

# Meal Plan - 2200 calorie intermittent fasting paleo meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2159 cals ● 242g protein (45%) ● 85g fat (36%) ● 79g carbs (15%) ● 26g fiber (5%)

### Lunch

1125 cals, 106g protein, 66g net carbs, 41g fat



Pear

2 pear(s)- 226 cals



Chicken beet & carrot salad bowl

899 cals

### Dinner

1035 cals, 136g protein, 13g net carbs, 44g fat



Balsamic chicken breast

20 oz- 789 cals



Olive oil drizzled sugar snap peas

245 cals

## Day 2

2173 cals ● 171g protein (31%) ● 114g fat (47%) ● 87g carbs (16%) ● 29g fiber (5%)

### Lunch

1125 cals, 106g protein, 66g net carbs, 41g fat



Pear

2 pear(s)- 226 cals



Chicken beet & carrot salad bowl

899 cals

### Dinner

1050 cals, 64g protein, 21g net carbs, 73g fat



Turkey curry soup

930 cals



Tomato and avocado salad

117 cals

## Day 3

2150 cals ● 188g protein (35%) ● 124g fat (52%) ● 46g carbs (9%) ● 24g fiber (4%)

### Lunch

1100 cals, 124g protein, 25g net carbs, 51g fat



Simple mixed greens salad

203 cals



Baked chicken with tomatoes & olives

18 oz- 899 cals

### Dinner

1050 cals, 64g protein, 21g net carbs, 73g fat



Turkey curry soup

930 cals



Tomato and avocado salad

117 cals

## Day 4

2197 cals ● 250g protein (45%) ● 86g fat (35%) ● 81g carbs (15%) ● 26g fiber (5%)

### Lunch

1100 cals, 124g protein, 25g net carbs, 51g fat



**Simple mixed greens salad**  
203 cals



**Baked chicken with tomatoes & olives**  
18 oz- 899 cals

### Dinner

1095 cals, 126g protein, 56g net carbs, 34g fat



**Mashed sweet potatoes**  
275 cals



**Basic chicken breast**  
18 2/3 oz- 740 cals



**Garlic collard greens**  
80 cals

## Day 5

2224 cals ● 212g protein (38%) ● 103g fat (42%) ● 75g carbs (14%) ● 36g fiber (6%)

### Lunch

1130 cals, 86g protein, 19g net carbs, 69g fat



**Walnuts**  
1/3 cup(s)- 219 cals



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cals

### Dinner

1095 cals, 126g protein, 56g net carbs, 34g fat



**Mashed sweet potatoes**  
275 cals



**Basic chicken breast**  
18 2/3 oz- 740 cals



**Garlic collard greens**  
80 cals

## Day 6

2166 cals ● 210g protein (39%) ● 105g fat (44%) ● 64g carbs (12%) ● 31g fiber (6%)

### Lunch

1130 cals, 86g protein, 19g net carbs, 69g fat



**Walnuts**  
1/3 cup(s)- 219 cals



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cals

### Dinner

1035 cals, 124g protein, 45g net carbs, 36g fat



**Mashed sweet potatoes**  
183 cals



**Curried pork chops**  
3 chop(s)- 718 cals



**Simple mixed greens salad**  
136 cals

# Day 7

2222 cals ● 173g protein (31%) ● 128g fat (52%) ● 64g carbs (12%) ● 30g fiber (5%)

## Lunch

1185 cals, 49g protein, 19g net carbs, 92g fat



Tomato and avocado salad  
587 cals



Paleo chicken thighs and mushrooms  
6 oz- 600 cals

## Dinner

1035 cals, 124g protein, 45g net carbs, 36g fat



Mashed sweet potatoes  
183 cals



Curried pork chops  
3 chop(s)- 718 cals



Simple mixed greens salad  
136 cals

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# Grocery List



## Fruits and Fruit Juices

- ☐ pears  
4 medium (712g)
- ☐ lime juice  
2 1/3 fl oz (72mL)
- ☐ avocados  
3 3/4 avocado(s) (754g)
- ☐ green olives  
36 large (158g)

## Fats and Oils

- ☐ oil  
4 oz (124mL)
- ☐ balsamic vinaigrette  
5 tbsp (74mL)
- ☐ olive oil  
3 oz (96mL)
- ☐ salad dressing  
1 cup (225mL)

