

Meal Plan - 2800 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

2763 cals ● 256g protein (37%) ● 137g fat (45%) ● 91g carbs (13%) ● 36g fiber (5%)

Lunch

1400 cals, 113g protein, 40g net carbs, 80g fat



Pistachios
563 cals



Turkey taco lettuce cups
8 lettuce taco(s)- 836 cals

Dinner

1365 cals, 143g protein, 51g net carbs, 57g fat



Roasted rosemary sweet potatoes
315 cals



Baked chicken with tomatoes & olives
21 oz- 1049 cals

Day 2

2756 cals ● 353g protein (51%) ● 110g fat (36%) ● 63g carbs (9%) ● 27g fiber (4%)

Lunch

1395 cals, 210g protein, 12g net carbs, 53g fat



Sugar snap peas
123 cals



Basic chicken breast
32 oz- 1270 cals

Dinner

1365 cals, 143g protein, 51g net carbs, 57g fat



Roasted rosemary sweet potatoes
315 cals



Baked chicken with tomatoes & olives
21 oz- 1049 cals

Day 3

2816 cals ● 286g protein (41%) ● 126g fat (40%) ● 107g carbs (15%) ● 28g fiber (4%)

Lunch

1405 cals, 127g protein, 31g net carbs, 81g fat



Basic chicken & spinach salad
837 cals



Sunflower seeds
271 cals



Dark chocolate
5 square(s)- 299 cals

Dinner

1410 cals, 159g protein, 76g net carbs, 45g fat



Sweet potato wedges
521 cals



Lemon pepper chicken breast
24 oz- 888 cals

Day 4

2816 cals ● 286g protein (41%) ● 126g fat (40%) ● 107g carbs (15%) ● 28g fiber (4%)

Lunch

1405 cals, 127g protein, 31g net carbs, 81g fat



Basic chicken & spinach salad
837 cals



Sunflower seeds
271 cals



Dark chocolate
5 square(s)- 299 cals

Dinner

1410 cals, 159g protein, 76g net carbs, 45g fat



Sweet potato wedges
521 cals



Lemon pepper chicken breast
24 oz- 888 cals

Day 5

2576 cals ● 177g protein (28%) ● 166g fat (58%) ● 52g carbs (8%) ● 41g fiber (6%)

Lunch

1160 cals, 79g protein, 13g net carbs, 83g fat



Olive oil drizzled sugar snap peas
204 cals



Salmon with avocado sauce
12 oz- 957 cals

Dinner

1415 cals, 99g protein, 39g net carbs, 83g fat



Thai chicken larb
801 cals



Simple kale & avocado salad
614 cals

Day 6

2576 cals ● 177g protein (28%) ● 166g fat (58%) ● 52g carbs (8%) ● 41g fiber (6%)

Lunch

1160 cals, 79g protein, 13g net carbs, 83g fat



Olive oil drizzled sugar snap peas
204 cals



Salmon with avocado sauce
12 oz- 957 cals

Dinner

1415 cals, 99g protein, 39g net carbs, 83g fat



Thai chicken larb
801 cals



Simple kale & avocado salad
614 cals

Day 7

2787 cals ● 180g protein (26%) ● 164g fat (53%) ● 116g carbs (17%) ● 33g fiber (5%)

Lunch

1405 cals, 67g protein, 101g net carbs, 73g fat



Honey dijon salmon
10 oz- 670 cals



Roasted rosemary sweet potatoes
735 cals

Dinner

1380 cals, 113g protein, 14g net carbs, 91g fat



Roasted pepper stuffed chicken
16 oz- 1143 cals



Garlic collard greens
239 cals

Nut and Seed Products

- ☐ pistachios, shelled
3/4 cup (92g)
- ☐ sunflower kernels
3 oz (85g)
- ☐ coconut milk, canned
1/4 can (113mL)

