

# Meal Plan - 3100 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

3075 cals ● 317g protein (41%) ● 89g fat (26%) ● 217g carbs (28%) ● 34g fiber (4%)

### Lunch

1500 cals, 161g protein, 89g net carbs, 45g fat



**Simple mixed greens salad**  
170 cals



**Pork-broccoli-sweet potato bowl**  
1330 cals

### Dinner

1575 cals, 156g protein, 129g net carbs, 44g fat



**Lemon pepper chicken breast**  
21 1/3 oz- 790 cals



**Flavored rice mix**  
573 cals



**Sautéed Kale**  
212 cals

## Day 2

3075 cals ● 317g protein (41%) ● 89g fat (26%) ● 217g carbs (28%) ● 34g fiber (4%)

### Lunch

1500 cals, 161g protein, 89g net carbs, 45g fat



**Simple mixed greens salad**  
170 cals



**Pork-broccoli-sweet potato bowl**  
1330 cals

### Dinner

1575 cals, 156g protein, 129g net carbs, 44g fat



**Lemon pepper chicken breast**  
21 1/3 oz- 790 cals



**Flavored rice mix**  
573 cals



**Sautéed Kale**  
212 cals

## Day 3

3051 cals ● 223g protein (29%) ● 139g fat (41%) ● 190g carbs (25%) ● 38g fiber (5%)

### Lunch

1470 cals, 71g protein, 73g net carbs, 92g fat



**Caprese sandwich**  
2 1/2 sandwich(es)- 1152 cals



**Sunflower seeds**  
316 cals

### Dinner

1585 cals, 152g protein, 117g net carbs, 47g fat



**White rice**  
1/2 cup rice, cooked- 109 cals



**Chicken beet & carrot salad bowl**  
1011 cals



**Lentils**  
463 cals

## Day 4

3051 cals ● 223g protein (29%) ● 139g fat (41%) ● 190g carbs (25%) ● 38g fiber (5%)

### Lunch

1470 cals, 71g protein, 73g net carbs, 92g fat



#### Caprese sandwich

2 1/2 sandwich(es)- 1152 cals



#### Sunflower seeds

316 cals

### Dinner

1585 cals, 152g protein, 117g net carbs, 47g fat



#### White rice

1/2 cup rice, cooked- 109 cals



#### Chicken beet & carrot salad bowl

1011 cals



#### Lentils

463 cals

## Day 5

3076 cals ● 229g protein (30%) ● 111g fat (32%) ● 254g carbs (33%) ● 37g fiber (5%)

### Lunch

1575 cals, 90g protein, 104g net carbs, 81g fat



#### Egg salad sandwich

2 sandwich(es)- 1084 cals



#### Protein bar

2 bar- 490 cals

### Dinner

1500 cals, 139g protein, 150g net carbs, 30g fat



#### Bbq chicken stuffed sweet potatoes

2 1/2 potato(es)- 1299 cals



#### Simple mixed greens salad

203 cals

## Day 6

3088 cals ● 218g protein (28%) ● 159g fat (46%) ● 160g carbs (21%) ● 35g fiber (5%)

### Lunch

1575 cals, 90g protein, 104g net carbs, 81g fat



#### Egg salad sandwich

2 sandwich(es)- 1084 cals



#### Protein bar

2 bar- 490 cals

### Dinner

1515 cals, 128g protein, 56g net carbs, 78g fat



#### Mediterranean chicken salad with lemon yogurt dressing

1395 cals



#### Grapefruit

1 grapefruit- 119 cals

## Day 7

3119 cals ● 237g protein (30%) ● 137g fat (40%) ● 204g carbs (26%) ● 31g fiber (4%)

### Lunch

1605 cals, 109g protein, 147g net carbs, 59g fat



#### Olive oil drizzled sugar snap peas

286 cals



#### Pork tenderloin

14 2/3 oz- 429 cals



#### Buttery white rice

891 cals

### Dinner

1515 cals, 128g protein, 56g net carbs, 78g fat



#### Mediterranean chicken salad with lemon yogurt dressing

1395 cals



#### Grapefruit

1 grapefruit- 119 cals

# Grocery List



## Other

- mixed greens  
18 cup (540g)
- protein bar (20g protein)  
4 bar (200g)

## Fats and Oils

- salad dressing  
3/4 cup (180mL)
- olive oil  
2 1/2 oz (77mL)
- oil  
1/2 lbs (221mL)
- mayonnaise  
1/2 cup (120mL)

## Spices and Herbs

- paprika  
1/3 oz (9g)
- salt  
1/2 oz (16g)
- black pepper  
4 g (4g)
- lemon pepper  
2 2/3 tbsp (18g)
- thyme, dried  
1 tbsp, leaves (3g)
- yellow mustard  
1 tsp or 1 packet (5g)

