

Meal Plan - 2900 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

2876 cals ● 196g protein (27%) ● 184g fat (57%) ● 78g carbs (11%) ● 32g fiber (4%)

Lunch

1390 cals, 67g protein, 63g net carbs, 90g fat



Beef and cabbage skillet
926 cals



Sweet potato medallions
1 1/2 sweet potato- 464 cals

Dinner

1485 cals, 130g protein, 15g net carbs, 94g fat



Roasted broccoli
147 cals



Slow-baked salmon with lemon and thyme
20 oz- 1340 cals

Day 2

2949 cals ● 210g protein (28%) ● 179g fat (55%) ● 95g carbs (13%) ● 30g fiber (4%)

Lunch

1465 cals, 80g protein, 80g net carbs, 85g fat



Buffalo drumsticks
16 oz- 934 cals



Sweet potato fries
530 cals

Dinner

1485 cals, 130g protein, 15g net carbs, 94g fat



Roasted broccoli
147 cals



Slow-baked salmon with lemon and thyme
20 oz- 1340 cals

Day 3

2872 cals ● 271g protein (38%) ● 118g fat (37%) ● 145g carbs (20%) ● 36g fiber (5%)

Lunch

1465 cals, 80g protein, 80g net carbs, 85g fat



Buffalo drumsticks
16 oz- 934 cals



Sweet potato fries
530 cals

Dinner

1410 cals, 192g protein, 65g net carbs, 33g fat



Mashed sweet potatoes
275 cals



Lemon pepper chicken breast
28 oz- 1036 cals



Roasted broccoli
98 cals

Day 4

2931 cals ● 315g protein (43%) ● 120g fat (37%) ● 120g carbs (16%) ● 29g fiber (4%)

Lunch

1525 cals, 124g protein, 55g net carbs, 86g fat



Sweet potato fries

221 cals



Honey mustard chicken thighs w/ skin

18 2/3 oz- 1302 cals

Dinner

1410 cals, 192g protein, 65g net carbs, 33g fat



Mashed sweet potatoes

275 cals



Lemon pepper chicken breast

28 oz- 1036 cals



Roasted broccoli

98 cals

Day 5

2855 cals ● 254g protein (36%) ● 166g fat (52%) ● 41g carbs (6%) ● 44g fiber (6%)

Lunch

1450 cals, 138g protein, 12g net carbs, 82g fat



Buffalo chicken lettuce wrap

5 wrap(s)- 1098 cals



Avocado

351 cals

Dinner

1405 cals, 117g protein, 29g net carbs, 84g fat



One pan roasted chicken & veggies

794 cals



Garlic zucchini noodles

611 cals

Day 6

2855 cals ● 254g protein (36%) ● 166g fat (52%) ● 41g carbs (6%) ● 44g fiber (6%)

Lunch

1450 cals, 138g protein, 12g net carbs, 82g fat



Buffalo chicken lettuce wrap

5 wrap(s)- 1098 cals



Avocado

351 cals

Dinner

1405 cals, 117g protein, 29g net carbs, 84g fat



One pan roasted chicken & veggies

794 cals



Garlic zucchini noodles

611 cals

Day 7

2867 cals ● 260g protein (36%) ● 162g fat (51%) ● 59g carbs (8%) ● 34g fiber (5%)

Lunch

1455 cals, 160g protein, 23g net carbs, 72g fat



Tomato and avocado salad

528 cals



Spicy garlic lime chicken breast

24 oz- 930 cals

Dinner

1410 cals, 101g protein, 36g net carbs, 89g fat



Indian chicken wings

26 2/3 oz- 1100 cals



Sweet potato medallions

1 sweet potato- 309 cals

Spices and Herbs

- ☐ yellow mustard
1 tsp (6g)
- ☐ salt
2 2/3 tbsp (48g)
- ☐ black pepper
5 tsp, ground (11g)
- ☐ garlic powder
5 tsp (16g)
- ☐ onion powder
1 1/4 tsp (3g)
- ☐ thyme, dried
1/8 oz (4g)
- ☐ paprika
1/2 tbsp (3g)
- ☐ lemon pepper
1/4 cup (24g)
- ☐ brown deli mustard
1 3/4 tbsp (26g)
- ☐ oregano, dried
2 tsp, ground (4g)
- ☐ cayenne pepper
2 dash (0g)
- ☐ curry powder
2 1/2 tbsp (16g)

Soups, Sauces, and Gravies

- ☐ chicken bouillon
3/8 cube (2g)
- ☐ Frank's Red Hot sauce
56 tsp (281mL)

Other

- ☐ ground beef (20% fat)
3/4 lbs (340g)
- ☐ Chicken, drumsticks, with skin
2 lbs (907g)

