

Meal Plan - 2400 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

2376 cals ● 157g protein (26%) ● 102g fat (39%) ● 180g carbs (30%) ● 27g fiber (5%)

Lunch

1190 cals, 61g protein, 128g net carbs, 44g fat



Dinner roll
3 roll(s)- 231 cals



BLT pasta
957 cals

Dinner

1185 cals, 95g protein, 52g net carbs, 59g fat



Easy chickpea salad
350 cals



Honey mustard chicken thighs w/ skin
12 oz- 837 cals

Day 2

2367 cals ● 156g protein (26%) ● 106g fat (40%) ● 165g carbs (28%) ● 32g fiber (5%)

Lunch

1185 cals, 78g protein, 85g net carbs, 47g fat



Tomato and avocado salad
313 cals



Turkey & hummus deli sandwich
2 1/2 sandwich(es)- 873 cals

Dinner

1180 cals, 78g protein, 80g net carbs, 59g fat



Simple mixed greens salad
68 cals



Honey mustard glazed chicken sandwich
2 sandwich- 1113 cals

Day 3

2351 cals ● 185g protein (31%) ● 125g fat (48%) ● 95g carbs (16%) ● 27g fiber (5%)

Lunch

1235 cals, 93g protein, 19g net carbs, 82g fat



Olive oil drizzled sugar snap peas
326 cals



Creamy chipotle pork chops
2 pork chop(s)- 908 cals

Dinner

1115 cals, 92g protein, 76g net carbs, 43g fat



Basic chicken breast
13 1/3 oz- 529 cals



Mashed sweet potatoes with butter
498 cals



Roasted tomatoes
1 1/2 tomato(es)- 89 cals

Day 4

2351 cals ● 185g protein (31%) ● 125g fat (48%) ● 95g carbs (16%) ● 27g fiber (5%)

Lunch

1235 cals, 93g protein, 19g net carbs, 82g fat



Olive oil drizzled sugar snap peas
326 cals



Creamy chipotle pork chops
2 pork chop(s)- 908 cals

Dinner

1115 cals, 92g protein, 76g net carbs, 43g fat



Basic chicken breast
13 1/3 oz- 529 cals



Mashed sweet potatoes with butter
498 cals



Roasted tomatoes
1 1/2 tomato(es)- 89 cals

Day 5

2416 cals ● 183g protein (30%) ● 114g fat (42%) ● 123g carbs (20%) ● 41g fiber (7%)

Lunch

1225 cals, 95g protein, 76g net carbs, 53g fat



Lentils
521 cals



Low carb fried chicken
12 oz- 702 cals

Dinner

1195 cals, 88g protein, 46g net carbs, 61g fat



Avocado tuna salad stuffed pepper
4 half pepper(s)- 911 cals



Tomato cucumber salad
282 cals

Day 6

2416 cals ● 183g protein (30%) ● 114g fat (42%) ● 123g carbs (20%) ● 41g fiber (7%)

Lunch

1225 cals, 95g protein, 76g net carbs, 53g fat



Lentils
521 cals



Low carb fried chicken
12 oz- 702 cals

Dinner

1195 cals, 88g protein, 46g net carbs, 61g fat



Avocado tuna salad stuffed pepper
4 half pepper(s)- 911 cals



Tomato cucumber salad
282 cals

Day 7

2371 cals ● 188g protein (32%) ● 137g fat (52%) ● 64g carbs (11%) ● 32g fiber (5%)

Lunch

1205 cals, 80g protein, 49g net carbs, 72g fat



Ham, bacon, avocado wrap
1 1/2 wrap(s)- 760 cals



Boiled eggs
4 egg(s)- 277 cals



Simple mixed greens salad
170 cals

Dinner

1165 cals, 108g protein, 15g net carbs, 64g fat



Avocado tuna salad
1164 cals

Grocery List



Baked Products

- roll**
3 pan, dinner, or small roll (2" square, 2" high) (84g)
- bread**
5 slice(s) (160g)
- kaiser rolls**
2 roll (3-1/2" dia) (114g)
- flour tortillas**
1 1/2 tortilla (approx 7-8" dia) (74g)

Cereal Grains and Pasta

- uncooked dry pasta**
4 oz (114g)

Spices and Herbs

- salt**
10 1/2 g (10g)
- black pepper**
2 1/4 g (2g)
- balsamic vinegar**
3/4 tbsp (11mL)
- brown deli mustard**
1 tbsp (17g)
- thyme, dried**
1/4 tbsp, ground (1g)
- garlic powder**
1/3 tsp (1g)
- chipotle seasoning**
1/2 tbsp (3g)
- cajun seasoning**
1 tsp (2g)

