

# Meal Plan - 2000 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

1956 cals ● 174g protein (36%) ● 46g fat (21%) ● 187g carbs (38%) ● 25g fiber (5%)

### Lunch

960 cals, 58g protein, 114g net carbs, 23g fat



[Easy chickpea salad](#)  
117 cals



[Pasta with meat sauce](#)  
842 cals

### Dinner

995 cals, 116g protein, 73g net carbs, 23g fat



[Grilled chicken sandwich](#)  
2 sandwich(es)- 919 cals



[Grapes](#)  
77 cals

## Day 2

1956 cals ● 174g protein (36%) ● 46g fat (21%) ● 187g carbs (38%) ● 25g fiber (5%)

### Lunch

960 cals, 58g protein, 114g net carbs, 23g fat



[Easy chickpea salad](#)  
117 cals



[Pasta with meat sauce](#)  
842 cals

### Dinner

995 cals, 116g protein, 73g net carbs, 23g fat



[Grilled chicken sandwich](#)  
2 sandwich(es)- 919 cals



[Grapes](#)  
77 cals

## Day 3

2033 cals ● 167g protein (33%) ● 92g fat (41%) ● 112g carbs (22%) ● 22g fiber (4%)

### Lunch

1060 cals, 90g protein, 67g net carbs, 44g fat



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



[Roast beef & pickle sandwich](#)  
2 sandwich(es)- 907 cals

### Dinner

970 cals, 77g protein, 45g net carbs, 48g fat



[Basic chicken breast](#)  
10 oz- 397 cals



[Instant mashed potatoes](#)  
207 cals



[Buttered broccoli](#)  
2 3/4 cup(s)- 367 cals

## Day 4

2033 cals ● 167g protein (33%) ● 92g fat (41%) ● 112g carbs (22%) ● 22g fiber (4%)

### Lunch

1060 cals, 90g protein, 67g net carbs, 44g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Roast beef & pickle sandwich**

2 sandwich(es)- 907 cals

### Dinner

970 cals, 77g protein, 45g net carbs, 48g fat



**Basic chicken breast**

10 oz- 397 cals



**Instant mashed potatoes**

207 cals



**Buttered broccoli**

2 3/4 cup(s)- 367 cals

## Day 5

1985 cals ● 198g protein (40%) ● 68g fat (31%) ● 125g carbs (25%) ● 23g fiber (5%)

### Lunch

975 cals, 85g protein, 62g net carbs, 36g fat



**Baked chicken with tomatoes & olives**

12 oz- 599 cals



**Mashed sweet potatoes with butter**

374 cals

### Dinner

1010 cals, 113g protein, 63g net carbs, 32g fat



**Lemon pepper chicken breast**

16 oz- 592 cals



**Flavored rice mix**

287 cals



**Buttered broccoli**

1 cup(s)- 134 cals

## Day 6

1955 cals ● 176g protein (36%) ● 90g fat (41%) ● 75g carbs (15%) ● 34g fiber (7%)

### Lunch

975 cals, 85g protein, 62g net carbs, 36g fat



**Baked chicken with tomatoes & olives**

12 oz- 599 cals



**Mashed sweet potatoes with butter**

374 cals

### Dinner

980 cals, 91g protein, 13g net carbs, 54g fat



**Avocado tuna salad**

982 cals

## Day 7

2034 cals ● 181g protein (36%) ● 94g fat (41%) ● 81g carbs (16%) ● 36g fiber (7%)

### Lunch

1055 cals, 89g protein, 68g net carbs, 39g fat



**Broccoli**

3 cup(s)- 87 cals



**Ranch chicken**

12 oz- 691 cals



**Mashed sweet potatoes**

275 cals

### Dinner

980 cals, 91g protein, 13g net carbs, 54g fat



**Avocado tuna salad**

982 cals

## Spices and Herbs

- ☐ balsamic vinegar  
1/2 tbsp (8mL)
- ☐ salt  
1/2 oz (12g)
- ☐ black pepper  
3 g (3g)
- ☐ dijon mustard  
6 tbsp (90g)
- ☐ chili powder  
4 tsp (11g)
- ☐ fresh basil  
24 leaves (12g)
- ☐ lemon pepper  
1 tbsp (7g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/2 tbsp (0mL)
- ☐ pasta sauce  
3/4 jar (24 oz) (504g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1/2 can(s) (224g)

