

Meal Plan - 2100 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

2089 cals ● 179g protein (34%) ● 83g fat (36%) ● 131g carbs (25%) ● 27g fiber (5%)

Lunch

1050 cals, 74g protein, 84g net carbs, 41g fat



Chunky canned soup (non-creamy)

2 can(s)- 494 cals



Honey mustard glazed chicken sandwich

1 sandwich- 557 cals

Dinner

1040 cals, 104g protein, 47g net carbs, 42g fat



Baked fries

290 cals



Baked chicken with tomatoes & olives

15 oz- 749 cals

Day 2

2089 cals ● 179g protein (34%) ● 83g fat (36%) ● 131g carbs (25%) ● 27g fiber (5%)

Lunch

1050 cals, 74g protein, 84g net carbs, 41g fat



Chunky canned soup (non-creamy)

2 can(s)- 494 cals



Honey mustard glazed chicken sandwich

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1040 cals, 104g protein, 47g net carbs, 42g fat



Baked fries

290 cals



Baked chicken with tomatoes & olives

15 oz- 749 cals

Day 3

2050 cals ● 145g protein (28%) ● 56g fat (25%) ● 216g carbs (42%) ● 24g fiber (5%)

Lunch

1025 cals, 63g protein, 134g net carbs, 25g fat



Shredded bbq & ranch chicken sandwich

1 1/2 sandwich(es)- 683 cals



Fruit juice

3 cup(s)- 344 cals

Dinner

1025 cals, 82g protein, 82g net carbs, 32g fat



Mixed vegetables

1 1/2 cup(s)- 146 cals



Lemon pepper chicken breast

10 2/3 oz- 395 cals



Baked fries


483 cals

Day 4

2077 calsgreen149g protein (29%)orange89g fat (39%)blue144g carbs (28%)grey26g fiber (5%)


Lunch


1055 calsgreen67g protein, 62g net carbs, 57g fat


Ham and cheese club wrap
2 1/2 wrap(s)- 1055 calsgreen

Dinner

1025 calsgreen82g protein, 82g net carbs, 32g fat

Mixed vegetables
1 1/2 cup(s)- 146 calsgreen

Lemon pepper chicken breast
10 2/3 oz- 395 calsgreen


Baked fries
483 calsgreen

Day 5

2085 calsgreen163g protein (31%)orange107g fat (46%)blue92g carbs (18%)grey26g fiber (5%)


Lunch


1055 calsgreen67g protein, 62g net carbs, 57g fat

Ham and cheese club wrap
2 1/2 wrap(s)- 1055 calsgreen

Dinner

1030 calsgreen96g protein, 30g net carbs, 49g fat

Grapes
73 calsgreen


Salsa verde chicken salad
958 calsgreen


Day 6

2090 calsgreen145g protein (28%)orange125g fat (54%)blue64g carbs (12%)grey31g fiber (6%)

Lunch


1045 calsgreen61g protein, 15g net carbs, 76g fat


Simple kale & avocado salad
345 calsgreen

Buffalo drumsticks
12 oz- 700 calsgreen

Dinner

1045 calsgreen84g protein, 50g net carbs, 49g fat

Fruit juice
1 1/2 cup(s)- 172 calsgreen


Avocado tuna salad
873 calsgreen


Day 7

2090 calsgreen145g protein (28%)orange125g fat (54%)blue64g carbs (12%)grey31g fiber (6%)

Lunch


1045 calsgreen61g protein, 15g net carbs, 76g fat


Simple kale & avocado salad
345 calsgreen

Buffalo drumsticks
12 oz- 700 calsgreen

Dinner

1045 calsgreen84g protein, 50g net carbs, 49g fat

Fruit juice
1 1/2 cup(s)- 172 calsgreen

Avocado tuna salad
873 calsgreen

Grocery List



Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ barbecue sauce
3 tbsp (51g)
- ☐ salsa verde
2 tbsp (32g)
- ☐ Frank's Red Hot sauce
4 tbsp (60mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 lbs (2270g)

Baked Products

- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)
- ☐ hamburger buns
1 1/2 bun(s) (77g)
- ☐ flour tortillas
5 tortilla (approx 7-8" dia) (245g)

Dairy and Egg Products

- ☐ cheese
1/4 lbs (126g)

