

# Meal Plan - 2700 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

2660 cals ● 206g protein (31%) ● 97g fat (33%) ● 199g carbs (30%) ● 41g fiber (6%)

### Lunch

1275 cals, 107g protein, 60g net carbs, 57g fat

 **Kiwi**

2 kiwi- 94 cals

 **Lowfat Greek yogurt**

2 container(s)- 310 cals

 **Avocado tuna salad**

873 cals

### Dinner

1385 cals, 98g protein, 139g net carbs, 41g fat



**Chicken curry with rice**

1042 cals

 **Edamame & beet salad**

342 cals

## Day 2

2739 cals ● 197g protein (29%) ● 105g fat (34%) ● 217g carbs (32%) ● 35g fiber (5%)

### Lunch

1355 cals, 99g protein, 78g net carbs, 64g fat



**Grapes**

116 cals



**Tuna salad sandwich**

2 1/2 sandwich(es)- 1239 cals

### Dinner

1385 cals, 98g protein, 139g net carbs, 41g fat



**Chicken curry with rice**

1042 cals



**Edamame & beet salad**

342 cals

## Day 3

2727 cals ● 234g protein (34%) ● 138g fat (46%) ● 108g carbs (16%) ● 29g fiber (4%)

### Lunch

1355 cals, 99g protein, 78g net carbs, 64g fat



**Grapes**

116 cals



**Tuna salad sandwich**

2 1/2 sandwich(es)- 1239 cals

### Dinner

1370 cals, 135g protein, 30g net carbs, 74g fat



**Chicken beet & carrot salad bowl**

1011 cals



**Sunflower seeds**

361 cals

## Day 4

2657 cals ● 262g protein (39%) ● 118g fat (40%) ● 109g carbs (16%) ● 28g fiber (4%)

### Lunch

1285 cals, 126g protein, 80g net carbs, 44g fat



Lentils  
521 cals



Caesar chicken breasts  
13 1/3 oz- 765 cals

### Dinner

1370 cals, 135g protein, 30g net carbs, 74g fat



Chicken beet & carrot salad bowl  
1011 cals



Sunflower seeds  
361 cals

## Day 5

2694 cals ● 199g protein (29%) ● 135g fat (45%) ● 130g carbs (19%) ● 41g fiber (6%)

### Lunch

1355 cals, 77g protein, 82g net carbs, 73g fat



Simple ham and cheese wrap  
2 wrap(s)- 1210 cals



Simple salad with tomatoes and carrots  
147 cals

### Dinner

1335 cals, 122g protein, 48g net carbs, 62g fat



Nectarine  
2 nectarine(s)- 140 cals



Salsa verde chicken salad  
1197 cals

## Day 6

2692 cals ● 256g protein (38%) ● 102g fat (34%) ● 159g carbs (24%) ● 29g fiber (4%)

### Lunch

1360 cals, 79g protein, 89g net carbs, 69g fat



Lentils  
521 cals



Simple mixed greens salad  
68 cals



Italian sausage  
3 link- 771 cals

### Dinner

1335 cals, 177g protein, 70g net carbs, 33g fat



Farro  
1 cups, cooked- 370 cals



Lemon pepper chicken breast  
26 oz- 962 cals

## Day 7

2692 cals ● 256g protein (38%) ● 102g fat (34%) ● 159g carbs (24%) ● 29g fiber (4%)

### Lunch

1360 cals, 79g protein, 89g net carbs, 69g fat



Lentils  
521 cals



Simple mixed greens salad  
68 cals



Italian sausage  
3 link- 771 cals

### Dinner

1335 cals, 177g protein, 70g net carbs, 33g fat



Farro  
1 cups, cooked- 370 cals



Lemon pepper chicken breast  
26 oz- 962 cals

# Grocery List



## Fruits and Fruit Juices

- kiwi**  
2 fruit (138g)
- avocados**  
1 1/2 avocado(s) (326g)
- lime juice**  
2 tsp (10mL)
- grapes**  
4 cup (368g)
- nectarine**  
2 medium (2-1/2" dia) (284g)

## Dairy and Egg Products

- lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)
- parmesan cheese**  
3 1/3 tbsp (17g)
- sliced cheese**  
4 slice (3/4 oz ea) (84g)

## Spices and Herbs

- salt**  
1/4 oz (6g)
- black pepper**  
1 tsp (1g)
- thyme, dried**  
1 tsp, leaves (1g)
- ground cumin**  
2 1/2 tsp (5g)
- lemon pepper**  
3 1/4 tbsp (22g)

