

# Meal Plan - 2100 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

2067 cals ● 203g protein (39%) ● 93g fat (41%) ● 77g carbs (15%) ● 27g fiber (5%)

### Lunch

1100 cals, 63g protein, 61g net carbs, 58g fat



**Banana**

2 banana(s)- 233 cals



**Chicken avocado salad**

500 cals



**Pumpkin seeds**

366 cals

### Dinner

970 cals, 140g protein, 16g net carbs, 35g fat



**Mixed vegetables**

1 1/4 cup(s)- 121 cals



**Basic chicken breast**

21 1/3 oz- 847 cals

## Day 2

2018 cals ● 263g protein (52%) ● 86g fat (38%) ● 30g carbs (6%) ● 20g fiber (4%)

### Lunch

1050 cals, 123g protein, 14g net carbs, 50g fat



**Tomato and avocado salad**

391 cals



**Marinated chicken breast**

18 2/3 oz- 659 cals

### Dinner

970 cals, 140g protein, 16g net carbs, 35g fat



**Mixed vegetables**

1 1/4 cup(s)- 121 cals



**Basic chicken breast**

21 1/3 oz- 847 cals

## Day 3

2089 cals ● 227g protein (43%) ● 92g fat (40%) ● 61g carbs (12%) ● 28g fiber (5%)

### Lunch

1050 cals, 123g protein, 14g net carbs, 50g fat



**Tomato and avocado salad**

391 cals



**Marinated chicken breast**

18 2/3 oz- 659 cals

### Dinner

1040 cals, 104g protein, 47g net carbs, 42g fat



**Baked chicken with tomatoes & olives**

15 oz- 749 cals



**Baked fries**

290 cals

## Day 4

2071 cals ● 168g protein (32%) ● 114g fat (49%) ● 70g carbs (14%) ● 24g fiber (5%)

### Lunch

1035 cals, 64g protein, 23g net carbs, 72g fat



**Tomato and avocado salad**  
176 cals



**Low carb fried chicken**  
12 oz- 702 cals



**Sweet potato medallions**  
1/2 sweet potato- 155 cals

### Dinner

1040 cals, 104g protein, 47g net carbs, 42g fat



**Baked chicken with tomatoes & olives**  
15 oz- 749 cals



**Baked fries**  
290 cals

## Day 5

2112 cals ● 142g protein (27%) ● 122g fat (52%) ● 74g carbs (14%) ● 38g fiber (7%)

### Lunch

1020 cals, 62g protein, 57g net carbs, 49g fat



**Banana**  
2 banana(s)- 233 cals



**Roast beef lettuce wrap with avocado**  
2 1/2 wrap(s)- 789 cals

### Dinner

1090 cals, 79g protein, 16g net carbs, 73g fat



**Olive oil drizzled sugar snap peas**  
286 cals



**Slow-baked salmon with lemon and thyme**  
12 oz- 804 cals

## Day 6

2051 cals ● 158g protein (31%) ● 102g fat (45%) ● 89g carbs (17%) ● 36g fiber (7%)

### Lunch

1020 cals, 62g protein, 57g net carbs, 49g fat



**Banana**  
2 banana(s)- 233 cals



**Roast beef lettuce wrap with avocado**  
2 1/2 wrap(s)- 789 cals

### Dinner

1030 cals, 96g protein, 32g net carbs, 53g fat



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



**Cauliflower rice**  
4 cup(s)- 242 cals

## Day 7

2054 cals ● 156g protein (30%) ● 125g fat (55%) ● 44g carbs (9%) ● 32g fiber (6%)

### Lunch

1025 cals, 60g protein, 13g net carbs, 72g fat



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



**Tomato and avocado salad**  
235 cals

### Dinner

1030 cals, 96g protein, 32g net carbs, 53g fat



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



**Cauliflower rice**  
4 cup(s)- 242 cals

## Vegetables and Vegetable Products

- ☐ frozen mixed veggies  
2 1/2 cup (338g)
- ☐ onion  
3/4 medium (2-1/2" dia) (86g)
- ☐ brussels sprouts  
5 sprouts (95g)
- ☐ tomatoes  
8 medium whole (2-3/5" dia) (978g)
- ☐ potatoes  
1 1/2 large (3" to 4-1/4" dia.) (554g)
- ☐ sweet potatoes  
1/2 sweetpotato, 5" long (105g)
- ☐ frozen sugar snap peas  
2 1/3 cup (336g)
- ☐ romaine lettuce  
7 leaf outer (196g)
- ☐ beets, precooked (canned or refrigerated)  
14 oz (397g)
- ☐ carrots  
1 3/4 medium (107g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
9 lbs (4045g)

