

# Meal Plan - 3400 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

3389 cals ● 218g protein (26%) ● 232g fat (62%) ● 64g carbs (8%) ● 42g fiber (5%)

### Lunch

1665 cals, 100g protein, 38g net carbs, 112g fat



[Basic ground turkey](#)  
14 oz- 657 cals



[Roasted brussels sprouts](#)  
463 cals



[Garlic zucchini noodles](#)  
543 cals

### Dinner

1725 cals, 118g protein, 26g net carbs, 119g fat



[Roasted almonds](#)  
3/4 cup(s)- 665 cals



[Simple sardine salad](#)  
1061 cals

## Day 2

3389 cals ● 218g protein (26%) ● 232g fat (62%) ● 64g carbs (8%) ● 42g fiber (5%)

### Lunch

1665 cals, 100g protein, 38g net carbs, 112g fat



[Basic ground turkey](#)  
14 oz- 657 cals



[Roasted brussels sprouts](#)  
463 cals



[Garlic zucchini noodles](#)  
543 cals

### Dinner

1725 cals, 118g protein, 26g net carbs, 119g fat



[Roasted almonds](#)  
3/4 cup(s)- 665 cals



[Simple sardine salad](#)  
1061 cals

## Day 3

3581 cals ● 237g protein (27%) ● 205g fat (52%) ● 157g carbs (17%) ● 39g fiber (4%)

### Lunch

1660 cals, 124g protein, 24g net carbs, 111g fat



[Chicken thighs with lemon & olives](#)  
18 oz- 1315 cals



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

### Dinner

1920 cals, 113g protein, 133g net carbs, 95g fat



[Honey mustard chicken thighs](#)  
2 2/3 thigh(s)- 1139 cals



[Sweet potato wedges](#)  
782 cals

## Day 4

3428 cals ● 257g protein (30%) ● 225g fat (59%) ● 55g carbs (6%) ● 39g fiber (5%)

### Lunch

1660 cals, 124g protein, 24g net carbs, 111g fat



**Chicken thighs with lemon & olives**  
18 oz- 1315 cals



**Simple kale & avocado salad**  
345 cals

### Dinner

1770 cals, 133g protein, 31g net carbs, 114g fat



**Tossed salad**  
364 cals



**Low carb fried chicken**  
24 oz- 1404 cals

## Day 5

3357 cals ● 218g protein (26%) ● 228g fat (61%) ● 51g carbs (6%) ● 57g fiber (7%)

### Lunch

1695 cals, 141g protein, 23g net carbs, 101g fat



**Roasted almonds**  
1/3 cup(s)- 277 cals



**Avocado tuna salad**  
1418 cals

### Dinner

1660 cals, 77g protein, 29g net carbs, 127g fat



**Walnuts**  
2/3 cup(s)- 466 cals



**Salmon patty salad**  
4 patty (~3oz each)- 1196 cals

## Day 6

3357 cals ● 218g protein (26%) ● 228g fat (61%) ● 51g carbs (6%) ● 57g fiber (7%)

### Lunch

1695 cals, 141g protein, 23g net carbs, 101g fat



**Roasted almonds**  
1/3 cup(s)- 277 cals



**Avocado tuna salad**  
1418 cals

### Dinner

1660 cals, 77g protein, 29g net carbs, 127g fat



**Walnuts**  
2/3 cup(s)- 466 cals



**Salmon patty salad**  
4 patty (~3oz each)- 1196 cals

## Day 7

3429 cals ● 227g protein (26%) ● 230g fat (60%) ● 75g carbs (9%) ● 37g fiber (4%)

### Lunch

1740 cals, 118g protein, 55g net carbs, 103g fat



**Honey mustard chicken thighs w/ skin**  
8 oz- 558 cals



**Tossed salad**  
424 cals



**Bacon zucchini noodles**  
759 cals

### Dinner

1690 cals, 109g protein, 20g net carbs, 128g fat



**Paleo chicken thighs and mushrooms**  
15 oz- 1499 cals



**Simple mixed greens and tomato salad**  
189 cals

## Nut and Seed Products

- almonds**  
2 cup, whole (304g)
- walnuts**  
1 1/3 cup, shelled (133g)

