

Meal Plan - 2500 calorie intermittent fasting meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

2493 cals ● 239g protein (38%) ● 53g fat (19%) ● 231g carbs (37%) ● 35g fiber (6%)

Lunch

1280 cals, 114g protein, 139g net carbs, 22g fat



White rice

1 3/4 cup rice, cooked- 382 cals



Chicken and vegetable stir fry

896 cals

Dinner

1215 cals, 125g protein, 92g net carbs, 30g fat



Cottage cheese & fruit cup

2 container- 261 cals



Chicken-broccoli-sweet potato bowl

954 cals

Day 2

2512 cals ● 194g protein (31%) ● 125g fat (45%) ● 125g carbs (20%) ● 27g fiber (4%)

Lunch

1310 cals, 99g protein, 67g net carbs, 67g fat



Tomato cucumber salad

71 cals



Tuna salad sandwich

2 1/2 sandwich(es)- 1239 cals

Dinner

1205 cals, 96g protein, 58g net carbs, 58g fat



Mashed sweet potatoes with butter

374 cals



Buttered broccoli

2 1/4 cup(s)- 300 cals



Basic chicken breast

13 1/3 oz- 529 cals

Day 3

2520 cals ● 198g protein (31%) ● 106g fat (38%) ● 157g carbs (25%) ● 37g fiber (6%)

Lunch

1260 cals, 64g protein, 101g net carbs, 60g fat



Grilled cheese with mushrooms

1131 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

1260 cals, 134g protein, 56g net carbs, 46g fat



Broccoli

4 cup(s)- 116 cals



Baked chicken with tomatoes & olives

18 oz- 899 cals



Buttery white rice

243 cals

Day 4

2484 cals ● 222g protein (36%) ● 100g fat (36%) ● 142g carbs (23%) ● 33g fiber (5%)

Lunch

1225 cals, 89g protein, 86g net carbs, 53g fat



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



Lowfat Greek yogurt
3 container(s)- 465 cals

Dinner

1260 cals, 134g protein, 56g net carbs, 46g fat



Broccoli
4 cup(s)- 116 cals



Baked chicken with tomatoes & olives
18 oz- 899 cals



Buttery white rice
243 cals

Day 5

2494 cals ● 207g protein (33%) ● 77g fat (28%) ● 218g carbs (35%) ● 26g fiber (4%)

Lunch

1225 cals, 89g protein, 86g net carbs, 53g fat



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



Lowfat Greek yogurt
3 container(s)- 465 cals

Dinner

1270 cals, 119g protein, 133g net carbs, 23g fat



Grilled chicken sandwich
2 sandwich(es)- 919 cals



Banana
3 banana(s)- 350 cals

Day 6

2467 cals ● 190g protein (31%) ● 73g fat (26%) ● 235g carbs (38%) ● 29g fiber (5%)

Lunch

1200 cals, 72g protein, 102g net carbs, 49g fat



Ham, bacon, avocado bagel sandwich
1 1/2 sandwich(es)- 1027 cals



Simple salad with celery, cucumber & tomato
171 cals

Dinner

1270 cals, 119g protein, 133g net carbs, 23g fat



Grilled chicken sandwich
2 sandwich(es)- 919 cals



Banana
3 banana(s)- 350 cals

Day 7

2458 cals ● 197g protein (32%) ● 84g fat (31%) ● 198g carbs (32%) ● 29g fiber (5%)

Lunch

1200 cals, 72g protein, 102g net carbs, 49g fat



Ham, bacon, avocado bagel sandwich
1 1/2 sandwich(es)- 1027 cals



Simple salad with celery, cucumber & tomato
171 cals

Dinner

1260 cals, 126g protein, 96g net carbs, 35g fat



Baked cinnamon sweet potato
1 sweet potato(es)- 317 cals



Corn
277 cals



Lemon pepper chicken breast
18 oz- 666 cals

Grocery List



Beverages

- ☐ water
2 cup(s) (514mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (200g)

Other

- ☐ stir-fry sauce
5 tbsp (85g)
- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ mixed greens
1 1/2 package (5.5 oz) (237g)

Vegetables and Vegetable Products

- ☐ frozen mixed veggies
1 1/4 10oz package (355g)
- ☐ frozen broccoli
2 1/2 lbs (1169g)
- ☐ sweet potatoes
4 sweetpotato, 5" long (875g)
- ☐ red onion
1/4 small (18g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (477g)
- ☐ tomatoes
9 1/2 medium whole (2-3/5" dia) (1152g)
- ☐ raw celery
1/4 bunch (128g)
- ☐ mushrooms
1 3/4 cup, chopped (123g)
- ☐ frozen corn kernels
2 cup (272g)

