

Meal Plan - 2000 calorie intermittent fasting paleo 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

2014 cals ● 193g protein (38%) ● 101g fat (45%) ● 64g carbs (13%) ● 20g fiber (4%)

Lunch

990 cals, 103g protein, 55g net carbs, 35g fat



Curried pork chops

2 1/2 chop(s)- 598 cals



Sweet potato wedges

391 cals

Dinner

1025 cals, 90g protein, 9g net carbs, 66g fat



Broccoli

3 cup(s)- 87 cals



Slow-baked salmon with lemon and thyme

14 oz- 938 cals

Day 2

1993 cals ● 180g protein (36%) ● 97g fat (44%) ● 68g carbs (14%) ● 30g fiber (6%)

Lunch

990 cals, 103g protein, 55g net carbs, 35g fat



Curried pork chops

2 1/2 chop(s)- 598 cals



Sweet potato wedges

391 cals

Dinner

1005 cals, 77g protein, 14g net carbs, 62g fat



Roasted almonds

1/3 cup(s)- 277 cals



Avocado tuna salad

727 cals

Day 3

1972 cals ● 148g protein (30%) ● 123g fat (56%) ● 29g carbs (6%) ● 38g fiber (8%)

Lunch

965 cals, 71g protein, 16g net carbs, 61g fat



Turkey, bacon, avocado lettuce wrap

2 1/2 wrap(s)- 792 cals



Avocado

176 cals

Dinner

1005 cals, 77g protein, 14g net carbs, 62g fat



Roasted almonds

1/3 cup(s)- 277 cals



Avocado tuna salad

727 cals

Day 4

1998 cals ● 139g protein (28%) ● 107g fat (48%) ● 82g carbs (16%) ● 37g fiber (7%)

Lunch

1000 cals, 86g protein, 16g net carbs, 56g fat



Chicken avocado salad
1001 cals

Dinner

1000 cals, 53g protein, 65g net carbs, 51g fat



Thyme & lime chicken thighs
368 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Roasted rosemary sweet potatoes
525 cals

Day 5

1984 cals ● 156g protein (31%) ● 105g fat (48%) ● 71g carbs (14%) ● 32g fiber (6%)

Lunch

1000 cals, 86g protein, 16g net carbs, 56g fat



Chicken avocado salad
1001 cals

Dinner

985 cals, 70g protein, 55g net carbs, 49g fat



Basic chicken thighs
12 oz- 510 cals



Roasted rosemary sweet potatoes
473 cals

Day 6

2029 cals ● 155g protein (31%) ● 129g fat (57%) ● 29g carbs (6%) ● 33g fiber (6%)

Lunch

1055 cals, 66g protein, 15g net carbs, 72g fat



Roasted almonds
1/4 cup(s)- 222 cals



Paleo ham, bacon, avocado lettuce wrap
2 wrap(s)- 791 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Dinner

975 cals, 88g protein, 14g net carbs, 57g fat



Balsamic chicken breast
12 oz- 473 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Garlic zucchini noodles
326 cals

Day 7

2029 cals ● 155g protein (31%) ● 129g fat (57%) ● 29g carbs (6%) ● 33g fiber (6%)

Lunch

1055 cals, 66g protein, 15g net carbs, 72g fat



Roasted almonds
1/4 cup(s)- 222 cals



Paleo ham, bacon, avocado lettuce wrap
2 wrap(s)- 791 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Dinner

975 cals, 88g protein, 14g net carbs, 57g fat



Balsamic chicken breast
12 oz- 473 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Garlic zucchini noodles
326 cals

Vegetables and Vegetable Products

- ☐ frozen broccoli
9 1/2 cup (865g)
- ☐ sweet potatoes
6 sweetpotato, 5" long (1295g)
- ☐ tomatoes
5 1/3 medium whole (2-3/5" dia) (658g)
- ☐ onion
1 medium (2-1/2" dia) (98g)
- ☐ romaine lettuce
6 1/2 leaf outer (182g)
- ☐ brussels sprouts
20 sprouts (380g)
- ☐ zucchini
4 medium (784g)
- ☐ garlic
2 clove (6g)

Spices and Herbs

- ☐ thyme, dried
1/4 tbsp, leaves (1g)
- ☐ curry powder
1 1/4 tsp (3g)
- ☐ salt
1 oz (25g)
- ☐ black pepper
1/4 oz (7g)
- ☐ dijon mustard
1 1/4 tbsp (19g)
- ☐ rosemary, dried
1 1/2 tbsp (5g)

Fats and Oils

- ☐ oil
1/4 lbs (115mL)
- ☐ olive oil
5 oz (152mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)

Finfish and Shellfish Products

- ☐ salmon
14 oz (397g)
- ☐ canned tuna
3 1/3 can (573g)

Fruits and Fruit Juices

- ☐ lemon
5/8 large (49g)
- ☐ avocados
6 3/4 avocado(s) (1365g)
- ☐ lime juice
2 1/3 fl oz (72mL)
- ☐ lemon juice
1/2 tsp (3mL)

Pork Products

- ☐ pork chop, bone-in
5 chop (890g)
- ☐ bacon, cooked
13 slice(s) (130g)

Nut and Seed Products

- ☐ almonds
1 cup, whole (161g)

Other

- ☐ mixed greens
3 1/3 cup (100g)
- ☐ italian seasoning
1/4 tbsp (3g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
10 oz (284g)
- ☐ ham cold cuts
1 lbs (454g)

Poultry Products

- ☐ boneless skinless chicken thighs
1 1/4 lbs (567g)
- ☐ boneless skinless chicken breast, raw
3 lbs (1361g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Curried pork chops

2 1/2 chop(s) - 598 cal ● 98g protein ● 22g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
2 1/2 chop (445g)
curry powder
5 dash (1g)
olive oil
1 1/4 tsp (6mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

pork chop, bone-in
5 chop (890g)
curry powder
1 1/4 tsp (3g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Sweet potato wedges

391 cal ● 5g protein ● 13g fat ● 54g carbs ● 10g fiber



For single meal:

oil
1 tbsp (17mL)
salt
1/4 tbsp (5g)
black pepper
3 dash, ground (1g)
sweet potatoes, cut into wedges
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

oil
2 1/4 tbsp (34mL)
salt
1/2 tbsp (9g)
black pepper
1/4 tbsp, ground (2g)
sweet potatoes, cut into wedges
3 sweetpotato, 5" long (630g)

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.