Poultry Products

- ☐ ground turkey, raw
1 lbs (454g)
- ☐ boneless skinless chicken breast, raw
9 3/4 lbs (4366g)
- ☐ ground chicken, raw
2 lbs (907g)
- ☐ boneless chicken thighs, with skin
1 lbs (454g)

Beverages

- ☐ water
2/3 cup(s) (159mL)

Vegetables and Vegetable Products

- ☐ romaine lettuce
8 leaf inner (48g)
- ☐ sweet potatoes
8 1/3 sweetpotato, 5" long (1750g)
- ☐ tomatoes
42 cherry tomatoes (714g)
- ☐ frozen sugar snap peas
5 1/3 cup (768g)
- ☐ fresh spinach
11 cup(s) (330g)
- ☐ garlic
6 clove(s) (18g)
- ☐ onion
1 small (70g)
- ☐ serrano pepper
2 pepper(s) (12g)
- ☐ fresh ginger
2 inch (2.5cm) cube (10g)
- ☐ fresh green beans
3 cup 1/2" pieces (300g)
- ☐ kale leaves
2 2/3 bunch (454g)
- ☐ collard greens
3/4 lbs (340g)

Fats and Oils

- ☐ oil
5 oz (150mL)
- ☐ olive oil
5 oz (156mL)
- ☐ salad dressing
1/2 cup (124mL)

Soups, Sauces, and Gravies

- ☐ salsa
1/2 cup (144g)

Fruits and Fruit Juices

- ☐ green olives
42 large (185g)
- ☐ avocados
3 avocado(s) (637g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ lime juice
2 tbsp (30mL)
- ☐ lemon
2 2/3 small (155g)

Sweets

- ☐ chocolate, dark, 70-85%
10 square(s) (100g)
- ☐ honey
2 1/2 tsp (18g)

Finfish and Shellfish Products

- ☐ salmon
2 lbs (964g)

Legumes and Legume Products

- ☐ soy sauce
4 tbsp (60mL)

Other

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

Spices and Herbs

- ☐ **taco seasoning mix**
1 packet (35g)
 - ☐ **salt**
1 1/3 oz (38g)
 - ☐ **black pepper**
1/3 oz (9g)
 - ☐ **rosemary, dried**
2 tbsp (7g)
 - ☐ **chili powder**
2 1/3 tbsp (19g)
 - ☐ **fresh basil**
1 oz (27g)
 - ☐ **lemon pepper**
3 tbsp (21g)
 - ☐ **ground coriander**
4 dash (1g)
 - ☐ **dijon mustard**
5 tsp (25g)
 - ☐ **paprika**
1/4 tbsp (2g)
-

Lunch 1 [↗](#)

Eat on day 1

Pistachios

563 cals ● 20g protein ● 42g fat ● 17g carbs ● 10g fiber



pistachios, shelled
3/4 cup (92g)

1. The recipe has no instructions.

Turkey taco lettuce cups

8 lettuce taco(s) - 836 cals ● 94g protein ● 37g fat ● 23g carbs ● 8g fiber



Makes 8 lettuce taco(s)

ground turkey, raw
1 lbs (454g)
water
2/3 cup(s) (158mL)
romaine lettuce
8 leaf inner (48g)
taco seasoning mix
1 packet (35g)
oil
1/2 tsp (3mL)
salsa
1/2 cup (144g)

1. Heat oil in a skillet over medium heat. Add turkey, break apart, and cook until browned. Stir in water and taco seasoning and let simmer for a few more minutes until bubbling. Turn off heat and let cool slightly.
2. Place an even amount of taco meat in the center of each lettuce leaf, top with salsa, and serve.
3. Meal prep note: store any leftover meat in an airtight container in the refrigerator. When ready to eat, reheat meat and assemble tacos.

