

Meal Plan - 2600 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

2576 cals ● 299g protein (46%) ● 89g fat (31%) ● 113g carbs (18%) ● 31g fiber (5%)

Lunch

1270 cals, 142g protein, 74g net carbs, 39g fat



Mashed sweet potatoes
366 cals



Roasted tomatoes
1 tomato(es)- 60 cals



Basic chicken breast
21 1/3 oz- 847 cals

Dinner

1305 cals, 157g protein, 39g net carbs, 50g fat



Lemon pepper chicken breast
24 oz- 888 cals



Carrot fries
415 cals

Day 2

2567 cals ● 166g protein (26%) ● 126g fat (44%) ● 143g carbs (22%) ● 50g fiber (8%)

Lunch

1285 cals, 80g protein, 115g net carbs, 42g fat



Banana
4 banana(s)- 466 cals



Ham club lettuce wrap
3 1/2 wrap(s)- 819 cals

Dinner

1280 cals, 86g protein, 27g net carbs, 84g fat



Avocado, apple, chicken salad
917 cals



Pumpkin seeds
366 cals

Day 3

2565 cals ● 221g protein (34%) ● 89g fat (31%) ● 175g carbs (27%) ● 46g fiber (7%)

Lunch

1285 cals, 80g protein, 115g net carbs, 42g fat



Banana
4 banana(s)- 466 cals



Ham club lettuce wrap
3 1/2 wrap(s)- 819 cals

Dinner

1280 cals, 140g protein, 60g net carbs, 46g fat



Roasted carrots
4 carrots(s)- 211 cals



Marinaded chicken breast
21 1/3 oz- 754 cals



Roasted rosemary sweet potatoes
315 cals

Day 4

2577 cals ● 216g protein (33%) ● 104g fat (36%) ● 156g carbs (24%) ● 37g fiber (6%)

Lunch

1290 cals, 124g protein, 64g net carbs, 52g fat



Tilapia with tomato caper sauce

20 oz tilapia- 974 cals



Roasted rosemary sweet potatoes

315 cals

Dinner

1285 cals, 92g protein, 92g net carbs, 52g fat



Basic ground turkey

14 oz- 657 cals



Mixed vegetables

1 1/2 cup(s)- 146 cals



Sweet potato fries

485 cals

Day 5

2568 cals ● 235g protein (37%) ● 105g fat (37%) ● 127g carbs (20%) ● 44g fiber (7%)

Lunch

1290 cals, 124g protein, 64g net carbs, 52g fat



Tilapia with tomato caper sauce

20 oz tilapia- 974 cals



Roasted rosemary sweet potatoes

315 cals

Dinner

1280 cals, 110g protein, 63g net carbs, 53g fat



Tomato and avocado salad

391 cals



Pork-broccoli-sweet potato bowl

887 cals

Day 6

2583 cals ● 256g protein (40%) ● 122g fat (43%) ● 79g carbs (12%) ● 36g fiber (6%)

Lunch

1305 cals, 145g protein, 16g net carbs, 70g fat



Sunflower seeds

316 cals



Basic chicken & spinach salad

989 cals

Dinner

1280 cals, 110g protein, 63g net carbs, 53g fat



Tomato and avocado salad

391 cals



Pork-broccoli-sweet potato bowl

887 cals

Day 7

2592 cals ● 234g protein (36%) ● 139g fat (48%) ● 74g carbs (11%) ● 28g fiber (4%)

Lunch

1305 cals, 145g protein, 16g net carbs, 70g fat



Sunflower seeds

316 cals



Basic chicken & spinach salad

989 cals

Dinner

1285 cals, 89g protein, 58g net carbs, 69g fat



Chicken-broccoli-sweet potato bowl

763 cals



Walnuts

3/4 cup(s)- 524 cals

Grocery List



Vegetables and Vegetable Products

- sweet potatoes
11 sweetpotato, 5" long (2306g)
- tomatoes
10 medium whole (2-3/5" dia) (1234g)
- carrots
13 medium (798g)
- romaine lettuce
7 leaf outer (196g)
- onion
2 3/4 medium (2-1/2" dia) (302g)
- raw celery
1/4 cup chopped (21g)
- shallots
2 shallot (227g)
- garlic
4 clove(s) (12g)
- frozen mixed veggies
1 1/2 cup (203g)
- frozen broccoli
2 package (568g)
- fresh spinach
13 cup(s) (390g)