## Spices and Herbs

- ☐ thyme, dried  
1 tsp, leaves (1g)
- ☐ black pepper  
1/6 oz (6g)
- ☐ salt  
3/4 oz (22g)
- ☐ curry powder  
1/2 oz (16g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ chili powder  
2 tbsp (16g)
- ☐ fresh basil  
36 leaves (18g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
2 tsp (1mL)
- ☐ vegetable broth  
3 cup(s) (mL)

## Vegetables and Vegetable Products

- ☐ beets, precooked (canned or refrigerated)  
1 lbs (454g)
- ☐ carrots  
4 1/2 medium (266g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
8 lbs (3529g)
- ☐ ground turkey, raw  
1 1/4 lbs (567g)
- ☐ chicken thighs, with bone and skin, raw  
1 thigh(s) (170g)

## Other

- ☐ italian seasoning  
5 dash (2g)
- ☐ mixed greens  
15 cup (450g)

## Nut and Seed Products

- ☐ coconut milk, canned  
3/4 lbs (361mL)
- ☐ walnuts  
10 tbsp, shelled (63g)

## Finfish and Shellfish Products

- ☐ canned tuna  
4 can (688g)

## Pork Products

- ☐ pork chop, bone-in  
6 chop (1068g)

## Beverages

- ☐ water  
1/4 cup(s) (59mL)

- ☐ **frozen sugar snap peas**  
2 cup (288g)
  - ☐ **garlic**  
3 1/2 clove(s) (11g)
  - ☐ **fresh ginger**  
2 inch (2.5cm) cube (10g)
  - ☐ **bell pepper**  
5 1/2 large (894g)
  - ☐ **onion**  
1 medium (2-1/2" dia) (123g)
  - ☐ **tomatoes**  
6 3/4 medium whole (2-3/5" dia) (827g)
  - ☐ **sweet potatoes**  
5 sweetpotato, 5" long (1050g)
  - ☐ **collard greens**  
1/2 lbs (227g)
  - ☐ **mushrooms**  
4 oz (113g)
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## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Pear

2 pear(s) - 226 cal ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

**pears**  
2 medium (356g)

For all 2 meals:

**pears**  
4 medium (712g)

1. The recipe has no instructions.

## Chicken beet & carrot salad bowl

899 cal ● 105g protein ● 40g fat ● 22g carbs ● 6g fiber



For single meal:

**oil**  
2 tbsp (30mL)  
**thyme, dried**  
4 dash, leaves (1g)  
**apple cider vinegar**  
1 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
1/2 lbs (227g)  
**boneless skinless chicken breast, raw, cubed**  
1 lbs (448g)  
**carrots, thinly sliced**  
1 medium (61g)

For all 2 meals:

**oil**  
4 tbsp (60mL)  
**thyme, dried**  
1 tsp, leaves (1g)  
**apple cider vinegar**  
2 tsp (1mL)  
**beets, precooked (canned or refrigerated), cubed**  
1 lbs (454g)  
**boneless skinless chicken breast, raw, cubed**  
2 lbs (896g)  
**carrots, thinly sliced**  
2 medium (122g)

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.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Simple mixed greens salad

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



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

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

### Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

**tomatoes**  
18 cherry tomatoes (306g)  
**olive oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (5g)  
**green olives**  
18 large (79g)  
**black pepper**  
1/4 tbsp (1g)  
**chili powder**  
1 tbsp (8g)  
**boneless skinless chicken breast, raw**  
18 oz (510g)  
**fresh basil, shredded**  
18 leaves (9g)

For all 2 meals:

**tomatoes**  
36 cherry tomatoes (612g)  
**olive oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (9g)  
**green olives**  
36 large (158g)  
**black pepper**  
1/2 tbsp (1g)  
**chili powder**  
2 tbsp (16g)  
**boneless skinless chicken breast, raw**  
2 1/4 lbs (1021g)  
**fresh basil, shredded**  
36 leaves (18g)

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.

## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

#### walnuts

5 tbsp, shelled (31g)

For all 2 meals:

#### walnuts

10 tbsp, shelled (63g)

1. The recipe has no instructions.

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

#### avocados

1 avocado(s) (201g)

#### lime juice

2 tsp (10mL)

#### salt

2 dash (1g)

#### black pepper

2 dash (0g)

#### bell pepper

2 large (328g)

#### onion

1/2 small (35g)

#### canned tuna, drained

2 can (344g)

For all 2 meals:

#### avocados

2 avocado(s) (402g)

#### lime juice

4 tsp (20mL)

#### salt

4 dash (2g)

#### black pepper

4 dash (0g)

#### bell pepper

4 large (656g)

#### onion

1 small (70g)

#### canned tuna, drained

4 can (688g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.