## Vegetables and Vegetable Products

- ☐ onion  
1 1/2 small (96g)
- ☐ tomatoes  
7 medium whole (2-3/5" dia) (865g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ pickles  
16 slices (112g)
- ☐ mashed potato mix  
4 oz (113g)
- ☐ frozen broccoli  
9 1/2 cup (865g)
- ☐ sweet potatoes  
4 1/2 sweetpotato, 5" long (945g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/2 lbs (228g)

## Fats and Oils

## Poultry Products

- ☐ ground turkey, raw  
3/4 lbs (340g)
- ☐ boneless skinless chicken breast, raw  
6 1/2 lbs (2932g)

## Other

- ☐ mixed greens  
5 1/2 cup (165g)
- ☐ ranch dressing mix  
3/8 packet (1 oz) (11g)

## Baked Products

- ☐ kaiser rolls  
4 roll (3-1/2" dia) (228g)
- ☐ bread  
8 slice(s) (256g)

## Fruits and Fruit Juices

- ☐ grapes  
2 2/3 cup (245g)
- ☐ green olives  
24 large (106g)
- ☐ avocados  
2 1/4 avocado(s) (452g)
- ☐ lime juice  
1 1/2 tbsp (23mL)

## Dairy and Egg Products

- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ sliced cheese  
8 slice (2/3 oz ea) (152g)
- ☐ butter  
1 stick (119g)

## Sausages and Luncheon Meats

- ☐ roast beef cold cuts  
1 lbs (454g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
1/2 pouch (~5.6 oz) (79g)

## Finfish and Shellfish Products

☐ **oil**  
1 1/2 oz (47mL)

☐ **olive oil**  
1 oz (27mL)

☐ **ranch dressing**  
3 tbsp (45mL)

☐ **canned tuna**  
4 1/2 can (774g)

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## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Easy chickpea salad

117 cal ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

**balsamic vinegar**  
1/4 tbsp (4mL)  
**apple cider vinegar**  
1/4 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/4 can(s) (112g)  
**onion, thinly sliced**  
1/8 small (9g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**fresh parsley, chopped**  
3/4 sprigs (1g)

For all 2 meals:

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

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

### Pasta with meat sauce

842 cal ● 52g protein ● 21g fat ● 101g carbs ● 10g fiber



For single meal:

**uncooked dry pasta**  
4 oz (114g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**oil**  
1/4 tbsp (4mL)  
**pasta sauce**  
3/8 jar (24 oz) (252g)  
**ground turkey, raw**  
6 oz (170g)

For all 2 meals:

**uncooked dry pasta**  
1/2 lbs (228g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**oil**  
1/2 tbsp (8mL)  
**pasta sauce**  
3/4 jar (24 oz) (504g)  
**ground turkey, raw**  
3/4 lbs (340g)

1. Add the oil to a saucepan and heat to medium. Add the salt, pepper, and turkey and cook until done (it should all be browned and solid). Mix/mash the turkey every so often to achieve desired chunkiness.
2. Stir in the pasta sauce.
3. Cook the pasta as directed on the package.
4. Top the pasta with sauce and enjoy.

Lunch 2 [↗](#)

Eat on day 3 and day 4

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. The recipe has no instructions.

Roast beef & pickle sandwich

2 sandwich(es) - 907 cals ● 78g protein ● 40g fat ● 50g carbs ● 9g fiber



For single meal:

**bread**  
4 slice(s) (128g)  
**roast beef cold cuts**  
1/2 lbs (227g)  
**sliced cheese**  
4 slice (2/3 oz ea) (76g)  
**pickles**  
8 slices (56g)  
**dijon mustard**  
2 tbsp (30g)

For all 2 meals:

**bread**  
8 slice(s) (256g)  
**roast beef cold cuts**  
1 lbs (454g)  
**sliced cheese**  
8 slice (2/3 oz ea) (152g)  
**pickles**  
16 slices (112g)  
**dijon mustard**  
4 tbsp (60g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.



## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Baked chicken with tomatoes & olives

12 oz - 599 cal ● 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.

### Mashed sweet potatoes with butter

374 cal ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)  
**butter**  
1 tbsp (14g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)  
**butter**  
2 tbsp (27g)

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, top with butter, and serve.

## Lunch 4 [↗](#)

Eat on day 7

### Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

**frozen broccoli**  
3 cup (273g)

1. Prepare according to instructions on package.

### Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



Makes 12 oz

**ranch dressing**  
3 tbsp (45mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**oil**  
3/4 tbsp (11mL)  
**ranch dressing mix**  
3/8 packet (1 oz) (11g)

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.

### Mashed sweet potatoes

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



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

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.



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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Grilled chicken sandwich

2 sandwich(es) - 919 cals ● 115g protein ● 22g fat ● 61g carbs ● 5g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**mixed greens**  
1/2 cup (15g)  
**dijon mustard**  
1 tbsp (15g)  
**kaiser rolls**  
2 roll (3-1/2" dia) (114g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (907g)  
**tomatoes**  
12 slice(s), thin/small (180g)  
**mixed greens**  
1 cup (30g)  
**dijon mustard**  
2 tbsp (30g)  
**kaiser rolls**  
4 roll (3-1/2" dia) (228g)  
**oil**  
2 tsp (10mL)

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.

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## Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/3 cup (123g)

For all 2 meals:

**grapes**  
2 2/3 cup (245g)

1. The recipe has no instructions.
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## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Basic chicken breast

10 oz - 397 cal ● 63g protein ● 16g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
10 oz (280g)  
**oil**  
2 tsp (9mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/4 lbs (560g)  
**oil**  
1 1/4 tbsp (19mL)

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.

### Instant mashed potatoes

207 cal ● 6g protein ● 1g fat ● 40g carbs ● 4g fiber



For single meal:

**mashed potato mix**  
2 oz (57g)

For all 2 meals:

**mashed potato mix**  
4 oz (113g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

### Buttered broccoli

2 3/4 cup(s) - 367 cal ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



For single meal:

- salt  
1 1/2 dash (1g)
- frozen broccoli  
2 3/4 cup (250g)
- black pepper  
1 1/2 dash (0g)
- butter  
2 3/4 tbsp (39g)

For all 2 meals:

- salt  
1/3 tsp (1g)
- frozen broccoli  
5 1/2 cup (501g)
- black pepper  
1/3 tsp (0g)
- butter  
1/3 cup (78g)





1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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## Dinner 3

Eat on day 5

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**Lemon pepper chicken breast**  
16 oz - 592 cals  102g protein  19g fat  3g carbs  2g fiber



Makes 16 oz

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
1 tbsp (7g)

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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### Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



**flavored rice mix**  
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

### Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**black pepper**  
1/2 dash (0g)  
**butter**  
1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### Avocado tuna salad

982 cals ● 91g protein ● 54g fat ● 13g carbs ● 19g fiber



For single meal:

**avocados**  
1 avocado(s) (226g)  
**lime juice**  
3/4 tbsp (11mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
2 1/4 cup (68g)  
**canned tuna**  
2 1/4 can (387g)  
**tomatoes**  
1/2 cup, chopped (101g)  
**onion, minced**  
1/2 small (39g)

For all 2 meals:

**avocados**  
2 1/4 avocado(s) (452g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**salt**  
1/2 tsp (2g)  
**black pepper**  
1/2 tsp (0g)  
**mixed greens**  
4 1/2 cup (135g)  
**canned tuna**  
4 1/2 can (774g)  
**tomatoes**  
1 cup, chopped (203g)  
**onion, minced**  
1 small (79g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
  3. Serve.
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