Fats and Oils

- oil
1/4 lbs (135mL)
- olive oil
1/3 lbs (170mL)
- marinade sauce
2/3 cup (161mL)
- salad dressing
9 3/4 tbsp (146mL)

Poultry Products

- boneless skinless chicken breast, raw
8 lbs (3555g)
- ground turkey, raw
14 oz (397g)

Spices and Herbs

- lemon pepper
1 1/2 tbsp (10g)
- rosemary, dried
1/4 oz (7g)
- salt
1 1/2 tbsp (28g)

Fruits and Fruit Juices

- banana
8 medium (7" to 7-7/8" long) (944g)
- avocados
4 1/4 avocado(s) (854g)
- lime juice
2 fl oz (58mL)
- apples
5/6 medium (3" dia) (152g)

Sausages and Luncheon Meats

- ham cold cuts
1 3/4 lbs (794g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- sunflower kernels
1/4 lbs (99g)
- walnuts
3/4 cup, shelled (75g)

Finfish and Shellfish Products

- tilapia, raw
2 1/2 lbs (1134g)

Soups, Sauces, and Gravies

- vegetable broth
1/2 cup(s) (mL)

Pork Products

- pork tenderloin, raw
2 lbs (907g)

- dijon mustard**
1/4 cup (53g)
- garlic powder**
1/2 tbsp (5g)
- black pepper**
4 tsp, ground (9g)
- capers**
2 tbsp, drained (17g)
- paprika**
1 3/4 tsp (4g)

Lunch 1 ↗

Eat on day 1

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic chicken breast

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



Makes 21 1/3 oz

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

oil

4 tsp (20mL)

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

Banana

4 banana(s) - 466 cals ● 5g protein ● 2g fat ● 96g carbs ● 12g fiber



For single meal:

banana

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

For all 2 meals:

banana

8 medium (7" to 7-7/8" long) (944g)

1. The recipe has no instructions.

Ham club lettuce wrap

3 1/2 wrap(s) - 819 cals ● 75g protein ● 41g fat ● 20g carbs ● 18g fiber



For single meal:

dijon mustard

1 3/4 tbsp (26g)

romaine lettuce

3 1/2 leaf outer (98g)

ham cold cuts

14 oz (397g)

onion

14 slices, thin (126g)

tomatoes

7 slice(s), thin/small (105g)

avocados, sliced

7/8 avocado(s) (176g)

For all 2 meals:

dijon mustard

1/4 cup (53g)

romaine lettuce

7 leaf outer (196g)

ham cold cuts

1 3/4 lbs (794g)

onion

28 slices, thin (252g)

tomatoes

14 slice(s), thin/small (210g)

avocados, sliced

1 3/4 avocado(s) (352g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

Lunch 3 ↗

Eat on day 4 and day 5

Tilapia with tomato caper sauce

20 oz tilapia - 974 cals ● 121g protein ● 38g fat ● 28g carbs ● 8g fiber



For single meal:

tilapia, raw
1 1/4 lbs (567g)
capers
1 tbsp, drained (9g)
vegetable broth
1/4 cup(s) (mL)
oil
2 tbsp (30mL)
tomatoes, chopped
2 large whole (3" dia) (364g)
shallots, finely chopped
1 shallot (113g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

tilapia, raw
2 1/2 lbs (1134g)
capers
2 tbsp, drained (17g)
vegetable broth
1/2 cup(s) (mL)
oil
4 tbsp (60mL)
tomatoes, chopped
4 large whole (3" dia) (728g)
shallots, finely chopped
2 shallot (227g)
garlic, minced
4 clove(s) (12g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sautee for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

olive oil
1 tbsp (15mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
rosemary, dried
1/2 tbsp (2g)
sweet potatoes, cut into 1" cubes
1 sweetpotato, 5" long (210g)

For all 2 meals:

olive oil
2 tbsp (30mL)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
rosemary, dried
1 tbsp (3g)
sweet potatoes, cut into 1" cubes
2 sweetpotato, 5" long (420g)

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.