## Other

- mixed greens**  
34 1/4 cup (1028g)
- vinaigrette, store-bought, any flavor**  
3/4 cup (180mL)
- Chicken, drumsticks, with skin**  
1 1/2 lbs (680g)
- pork rinds**  
3/4 oz (21g)

## Finfish and Shellfish Products

- sardines, canned in oil**  
8 can (736g)
- canned salmon**  
1 1/4 lbs (567g)
- canned tuna**  
6 1/2 can (1118g)

## Poultry Products

- ground turkey, raw**  
1 3/4 lbs (794g)
- chicken thighs, with bone and skin, raw**  
4 2/3 lbs (2125g)

## Fats and Oils

- oil**  
1/4 lbs (111mL)
- olive oil**  
1 cup (228mL)
- salad dressing**  
9 1/2 oz (274mL)

## Spices and Herbs

- salt**  
1 oz (24g)
- black pepper**  
1/4 oz (8g)
- brown deli mustard**  
2 tbsp (31g)

## Sweets

- honey**  
2 tbsp (39g)

## Fruits and Fruit Juices

- lemon**  
2 1/2 large (213g)
- green olives**  
1 1/2 small can (~2 oz) (96g)
- avocados**  
6 3/4 avocado(s) (1357g)
- lemon juice**  
4 tbsp (60mL)
- lime juice**  
2 tbsp (33mL)

## Soups, Sauces, and Gravies

- chicken broth**  
3/4 cup(s) (mL)
- hot sauce**  
1 1/2 tbsp (23mL)

## Dairy and Egg Products

- eggs**  
4 large (200g)

## Beverages

- water**  
5/8 cup(s) (149mL)

## Pork Products

- bacon, raw**  
4 2/3 slice(s) (132g)

- thyme, dried**  
2 tsp, ground (3g)
- rosemary, dried**  
3/4 tbsp (2g)
- cajun seasoning**  
1 tsp (2g)

## Vegetables and Vegetable Products

- brussels sprouts**  
2 lbs (907g)
- zucchini**  
9 medium (1764g)
- garlic**  
8 clove(s) (23g)
- sweet potatoes**  
3 sweetpotato, 5" long (630g)
- kale leaves**  
1 1/2 bunch (255g)
- romaine lettuce**  
3 1/4 hearts (1625g)
- tomatoes**  
8 medium whole (2-3/5" dia) (1001g)
- red onion**  
5/6 medium (2-1/2" dia) (89g)
- cucumber**  
5/6 cucumber (8-1/4") (245g)
- carrots**  
3 1/4 small (5-1/2" long) (163g)
- onion**  
1 1/2 small (114g)
- mushrooms**  
10 oz (284g)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Basic ground turkey

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



For single meal:

**ground turkey, raw**  
14 oz (397g)  
**oil**  
1 3/4 tsp (9mL)

For all 2 meals:

**ground turkey, raw**  
1 3/4 lbs (794g)  
**oil**  
3 1/2 tsp (18mL)

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.

### Roasted brussels sprouts

463 cals ● 14g protein ● 27g fat ● 24g carbs ● 18g fiber



For single meal:

**salt**  
4 dash (3g)  
**black pepper**  
1/3 tsp, ground (1g)  
**brussels sprouts**  
16 oz (454g)  
**olive oil**  
2 tbsp (30mL)

For all 2 meals:

**salt**  
1 tsp (6g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**brussels sprouts**  
32 oz (907g)  
**olive oil**  
4 tbsp (60mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

### Garlic zucchini noodles

543 cals ● 8g protein ● 47g fat ● 14g carbs ● 7g fiber



For single meal:

**olive oil**  
3 1/3 tbsp (50mL)  
**zucchini**  
3 1/3 medium (653g)  
**garlic, minced**  
1 2/3 clove (5g)

For all 2 meals:

**olive oil**  
6 2/3 tbsp (100mL)  
**zucchini**  
6 2/3 medium (1307g)  
**garlic, minced**  
3 1/3 clove (10g)

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 2 ↗

Eat on day 3 and day 4

### Chicken thighs with lemon & olives

18 oz - 1315 cals ● 117g protein ● 88g fat ● 10g carbs ● 5g fiber



For single meal:

