

Meal Plan - 3300 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

3244 cals ● 328g protein (40%) ● 169g fat (47%) ● 64g carbs (8%) ● 40g fiber (5%)

Lunch

1645 cals, 165g protein, 28g net carbs, 85g fat



[Simple kale & avocado salad](#)
691 cals



[Basic chicken breast](#)
24 oz- 952 cals

Dinner

1600 cals, 162g protein, 36g net carbs, 85g fat



[Chicken beet & carrot salad bowl](#)
1236 cals



[Pumpkin seeds](#)
366 cals

Day 2

3302 cals ● 276g protein (33%) ● 194g fat (53%) ● 49g carbs (6%) ● 64g fiber (8%)

Lunch

1635 cals, 102g protein, 25g net carbs, 109g fat



[Turkey, bacon, avocado lettuce wrap](#)
3 1/2 wrap(s)- 1108 cals



[Avocado](#)
527 cals

Dinner

1665 cals, 174g protein, 24g net carbs, 85g fat



[Tomato and avocado salad](#)
704 cals



[Lemon pepper chicken breast](#)
26 oz- 962 cals

Day 3

3258 cals ● 288g protein (35%) ● 186g fat (51%) ● 63g carbs (8%) ● 46g fiber (6%)

Lunch

1590 cals, 114g protein, 39g net carbs, 100g fat



[Garlic zucchini noodles](#)
652 cals



[Low-carb turkey burgers](#)
4 turkey burger(s)- 940 cals

Dinner

1665 cals, 174g protein, 24g net carbs, 85g fat



[Tomato and avocado salad](#)
704 cals



[Lemon pepper chicken breast](#)
26 oz- 962 cals

Day 4

3232 cals ● 252g protein (31%) ● 182g fat (51%) ● 97g carbs (12%) ● 48g fiber (6%)

Lunch

1590 cals, 114g protein, 39g net carbs, 100g fat



[Garlic zucchini noodles](#)

652 cals



[Low-carb turkey burgers](#)

4 turkey burger(s)- 940 cals

Dinner

1640 cals, 139g protein, 58g net carbs, 82g fat



[Sweet potato fries](#)

221 cals



[Tomato and avocado salad](#)

645 cals



[Spicy garlic lime chicken breast](#)

20 oz- 775 cals

Day 5

3288 cals ● 239g protein (29%) ● 195g fat (53%) ● 103g carbs (12%) ● 43g fiber (5%)

Lunch

1650 cals, 101g protein, 45g net carbs, 113g fat



[Steak and beet salad](#)

1406 cals



[Cauliflower rice](#)

4 cup(s)- 242 cals

Dinner

1640 cals, 139g protein, 58g net carbs, 82g fat



[Sweet potato fries](#)

221 cals



[Tomato and avocado salad](#)

645 cals



[Spicy garlic lime chicken breast](#)

20 oz- 775 cals

Day 6

3268 cals ● 235g protein (29%) ● 210g fat (58%) ● 76g carbs (9%) ● 34g fiber (4%)

Lunch

1650 cals, 101g protein, 45g net carbs, 113g fat



[Steak and beet salad](#)

1406 cals



[Cauliflower rice](#)

4 cup(s)- 242 cals

Dinner

1620 cals, 135g protein, 31g net carbs, 98g fat



[Honey mustard chicken thighs w/ skin](#)

18 2/3 oz- 1302 cals



[Garlic collard greens](#)

319 cals

Day 7

3260 cals ● 270g protein (33%) ● 199g fat (55%) ● 62g carbs (8%) ● 34g fiber (4%)

Lunch

1640 cals, 136g protein, 31g net carbs, 102g fat



[Simple salad with tomatoes and carrots](#)

98 cals



[Pepper steak stir fry](#)

1541 cals

Dinner

1620 cals, 135g protein, 31g net carbs, 98g fat



[Honey mustard chicken thighs w/ skin](#)

18 2/3 oz- 1302 cals



[Garlic collard greens](#)

319 cals

Fats and Oils

- ☐ oil
6 1/3 oz (192mL)
- ☐ olive oil
1 cup (246mL)
- ☐ salad dressing
12 3/4 tbsp (191mL)

