

Meal Plan - 3400 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

3395 cals ● 348g protein (41%) ● 120g fat (32%) ● 197g carbs (23%) ● 36g fiber (4%)

Lunch

1725 cals, 173g protein, 97g net carbs, 65g fat



Sweet potato wedges

695 cals



Basic chicken breast

26 oz- 1032 cals

Dinner

1670 cals, 175g protein, 100g net carbs, 55g fat



Baked chicken with tomatoes & olives

24 oz- 1198 cals



Simple mixed greens salad

68 cals



Couscous

402 cals

Day 2

3346 cals ● 266g protein (32%) ● 157g fat (42%) ● 173g carbs (21%) ● 46g fiber (5%)

Lunch

1680 cals, 91g protein, 73g net carbs, 102g fat



Tomato and avocado salad

411 cals



Ham, bacon, avocado wrap

2 1/2 wrap(s)- 1267 cals

Dinner

1670 cals, 175g protein, 100g net carbs, 55g fat



Baked chicken with tomatoes & olives

24 oz- 1198 cals



Simple mixed greens salad

68 cals



Couscous

402 cals

Day 3

3368 cals ● 220g protein (26%) ● 194g fat (52%) ● 140g carbs (17%) ● 47g fiber (6%)

Lunch

1680 cals, 91g protein, 73g net carbs, 102g fat



Tomato and avocado salad

411 cals



Ham, bacon, avocado wrap

2 1/2 wrap(s)- 1267 cals

Dinner

1690 cals, 129g protein, 66g net carbs, 92g fat



Farro

1 cups, cooked- 370 cals



Indian chicken wings

32 oz- 1320 cals

Day 4

3419 cals ● 213g protein (25%) ● 159g fat (42%) ● 248g carbs (29%) ● 36g fiber (4%)

Lunch

1675 cals, 127g protein, 142g net carbs, 59g fat



Grilled chicken hummus wrap
4 wrap(s)- 1367 cals



Lowfat Greek yogurt
2 container(s)- 310 cals

Dinner

1740 cals, 86g protein, 106g net carbs, 101g fat



Sweet potato wedges
434 cals



Beef and cabbage skillet
823 cals



Milk
3 1/4 cup(s)- 484 cals

Day 5

3436 cals ● 281g protein (33%) ● 108g fat (28%) ● 295g carbs (34%) ● 40g fiber (5%)

Lunch

1685 cals, 122g protein, 200g net carbs, 34g fat



Brown rice
1 1/2 cup brown rice, cooked- 344 cals



Simple mixed greens and tomato salad
302 cals



Bbq chicken stuffed sweet potatoes
2 potato(es)- 1039 cals

Dinner

1750 cals, 159g protein, 95g net carbs, 74g fat



Sweet potato fries
618 cals



Broiled tilapia
26 2/3 oz- 1133 cals

Day 6

3447 cals ● 227g protein (26%) ● 155g fat (40%) ● 228g carbs (26%) ● 59g fiber (7%)

Lunch

1700 cals, 119g protein, 107g net carbs, 75g fat



Banana
3 banana(s)- 350 cals



Milk
1 3/4 cup(s)- 261 cals



Avocado tuna salad
1091 cals

Dinner

1745 cals, 108g protein, 121g net carbs, 79g fat



Fish taco
4 tortilla(s)- 1557 cals



Simple mixed greens and tomato salad
189 cals

Day 7

3447 cals ● 227g protein (26%) ● 155g fat (40%) ● 228g carbs (26%) ● 59g fiber (7%)

Lunch

1700 cals, 119g protein, 107g net carbs, 75g fat



Banana

3 banana(s)- 350 cals



Milk

1 3/4 cup(s)- 261 cals



Avocado tuna salad

1091 cals

Dinner

1745 cals, 108g protein, 121g net carbs, 79g fat



Fish taco

4 tortilla(s)- 1557 cals



Simple mixed greens and tomato salad

189 cals

Grocery List



Fats and Oils

- oil
4 oz (119mL)
- olive oil
4 oz (121mL)
- salad dressing
1 cup (248mL)

Other

- mixed greens
22 1/2 cup (675g)
- farro
1/2 cup (104g)
- ground beef (20% fat)
2/3 lbs (302g)

Spices and Herbs

- salt
2 oz (55g)
- black pepper
1/3 oz (10g)
- chili powder
2 2/3 tbsp (22g)
- fresh basil
48 leaves (24g)
- garlic powder
1/2 tbsp (5g)
- curry powder
3 tbsp (19g)
- yellow mustard
1 tsp (5g)
- paprika
1/2 tsp (1g)
- cajun seasoning
1/3 cup (36g)

Cereal Grains and Pasta

- instant couscous, flavored
1 1/3 box (5.8 oz) (219g)
- brown rice
1/2 cup (95g)

Pork Products

- bacon, cooked
10 slice(s) (100g)