Spices and Herbs

- ☐ black pepper
5 1/2 g (5g)
- ☐ salt
3/4 oz (20g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ thyme, dried
3 1/2 tsp, ground (5g)
- ☐ chili powder
2 tbsp (16g)

Fats and Oils

- ☐ oil
1 oz (32mL)
- ☐ olive oil
2 1/2 oz (81mL)
- ☐ salad dressing
2 1/2 oz (75mL)
- ☐ mayonnaise
1/4 cup (56mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 lbs (3599g)

Baked Products

- ☐ bread
13 1/2 oz (384g)
- ☐ flour tortillas
3 tortilla (approx 7-8" dia) (147g)
- ☐ kaiser rolls
4 roll (3-1/2" dia) (228g)
- ☐ bagel
3 medium bagel (3-1/2" to 4" dia) (315g)

Finfish and Shellfish Products

- ☐ canned tuna
3/4 lbs (354g)

Dairy and Egg Products

- ☐ butter
3/4 stick (81g)
- ☐ sliced cheese
6 1/2 slice (3/4 oz ea) (137g)
- ☐ cheese
6 tbsp, shredded (42g)
- ☐ lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)

Fruits and Fruit Juices

- ☐ green olives
36 large (158g)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ banana
6 medium (7" to 7-7/8" long) (708g)

- ☐ **fresh basil**
36 leaves (18g)
- ☐ **dijon mustard**
2 tbsp (30g)
- ☐ **cinnamon**
3 dash (1g)
- ☐ **lemon pepper**
1 tbsp (8g)

Pork Products

- ☐ **bacon, cooked**
12 slice(s) (120g)

Sausages and Luncheon Meats

- ☐ **ham cold cuts**
1 1/2 lbs (680g)

Sweets

- ☐ **sugar**
1/2 tbsp (7g)
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Lunch 1 [↗](#)

Eat on day 1

White rice

1 3/4 cup rice, cooked - 382 cals ● 8g protein ● 1g fat ● 85g carbs ● 1g fiber

Makes 1 3/4 cup rice, cooked



water

1 1/6 cup(s) (276mL)

long-grain white rice

9 1/3 tbsp (108g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Chicken and vegetable stir fry

896 cals ● 107g protein ● 22g fat ● 54g carbs ● 15g fiber



stir-fry sauce
5 tbsp (85g)
frozen mixed veggies
1 1/4 10oz package (355g)
black pepper
5 dash, ground (1g)
salt
1/3 tsp (2g)
oil, divided
2 tsp (9mL)
boneless skinless chicken breast, raw, cubed
15 oz (420g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return chicken to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until chicken is fully cooked.
6. Serve.

Lunch 2 [↗](#)

Eat on day 2

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Tuna salad sandwich

2 1/2 sandwich(es) - 1239 cals ● 97g protein ● 64g fat ● 60g carbs ● 10g fiber



Makes 2 1/2 sandwich(es)

bread

5 slice (160g)

mayonnaise

1/4 cup (56mL)

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

canned tuna

3/4 lbs (354g)

raw celery, chopped

1 1/4 stalk, small (5" long) (21g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Lunch 3 [🔗](#)

Eat on day 3

Grilled cheese with mushrooms

1131 cals ● 50g protein ● 57g fat ● 88g carbs ● 16g fiber



mushrooms

1 3/4 cup, chopped (123g)

olive oil

1 3/4 tbsp (26mL)

thyme, dried

3 1/2 tsp, ground (5g)

bread

7 slice(s) (224g)

sliced cheese

3 1/2 slice (3/4 oz ea) (74g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup

1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 4 [↗](#)

Eat on day 4 and day 5

Ham, bacon, avocado wrap

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



For single meal:

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)

For all 2 meals:

bacon, cooked
6 slice(s) (60g)
ham cold cuts
3/4 lbs (340g)
flour tortillas
3 tortilla (approx 7-8" dia) (147g)
cheese
6 tbsp, shredded (42g)
avocados, sliced
3/4 avocado(s) (151g)

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.

Lowfat Greek yogurt

3 container(s) - 465 cals ● 37g protein ● 12g fat ● 49g carbs ● 5g fiber



For single meal:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

For all 2 meals:

lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)

1. The recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Ham, bacon, avocado bagel sandwich

1 1/2 sandwich(es) - 1027 cals ● 66g protein ● 43g fat ● 85g carbs ● 9g fiber



For single meal:

bacon, cooked
3 slice(s) (30g)
ham cold cuts
6 oz (170g)
bagel
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)
sliced cheese
1 1/2 slice (3/4 oz ea) (32g)
tomatoes
4 1/2 slice(s), thin/small (68g)
avocados, sliced
3/8 avocado(s) (75g)