Vegetables and Vegetable Products

- ☐ tomatoes
8 1/2 medium whole (2-3/5" dia) (1050g)
- ☐ potatoes
4 large (3" to 4-1/4" dia.) (1476g)
- ☐ romaine lettuce
6 1/2 leaf inner (39g)
- ☐ frozen mixed veggies
3 cup (405g)
- ☐ kale leaves
1 1/2 bunch (255g)
- ☐ onion
1 small (70g)

Other

- ☐ mixed greens
7 1/2 cup (225g)
- ☐ Chicken, drumsticks, with skin
1 1/2 lbs (680g)

Spices and Herbs

- ☐ salt
11 1/2 g (11g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ chili powder
5 tsp (14g)
- ☐ fresh basil
30 leaves (15g)
- ☐ lemon pepper
4 tsp (9g)
- ☐ ground cumin
2 tsp (4g)

Fruits and Fruit Juices

- ☐ green olives
30 large (132g)
- ☐ fruit juice
48 fl oz (1440mL)
- ☐ grapes
1 1/4 cup (115g)
- ☐ avocados
4 avocado(s) (804g)
- ☐ lemon
1 1/2 small (87g)
- ☐ lime juice
4 tsp (20mL)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1 1/4 lbs (567g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)

Legumes and Legume Products

- ☐ black beans
4 tbsp (60g)

Finfish and Shellfish Products

- ☐ canned tuna
4 can (688g)

Fats and Oils

- ☐ honey mustard sauce
4 tbsp (60g)
 - ☐ oil
2 2/3 oz (81mL)
 - ☐ olive oil
1 1/3 oz (43mL)
 - ☐ ranch dressing
1 tbsp (15mL)
 - ☐ mayonnaise
5 tbsp (75mL)
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Honey mustard glazed chicken sandwich

1 sandwich - 557 cals ● 38g protein ● 27g fat ● 38g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw

4 oz (113g)

kaiser rolls

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

cheese

1 slice (1 oz each) (28g)

tomatoes

2 slice, medium (1/4" thick) (40g)

mixed greens

4 tbsp (8g)

honey mustard sauce, divided

2 tbsp (30g)

For all 2 meals:

boneless skinless chicken breast, raw

1/2 lbs (227g)

kaiser rolls

2 roll (3-1/2" dia) (114g)

cheese

2 slice (1 oz each) (56g)

tomatoes

4 slice, medium (1/4" thick) (80g)

mixed greens

1/2 cup (15g)

honey mustard sauce, divided

4 tbsp (60g)

1. Coat the chicken breast with half of the honey mustard.
2. Cook chicken in a skillet over medium-high heat, about 5 minutes per side or until done at 165 F (75 C). Remove from skillet and place cheese on top while chicken is still hot.
3. Spread the remaining sauce on the cut sides of the roll.
4. Place chicken on roll bottoms; top with lettuce, tomato and the roll top. Serve.
5. To make in bulk: cook chicken and store in refrigerator separately from other sandwich makings. Build sandwich on day-of eating for best results. Reheat chicken if desired.

Lunch 2 [↗](#)

Eat on day 3

Shredded bbq & ranch chicken sandwich

1 1/2 sandwich(es) - 683 cals ● 58g protein ● 23g fat ● 58g carbs ● 2g fiber



Makes 1 1/2 sandwich(es)

barbecue sauce

3 tbsp (51g)

hamburger buns

1 1/2 bun(s) (77g)

ranch dressing

1 tbsp (15mL)

romaine lettuce

1 1/2 leaf inner (9g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (255g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Fruit juice

3 cup(s) - 344 cals ● 5g protein ● 2g fat ● 76g carbs ● 2g fiber



Makes 3 cup(s)

fruit juice

24 fl oz (720mL)

1. The recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 4 and day 5

Ham and cheese club wrap

2 1/2 wrap(s) - 1055 cals ● 67g protein ● 57g fat ● 62g carbs ● 6g fiber



For single meal:

mayonnaise

2 1/2 tbsp (38mL)

romaine lettuce

2 1/2 leaf inner (15g)

ham cold cuts

10 oz (284g)

flour tortillas

2 1/2 tortilla (approx 7-8" dia)
(123g)

tomatoes

5 slice, medium (1/4" thick) (100g)

cheese

5 tbsp, shredded (35g)