Sausages and Luncheon Meats

- ham cold cuts
1 1/4 lbs (567g)

Baked Products

- flour tortillas
17 tortilla (approx 7-8" dia) (833g)

Dairy and Egg Products

- cheese
10 tbsp, shredded (70g)
- feta cheese
1/2 cup (75g)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- whole milk
6 3/4 cup(s) (1620mL)

Beverages

- water
5 cup(s) (1185mL)

Legumes and Legume Products

- hummus
1/2 cup (120g)

Poultry Products

- boneless skinless chicken breast, raw
6 1/3 lbs (2820g)
- chicken wings, with skin, raw
2 lbs (908g)

Fruits and Fruit Juices

- green olives**
48 large (211g)
- lime juice**
2 1/2 fl oz (78mL)
- avocados**
7 1/2 avocado(s) (1508g)
- lemon juice**
5 tsp (25mL)
- banana**
6 medium (7" to 7-7/8" long) (708g)
- limes**
2 fruit (2" dia) (134g)

Soups, Sauces, and Gravies

- chicken bouillon**
1/3 cube (1g)
- barbecue sauce**
1/3 cup (95g)

Finfish and Shellfish Products

- tilapia, raw**
1 2/3 lbs (747g)
- canned tuna**
5 can (860g)
- cod, raw**
8 4oz fillet(s) (907g)

Lunch 1 ↗

Eat on day 1

Sweet potato wedges

695 cals ● 9g protein ● 23g fat ● 97g carbs ● 17g fiber



oil
2 tbsp (30mL)
salt
1/2 tbsp (8g)
black pepper
1/4 tbsp, ground (2g)
sweet potatoes, cut into wedges
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Basic chicken breast

26 oz - 1032 cals ● 164g protein ● 42g fat ● 0g carbs ● 0g fiber



Makes 26 oz

boneless skinless chicken breast, raw

26 oz (728g)

oil

5 tsp (24mL)

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.

Lunch 2 ↗

Eat on day 2 and day 3

Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

onion
1 3/4 tbsp minced (26g)
lime juice
1 3/4 tbsp (26mL)
olive oil
1/2 tbsp (7mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
7/8 avocado(s) (176g)
tomatoes, diced
7/8 medium whole (2-3/5" dia)
(108g)

For all 2 meals:

onion
1/4 cup minced (53g)
lime juice
1/4 cup (53mL)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)
avocados, cubed
1 3/4 avocado(s) (352g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)

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.

Ham, bacon, avocado wrap

2 1/2 wrap(s) - 1267 cals ● 86g protein ● 70g fat ● 62g carbs ● 13g fiber



For single meal:

bacon, cooked
5 slice(s) (50g)
ham cold cuts
10 oz (284g)
flour tortillas
2 1/2 tortilla (approx 7-8" dia)
(123g)
cheese
5 tbsp, shredded (35g)
avocados, sliced
5/8 avocado(s) (126g)

For all 2 meals:

bacon, cooked
10 slice(s) (100g)
ham cold cuts
1 1/4 lbs (567g)
flour tortillas
5 tortilla (approx 7-8" dia) (245g)
cheese
10 tbsp, shredded (70g)
avocados, sliced
1 1/4 avocado(s) (251g)

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.

Lunch 3 ↗

Eat on day 4

Grilled chicken hummus wrap

4 wrap(s) - 1367 cals ● 102g protein ● 51g fat ● 109g carbs ● 16g fiber



Makes 4 wrap(s)

boneless skinless chicken breast, raw

10 oz (284g)

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

mixed greens

1 cup (30g)

hummus

1/2 cup (120g)

feta cheese

1/2 cup (75g)

cucumber, chopped

1 cup slices (104g)

tomatoes, chopped

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

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.

2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up 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.

Lunch 4 ↗

Eat on day 5

Brown rice

1 1/2 cup brown rice, cooked - 344 cals ● 7g protein ● 3g fat ● 70g carbs ● 3g fiber



Makes 1 1/2 cup brown rice, cooked

salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)
brown rice
1/2 cup (95g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

Bbq chicken stuffed sweet potatoes

2 potato(es) - 1039 cals ● 108g protein ● 13g fat ● 110g carbs ● 13g fiber



Makes 2 potato(es)

barbecue sauce

1/3 cup (95g)

boneless skinless chicken breast, raw

1 lbs (448g)

sweet potatoes, halved

2 sweetpotato, 5" long (420g)

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.

Lunch 5 ↗

Eat on day 6 and day 7

Banana

3 banana(s) - 350 cals ● 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.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 3/4 cup(s) (420mL)

For all 2 meals:

whole milk
3 1/2 cup(s) (840mL)

1. The recipe has no instructions.

Avocado tuna salad

1091 cals ● 102g protein ● 60g fat ● 15g carbs ● 21g fiber



For single meal:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)
onion, minced
5/8 small (44g)

For all 2 meals:

avocados
2 1/2 avocado(s) (503g)
lime juice
5 tsp (25mL)
salt
5 dash (2g)
black pepper
5 dash (1g)
mixed greens
5 cup (150g)
canned tuna
5 can (860g)
tomatoes
1 1/4 cup, chopped (225g)
onion, minced
1 1/4 small (88g)

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.