Lunch 2 [↗](#)

Eat on day 2

Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



frozen sugar snap peas
2 cup (288g)

1. Prepare according to instructions on package.

Basic chicken breast

32 oz - 1270 cals ● 202g protein ● 52g fat ● 0g carbs ● 0g fiber



Makes 32 oz

boneless skinless chicken breast, raw

2 lbs (896g)

oil

2 tbsp (30mL)

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 3 [↗](#)

Eat on day 3 and day 4

Basic chicken & spinach salad

837 cals ● 110g protein ● 38g fat ● 10g carbs ● 4g fiber



For single meal:

fresh spinach
5 1/2 cup(s) (165g)
oil
1 tbsp (14mL)
salad dressing
4 tbsp (62mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
16 1/2 oz (468g)

For all 2 meals:

fresh spinach
11 cup(s) (330g)
oil
2 tbsp (28mL)
salad dressing
1/2 cup (124mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
2 lbs (936g)

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.

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 2 meals:

sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

Dark chocolate

5 square(s) - 299 cals ● 4g protein ● 21g fat ● 18g carbs ● 6g fiber



For single meal:
chocolate, dark, 70-85%
5 square(s) (50g)

For all 2 meals:
chocolate, dark, 70-85%
10 square(s) (100g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



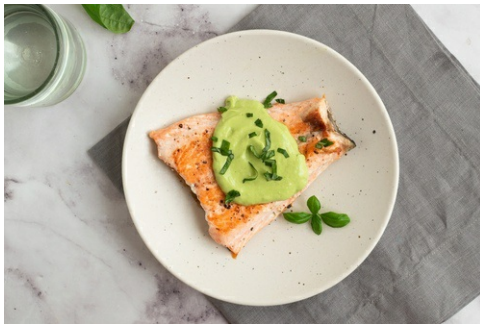
For single meal:
black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen sugar snap peas
1 2/3 cup (240g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:
black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen sugar snap peas
3 1/3 cup (480g)
olive oil
5 tsp (25mL)

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

Salmon with avocado sauce

12 oz - 957 cals ● 72g protein ● 71g fat ● 3g carbs ● 3g fiber



For single meal:

avocados
1/4 avocado(s) (50g)
salmon
3/4 lbs (340g)
oil
1/2 tbsp (8mL)
coconut milk, canned
1/8 can (56mL)
garlic
1/2 clove(s) (2g)
lemon juice
1/2 tbsp (8mL)
fresh basil
2 tbsp leaves, whole (3g)

For all 2 meals:

avocados
1/2 avocado(s) (101g)
salmon
1 1/2 lbs (680g)
oil
1 tbsp (15mL)
coconut milk, canned
1/4 can (113mL)
garlic
1 clove(s) (3g)
lemon juice
1 tbsp (15mL)
fresh basil
4 tbsp leaves, whole (6g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Lunch 5 [↗](#)

Eat on day 7

Honey dijon salmon

10 oz - 670 cals ● 59g protein ● 41g fat ● 16g carbs ● 1g fiber



Makes 10 oz

salmon
1 2/3 fillet/s (6 oz each) (283g)
dijon mustard
5 tsp (25g)
honey
2 1/2 tsp (18g)
olive oil
1/2 tbsp (8mL)
garlic, minced
5/6 clove (3g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Roasted rosemary sweet potatoes

735 cals ● 8g protein ● 33g fat ● 86g carbs ● 17g fiber



olive oil
2 1/3 tbsp (35mL)
salt
1 tsp (7g)
black pepper
1 tsp, ground (3g)
rosemary, dried
3 1/2 tsp (4g)
sweet potatoes, cut into 1" cubes
2 1/3 sweetpotato, 5" long (490g)

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 1 [🔗](#)

Eat on day 1 and day 2

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.