Spices and Herbs

- ☐ thyme, dried
4 1/2 g (5g)
- ☐ garlic powder
2 1/2 tbsp (22g)
- ☐ salt
2 1/2 tbsp (46g)
- ☐ black pepper
2 tbsp, ground (14g)
- ☐ lemon pepper
3 1/4 tbsp (22g)
- ☐ dijon mustard
1 3/4 tbsp (26g)
- ☐ onion powder
2 tsp (5g)
- ☐ paprika
5 dash (1g)
- ☐ cayenne pepper
1/2 tsp (1g)
- ☐ brown deli mustard
1/4 cup (52g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/2 tsp (0mL)

Vegetables and Vegetable Products

- ☐ beets, precooked (canned or refrigerated)
1 1/3 lbs (612g)
- ☐ carrots
1 1/2 medium (99g)
- ☐ kale leaves
1 1/2 bunch (255g)
- ☐ onion
2 1/4 medium (2-1/2" dia) (248g)
- ☐ tomatoes
9 1/2 medium whole (2-3/5" dia) (1155g)
- ☐ romaine lettuce
1/2 head (348g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 1/2 lbs (3864g)
- ☐ ground turkey, raw
2 lbs (907g)
- ☐ chicken thighs, with bone and skin, raw
2 1/3 lbs (1058g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Fruits and Fruit Juices

- ☐ avocados
9 1/2 avocado(s) (1935g)
- ☐ lemon
1 1/2 small (87g)
- ☐ lime juice
1 cup (248mL)
- ☐ lemon juice
1/2 tbsp (8mL)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
14 oz (397g)

Pork Products

- ☐ bacon, cooked
7 slice(s) (70g)

Other

- ☐ mixed greens
11 cup (330g)
- ☐ frozen cauliflower
8 cup (907g)

Beef Products

- ☐ sirloin steak, raw
3 1/4 lbs (1474g)

Sweets

- ☐ honey
2 1/3 tbsp (49g)

- ☐ **zucchini**
8 medium (1568g)
 - ☐ **garlic**
15 1/2 clove(s) (47g)
 - ☐ **portabella cap**
8 piece whole (1128g)
 - ☐ **sweet potatoes**
13 1/4 oz (378g)
 - ☐ **broccoli**
3 cup chopped (273g)
 - ☐ **collard greens**
2 lbs (907g)
 - ☐ **bell pepper**
2 3/4 medium (327g)
 - ☐ **fresh ginger**
2 3/4 tbsp (17g)
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Lunch 1 [↗](#)

Eat on day 1

Simple kale & avocado salad

691 cals ● 14g protein ● 46g fat ● 28g carbs ● 27g fiber



kale leaves, chopped

1 1/2 bunch (255g)

avocados, chopped

1 1/2 avocado(s) (302g)

lemon, juiced

1 1/2 small (87g)

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.

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



Makes 24 oz

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

oil

1 1/2 tbsp (23mL)

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.
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Lunch 2 [↗](#)

Eat on day 2

Turkey, bacon, avocado lettuce wrap

3 1/2 wrap(s) - 1108 cals ● 96g protein ● 65g fat ● 19g carbs ● 16g fiber



Makes 3 1/2 wrap(s)

dijon mustard

1 3/4 tbsp (26g)

romaine lettuce

3 1/2 leaf outer (98g)

turkey cold cuts

14 oz (397g)

bacon, cooked

7 slice(s) (70g)

tomatoes

7 slice, medium (1/4" thick) (140g)

avocados, sliced

7/8 avocado(s) (176g)

1. Cook bacon according to package.
2. Spread the mustard on the inside of the leaf.
3. Place the turkey, avocado, bacon, and tomatoes on the mustard.
4. Wrap the leaf up. Serve.

Avocado

527 cals ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

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

Lunch 3 [↗](#)

Eat on day 3 and day 4

Garlic zucchini noodles

652 cals ● 10g protein ● 56g fat ● 17g carbs ● 9g fiber



For single meal:

olive oil
4 tbsp (60mL)
zucchini
4 medium (784g)
garlic, minced
2 clove (6g)

For all 2 meals:

olive oil
1/2 cup (120mL)
zucchini
8 medium (1568g)
garlic, minced
4 clove (12g)

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.