## Fats and Oils

- ☐ oil  
6 oz (182mL)
- ☐ olive oil  
2 oz (61mL)
- ☐ marinade sauce  
56 tsp (281mL)

## Fruits and Fruit Juices

- ☐ banana  
6 medium (7" to 7-7/8" long) (708g)
- ☐ lime juice  
3 fl oz (86mL)
- ☐ avocados  
6 1/2 avocado(s) (1315g)
- ☐ green olives  
30 large (132g)
- ☐ lemon  
1/2 large (42g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Spices and Herbs

- ☐ garlic powder  
1 1/4 tsp (4g)
- ☐ salt  
1/2 oz (16g)
- ☐ black pepper  
4 g (4g)
- ☐ chili powder  
5 tsp (14g)
- ☐ fresh basil  
30 leaves (15g)
- ☐ cajun seasoning  
4 dash (1g)
- ☐ thyme, dried  
1/2 tbsp, leaves (1g)
- ☐ mustard  
5 tsp (25g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
3/4 tbsp (11mL)
- ☐ apple cider vinegar  
1 3/4 tsp (0mL)

## Other

- ☐ Chicken, drumsticks, with skin  
3/4 lbs (340g)
- ☐ pork rinds  
11 g (11g)
- ☐ frozen cauliflower  
8 cup (907g)

## Finfish and Shellfish Products

- ☐ salmon  
3/4 lbs (340g)

## Sausages and Luncheon Meats

- ☐ roast beef cold cuts  
1 1/4 lbs (567g)
- ☐ ham cold cuts  
1/2 lbs (227g)

## Pork Products

☐ bacon, cooked  
4 slice(s) (40g)

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## Lunch 1 [↗](#)

Eat on day 1

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber

Makes 2 banana(s)

#### banana

2 medium (7" to 7-7/8" long) (236g)



1. The recipe has no instructions.

### Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



**boneless skinless chicken breast, raw**  
6 oz (170g)

#### onion

1 tbsp chopped (10g)

#### lime juice

2 tsp (10mL)

#### oil

2 tsp (10mL)

#### brussels sprouts

5 sprouts (95g)

#### avocados, chopped

1/2 avocado(s) (101g)

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 brussels 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.

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

**onion**  
5 tsp minced (25g)  
**lime juice**  
5 tsp (25mL)  
**olive oil**  
1 1/4 tsp (6mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
5/6 avocado(s) (168g)  
**tomatoes, diced**  
5/6 medium whole (2-3/5" dia)  
(103g)

For all 2 meals:

**onion**  
1/4 cup minced (50g)  
**lime juice**  
1/4 cup (50mL)  
**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 2/3 avocado(s) (335g)  
**tomatoes, diced**  
1 2/3 medium whole (2-3/5" dia)  
(205g)

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.

### Marinated chicken breast

18 2/3 oz - 659 cals ● 118g protein ● 20g fat ● 3g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
18 2/3 oz (523g)  
**marinade sauce**  
9 1/3 tbsp (140mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 1/3 lbs (1045g)  
**marinade sauce**  
56 tsp (280mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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## Lunch 3 [↗](#)

Eat on day 4

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### Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia) (46g)

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.

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### Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber





Makes 12 oz

**hot sauce**

3/4 tbsp (11mL)

**cajun seasoning**

4 dash (1g)

**Chicken, drumsticks, with skin**

3/4 lbs (340g)

**pork rinds, crushed**

10 3/4 g (11g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp the skin.

## Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

**oil**

1/2 tbsp (8mL)

**sweet potatoes, sliced**

1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
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.



Lunch 4 [↗](#)

Eat on day 5 and day 6

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

**banana**  
2 medium (7" to 7-7/8" long) (236g)

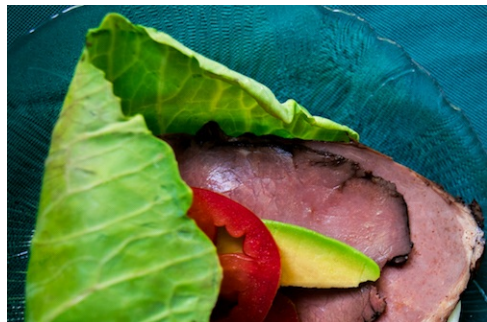
For all 2 meals:

**banana**  
4 medium (7" to 7-7/8" long) (472g)

- 1. The recipe has no instructions.