## Vegetables and Vegetable Products

- frozen broccoli  
2 package (568g)
- sweet potatoes  
6 1/2 sweetpotato, 5" long (1365g)
- kale leaves  
7 cup, chopped (280g)
- tomatoes  
4 1/2 medium whole (2-3/5" dia) (568g)
- beets, precooked (canned or refrigerated)  
18 oz (510g)
- carrots  
2 1/4 medium (137g)
- onion  
2 1/3 small (163g)
- frozen sugar snap peas  
2 1/3 cup (336g)

## Pork Products

- pork tenderloin, raw  
4 lbs (1776g)

## Poultry Products

- boneless skinless chicken breast, raw  
8 lbs (3670g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
2 pouch (~5.6 oz) (316g)

## Baked Products

- bread  
1 1/4 lbs (576g)

## Dairy and Egg Products

- fresh mozzarella cheese  
10 slices (284g)
- eggs  
12 medium (528g)
- nonfat greek yogurt, plain  
3/4 cup (210g)
- butter  
2 3/4 tbsp (39g)

## Soups, Sauces, and Gravies

- pesto sauce  
10 tbsp (160g)
- apple cider vinegar  
2 1/4 tsp (1mL)
- barbecue sauce  
6 3/4 tbsp (119g)

## Nut and Seed Products

- sunflower kernels  
1/4 lbs (99g)

## Beverages

- water  
8 cup(s) (1856mL)

## Cereal Grains and Pasta

long-grain white rice  
1 1/4 cup (231g)

### **Legumes and Legume Products**

lentils, raw  
1 1/3 cup (256g)

chickpeas, canned  
1 1/3 cup(s) (320g)

### **Fruits and Fruit Juices**

lemon juice  
4 tbsp (60mL)

black olives  
24 large olives (106g)

Grapefruit  
2 large (approx 4-1/2" dia) (664g)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Simple mixed greens salad

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



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

### Pork-broccoli-sweet potato bowl

1330 cals ● 158g protein ● 33g fat ● 78g carbs ● 22g fiber



For single meal:

**paprika**  
4 dash (1g)  
**frozen broccoli**  
1 package (284g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**olive oil**  
4 tsp (20mL)  
**sweet potatoes, cut into bite-sized cubes**  
2 sweetpotato, 5" long (420g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
1 1/2 lbs (680g)

For all 2 meals:

**paprika**  
1 tsp (2g)  
**frozen broccoli**  
2 package (568g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**olive oil**  
2 2/3 tbsp (40mL)  
**sweet potatoes, cut into bite-sized cubes**  
4 sweetpotato, 5" long (840g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
3 lbs (1361g)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take 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 olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

## Lunch 2

Eat on day 3 and day 4

### Caprese sandwich

2 1/2 sandwich(es) - 1152 cals ● 56g protein ● 67g fat ● 69g carbs ● 13g fiber



For single meal:

**bread**

5 slice(s) (160g)

**tomatoes**

5 slice(s), thick/large (1/2" thick)  
(135g)

**fresh mozzarella cheese**

5 slices (142g)

**pesto sauce**

5 tbsp (80g)

For all 2 meals:

**bread**

10 slice(s) (320g)

**tomatoes**

10 slice(s), thick/large (1/2" thick)  
(270g)

**fresh mozzarella cheese**

10 slices (284g)

**pesto sauce**

10 tbsp (160g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

### Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**

1 3/4 oz (50g)

For all 2 meals:

**sunflower kernels**

1/4 lbs (99g)

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 5 and day 6

### Egg salad sandwich

2 sandwich(es) - 1084 cals ● 50g protein ● 71g fat ● 52g carbs ● 9g fiber



For single meal:

**eggs**  
6 medium (264g)  
**mayonnaise**  
4 tbsp (60mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bread**  
4 slice (128g)  
**paprika**  
2 dash (1g)  
**onion, chopped**  
1/2 small (35g)  
**yellow mustard**  
4 dash or 1 packet (3g)

For all 2 meals:

**eggs**  
12 medium (528g)  
**mayonnaise**  
1/2 cup (120mL)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**bread**  
8 slice (256g)  
**paprika**  
4 dash (2g)  
**onion, chopped**  
1 small (70g)  
**yellow mustard**  
1 tsp or 1 packet (5g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

### Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

**protein bar (20g protein)**  
2 bar (100g)

For all 2 meals:

