

Meal Plan - 2300 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

2243 cals ● 257g protein (46%) ● 98g fat (39%) ● 58g carbs (10%) ● 25g fiber (4%)

Lunch

1130 cals, 113g protein, 14g net carbs, 64g fat



Roasted almonds
3/8 cup(s)- 370 cals



Basic chicken & spinach salad
761 cals

Dinner

1110 cals, 144g protein, 43g net carbs, 34g fat



Mashed sweet potatoes
183 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals



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

Day 2

2256 cals ● 219g protein (39%) ● 105g fat (42%) ● 80g carbs (14%) ● 28g fiber (5%)

Lunch

1130 cals, 113g protein, 14g net carbs, 64g fat



Roasted almonds
3/8 cup(s)- 370 cals



Basic chicken & spinach salad
761 cals

Dinner

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



Pear
2 pear(s)- 226 cals



Chicken beet & carrot salad bowl
899 cals

Day 3

2303 cals ● 292g protein (51%) ● 83g fat (32%) ● 73g carbs (13%) ● 24g fiber (4%)

Lunch

1175 cals, 186g protein, 7g net carbs, 42g fat



Balsamic chicken breast
28 oz- 1105 cals



Broccoli
2 1/2 cup(s)- 73 cals

Dinner

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



Pear
2 pear(s)- 226 cals



Chicken beet & carrot salad bowl
899 cals

Day 4

2302 cals ● 178g protein (31%) ● 119g fat (47%) ● 100g carbs (17%) ● 28g fiber (5%)

Lunch

1185 cals, 66g protein, 33g net carbs, 82g fat



Chicken sausage
4 link- 508 cals



Roasted carrots
2 carrots(s)- 106 cals



Garlic zucchini noodles
571 cals

Dinner

1120 cals, 112g protein, 67g net carbs, 37g fat



Baked sweet potatoes
1 1/2 sweet potato(s)- 323 cals



One pan roasted chicken & veggies
794 cals

Day 5

2308 cals ● 170g protein (29%) ● 104g fat (41%) ● 142g carbs (25%) ● 30g fiber (5%)

Lunch

1190 cals, 58g protein, 75g net carbs, 67g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Sweet potato medallions
2 sweet potato- 618 cals

Dinner

1120 cals, 112g protein, 67g net carbs, 37g fat



Baked sweet potatoes
1 1/2 sweet potato(s)- 323 cals



One pan roasted chicken & veggies
794 cals

Day 6

2306 cals ● 146g protein (25%) ● 137g fat (54%) ● 97g carbs (17%) ● 25g fiber (4%)

Lunch

1190 cals, 58g protein, 75g net carbs, 67g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Sweet potato medallions
2 sweet potato- 618 cals

Dinner

1115 cals, 88g protein, 22g net carbs, 70g fat



Honey mustard chicken thighs w/ skin
12 oz- 837 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals

Day 7

2293 cals ● 176g protein (31%) ● 141g fat (55%) ● 40g carbs (7%) ● 39g fiber (7%)

Lunch

1175 cals, 88g protein, 18g net carbs, 71g fat



Chicken avocado salad
1001 cals



Avocado
176 cals

Dinner

1115 cals, 88g protein, 22g net carbs, 70g fat



Honey mustard chicken thighs w/ skin
12 oz- 837 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals

Nut and Seed Products

- ☐ almonds
13 1/4 tbsp, whole (119g)

Vegetables and Vegetable Products

- ☐ fresh spinach
10 cup(s) (300g)
- ☐ sweet potatoes
8 sweetpotato, 5" long (1680g)
- ☐ frozen broccoli
12 1/2 cup (1138g)
- ☐ beets, precooked (canned or refrigerated)
1 lbs (454g)
- ☐ carrots
4 1/2 medium (266g)
- ☐ zucchini
5 medium (947g)
- ☐ garlic
1 3/4 clove (5g)
- ☐ tomatoes
2/3 cup cherry tomatoes (99g)
- ☐ onion
5/6 medium (2-1/2" dia) (93g)
- ☐ broccoli
1 1/3 cup chopped (121g)
- ☐ red bell pepper
1 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (159g)
- ☐ brussels sprouts
10 sprouts (190g)

Fats and Oils

- ☐ oil
1/2 lbs (247mL)
- ☐ salad dressing
1/2 cup (113mL)
- ☐ olive oil
1/4 lbs (112mL)
- ☐ balsamic vinaigrette
1/2 cup (106mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
9 3/4 lbs (4385g)
- ☐ boneless chicken thighs, with skin
1 lbs (454g)
- ☐ chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
11 1/2 g (11g)
- ☐ lemon pepper
4 tsp (9g)
- ☐ thyme, dried
3 g (3g)
- ☐ oregano, dried
2 tsp, ground (4g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ brown deli mustard
2 1/4 tbsp (34g)

Fruits and Fruit Juices

- ☐ pears
4 medium (712g)
- ☐ lime juice
4 tsp (20mL)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lemon juice
1/2 tsp (3mL)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
2 tsp (1mL)

Other

- ☐ italian seasoning
1 tsp (3g)
- ☐ roasted red peppers
1 1/3 pepper(s) (93g)

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
4 link (336g)

Sweets

- ☐ honey
1 1/2 tbsp (32g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



For single meal:

almonds
6 2/3 tbsp, whole (60g)

For all 2 meals:

almonds
13 1/3 tbsp, whole (119g)

1. The recipe has no instructions.

Basic chicken & spinach salad

761 cals ● 100g protein ● 35g fat ● 9g carbs ● 3g fiber



For single meal:

fresh spinach
5 cup(s) (150g)
oil
2 1/2 tsp (13mL)
salad dressing
1/4 cup (56mL)
boneless skinless chicken breast, raw, chopped, cooked
15 oz (425g)

For all 2 meals:

fresh spinach
10 cup(s) (300g)
oil
5 tsp (25mL)
salad dressing
1/2 cup (113mL)
boneless skinless chicken breast, raw, chopped, cooked
30 oz (851g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 2 [↗](#)

Eat on day 3

Balsamic chicken breast

28 oz - 1105 cals ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



Makes 28 oz

boneless skinless chicken breast, raw
1 3/4 lbs (794g)
balsamic vinaigrette
1/2 cup (105mL)
oil
3 1/2 tsp (18mL)
italian seasoning
1 tsp (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.