Dinner 1 ↗

Eat on day 1 and day 2

Baked chicken with tomatoes & olives

24 oz - 1198 cals ● 160g protein ● 50g fat ● 16g carbs ● 12g fiber



For single meal:

tomatoes
24 cherry tomatoes (408g)
olive oil
4 tsp (20mL)
salt
1 tsp (6g)
green olives
24 large (106g)
black pepper
1 tsp (1g)
chili powder
4 tsp (11g)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)
fresh basil, shredded
24 leaves (12g)

For all 2 meals:

tomatoes
48 cherry tomatoes (816g)
olive oil
2 2/3 tbsp (40mL)
salt
2 tsp (12g)
green olives
48 large (211g)
black pepper
2 tsp (2g)
chili powder
2 2/3 tbsp (22g)
boneless skinless chicken breast, raw
3 lbs (1361g)
fresh basil, shredded
48 leaves (24g)

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.

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.

Couscous

402 cals ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



For single meal:

instant couscous, flavored
2/3 box (5.8 oz) (110g)

For all 2 meals:

instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

Dinner 2 ↗

Eat on day 3

Farro

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



Makes 1 cups, cooked

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

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.

Indian chicken wings

32 oz - 1320 cals ● 117g protein ● 90g fat ● 0g carbs ● 10g fiber



Makes 32 oz

oil
1/2 tbsp (8mL)
chicken wings, with skin, raw
2 lbs (908g)
salt
2 tsp (12g)
curry powder
3 tbsp (19g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Dinner 3 ↗

Eat on day 4

Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



oil
1 1/4 tbsp (19mL)
salt
1 tsp (5g)
black pepper
1/2 tsp, ground (1g)
sweet potatoes, cut into wedges
1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Beef and cabbage skillet

823 cals ● 55g protein ● 61g fat ● 8g carbs ● 6g fiber



yellow mustard
1 tsp (5g)
chicken bouillon
1/3 cube (1g)
ground beef (20% fat)
2/3 lbs (302g)
cabbage, sliced
1/3 head, small (about 4-1/2" dia) (238g)

1. Heat a large, walled skillet over medium heat.
2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
3. Cook until beef is browned and mostly done.
4. Add in the mustard and mix.
5. Add the cabbage and mix.
6. Cook until cabbage is soft, but still firm, about 5 minutes.
7. Serve.

Milk

3 1/4 cup(s) - 484 cals ● 25g protein ● 26g fat ● 38g carbs ● 0g fiber

Makes 3 1/4 cup(s)



whole milk
3 1/4 cup(s) (780mL)

1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 5

Sweet potato fries

618 cals ● 9g protein ● 16g fat ● 92g carbs ● 17g fiber



olive oil
3 1/2 tsp (18mL)
garlic powder
1/2 tsp (2g)
paprika
1/2 tsp (1g)
salt
1/2 tsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, peeled
18 2/3 oz (530g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Broiled tilapia

26 2/3 oz - 1133 cals ● 150g protein ● 58g fat ● 2g carbs ● 1g fiber



Makes 26 2/3 oz

lemon juice
5 tsp (25mL)
black pepper
1/4 tbsp, ground (2g)
tilapia, raw
1 2/3 lbs (747g)
olive oil
3 1/3 tbsp (50mL)
salt
1/4 tbsp (5g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Dinner 5 ↗

Eat on day 6 and day 7

Fish taco

4 tortilla(s) - 1557 cals ● 104g protein ● 68g fat ● 108g carbs ● 25g fiber



For single meal:

cod, raw
4 4oz fillet(s) (453g)
oil
4 tsp (20mL)
limes
1 fruit (2" dia) (67g)
cajun seasoning
2 2/3 tbsp (18g)
cabbage
1/2 cup, shredded (35g)
flour tortillas
4 tortilla (approx 7-8" dia) (196g)
avocados, mashed
1 avocado(s) (201g)

For all 2 meals:

cod, raw
8 4oz fillet(s) (907g)
oil
2 2/3 tbsp (40mL)
limes
2 fruit (2" dia) (134g)
cajun seasoning
1/3 cup (36g)
cabbage
1 cup, shredded (70g)
flour tortillas
8 tortilla (approx 7-8" dia) (392g)
avocados, mashed
2 avocado(s) (402g)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

salad dressing

1/4 cup (56mL)

For all 2 meals:

mixed greens

7 1/2 cup (225g)

tomatoes

1 1/4 cup cherry tomatoes (186g)

salad dressing

1/2 cup (113mL)

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