Lunch 2 [↗](#)

Eat on day 3

Turkey, bacon, avocado lettuce wrap

2 1/2 wrap(s) - 792 cals ● 69g protein ● 46g fat ● 14g carbs ● 12g fiber



Makes 2 1/2 wrap(s)

dijon mustard

1 1/4 tbsp (19g)

romaine lettuce

2 1/2 leaf outer (70g)

turkey cold cuts

10 oz (284g)

bacon, cooked

5 slice(s) (50g)

tomatoes

5 slice, medium (1/4" thick) (100g)

avocados, sliced

5/8 avocado(s) (126g)

1. Cook bacon according to package.
2. Spread the mustard on the inside of the leaf.
3. Place the turkey, avocado, bacon, and tomatoes on the mustard.
4. Wrap the leaf up. Serve.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Lunch 3 [↗](#)

Eat on day 4 and day 5

Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (340g)
onion
2 tbsp chopped (20g)
lime juice
4 tsp (20mL)
oil
4 tsp (20mL)
brussels sprouts
10 sprouts (190g)
avocados, chopped
1 avocado(s) (201g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
onion
4 tbsp chopped (40g)
lime juice
2 2/3 tbsp (40mL)
oil
2 2/3 tbsp (40mL)
brussels sprouts
20 sprouts (380g)
avocados, chopped
2 avocado(s) (402g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Paleo ham, bacon, avocado lettuce wrap

2 wrap(s) - 791 cals ● 57g protein ● 53g fat ● 6g carbs ● 15g fiber



For single meal:

romaine lettuce
2 leaf outer (56g)
bacon, cooked
4 slice(s) (40g)
ham cold cuts
1/2 lbs (227g)
avocados, sliced
1 avocado(s) (201g)

For all 2 meals:

romaine lettuce
4 leaf outer (112g)
bacon, cooked
8 slice(s) (80g)
ham cold cuts
1 lbs (454g)
avocados, sliced
2 avocado(s) (402g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up.
Serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

Dinner 1 [↗](#)
Eat on day 1

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Slow-baked salmon with lemon and thyme

14 oz - 938 cals ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



Makes 14 oz

thyme, dried
1/2 tsp, leaves (1g)

oil
2 1/2 tsp (13mL)

salmon, skin on
14 oz (397g)

lemon, cut into wedges
5/8 large (49g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. The recipe has no instructions.

Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

- avocados**
5/6 avocado(s) (168g)
- lime juice**
1/2 tbsp (8mL)
- salt**
1/4 tsp (1g)
- black pepper**
1/4 tsp (0g)
- mixed greens**
1 2/3 cup (50g)
- canned tuna**
1 2/3 can (287g)
- tomatoes**
6 2/3 tbsp, chopped (75g)
- onion, minced**
3/8 small (29g)

For all 2 meals:

- avocados**
1 2/3 avocado(s) (335g)
- lime juice**
1 tbsp (17mL)
- salt**
1/2 tsp (1g)
- black pepper**
1/2 tsp (0g)
- mixed greens**
3 1/3 cup (100g)
- canned tuna**
3 1/3 can (573g)
- tomatoes**
13 1/3 tbsp, chopped (150g)
- onion, minced**
5/6 small (58g)

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 3 [↗](#)

Eat on day 4

Thyme & lime chicken thighs
368 cals ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



boneless skinless chicken thighs

1/2 lb (227g)

thyme, dried

2 dash, leaves (0g)

lime juice

1 tbsp (15mL)

oil

1/2 tbsp (8mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

olive oil

1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Roasted rosemary sweet potatoes

525 cals ● 6g protein ● 23g fat ● 61g carbs ● 12g fiber



olive oil
5 tsp (25mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
rosemary, dried
2 1/2 tsp (3g)
sweet potatoes, cut into 1" cubes
1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Dinner 4 [↗](#)

Eat on day 5

Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken thighs
3/4 lbs (340g)
oil
1/2 tbsp (8mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Roasted rosemary sweet potatoes

473 cals ● 5g protein ● 21g fat ● 55g carbs ● 11g fiber



olive oil
1 1/2 tbsp (23mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
rosemary, dried
3/4 tbsp (2g)
sweet potatoes, cut into 1" cubes
1 1/2 sweetpotato, 5" long (315g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (340g)
balsamic vinaigrette
3 tbsp (45mL)
oil
1/2 tbsp (8mL)
italian seasoning
3 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
balsamic vinaigrette
6 tbsp (90mL)
oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen broccoli
5 cup (455g)
olive oil
5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Garlic zucchini noodles

326 cal ● 5g protein ● 28g fat ● 9g carbs ● 4g fiber



For single meal:

olive oil
2 tbsp (30mL)
zucchini
2 medium (392g)
garlic, minced
1 clove (3g)

For all 2 meals:

olive oil
4 tbsp (60mL)
zucchini
4 medium (784g)
garlic, minced
2 clove (6g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
 2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
 3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
 4. Remove from heat and serve.
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