**protein bar (20g protein)**  
4 bar (200g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 7

### Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber

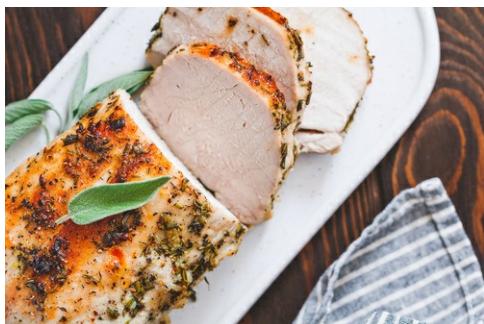


**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen sugar snap peas**  
2 1/3 cup (336g)  
**olive oil**  
3 1/2 tsp (18mL)

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

### Pork tenderloin

14 2/3 oz - 429 cals ● 87g protein ● 9g fat ● 0g carbs ● 0g fiber



Makes 14 2/3 oz

**pork tenderloin, raw**  
14 2/3 oz (416g)

1. Preheat oven to 350°F (180°C).
2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
4. Remove from oven and let rest for about 5 minutes. Slice and serve.

### Buttery white rice

891 cals ● 12g protein ● 33g fat ● 134g carbs ● 3g fiber



**black pepper**  
1/2 tsp, ground (1g)  
**butter**  
2 3/4 tbsp (39g)  
**salt**  
1 tsp (6g)  
**water**  
2 cup(s) (435mL)  
**long-grain white rice**  
1 cup (170g)

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.

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## Dinner 1 ↗

Eat on day 1 and day 2

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### Lemon pepper chicken breast

21 1/3 oz - 790 cals ● 135g protein ● 25g fat ● 3g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 2/3 lbs (1195g)  
**olive oil**  
4 tsp (20mL)  
**lemon pepper**  
2 2/3 tbsp (18g)

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

573 cals ● 17g protein ● 3g fat ● 116g carbs ● 5g fiber



For single meal:

**flavored rice mix**  
1 pouch (~5.6 oz) (158g)

For all 2 meals:

**flavored rice mix**  
2 pouch (~5.6 oz) (316g)

1. Prepare according to instructions on package.

### Sauteed Kale

212 cals ● 4g protein ● 16g fat ● 9g carbs ● 2g fiber



For single meal:

**kale leaves**

3 1/2 cup, chopped (140g)

**oil**

3 1/2 tsp (18mL)

For all 2 meals:

**kale leaves**

7 cup, chopped (280g)

**oil**

2 1/3 tbsp (35mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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## Dinner 2 ↗

Eat on day 3 and day 4

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### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

**water**

1/3 cup(s) (79mL)

**long-grain white rice**

2 2/3 tbsp (31g)

For all 2 meals:

**water**

2/3 cup(s) (158mL)

**long-grain white rice**

1/3 cup (62g)

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.

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### 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.

## Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



For single meal:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

For all 2 meals:

**water**  
5 1/3 cup(s) (1264mL)  
**salt**  
1/3 tsp (2g)  
**lentils, raw, rinsed**  
1 1/3 cup (256g)

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.

## Dinner 3 ↗

Eat on day 5

### Bbq chicken stuffed sweet potatoes

2 1/2 potato(es) - 1299 cals ● 135g protein ● 16g fat ● 138g carbs ● 17g fiber



Makes 2 1/2 potato(es)

**barbecue sauce**

6 2/3 tbsp (119g)

**boneless skinless chicken breast, raw**

1 1/4 lbs (560g)

**sweet potatoes, halved**

2 1/2 sweetpotato, 5" long (525g)

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. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



**mixed greens**

4 1/2 cup (135g)

**salad dressing**

1/4 cup (68mL)

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

## Dinner 4 ↗

Eat on day 6 and day 7

### Mediterranean chicken salad with lemon yogurt dressing

1395 cals ● 126g protein ● 78g fat ● 33g carbs ● 15g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**oil**  
4 tbsp (60mL)  
**paprika**  
1 tsp (2g)  
**thyme, dried**  
1 tsp, leaves (1g)  
**lemon juice**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw, chopped**  
16 oz (454g)  
**tomatoes, chopped**  
16 tbsp cherry tomatoes (149g)  
**black olives, pitted**  
12 large olives (53g)  
**chickpeas, canned, drained and rinsed**  
2/3 cup(s) (160g)  
**onion, thinly sliced**  
2/3 small (47g)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**nonfat greek yogurt, plain**  
3/4 cup (210g)  
**oil**  
1/2 cup (120mL)  
**paprika**  
2 tsp (5g)  
**thyme, dried**  
2 tsp, leaves (2g)  
**lemon juice**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw, chopped**  
32 oz (907g)  
**tomatoes, chopped**  
2 cup cherry tomatoes (298g)  
**black olives, pitted**  
24 large olives (106g)  
**chickpeas, canned, drained and rinsed**  
1 1/3 cup(s) (320g)  
**onion, thinly sliced**  
1 1/3 small (93g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chicken for about 10 minutes or until it is cooked through and no longer pink inside. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chicken, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chicken, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

**Grapefruit**

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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