Vegetables and Vegetable Products

- ☐ cabbage
3/8 head, small (about 4-1/2" dia) (268g)
- ☐ sweet potatoes
10 3/4 sweetpotato, 5" long (2252g)
- ☐ frozen broccoli
5 package (1420g)
- ☐ romaine lettuce
10 leaf outer (280g)

Fats and Oils

- ☐ oil
2/3 cup (161mL)
- ☐ olive oil
13 1/4 tbsp (198mL)

Finfish and Shellfish Products

- ☐ salmon
2 1/2 lbs (1134g)

Fruits and Fruit Juices

- ☐ lemon
1 2/3 large (140g)
- ☐ avocados
4 3/4 avocado(s) (963g)
- ☐ lemon juice
2 tsp (10mL)
- ☐ lime juice
1/3 cup (79mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
9 1/2 lbs (4281g)
- ☐ chicken thighs, with bone and skin, raw
18 2/3 oz (529g)
- ☐ chicken wings, with skin, raw
1 2/3 lbs (757g)

Sweets

- ☐ honey
3 1/2 tsp (24g)

- ☐ **tomatoes**
3 medium whole (2-3/5" dia) (362g)
 - ☐ **onion**
1 medium (2-1/2" dia) (107g)
 - ☐ **broccoli**
1 1/3 cup chopped (121g)
 - ☐ **red bell pepper**
1 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (159g)
 - ☐ **zucchini**
9 medium (1731g)
 - ☐ **garlic**
3 3/4 clove (11g)
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Lunch 1 [↗](#)

Eat on day 1

Beef and cabbage skillet

926 cal ● 62g protein ● 68g fat ● 9g carbs ● 7g fiber



yellow mustard
1 tsp (6g)
chicken bouillon
3/8 cube (2g)
ground beef (20% fat)
3/4 lbs (340g)
cabbage, sliced
3/8 head, small (about 4-1/2" dia)
(268g)

1. Heat a large, walled skillet over medium heat.
2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
3. Cook until beef is browned and mostly done.
4. Add in the mustard and mix.
5. Add the cabbage and mix.
6. Cook until cabbage is soft, but still firm, about 5 minutes.
7. Serve.

Sweet potato medallions

1 1/2 sweet potato - 464 cal ● 5g protein ● 21g fat ● 54g carbs ● 10g fiber



Makes 1 1/2 sweet potato

oil
1 1/2 tbsp (23mL)
sweet potatoes, sliced
1 1/2 sweetpotato, 5" long (315g)

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 2 [↗](#)

Eat on day 2 and day 3

Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

oil

1/2 tbsp (8mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

Chicken, drumsticks, with skin

1 lbs (454g)

For all 2 meals:

Frank's Red Hot sauce

1/3 cup (80mL)

oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

Chicken, drumsticks, with skin

2 lbs (907g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Sweet potato fries

530 cals ● 8g protein ● 14g fat ● 79g carbs ● 14g fiber



For single meal:

olive oil

1 tbsp (15mL)

garlic powder

4 dash (2g)

paprika

4 dash (1g)

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

sweet potatoes, peeled

1 lbs (454g)

For all 2 meals:

olive oil

2 tbsp (30mL)

garlic powder

1 tsp (3g)

paprika

1 tsp (2g)

salt

1 tsp (6g)

black pepper

4 dash, ground (1g)

sweet potatoes, peeled

2 lbs (908g)

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.

Lunch 3 [↗](#)

Eat on day 4

Sweet potato fries

221 cals ● 3g protein ● 6g fat ● 33g carbs ● 6g fiber



olive oil
1 1/4 tsp (6mL)
garlic powder
1/4 tsp (1g)
paprika
1/4 tsp (0g)
salt
1/4 tsp (1g)
black pepper
5/6 dash, ground (0g)
sweet potatoes, peeled
6 2/3 oz (189g)

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.

Honey mustard chicken thighs w/ skin

18 2/3 oz - 1302 cals ● 120g protein ● 81g fat ● 22g carbs ● 2g fiber



Makes 18 2/3 oz

brown deli mustard
1 3/4 tbsp (26g)
honey
3 1/2 tsp (24g)
thyme, dried
1 tsp, ground (2g)
salt
1/4 tsp (2g)
chicken thighs, with bone and skin, raw
18 2/3 oz (529g)

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.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Buffalo chicken lettuce wrap