**chicken thighs, with bone and skin, raw**  
3 thigh(s) (510g)  
**salt**  
3 dash (2g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**rosemary, dried**  
1 tsp (1g)  
**olive oil**  
1 tsp (6mL)  
**lemon**  
3/4 large (63g)  
**green olives**  
3/4 small can (~2 oz) (48g)  
**chicken broth**  
3/8 cup(s) (mL)  
**garlic, minced**  
2 1/4 clove(s) (7g)

For all 2 meals:

**chicken thighs, with bone and skin, raw**  
6 thigh(s) (1020g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**rosemary, dried**  
3/4 tbsp (2g)  
**olive oil**  
3/4 tbsp (11mL)  
**lemon**  
1 1/2 large (126g)  
**green olives**  
1 1/2 small can (~2 oz) (96g)  
**chicken broth**  
3/4 cup(s) (mL)  
**garlic, minced**  
4 1/2 clove(s) (14g)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

### Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

**kale leaves, chopped**  
3/4 bunch (128g)  
**avocados, chopped**  
3/4 avocado(s) (151g)  
**lemon, juiced**  
3/4 small (44g)

For all 2 meals:

**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.

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## Lunch 3 ↗

Eat on day 5 and day 6

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### Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

**almonds**  
5 tbsp, whole (45g)

For all 2 meals:

**almonds**  
10 tbsp, whole (89g)

1. The recipe has no instructions.

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### Avocado tuna salad

1418 cals ● 132g protein ● 78g fat ● 19g carbs ● 27g fiber



For single meal:

**avocados**  
1 1/2 avocado(s) (327g)  
**lime juice**  
1 tbsp (16mL)  
**salt**  
3 1/4 dash (1g)  
**black pepper**  
3 1/4 dash (0g)  
**mixed greens**  
3 1/4 cup (98g)  
**canned tuna**  
3 1/4 can (559g)  
**tomatoes**  
13 tbsp, chopped (146g)  
**onion, minced**  
5/6 small (57g)

For all 2 meals:

**avocados**  
3 1/4 avocado(s) (653g)  
**lime juice**  
2 tbsp (33mL)  
**salt**  
1/4 tbsp (3g)  
**black pepper**  
1/4 tbsp (1g)  
**mixed greens**  
6 1/2 cup (195g)  
**canned tuna**  
6 1/2 can (1118g)  
**tomatoes**  
1 1/2 cup, chopped (293g)  
**onion, minced**  
1 1/2 small (114g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

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## Lunch 4 ↗

Eat on day 7

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### Honey mustard chicken thighs w/ skin

8 oz - 558 cals ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



Makes 8 oz

**brown deli mustard**  
3/4 tbsp (11g)  
**honey**  
1/2 tbsp (11g)  
**thyme, dried**  
4 dash, ground (1g)  
**salt**  
1 dash (1g)  
**chicken thighs, with bone and skin, raw**  
1/2 lbs (227g)

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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### Tossed salad

424 cals ● 15g protein ● 14g fat ● 35g carbs ● 24g fiber



**romaine lettuce, shredded**  
1 3/4 hearts (875g)  
**tomatoes, diced**  
1 3/4 small whole (2-2/5" dia) (159g)  
**salad dressing**  
1/4 cup (53mL)  
**red onion, sliced**  
1/2 medium (2-1/2" dia) (48g)  
**cucumber, sliced or diced**  
1/2 cucumber (8-1/4") (132g)  
**carrots, peeled and shredded or sliced**  
1 3/4 small (5-1/2" long) (88g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Bacon zucchini noodles

759 cals ● 52g protein ● 54g fat ● 10g carbs ● 5g fiber



**zucchini**  
2 1/3 medium (457g)  
**bacon, raw**  
4 2/3 slice(s) (132g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Roasted almonds

3/4 cup(s) - 665 cals ● 23g protein ● 53g fat ● 10g carbs ● 14g fiber



For single meal:

**almonds**  
3/4 cup, whole (107g)

For all 2 meals:

**almonds**  
1 1/2 cup, whole (215g)

1. The recipe has no instructions.

### Simple sardine salad

1061 cals ● 96g protein ● 66g fat ● 17g carbs ● 4g fiber



For single meal:

**mixed greens**  
6 cup (180g)  
**vinaigrette, store-bought, any flavor**  
6 tbsp (90mL)  
**sardines, canned in oil, drained**  
4 can (368g)

For all 2 meals:

**mixed greens**  
12 cup (360g)  
**vinaigrette, store-bought, any flavor**  
3/4 cup (180mL)  
**sardines, canned in oil, drained**  
8 can (736g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

## Dinner 2 ↗

Eat on day 3

### Honey mustard chicken thighs

2 2/3 thigh(s) - 1139 cals ● 103g protein ● 69g fat ● 24g carbs ● 2g fiber



Makes 2 2/3 thigh(s)

**brown deli mustard**

4 tsp (20g)

**thyme, dried**

1/2 tbsp, ground (2g)

**honey**

4 tsp (28g)

**chicken thighs, with bone and skin, raw**

2 2/3 thigh(s) (453g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of 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, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

### Sweet potato wedges

782 cals ● 10g protein ● 26g fat ● 109g carbs ● 19g fiber



**oil**

2 1/4 tbsp (34mL)

**salt**

1/2 tbsp (9g)

**black pepper**

1/4 tbsp, ground (2g)

**sweet potatoes, cut into wedges**

3 sweetpotato, 5" long (630g)

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.

## Dinner 3 ↗

Eat on day 4

### Tossed salad

364 cals ● 13g protein ● 12g fat ● 30g carbs ● 21g fiber



**romaine lettuce, shredded**  
1 1/2 hearts (750g)  
**tomatoes, diced**  
1 1/2 small whole (2-2/5" dia) (137g)  
**salad dressing**  
3 tbsp (45mL)  
**red onion, sliced**  
3/8 medium (2-1/2" dia) (41g)  
**cucumber, sliced or diced**  
3/8 cucumber (8-1/4") (113g)  
**carrots, peeled and shredded or sliced**  
1 1/2 small (5-1/2" long) (75g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Low carb fried chicken

24 oz - 1404 cals ● 120g protein ● 102g fat ● 1g carbs ● 0g fiber



**Makes 24 oz**  
**hot sauce**  
1 1/2 tbsp (23mL)  
**cajun seasoning**  
1 tsp (2g)  
**Chicken, drumsticks, with skin**  
1 1/2 lbs (680g)  
**pork rinds, crushed**  
3/4 oz (21g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

## Dinner 4 ↗

Eat on day 5 and day 6

### Walnuts

2/3 cup(s) - 466 cals ● 10g protein ● 43g fat ● 5g carbs ● 5g fiber



For single meal:

**walnuts**

2/3 cup, shelled (67g)

For all 2 meals:

**walnuts**

1 1/3 cup, shelled (133g)

1. The recipe has no instructions.

### Salmon patty salad

4 patty (~3oz each) - 1196 cals ● 67g protein ● 84g fat ● 24g carbs ● 20g fiber



For single meal:

**canned salmon**

10 oz (283g)

**eggs**

2 large (100g)

**mixed greens**

6 cup (180g)

**salad dressing**

4 tbsp (60mL)

**lemon juice**

2 tbsp (30mL)

**oil**

2 tbsp (30mL)

**tomatoes, chopped**

2 roma tomato (160g)

**avocados, sliced**

1 avocado(s) (201g)

For all 2 meals:

**canned salmon**

1 1/4 lbs (567g)

**eggs**

4 large (200g)

**mixed greens**

12 cup (360g)

**salad dressing**

1/2 cup (120mL)

**lemon juice**

4 tbsp (60mL)

**oil**

4 tbsp (60mL)

**tomatoes, chopped**

4 roma tomato (320g)

**avocados, sliced**

2 avocado(s) (402g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

## Dinner 5 ↗

Eat on day 7

### Paleo chicken thighs and mushrooms

15 oz - 1499 cals ● 105g protein ● 116g fat ● 7g carbs ● 3g fiber



Makes 15 oz

**black pepper**  
1/3 tsp (0g)  
**olive oil**  
1/4 cup (56mL)  
**chicken thighs, with bone and skin, raw**  
2 1/2 thigh(s) (425g)  
**salt**  
1/3 tsp (1g)  
**water**  
5/8 cup(s) (148mL)  
**mushrooms, sliced 1/4 in thick**  
10 oz (284g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

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### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



**mixed greens**

3 3/4 cup (113g)

**tomatoes**

10 tbsp cherry tomatoes (93g)

**salad dressing**

1/4 cup (56mL)

1. Mix greens, tomatoes, and

dressing in a small bowl.

Serve.

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