Low-carb turkey burgers

4 turkey burger(s) - 940 cals ● 104g protein ● 44g fat ● 22g carbs ● 10g fiber



For single meal:

portabella cap
4 piece whole (564g)
mixed greens
1 cup (30g)
oil
1/2 tbsp (8mL)
ground turkey, raw
1 lbs (454g)
garlic powder
2 dash (1g)
onion powder
1 tsp (2g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
tomatoes, sliced
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

portabella cap
8 piece whole (1128g)
mixed greens
2 cup (60g)
oil
1 tbsp (15mL)
ground turkey, raw
2 lbs (907g)
garlic powder
4 dash (2g)
onion powder
2 tsp (5g)
black pepper
2 tsp, ground (5g)
salt
2 tsp (12g)
tomatoes, sliced
2 medium whole (2-3/5" dia) (246g)

1. In a large bowl, combine the turkey and all of the seasonings. Mix well.
2. Shape the turkey mixture into a patty-shape.
3. Heat oil in a skillet over medium-high heat. Add the turkey burger and cook, flipping once, until browned and cooked to your desired doneness, about 4-6 minutes per side.
4. If desired, toast the mushroom cap in the skillet for a couple of minutes, bottom-side down. Once toasted, place the mushroom cap flat side up on a plate and top with tomato and greens. Place the turkey burger on top and serve.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Steak and beet salad

1406 cals ● 97g protein ● 95g fat ● 33g carbs ● 10g fiber



For single meal:

sirloin steak, raw

15 oz (425g)

mixed greens

4 1/2 cup (135g)

broccoli

1 1/2 cup chopped (137g)

salad dressing

6 tbsp (90mL)

oil

1 1/2 tbsp (23mL)

beets, precooked (canned or refrigerated), chopped

3 beet(s) (150g)

For all 2 meals:

sirloin steak, raw

30 oz (851g)

mixed greens

9 cup (270g)

broccoli

3 cup chopped (273g)

salad dressing

3/4 cup (180mL)

oil

3 tbsp (45mL)

beets, precooked (canned or refrigerated), chopped

6 beet(s) (300g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

Cauliflower rice

4 cup(s) - 242 cals ● 4g protein ● 18g fat ● 12g carbs ● 4g fiber



For single meal:

frozen cauliflower

4 cup (454g)

oil

4 tsp (20mL)

For all 2 meals:

frozen cauliflower

8 cup (907g)

oil

2 2/3 tbsp (40mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

Lunch 5 [↗](#)

Eat on day 7

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Pepper steak stir fry

1541 cals ● 132g protein ● 99g fat ● 24g carbs ● 8g fiber



black pepper

1/4 tbsp, ground (2g)

garlic, minced

5 1/2 clove(s) (17g)

olive oil

4 tsp (21mL)

sirloin steak, raw, cut into thin strips

22 oz (623g)

bell pepper, thinly sliced

2 3/4 medium (327g)

fresh ginger, minced

2 3/4 tbsp (17g)

onion, sliced

2/3 medium (2-1/2" dia) (76g)

1. Place strips of steak in a bowl and sprinkle pepper over them. Toss to coat.
 2. Add oil to a pan over medium-high heat and add the bell peppers, onions, ginger, and garlic, and cook for 3-4 minutes, stirring occasionally. Transfer to a plate.
 3. Put steak into skillet and cook until brown, about 2-3 minutes.
 4. Add vegetables back into the pan and cook for another minute or so.
 5. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Chicken beet & carrot salad bowl

1236 cals ● 145g protein ● 56g fat ● 31g carbs ● 9g fiber



oil
2 3/4 tbsp (41mL)
thyme, dried
1/4 tbsp, leaves (1g)
apple cider vinegar
1 1/2 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
2/3 lbs (312g)
boneless skinless chicken breast, raw, cubed
22 oz (616g)
carrots, thinly sliced
1 1/2 medium (84g)

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.