Baked chicken with tomatoes & olives

21 oz - 1049 cals ● 140g protein ● 43g fat ● 14g carbs ● 11g fiber



For single meal:

tomatoes
21 cherry tomatoes (357g)
olive oil
3 1/2 tsp (18mL)
salt
1 tsp (5g)
green olives
21 large (92g)
black pepper
1 tsp (1g)
chili powder
3 1/2 tsp (9g)
boneless skinless chicken breast, raw
1 1/3 lbs (595g)
fresh basil, shredded
21 leaves (11g)

For all 2 meals:

tomatoes
42 cherry tomatoes (714g)
olive oil
2 1/3 tbsp (35mL)
salt
1 3/4 tsp (11g)
green olives
42 large (185g)
black pepper
1 3/4 tsp (1g)
chili powder
2 1/3 tbsp (19g)
boneless skinless chicken breast, raw
2 1/2 lbs (1191g)
fresh basil, shredded
42 leaves (21g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Sweet potato wedges

521 cal ● 7g protein ● 17g fat ● 72g carbs ● 13g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
salt
1 tsp (6g)
black pepper
4 dash, ground (1g)
sweet potatoes, cut into wedges
2 sweetpotato, 5" long (420g)

For all 2 meals:

oil
3 tbsp (45mL)
salt
2 tsp (12g)
black pepper
1 tsp, ground (2g)
sweet potatoes, cut into wedges
4 sweetpotato, 5" long (840g)

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.

Lemon pepper chicken breast

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



For single meal:

**boneless skinless chicken breast,
raw**
1 1/2 lbs (672g)
olive oil
3/4 tbsp (11mL)
lemon pepper
1 1/2 tbsp (10g)

For all 2 meals:

**boneless skinless chicken breast,
raw**
3 lbs (1344g)
olive oil
1 1/2 tbsp (23mL)
lemon pepper
3 tbsp (21g)

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.
-

Dinner 3 [↗](#)

Eat on day 5 and day 6

Thai chicken larb

801 cals ● 86g protein ● 42g fat ● 14g carbs ● 6g fiber



For single meal:

ground coriander
2 dash (0g)
soy sauce
2 tbsp (30mL)
lime juice
1 tbsp (15mL)
oil
1 tsp (5mL)
ground chicken, raw
1 lbs (454g)
onion, chopped
1/2 small (35g)
serrano pepper, chopped
1 pepper(s) (6g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
garlic, minced
1 clove (3g)
fresh green beans, ends trimmed off
1 1/2 cup 1/2" pieces (150g)

For all 2 meals:

ground coriander
4 dash (1g)
soy sauce
4 tbsp (60mL)
lime juice
2 tbsp (30mL)
oil
2 tsp (10mL)
ground chicken, raw
2 lbs (907g)
onion, chopped
1 small (70g)
serrano pepper, chopped
2 pepper(s) (12g)
fresh ginger, minced
2 inch (2.5cm) cube (10g)
garlic, minced
2 clove (6g)
fresh green beans, ends trimmed off
3 cup 1/2" pieces (300g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and almost fully cooked.
3. Add in green beans and stir. Cook for about 5 more minutes until green beans have softened a little.
4. Add in soy sauce and lime juice and stir. Serve.

Simple kale & avocado salad

614 cals ● 13g protein ● 41g fat ● 25g carbs ● 24g fiber



For single meal:

kale leaves, chopped
1 1/3 bunch (227g)
avocados, chopped
1 1/3 avocado(s) (268g)
lemon, juiced
1 1/3 small (77g)

For all 2 meals:

kale leaves, chopped
2 2/3 bunch (454g)
avocados, chopped
2 2/3 avocado(s) (536g)
lemon, juiced
2 2/3 small (155g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 4 [↗](#)

Eat on day 7

Roasted pepper stuffed chicken

16 oz - 1143 cals ● 102g protein ● 78g fat ● 7g carbs ● 1g fiber



Makes 16 oz

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.

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



collard greens

3/4 lbs (340g)

oil

3/4 tbsp (11mL)

salt

1 1/2 dash (1g)

garlic, minced

2 1/4 clove(s) (7g)

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.