For all 2 meals:

bacon, cooked
6 slice(s) (60g)
ham cold cuts
3/4 lbs (340g)
bagel
3 medium bagel (3-1/2" to 4" dia) (315g)
sliced cheese
3 slice (3/4 oz ea) (63g)
tomatoes
9 slice(s), thin/small (135g)
avocados, sliced
3/4 avocado(s) (151g)

1. Cook bacon according to package.
2. Build the sandwich to your liking.

Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



For single meal:

salad dressing
2 tbsp (30mL)
raw celery, chopped
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)
mixed greens
2/3 package (5.5 oz) (103g)
cucumber, sliced
2/3 cucumber (8-1/4") (201g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)

For all 2 meals:

salad dressing
4 tbsp (60mL)
raw celery, chopped
2 2/3 stalk, medium (7-1/2" - 8" long) (107g)
mixed greens
1 1/3 package (5.5 oz) (207g)
cucumber, sliced
1 1/3 cucumber (8-1/4") (401g)
tomatoes, diced
1 1/3 medium whole (2-3/5" dia) (164g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Dinner 1 [↗](#)

Eat on day 1

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Chicken-broccoli-sweet potato bowl

954 cal ● 97g protein ● 25g fat ● 66g carbs ● 19g fiber



frozen broccoli
5/6 package (237g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
1 tbsp (17mL)
paprika
1/4 tbsp (2g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
13 1/3 oz (373g)
sweet potatoes, cut into bite-sized cubes
1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Dinner 2 [↗](#)

Eat on day 2

Mashed sweet potatoes with butter

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



sweet potatoes

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

butter

1 tbsp (14g)

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.

Buttered broccoli

2 1/4 cup(s) - 300 cals ● 7g protein ● 26g fat ● 4g carbs ● 6g fiber



Makes 2 1/4 cup(s)

salt

1 dash (0g)

frozen broccoli

2 1/4 cup (205g)

black pepper

1 dash (0g)

butter

2 1/4 tbsp (32g)

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

Basic chicken breast

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



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (373g)

oil

2 1/2 tsp (13mL)

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.
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Dinner 3 [↗](#)

Eat on day 3 and day 4

Broccoli

4 cup(s) - 116 cals ● 11g protein ● 0g fat ● 8g carbs ● 11g fiber



For single meal:

frozen broccoli
4 cup (364g)

For all 2 meals:

frozen broccoli
8 cup (728g)

1. Prepare according to instructions on package.

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

For all 2 meals:

tomatoes
36 cherry tomatoes (612g)
olive oil
2 tbsp (30mL)
salt
1/2 tbsp (9g)
green olives
36 large (158g)
black pepper
1/2 tbsp (1g)
chili powder
2 tbsp (16g)
boneless skinless chicken breast, raw
2 1/4 lbs (1021g)
fresh basil, shredded
36 leaves (18g)

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.

Buttery white rice

243 cals ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



For single meal:

black pepper
1 dash, ground (0g)
butter
3/4 tbsp (11g)
salt
2 dash (2g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

For all 2 meals:

black pepper
2 dash, ground (1g)
butter
1 1/2 tbsp (21g)
salt
4 dash (3g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Grilled chicken sandwich

2 sandwich(es) - 919 cal ● 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.

Banana

3 banana(s) - 350 cal ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



For single meal:

banana

3 medium (7" to 7-7/8" long) (354g)

For all 2 meals:

banana

6 medium (7" to 7-7/8" long) (708g)

1. The recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Baked cinnamon sweet potato

1 sweet potato(es) - 317 cal ● 4g protein ● 12g fat ● 43g carbs ● 7g fiber



Makes 1 sweet potato(es)

sweet potatoes

1 sweetpotato, 5" long (210g)

sugar

1/2 tbsp (7g)

cinnamon

3 dash (1g)

butter

1 tbsp (14g)

1. OVEN:
2. Preheat oven to 400°F (200°C).
3. Bake sweet potatoes for 45 to 75 minutes (bigger ones take longer to cook).
4. When they are done, the outside will have darkened and the inside will be soft.
5. MICROWAVE:
6. Pierce the sweet potato skins 5-6 times.
7. Place on a microwaveable plate and microwave for 5-8 minutes, rotating halfway through. The potato is ready when the skin puffs to a crisp finish and the inside is soft. Cooking time will be longer if microwaving multiple potatoes at once.
8. Mix the sugar and cinnamon together and set aside.
9. To serve, slice a potato down the center. Add butter, then sprinkle some cinnamon/sugar over the top.

277 cals ● 8g protein ● 2g fat ● 51g carbs ● 6g fiber



frozen corn kernels
2 cup (272g)

1. Prepare according to instructions on package.

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



Makes 18 oz

boneless skinless chicken breast, raw
18 oz (504g)
olive oil
1/2 tbsp (8mL)
lemon pepper
1 tbsp (8g)

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.