Roast beef lettuce wrap with avocado

2 1/2 wrap(s) - 789 cals ● 60g protein ● 48g fat ● 10g carbs ● 20g fiber



For single meal:

**romaine lettuce**  
2 1/2 leaf outer (70g)  
**mustard**  
2 1/2 tsp (13g)  
**roast beef cold cuts**  
10 oz (284g)  
**avocados, sliced**  
1 1/4 avocado(s) (251g)  
**tomatoes, diced**  
1 1/4 plum tomato (78g)

For all 2 meals:

**romaine lettuce**  
5 leaf outer (140g)  
**mustard**  
5 tsp (25g)  
**roast beef cold cuts**  
1 1/4 lbs (567g)  
**avocados, sliced**  
2 1/2 avocado(s) (503g)  
**tomatoes, diced**  
2 1/2 plum tomato (155g)

- 1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.

## Lunch 5 [↗](#)

Eat on day 7

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### Paleo ham, bacon, avocado lettuce wrap

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



Makes 2 wrap(s)

**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)

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.

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

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.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Mixed vegetables

1 1/4 cup(s) - 121 cal ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



For single meal:

**frozen mixed veggies**  
1 1/4 cup (169g)

For all 2 meals:

**frozen mixed veggies**  
2 1/2 cup (338g)

1. Prepare according to instructions on package.

### Basic chicken breast

21 1/3 oz - 847 cal ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 2/3 lbs (1195g)  
**oil**  
2 2/3 tbsp (40mL)

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.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Baked chicken with tomatoes & olives

15 oz - 749 cal ● 100g protein ● 31g fat ● 10g carbs ● 8g fiber



For single meal:

**tomatoes**  
15 cherry tomatoes (255g)  
**olive oil**  
2 1/2 tsp (13mL)  
**salt**  
5 dash (4g)  
**green olives**  
15 large (66g)  
**black pepper**  
5 dash (1g)  
**chili powder**  
2 1/2 tsp (7g)  
**boneless skinless chicken breast, raw**  
15 oz (425g)  
**fresh basil, shredded**  
15 leaves (8g)

For all 2 meals:

**tomatoes**  
30 cherry tomatoes (510g)  
**olive oil**  
5 tsp (25mL)  
**salt**  
1 1/4 tsp (8g)  
**green olives**  
30 large (132g)  
**black pepper**  
1 1/4 tsp (1g)  
**chili powder**  
5 tsp (14g)  
**boneless skinless chicken breast, raw**  
30 oz (851g)  
**fresh basil, shredded**  
30 leaves (15g)

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.

### Baked fries

290 cal ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

**potatoes**  
3/4 large (3" to 4-1/4" dia.) (277g)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:

**potatoes**  
1 1/2 large (3" to 4-1/4" dia.) (554g)  
**oil**  
1 1/2 tbsp (23mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

## Dinner 3 [🔗](#)

Eat on day 5

### 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.

### Slow-baked salmon with lemon and thyme

12 oz - 804 cals ● 70g protein ● 56g fat ● 3g carbs ● 1g fiber



Makes 12 oz

**thyme, dried**

4 dash, leaves (1g)

**oil**

3/4 tbsp (11mL)

**salmon, skin on**

3/4 lbs (340g)

**lemon, cut into wedges**

1/2 large (42g)

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 4 [↗](#)

Eat on day 6 and day 7

### Chicken beet & carrot salad bowl

786 cals ● 92g protein ● 35g fat ● 20g carbs ● 6g fiber



For single meal:

**oil**  
1 3/4 tbsp (26mL)  
**thyme, dried**  
1/2 tsp, leaves (0g)  
**apple cider vinegar**  
7/8 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
1/2 lbs (198g)  
**boneless skinless chicken breast, raw, cubed**  
14 oz (392g)  
**carrots, thinly sliced**  
7/8 medium (53g)

For all 2 meals:

**oil**  
1/4 cup (53mL)  
**thyme, dried**  
1 tsp, leaves (1g)  
**apple cider vinegar**  
1 3/4 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
14 oz (397g)  
**boneless skinless chicken breast, raw, cubed**  
1 3/4 lbs (784g)  
**carrots, thinly sliced**  
1 3/4 medium (107g)

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.

### Cauliflower rice

4 cup(s) - 242 cals ● 4g protein ● 18g fat ● 12g carbs ● 4g fiber



For single meal:

**frozen cauliflower**  
4 cup (454g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**frozen cauliflower**  
8 cup (907g)  
**oil**  
2 2/3 tbsp (40mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.