5 wrap(s) - 1098 cals ● 134g protein ● 52g fat ● 8g carbs ● 16g fiber



For single meal:

salt
3 1/3 dash (2g)
black pepper
3 1/3 dash, ground (1g)
Frank's Red Hot sauce
6 2/3 tbsp (100mL)
romaine lettuce
5 leaf outer (140g)
avocados, chopped
5/6 avocado(s) (167g)
oil
2 1/2 tsp (12mL)
boneless skinless chicken breast, raw, cubed
1 1/4 lbs (567g)
tomatoes, halved
6 2/3 tbsp cherry tomatoes (62g)

For all 2 meals:

salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
Frank's Red Hot sauce
13 1/3 tbsp (200mL)
romaine lettuce
10 leaf outer (280g)
avocados, chopped
1 2/3 avocado(s) (335g)
oil
5 tsp (25mL)
boneless skinless chicken breast, raw, cubed
2 1/2 lbs (1134g)
tomatoes, halved
13 1/3 tbsp cherry tomatoes (124g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

For all 2 meals:

avocados
2 avocado(s) (402g)
lemon juice
2 tsp (10mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Lunch 5 [↗](#)

Eat on day 7

Tomato and avocado salad

528 cals ● 7g protein ● 41g fat ● 15g carbs ● 18g fiber



onion
2 1/4 tbsp minced (34g)
lime juice
2 1/4 tbsp (34mL)
olive oil
1/2 tbsp (8mL)
garlic powder
1/2 tsp (2g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
1 avocado(s) (226g)
tomatoes, diced
1 medium whole (2-3/5" dia) (138g)

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.

Spicy garlic lime chicken breast

24 oz - 930 cals ● 153g protein ● 31g fat ● 8g carbs ● 1g fiber



Makes 24 oz
salt
1/4 tbsp (5g)
black pepper
2 dash, ground (1g)
cayenne pepper
2 dash (0g)
paprika
1 dash (0g)
thyme, dried
2 dash, ground (0g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
lime juice
3 tbsp (45mL)
garlic powder
2 tsp (6g)
olive oil
1 tbsp (15mL)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Roasted broccoli

147 cals ● 13g protein ● 0g fat ● 10g carbs ● 13g fiber



For single meal:

frozen broccoli
1 1/2 package (426g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
garlic powder
3 dash (1g)
onion powder
3 dash (1g)

For all 2 meals:

frozen broccoli
3 package (852g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
garlic powder
1/4 tbsp (2g)
onion powder
1/4 tbsp (2g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Slow-baked salmon with lemon and thyme

20 oz - 1340 cals ● 117g protein ● 94g fat ● 5g carbs ● 2g fiber



For single meal:

thyme, dried
1/4 tbsp, leaves (1g)
oil
1 1/4 tbsp (19mL)
salmon, skin on
1 1/4 lbs (567g)
lemon, cut into wedges
5/6 large (70g)

For all 2 meals:

thyme, dried
1/2 tbsp, leaves (2g)
oil
2 1/2 tbsp (37mL)
salmon, skin on
2 1/2 lbs (1134g)
lemon, cut into wedges
1 2/3 large (140g)

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 2 [↗](#)

Eat on day 3 and day 4

Mashed sweet potatoes

275 cals ● 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.

Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw

1 3/4 lbs (784g)

olive oil

2 1/2 tsp (13mL)

lemon pepper

1 3/4 tbsp (12g)

For all 2 meals:

boneless skinless chicken breast, raw

3 1/2 lbs (1568g)

olive oil

1 3/4 tbsp (26mL)

lemon pepper

1/4 cup (24g)

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.

Roasted broccoli

98 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

For all 2 meals:

frozen broccoli
2 package (568g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
garlic powder
4 dash (2g)
onion powder
4 dash (1g)

1. Preheat oven to 375°F.
 2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
 3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.
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Dinner 3 [↗](#)

Eat on day 5 and day 6

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.

Garlic zucchini noodles

611 cals ● 9g protein ● 53g fat ● 16g carbs ● 8g fiber



For single meal:

olive oil
1/4 cup (56mL)
zucchini
3 3/4 medium (735g)
garlic, minced
2 clove (6g)

For all 2 meals:

olive oil
1/2 cup (113mL)
zucchini
7 1/2 medium (1470g)
garlic, minced
3 3/4 clove (11g)

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.

Dinner 4 [↗](#)

Eat on day 7

Indian chicken wings

26 2/3 oz - 1100 cals ● 97g protein ● 75g fat ● 0g carbs ● 8g fiber



Makes 26 2/3 oz

oil
1 1/4 tsp (6mL)
chicken wings, with skin, raw
1 2/3 lbs (757g)
salt
1/2 tbsp (10g)
curry powder
2 1/2 tbsp (16g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

oil

1 tbsp (15mL)

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

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.
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