For all 2 meals:

mayonnaise

5 tbsp (75mL)

romaine lettuce

5 leaf inner (30g)

ham cold cuts

1 1/4 lbs (567g)

flour tortillas

5 tortilla (approx 7-8" dia) (245g)

tomatoes

10 slice, medium (1/4" thick) (200g)

cheese

10 tbsp, shredded (70g)

1. Build the wrap to your liking.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Simple kale & avocado salad

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



For single meal:

kale leaves, chopped

3/4 bunch (128g)

avocados, chopped

3/4 avocado(s) (151g)

lemon, juiced

3/4 small (44g)

For all 2 meals:

kale leaves, chopped

1 1/2 bunch (255g)

avocados, chopped

1 1/2 avocado(s) (302g)

lemon, juiced

1 1/2 small (87g)

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.

Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

2 tbsp (30mL)

oil

1 tsp (6mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

Chicken, drumsticks, with skin

3/4 lbs (340g)

For all 2 meals:

Frank's Red Hot sauce

4 tbsp (60mL)

oil

3/4 tbsp (11mL)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

Chicken, drumsticks, with skin

1 1/2 lbs (680g)

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Baked fries

290 cal ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

oil

3/4 tbsp (11mL)

For all 2 meals:

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

oil

1 1/2 tbsp (23mL)

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.

Baked chicken with tomatoes & olives

15 oz - 749 cal ● 100g protein ● 31g fat ● 10g carbs ● 8g fiber



For single meal:

tomatoes
15 cherry tomatoes (255g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
green olives
15 large (66g)
black pepper
5 dash (1g)
chili powder
2 1/2 tsp (7g)
boneless skinless chicken breast, raw
15 oz (425g)
fresh basil, shredded
15 leaves (8g)

For all 2 meals:

tomatoes
30 cherry tomatoes (510g)
olive oil
5 tsp (25mL)
salt
1 1/4 tsp (8g)
green olives
30 large (132g)
black pepper
1 1/4 tsp (1g)
chili powder
5 tsp (14g)
boneless skinless chicken breast, raw
30 oz (851g)
fresh basil, shredded
30 leaves (15g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Mixed vegetables

1 1/2 cup(s) - 146 cals ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



For single meal:

frozen mixed veggies
1 1/2 cup (203g)

For all 2 meals:

frozen mixed veggies
3 cup (405g)

1. Prepare according to instructions on package.

Lemon pepper chicken breast

10 2/3 oz - 395 cals ● 68g protein ● 13g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
2/3 lbs (299g)
olive oil
1 tsp (5mL)
lemon pepper
2 tsp (5g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
olive oil
2 tsp (10mL)
lemon pepper
4 tsp (9g)

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

483 cals ● 8g protein ● 18g fat ● 62g carbs ● 11g fiber



For single meal:

potatoes
1 1/4 large (3" to 4-1/4" dia.) (461g)
oil
1 1/4 tbsp (19mL)

For all 2 meals:

potatoes
2 1/2 large (3" to 4-1/4" dia.) (923g)
oil
2 1/2 tbsp (38mL)

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.
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Dinner 3 [↗](#)

Eat on day 5

Grapes

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



grapes
1 1/4 cup (115g)

1. The recipe has no instructions.

Salsa verde chicken salad

958 cals ● 95g protein ● 49g fat ● 19g carbs ● 16g fiber



salsa verde
2 tbsp (32g)
ground cumin
2 tsp (4g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
mixed greens
3 cup (90g)
oil
2 tsp (10mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)
tomatoes, chopped
1 roma tomato (80g)
black beans, drained and rinsed
4 tbsp (60g)
avocados, sliced
4 slices (100g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. Add the black beans into the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
3. When chicken is cool enough to handle, chop it into bite-sized pieces.
4. Add mixed greens to a bowl and arrange the chicken, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Fruit juice

1 1/2 cup(s) - 172 cal ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

fruit juice
12 fl oz (360mL)

For all 2 meals:

fruit juice
24 fl oz (720mL)

1. The recipe has no instructions.

Avocado tuna salad

873 cal ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

For all 2 meals:

avocados
2 avocado(s) (402g)
lime juice
4 tsp (20mL)
salt
4 dash (2g)
black pepper
4 dash (0g)
mixed greens
4 cup (120g)
canned tuna
4 can (688g)
tomatoes
1 cup, chopped (180g)
onion, minced
1 small (70g)

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.