Lunch 4

Eat on day 6 and day 7

Sunflower seeds

316 cals  15g protein  25g fat  4g carbs  4g fiber



For single meal:

sunflower kernels

1 3/4 oz (50g)

For all 2 meals:

sunflower kernels

1/4 lbs (99g)

1. The recipe has no instructions.

Basic chicken & spinach salad

989 cals  130g protein  45g fat  12g carbs  4g fiber



For single meal:

fresh spinach

6 1/2 cup(s) (195g)

oil

1 tbsp (16mL)

salad dressing

5 tbsp (73mL)

boneless skinless chicken breast, raw, chopped, cooked

1 1/4 lbs (553g)

For all 2 meals:

fresh spinach

13 cup(s) (390g)

oil

2 tbsp (33mL)

salad dressing

9 3/4 tbsp (146mL)

boneless skinless chicken breast, raw, chopped, cooked

2 1/2 lbs (1106g)

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.

Dinner 1 ↗

Eat on day 1

Lemon pepper chicken breast

24 oz - 888 cals ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



Makes 24 oz

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

olive oil

3/4 tbsp (11mL)

lemon pepper

1 1/2 tbsp (10g)

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.

Carrot fries

415 cals ● 5g protein ● 22g fat ● 35g carbs ● 15g fiber



olive oil
1 1/2 tbsp (23mL)
rosemary, dried
1/2 tbsp (2g)
salt
3 dash (2g)
carrots, peeled
18 oz (510g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Dinner 2 ↗

Eat on day 2

Avocado, apple, chicken salad

917 cals ● 68g protein ● 55g fat ● 22g carbs ● 16g fiber



raw celery
1/4 cup chopped (21g)
olive oil
5 tsp (25mL)
garlic powder
1/2 tsp (1g)
salt
1/4 tsp (1g)
black pepper
1/4 tsp, ground (0g)
lime juice
1/2 tbsp (8mL)
boneless skinless chicken breast, raw, cubed
10 oz (284g)
avocados, chopped
5/6 avocado(s) (168g)
apples, finely chopped
5/6 medium (3" dia) (152g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. 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.

Dinner 3 ↗

Eat on day 3

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

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.

Marinaded chicken breast

21 1/3 oz - 754 cals ● 134g protein ● 22g fat ● 4g carbs ● 0g fiber



Makes 21 1/3 oz

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
marinade sauce
2/3 cup (160mL)

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 marinade 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.

Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



olive oil
1 tbsp (15mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
rosemary, dried
1/2 tbsp (2g)
sweet potatoes, cut into 1" cubes
1 sweetpotato, 5" long (210g)

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 4

Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

ground turkey, raw

14 oz (397g)

oil

1 3/4 tsp (9mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Mixed vegetables

1 1/2 cup(s) - 146 cals ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



Makes 1 1/2 cup(s)

frozen mixed veggies

1 1/2 cup (203g)

1. Prepare according to instructions on package.

Sweet potato fries

485 cals ● 7g protein ● 13g fat ● 73g carbs ● 13g fiber



olive oil

1 tbsp (14mL)

garlic powder

1/2 tsp (1g)

paprika

1/2 tsp (1g)

salt

1/2 tsp (3g)

black pepper

2 dash, ground (1g)

sweet potatoes, peeled

14 2/3 oz (416g)

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.

Dinner 5 ↗

Eat on day 5 and day 6

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.

Pork-broccoli-sweet potato bowl

887 cals ● 105g protein ● 22g fat ● 52g carbs ● 15g fiber



For single meal:

paprika
1/3 tsp (1g)
frozen broccoli
2/3 package (189g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1 tbsp (13mL)
sweet potatoes, cut into bite-sized cubes
1 1/3 sweetpotato, 5" long (280g)
pork tenderloin, raw, cut into bite-sized cubes
16 oz (454g)

For all 2 meals:

paprika
1/4 tbsp (2g)
frozen broccoli
1 1/3 package (379g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
olive oil
1 3/4 tbsp (27mL)
sweet potatoes, cut into bite-sized cubes
2 2/3 sweetpotato, 5" long (560g)
pork tenderloin, raw, cut into bite-sized cubes
2 lbs (907g)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Dinner 6

Eat on day 7

Chicken-broccoli-sweet potato bowl

763 cals  78g protein  20g fat  53g carbs  15g fiber



frozen broccoli
2/3 package (189g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
olive oil
1 tbsp (13mL)
paprika
1/4 tbsp (2g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
2/3 lbs (299g)
sweet potatoes, cut into bite-sized cubes
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Walnuts

3/4 cup(s) - 524 cals ● 11g protein ● 49g fat ● 5g carbs ● 5g fiber

Makes 3/4 cup(s)

walnuts
3/4 cup, shelled (75g)



1. The recipe has no instructions.