## Other

- mixed greens**  
12 3/4 cup (383g)
- curry sauce**  
1 1/3 jar (15 oz) (567g)
- Italian pork sausage, raw**  
6 link (646g)
- farro**  
1 cup (208g)

## Finfish and Shellfish Products

- canned tuna**  
6 can (1053g)

## Vegetables and Vegetable Products

## Cereal Grains and Pasta

- long-grain white rice**  
1 1/3 cup (247g)

## Poultry Products

- boneless skinless chicken breast, raw**  
8 1/2 lbs (3865g)

## Fats and Oils

- balsamic vinaigrette**  
4 tbsp (60mL)
- mayonnaise**  
9 1/2 tbsp (143mL)
- oil**  
2 1/2 oz (80mL)
- caesar salad dressing**  
1/4 cup (49g)
- salad dressing**  
4 tbsp (62mL)
- olive oil**  
5 tsp (24mL)

## Baked Products

- bread**  
10 slice (320g)
- flour tortillas**  
2 tortilla (approx 10" dia) (144g)

## Soups, Sauces, and Gravies

- apple cider vinegar**  
2 1/4 tsp (1mL)
- salsa verde**  
2 1/2 tbsp (40g)

## Nut and Seed Products

- sunflower kernels**  
4 oz (113g)
- roasted pumpkin seeds, unsalted**  
5 tbsp (37g)

## Beverages

- water**  
17 cup(s) (4029mL)

## Legumes and Legume Products

- tomatoes**  
2 3/4 medium whole (2-3/5" dia) (342g)
- onion**  
1/2 small (35g)
- edamame, frozen, shelled**  
2 cup (236g)
- beets, precooked (canned or refrigerated)**  
2 lbs (910g)
- raw celery**  
2 1/2 stalk, small (5" long) (43g)
- carrots**  
2 1/2 medium (160g)
- romaine lettuce**  
5/8 head (387g)

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- lentils, raw**  
2 1/4 cup (432g)
- black beans**  
5 tbsp (75g)

### **Sausages and Luncheon Meats**

- ham cold cuts**  
1/2 lbs (227g)

## Lunch 1 ↗

Eat on day 1

### Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber

Makes 2 kiwi

**kiwi**  
2 fruit (138g)



1. Slice the kiwi and serve.

### Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber

Makes 2 container(s)

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)



1. The recipe has no instructions.

### Avocado tuna salad

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



#### 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)

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.

## Lunch 2 ↗

Eat on day 2 and day 3

### Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. The recipe has no instructions.

### Tuna salad sandwich

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



For single meal:

**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)

For all 2 meals:

**bread**  
10 slice (320g)  
**mayonnaise**  
1/2 cup (113mL)  
**black pepper**  
5 dash (1g)  
**salt**  
5 dash (2g)  
**canned tuna**  
1 1/2 lbs (709g)  
**raw celery, chopped**  
2 1/2 stalk, small (5" long) (43g)

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 4

### Lentils

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



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

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.

### Caesar chicken breasts

13 1/3 oz - 765 cals ● 91g protein ● 43g fat ● 4g carbs ● 0g fiber



Makes 13 1/3 oz

**boneless skinless chicken breast, raw**  
13 1/3 oz (378g)  
**caesar salad dressing**  
3 1/3 tbsp (49g)  
**parmesan cheese**  
3 1/3 tbsp (17g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

## Lunch 4 ↗

Eat on day 5

### Simple ham and cheese wrap

2 wrap(s) - 1210 cals ● 71g protein ● 68g fat ● 71g carbs ● 6g fiber



Makes 2 wrap(s)

**sliced cheese**

4 slice (3/4 oz ea) (84g)

**mayonnaise**

2 tbsp (30mL)

**tomatoes**

4 slice(s), thin/small (60g)

**ham cold cuts**

1/2 lbs (227g)

**romaine lettuce**

2 leaf inner (12g)

**flour tortillas, ~10" diameter**

2 tortilla (approx 10" dia) (144g)

1. Spread the mayonnaise on the tortilla.
2. Put the ham, cheese, lettuce, and tomato on top of the mayo.
3. Wrap the tortilla and enjoy.

### Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**

1 tbsp (17mL)

**carrots, sliced**

3/8 medium (23g)

**romaine lettuce, roughly chopped**

3/4 hearts (375g)

**tomatoes, diced**

3/4 medium whole (2-3/5" dia) (92g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Lunch 5 ↗

Eat on day 6 and day 7

### 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.

## Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

## Italian sausage

3 link - 771 cals ● 42g protein ● 63g fat ● 9g carbs ● 0g fiber



For single meal:

**Italian pork sausage, raw**  
3 link (323g)

For all 2 meals:

**Italian pork sausage, raw**  
6 link (646g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

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## Dinner 1 ↗

Eat on day 1 and day 2

### Chicken curry with rice

1042 cals ● 80g protein ● 27g fat ● 114g carbs ● 6g fiber



For single meal:

**long-grain white rice**

2/3 cup (123g)

**curry sauce**

2/3 jar (15 oz) (283g)

**boneless skinless chicken breast, raw, cut into 1/2 inch chunks**

2/3 lbs (299g)

For all 2 meals:

**long-grain white rice**

1 1/3 cup (247g)

**curry sauce**

1 1/3 jar (15 oz) (567g)

**boneless skinless chicken breast, raw, cut into 1/2 inch chunks**

1 1/3 lbs (597g)

1. Cook rice according to package.
2. Meanwhile, cook cubed chicken in a non-stick skillet until it's nearly cooked-through.
3. Drain any excess liquid and pour in curry sauce. Bring to a simmer and cook until chicken is done.
4. Serve chicken curry over rice.

### Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

**mixed greens**

2 cup (60g)

**balsamic vinaigrette**

2 tbsp (30mL)

**edamame, frozen, shelled**

1 cup (118g)

**beets, precooked (canned or refrigerated), chopped**

4 beet(s) (200g)

For all 2 meals:

**mixed greens**

4 cup (120g)

**balsamic vinaigrette**

4 tbsp (60mL)

**edamame, frozen, shelled**

2 cup (236g)

**beets, precooked (canned or refrigerated), chopped**

8 beet(s) (400g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### Chicken beet & carrot salad bowl

1011 cals ● 118g protein ● 45g fat ● 25g carbs ● 7g fiber



For single meal:

**oil**  
2 1/4 tbsp (34mL)  
**thyme, dried**  
1/2 tsp, leaves (1g)  
**apple cider vinegar**  
1 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
1/2 lbs (255g)  
**boneless skinless chicken breast, raw, cubed**  
18 oz (504g)  
**carrots, thinly sliced**  
1 medium (69g)

For all 2 meals:

**oil**  
1/4 cup (68mL)  
**thyme, dried**  
1 tsp, leaves (1g)  
**apple cider vinegar**  
2 1/4 tsp (1mL)  
**beets, precooked (canned or refrigerated), cubed**  
18 oz (510g)  
**boneless skinless chicken breast, raw, cubed**  
2 1/4 lbs (1008g)  
**carrots, thinly sliced**  
2 1/4 medium (137g)

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.

### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**  
2 oz (57g)

For all 2 meals:

**sunflower kernels**  
4 oz (113g)

1. The recipe has no instructions.

## Dinner 3 ↗

Eat on day 5

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Salsa verde chicken salad

1197 cals ● 119g protein ● 61g fat ● 23g carbs ● 20g fiber



**salsa verde**  
2 1/2 tbsp (40g)  
**ground cumin**  
2 1/2 tsp (5g)  
**roasted pumpkin seeds, unsalted**  
5 tbsp (37g)  
**mixed greens**  
3 3/4 cup (113g)  
**oil**  
2 1/2 tsp (13mL)  
**boneless skinless chicken breast, raw**  
15 oz (425g)  
**tomatoes, chopped**  
1 1/4 roma tomato (100g)  
**black beans, drained and rinsed**  
5 tbsp (75g)  
**avocados, sliced**  
5 slices (125g)

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

### Farro

1 cups, cooked - 370 cals ● 12g protein ● 2g fat ● 66g carbs ● 10g fiber



For single meal:

**farro**  
1/2 cup (104g)  
**water**  
4 cup(s) (948mL)

For all 2 meals:

**farro**  
1 cup (208g)  
**water**  
8 cup(s) (1896mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

### Lemon pepper chicken breast

26 oz - 962 cals ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



For single meal:

**boneless skinless chicken breast, raw**  
26 oz (728g)  
**olive oil**  
2 1/2 tsp (12mL)  
**lemon pepper**  
5 tsp (11g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3 1/4 lbs (1456g)  
**olive oil**  
5 tsp (24mL)  
**lemon pepper**  
3 1/4 tbsp (22g)

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.