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

frozen broccoli
2 1/2 cup (228g)

1. Prepare according to instructions on package.

Lunch 3 [↗](#)

Eat on day 4

Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



Makes 4 link

chicken sausage, cooked
4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil

1 tsp (5mL)

carrots, sliced

2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Garlic zucchini noodles

571 cals ● 9g protein ● 49g fat ● 15g carbs ● 8g fiber



olive oil

1/4 cup (53mL)

zucchini

3 1/2 medium (686g)

garlic, minced

1 3/4 clove (5g)

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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Lunch 4 [↗](#)

Eat on day 5 and day 6

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



For single meal:

boneless chicken thighs, with skin
1/2 lbs (227g)
paprika
1/3 tsp (1g)
oil
1 tsp (5mL)
roasted red peppers, cut into thick strips
2/3 pepper(s) (47g)

For all 2 meals:

boneless chicken thighs, with skin
16 oz (454g)
paprika
1/4 tbsp (2g)
oil
2 tsp (10mL)
roasted red peppers, cut into thick strips
1 1/3 pepper(s) (93g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Sweet potato medallions

2 sweet potato - 618 cals ● 6g protein ● 28g fat ● 72g carbs ● 13g fiber



For single meal:

oil
2 tbsp (30mL)
sweet potatoes, sliced
2 sweetpotato, 5" long (420g)

For all 2 meals:

oil
4 tbsp (60mL)
sweet potatoes, sliced
4 sweetpotato, 5" long (840g)

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 5 [↗](#)

Eat on day 7

Chicken avocado salad

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



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)

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.

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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Dinner 1 [↗](#)

Eat on day 1

Mashed sweet potatoes

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



sweet potatoes

1 sweetpotato, 5" long (210g)

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.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

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

Lemon pepper chicken breast

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



Makes 21 1/3 oz

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

olive oil

2 tsp (10mL)

lemon pepper

4 tsp (9g)

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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Dinner 2 [↗](#)

Eat on day 2 and day 3

Pear

2 pear(s) - 226 cals ● 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 cals ● 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.

Dinner 3 [🔗](#)

Eat on day 4 and day 5

Baked sweet potatoes

1 1/2 sweet potato(s) - 323 cals ● 5g protein ● 5g fat ● 54g carbs ● 10g fiber



For single meal:

oil

1 tsp (6mL)

oregano, dried

3/4 dash, ground (0g)

salt

3/4 dash (1g)

black pepper

3/4 dash, ground (0g)

sweet potatoes

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

For all 2 meals:

oil

3/4 tbsp (11mL)

oregano, dried

1 1/2 dash, ground (0g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

One pan roasted chicken & veggies

794 cals ● 107g protein ● 32g fat ● 13g carbs ● 7g fiber



For single meal:

tomatoes

1/3 cup cherry tomatoes (50g)

oil

4 tsp (20mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

onion, sliced

1/3 medium (2-1/2" dia) (37g)

broccoli

2/3 cup chopped (61g)

oregano, dried

1 tsp, ground (2g)

boneless skinless chicken breast, raw

16 oz (453g)

red bell pepper, deseeded and sliced

2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)

zucchini, sliced

2/3 medium (131g)

For all 2 meals:

tomatoes

2/3 cup cherry tomatoes (99g)

oil

2 2/3 tbsp (40mL)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

onion, sliced

2/3 medium (2-1/2" dia) (73g)

broccoli

1 1/3 cup chopped (121g)

oregano, dried

2 tsp, ground (4g)

boneless skinless chicken breast, raw

2 lbs (907g)

red bell pepper, deseeded and sliced

1 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (159g)

zucchini, sliced

1 1/3 medium (261g)

1. Preheat oven to 500°F (260°C).
 2. Chop all veggies into large pieces. Chop chicken into small cubes.
 3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
 4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Honey mustard chicken thighs w/ skin

12 oz - 837 cal ● 77g protein ● 52g fat ● 14g carbs ● 1g fiber



For single meal:

brown deli mustard

1 tbsp (17g)

honey

3/4 tbsp (16g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/2 dash (1g)

chicken thighs, with bone and skin, raw

3/4 lbs (340g)

For all 2 meals:

brown deli mustard

2 1/4 tbsp (34g)

honey

1 1/2 tbsp (32g)

thyme, dried

1/2 tbsp, ground (2g)

salt

3 dash (2g)

chicken thighs, with bone and skin, raw

1 1/2 lbs (680g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Olive oil drizzled broccoli

4 cup(s) - 279 cal ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

olive oil

4 tsp (20mL)

For all 2 meals:

black pepper

4 dash (0g)

salt

4 dash (2g)

frozen broccoli

8 cup (728g)

olive oil

2 2/3 tbsp (40mL)

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