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.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Tomato and avocado salad

704 cals ● 9g protein ● 55g fat ● 20g carbs ● 24g fiber



For single meal:

onion
3 tbsp minced (45g)
lime juice
3 tbsp (45mL)
olive oil
3/4 tbsp (11mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/2 avocado(s) (302g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

For all 2 meals:

onion
6 tbsp minced (90g)
lime juice
6 tbsp (90mL)
olive oil
1 1/2 tbsp (23mL)
garlic powder
1/2 tbsp (5g)
salt
1/2 tbsp (9g)
black pepper
1/2 tbsp, ground (3g)
avocados, cubed
3 avocado(s) (603g)
tomatoes, diced
3 medium whole (2-3/5" dia) (369g)

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.

Lemon pepper chicken breast

26 oz - 962 cals ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



For single meal:

**boneless skinless chicken breast,
raw**

26 oz (728g)

olive oil

2 1/2 tsp (12mL)

lemon pepper

5 tsp (11g)

For all 2 meals:

**boneless skinless chicken breast,
raw**

3 1/4 lbs (1456g)

olive oil

5 tsp (24mL)

lemon pepper

3 1/4 tbsp (22g)

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 3 [↗](#)

Eat on day 4 and day 5

Sweet potato fries

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



For single meal:

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)

For all 2 meals:

olive oil
2 1/2 tsp (12mL)
garlic powder
3 1/3 dash (1g)
paprika
3 1/3 dash (1g)
salt
3 1/3 dash (2g)
black pepper
1 2/3 dash, ground (0g)
sweet potatoes, peeled
13 1/3 oz (378g)

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.

Tomato and avocado salad

645 cal ● 8g protein ● 50g fat ● 18g carbs ● 22g fiber



For single meal:

onion
2 3/4 tbsp minced (41g)
lime juice
2 3/4 tbsp (41mL)
olive oil
2 tsp (10mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/2 avocado(s) (276g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(169g)

For all 2 meals:

onion
1/3 cup minced (83g)
lime juice
1/3 cup (83mL)
olive oil
4 tsp (21mL)
garlic powder
1/2 tbsp (4g)
salt
1/2 tbsp (8g)
black pepper
1/2 tbsp, ground (3g)
avocados, cubed
2 3/4 avocado(s) (553g)
tomatoes, diced
2 3/4 medium whole (2-3/5" dia)
(338g)

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

20 oz - 775 cals ● 127g protein ● 26g fat ● 7g carbs ● 1g fiber



For single meal:

salt
5 dash (4g)
black pepper
1 2/3 dash, ground (0g)
cayenne pepper
1 2/3 dash (0g)
paprika
2/3 dash (0g)
thyme, dried
1 2/3 dash, ground (0g)
boneless skinless chicken breast, raw
1 1/4 lbs (560g)
lime juice
2 1/2 tbsp (37mL)
garlic powder
1/2 tbsp (5g)
olive oil
2 1/2 tsp (12mL)

For all 2 meals:

salt
1 1/4 tsp (7g)
black pepper
3 1/3 dash, ground (1g)
cayenne pepper
3 1/3 dash (1g)
paprika
1 2/3 dash (0g)
thyme, dried
3 1/3 dash, ground (1g)
boneless skinless chicken breast, raw
2 1/2 lbs (1120g)
lime juice
5 tbsp (75mL)
garlic powder
1 tbsp (10g)
olive oil
5 tsp (25mL)

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 4 [↗](#)

Eat on day 6 and day 7

Honey mustard chicken thighs w/ skin

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



For single meal:

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)

For all 2 meals:

brown deli mustard

1/4 cup (52g)

honey

2 1/3 tbsp (49g)

thyme, dried

3/4 tbsp, ground (3g)

salt

1/2 tsp (3g)

chicken thighs, with bone and skin, raw

2 1/3 lbs (1058g)

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.

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

salt

2 dash (2g)

garlic, minced

3 clove(s) (9g)

For all 2 meals:

collard greens

2 lbs (907g)

oil

2 tbsp (30mL)

salt

4 dash (3g)

garlic, minced

6 clove(s) (18g)

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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