Vegetables and Vegetable Products

- fresh spinach**
1/2 6oz package (85g)
- tomatoes**
11 3/4 medium whole (2-3/5" dia) (1443g)
- onion**
1 1/2 medium (2-1/2" dia) (163g)
- fresh parsley**
2 1/4 sprigs (2g)
- frozen sugar snap peas**
5 1/3 cup (768g)
- fresh cilantro**
4 tbsp, chopped (12g)
- sweet potatoes**
4 sweetpotato, 5" long (840g)

Pork Products

- bacon, raw**
3 slice(s) (85g)
- pork loin chops, boneless, raw**
4 chop (740g)
- bacon, cooked**
3 slice(s) (30g)

Soups, Sauces, and Gravies

- apple cider vinegar**
3/4 tbsp (1mL)
- hot sauce**
1 1/2 tbsp (23mL)

Legumes and Legume Products

- chickpeas, canned**
3/4 can(s) (336g)
- hummus**
5 tbsp (75g)
- lentils, raw**
1 1/2 cup (288g)

Sweets

- honey**
3/4 tbsp (16g)

Poultry Products

- chicken thighs, with bone and skin, raw**
3/4 lbs (340g)
- boneless skinless chicken breast, raw**
34 3/4 oz (974g)

Fruits and Fruit Juices

- lime juice**
1 3/4 fl oz (53mL)
- avocados**
4 1/2 avocado(s) (879g)

Fats and Oils

- olive oil**
1 1/2 oz (45mL)
- oil**
2 1/2 oz (73mL)
- salad dressing**
7 oz (199mL)

- bell pepper**
4 large (656g)
- red onion**
2 small (140g)
- cucumber**
2 cucumber (8-1/4") (602g)

Dairy and Egg Products

- romano cheese**
1/2 oz (14g)
- cheese**
2 3/4 oz (77g)
- butter**
2 2/3 tbsp (36g)
- eggs**
4 large (200g)

- honey mustard sauce**
4 tbsp (60g)

Sausages and Luncheon Meats

- turkey cold cuts**
10 oz (284g)
- ham cold cuts**
6 oz (170g)

Other

- mixed greens**
9 2/3 cup (290g)
- Chicken, drumsticks, with skin**
1 1/2 lbs (680g)
- pork rinds**
3/4 oz (21g)

Nut and Seed Products

- coconut milk, canned**
1/2 can (226mL)

Beverages

- water**
6 cup(s) (1422mL)

Finfish and Shellfish Products

- canned tuna**
6 2/3 can (1147g)

Lunch 1 ↗

Eat on day 1

Dinner roll

3 roll(s) - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



Makes 3 roll(s)

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

1. Enjoy.

BLT pasta

957 cals ● 53g protein ● 40g fat ● 89g carbs ● 7g fiber



uncooked dry pasta

4 oz (114g)

salt

1 dash (1g)

fresh spinach

1/2 6oz package (85g)

black pepper

2 dash, ground (1g)

romano cheese

1/2 oz (14g)

bacon, raw

3 slice(s) (85g)

tomatoes, halved

1 cup cherry tomatoes (149g)

1. Cook pasta according to package directions. Drain.
2. Heat a large nonstick skillet over medium-high heat. Add bacon; cook 6 minutes or until crisp. Remove bacon from pan; once cool enough to handle, crumble.
3. Add tomatoes and salt to drippings in pan; cook 3 minutes or until tomatoes are tender, stirring occasionally.
4. Add spinach and pasta to pan; cook 1 minute or just until spinach begins to wilt, stirring occasionally.
5. Sprinkle pasta with bacon, pepper, and cheese.
6. Serve.

Lunch 2 ↗

Eat on day 2

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

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.

Turkey & hummus deli sandwich

2 1/2 sandwich(es) - 873 cals ● 74g protein ● 23g fat ● 77g carbs ● 17g fiber



Makes 2 1/2 sandwich(es)

turkey cold cuts

10 oz (284g)

bread

5 slice(s) (160g)

hummus

5 tbsp (75g)

tomatoes

5 slice(s), thick/large (1/2" thick)

(135g)

mixed greens

1 1/4 cup (38g)

oil

1/4 tbsp (3mL)

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.

Lunch 3 ↗

Eat on day 3 and day 4

Olive oil drizzled sugar snap peas

326 cals ● 11g protein ● 19g fat ● 16g carbs ● 12g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen sugar snap peas
2 2/3 cup (384g)
olive oil
4 tsp (20mL)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen sugar snap peas
5 1/3 cup (768g)
olive oil
2 2/3 tbsp (40mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Creamy chipotle pork chops

2 pork chop(s) - 908 cals ● 82g protein ● 62g fat ● 4g carbs ● 0g fiber



For single meal:

pork loin chops, boneless, raw
2 chop (370g)
coconut milk, canned
1/4 can (113mL)
chipotle seasoning
1/4 tbsp (2g)
oil
1 tbsp (15mL)
fresh cilantro
2 tbsp, chopped (6g)

For all 2 meals:

pork loin chops, boneless, raw
4 chop (740g)
coconut milk, canned
1/2 can (226mL)
chipotle seasoning
1/2 tbsp (3g)
oil
2 tbsp (30mL)
fresh cilantro
4 tbsp, chopped (12g)

1. Rub pork chops with oil, about half of the chipotle seasoning, and salt/pepper to taste.
2. Heat a walled skillet over medium heat and put the pork chops in.
3. Cook on each side for about 4-5 minutes or until fully cooked.
4. Pour the coconut milk into skillet and add the rest of the chipotle seasoning and the chopped cilantro. Mix around pan until well-combined and warmed. Taste test to see if you should add any more seasoning.
5. Serve.

