3, day 4

Asparagus

157 cal ● 3g protein ● 13g fat ● 4g carbs ● 3g fiber



For single meal:

asparagus

5 oz (142g)

lemon juice

1 tbsp (14mL)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

olive oil

1 tbsp (14mL)

For all 2 meals:

asparagus

10 oz (284g)

lemon juice

2 tbsp (28mL)

salt

5 dash (4g)

black pepper

5 dash, ground (1g)

olive oil

2 tbsp (28mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Coriander and cumin rubbed pork chops

1 1/2 chop(s) - 642 cal ● 62g protein ● 41g fat ● 4g carbs ● 2g fiber



For single meal:

salt
3 dash (2g)
ground cumin
3/4 tbsp (5g)
ground coriander
3/4 tbsp (4g)
garlic, minced
2 1/4 clove(s) (7g)
olive oil, divided
1 1/2 tbsp (23mL)
pork loin chops, boneless, raw
1 1/2 chop (278g)
black pepper
1 1/2 dash (0g)

For all 2 meals:

salt
1/4 tbsp (5g)
ground cumin
1 1/2 tbsp (9g)
ground coriander
1 1/2 tbsp (8g)
garlic, minced
4 1/2 clove(s) (14g)
olive oil, divided
3 tbsp (45mL)
pork loin chops, boneless, raw
3 chop (555g)
black pepper
3 dash (0g)

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).
4. Serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

For all 2 meals:

zucchini
2 medium (392g)
bacon, raw
4 slice(s) (113g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and 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.

Baked chicken with tomatoes & olives

6 oz - 300 cal ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
green olives
6 large (26g)
black pepper
2 dash (0g)
chili powder
1 tsp (3g)
boneless skinless chicken breast, raw
6 oz (170g)
fresh basil, shredded
6 leaves (3g)

For all 2 meals:

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)

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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Dinner 4 [↗](#)

Eat on day 7

Honey balsamic chicken salad

665 cals ● 41g protein ● 40g fat ● 32g carbs ● 4g fiber



chicken wings, with skin, raw

10 1/4 oz (292g)

mixed greens

2 1/2 cup (74g)

balsamic vinegar

3/4 tbsp (11 mL)

ground cumin

1 tsp (2g)

garlic powder

1 tsp (3g)

paprika

1 tsp (2g)

balsamic vinaigrette

3 tbsp (45mL)

honey

1 tbsp (20g)

tomatoes, halved

10 1/4 tbsp cherry tomatoes (96g)

1. Preheat oven to 400°F (200°C).
2. Mix paprika, garlic powder, and cumin in a small bowl with some salt/pepper. Coat chicken and bake on a baking sheet for about 25 minutes.
3. Meanwhile, mix honey and balsamic vinegar together, set aside.
4. When chicken is done, brush the honey balsamic glaze onto the chicken and bake for another 3 minutes.
5. Serve with greens, tomatoes, and balsamic vinaigrette.

Avocado

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



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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