## Lunch 4 [↗](#)

Eat on day 7

### Tomato and avocado salad

587 cals ● 8g protein ● 46g fat ● 17g carbs ● 20g fiber



**onion**

2 1/2 tbsp minced (38g)

**lime juice**

2 1/2 tbsp (38mL)

**olive oil**

2 tsp (9mL)

**garlic powder**

5 dash (2g)

**salt**

5 dash (4g)

**black pepper**

5 dash, ground (1g)

**avocados, cubed**

1 1/4 avocado(s) (251g)

**tomatoes, diced**

1 1/4 medium whole (2-3/5" dia) (154g)

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.

### Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



Makes 6 oz

**black pepper**

1 dash (0g)

**olive oil**

1 1/2 tbsp (23mL)

**chicken thighs, with bone and skin, raw**

1 thigh(s) (170g)

**salt**

1 dash (0g)

**water**

1/4 cup(s) (59mL)

**mushrooms, sliced 1/4 in thick**

4 oz (113g)

1. Preheat oven to 400 F (200 C).
  2. Season chicken on all sides with salt and ground black pepper.
  3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
  4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
  5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
  6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
  7. Stir in any accumulated juices from the chicken into the skillet.
  8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.
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## Dinner 1 [↗](#)

Eat on day 1

### Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



Makes 20 oz

**boneless skinless chicken breast, raw**

1 1/4 lbs (567g)

**balsamic vinaigrette**

5 tbsp (75mL)

**oil**

2 1/2 tsp (13mL)

**italian seasoning**

5 dash (2g)

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 sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen sugar snap peas**

2 cup (288g)

**olive oil**

1 tbsp (15mL)

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

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Turkey curry soup

930 cals ● 63g protein ● 64g fat ● 18g carbs ● 8g fiber



For single meal:

**coconut milk, canned**  
6 oz (181mL)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**curry powder**  
1 tbsp (6g)  
**ground turkey, raw**  
10 oz (284g)  
**oil**  
1 tsp (5mL)  
**garlic, minced**  
1 clove (3g)  
**fresh ginger, minced**  
1 inch (2.5cm) cube (5g)  
**bell pepper, deseeded & chopped**  
1 medium (119g)  
**carrots, sliced**  
1 large (72g)

For all 2 meals:

**coconut milk, canned**  
3/4 lbs (361mL)  
**vegetable broth**  
3 cup(s) (mL)  
**curry powder**  
2 tbsp (13g)  
**ground turkey, raw**  
1 1/4 lbs (567g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
2 clove (6g)  
**fresh ginger, minced**  
2 inch (2.5cm) cube (10g)  
**bell pepper, deseeded & chopped**  
2 medium (238g)  
**carrots, sliced**  
2 large (144g)

1. Heat oil in a pot over medium-high heat. Add turkey and some salt and pepper. Break apart and cook until it begins to brown, 4-5 minutes.
2. Stir in ginger, garlic, and curry powder. Cook until fragrant, about 1 minute.
3. Pour in broth, coconut milk, bell pepper, and carrot. Stir to combine.
4. Bring to a boil. Reduce to a simmer and cook, stirring occasionally, until vegetables are tender, 4-6 minutes. Season with salt and pepper to taste. Serve.

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia)  
(31g)

For all 2 meals:

**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 3 [🔗](#)

Eat on day 4 and day 5

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### Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

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### Basic chicken breast

18 2/3 oz - 740 cal ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber





For single meal:

**boneless skinless chicken breast, raw**  
18 2/3 oz (523g)  
**oil**  
3 1/2 tsp (17mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 1/3 lbs (1045g)  
**oil**  
2 1/3 tbsp (35mL)

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.

## Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

**collard greens**  
4 oz (113g)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
1/2 dash (0g)  
**garlic, minced**  
3/4 clove(s) (2g)

For all 2 meals:

**collard greens**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (8mL)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1 1/2 clove(s) (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
  2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
  3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
  4. Season with salt and serve.
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## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

### Curried pork chops

3 chop(s) - 718 cals ● 118g protein ● 27g fat ● 1g carbs ● 1g fiber



For single meal:

**pork chop, bone-in**

3 chop (534g)

**curry powder**

1/4 tbsp (2g)

**olive oil**

1/2 tbsp (8mL)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

For all 2 meals:

**pork chop, bone-in**

6 chop (1068g)

**curry powder**

1/2 tbsp (3g)

**olive oil**

1 tbsp (15mL)

**salt**

1/4 tbsp (5g)

**black pepper**

1/4 tbsp, ground (2g)

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.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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