Lunch 4 ↗

Eat on day 5 and day 6

Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



For single meal:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

For all 2 meals:

water
6 cup(s) (1422mL)
salt
3 dash (2g)
lentils, raw, rinsed
1 1/2 cup (288g)

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.

Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

hot sauce
3/4 tbsp (11mL)
cajun seasoning
4 dash (1g)
Chicken, drumsticks, with skin
3/4 lbs (340g)
pork rinds, crushed
10 3/4 g (11g)

For all 2 meals:

hot sauce
1 1/2 tbsp (23mL)
cajun seasoning
1 tsp (2g)
Chicken, drumsticks, with skin
1 1/2 lbs (680g)
pork rinds, crushed
3/4 oz (21g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Lunch 5 ↗

Eat on day 7

Ham, bacon, avocado wrap

1 1/2 wrap(s) - 760 cals ● 52g protein ● 42g fat ● 37g carbs ● 8g fiber



Makes 1 1/2 wrap(s)

bacon, cooked

3 slice(s) (30g)

ham cold cuts

6 oz (170g)

flour tortillas

1 1/2 tortilla (approx 7-8" dia) (74g)

cheese

3 tbsp, shredded (21g)

avocados, sliced

3/8 avocado(s) (75g)

1. Cook the bacon according to the directions on its packaging.
2. Place the ham, bacon, avocado, and cheese in the middle of the tortilla and wrap it up. Serve.

Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 4 egg(s)

eggs

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



mixed greens

3 3/4 cup (113g)

salad dressing

1/4 cup (56mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 1 ↗

Eat on day 1

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

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

Honey mustard chicken thighs w/ skin

12 oz - 837 cals ● 77g protein ● 52g fat ● 14g carbs ● 1g fiber



Makes 12 oz

brown deli mustard
1 tbsp (17g)
honey
3/4 tbsp (16g)
thyme, dried
1/4 tbsp, ground (1g)
salt
1 1/2 dash (1g)
chicken thighs, with bone and skin, raw
3/4 lbs (340g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Dinner 2 ↗

Eat on day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Honey mustard glazed chicken sandwich

2 sandwich - 1113 cals ● 77g protein ● 54g fat ● 76g carbs ● 4g fiber



Makes 2 sandwich

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.

Dinner 3 ↗

Eat on day 3 and day 4

Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
13 1/3 oz (373g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
oil
5 tsp (25mL)

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.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)
butter
2 2/3 tbsp (36g)

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.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil

1/2 tbsp (8mL)

tomatoes

1 1/2 small whole (2-2/5" dia)
(137g)

For all 2 meals:

oil

1 tbsp (15mL)

tomatoes

3 small whole (2-2/5" dia) (273g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

canned tuna, drained

2 can (344g)

For all 2 meals:

avocados

2 avocado(s) (402g)

lime juice

4 tsp (20mL)

salt

4 dash (2g)

black pepper

4 dash (0g)

bell pepper

4 large (656g)

onion

1 small (70g)

canned tuna, drained

4 can (688g)

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.

Tomato cucumber salad

282 cals ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



For single meal:

salad dressing
4 tbsp (60mL)
red onion, thinly sliced
1 small (70g)
cucumber, thinly sliced
1 cucumber (8-1/4") (301g)
tomatoes, thinly sliced
2 medium whole (2-3/5" dia) (246g)

For all 2 meals:

salad dressing
1/2 cup (120mL)
red onion, thinly sliced
2 small (140g)
cucumber, thinly sliced
2 cucumber (8-1/4") (602g)
tomatoes, thinly sliced
4 medium whole (2-3/5" dia) (492g)

1. Mix ingredients together in a bowl and serve.

Dinner 5

Eat on day 7

Avocado tuna salad

1164 cals ● 108g protein ● 64g fat ● 15g carbs ● 22g fiber



avocados
1 1/3 avocado(s) (268g)
lime juice
1 tbsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 2/3 cup (80g)
canned tuna
2 2/3 can (459g)
tomatoes
2/3 cup, chopped (120g)
onion, minced
2/3 small (47g)

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.

Photo: © 2012 iStockphoto.com/Debra M. Schildknecht