

Meal Plan - 2300 calorie intermittent fasting meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

2291 cals ● 176g protein (31%) ● 127g fat (50%) ● 77g carbs (13%) ● 35g fiber (6%)

Lunch

1185 cals, 89g protein, 17g net carbs, 74g fat



Pecans
1/4 cup- 183 cals



Chicken avocado salad
1001 cals

Dinner

1105 cals, 87g protein, 59g net carbs, 52g fat



Low carb fried chicken
12 oz- 702 cals



Lentils
405 cals

Day 2

2343 cals ● 183g protein (31%) ● 105g fat (40%) ● 134g carbs (23%) ● 33g fiber (6%)

Lunch

1235 cals, 96g protein, 75g net carbs, 52g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
1/6 cup(s)- 173 cals



Avocado tuna salad sandwich
2 1/2 sandwich(es)- 925 cals

Dinner

1105 cals, 87g protein, 59g net carbs, 52g fat



Low carb fried chicken
12 oz- 702 cals



Lentils
405 cals

Day 3

2296 cals ● 158g protein (27%) ● 114g fat (45%) ● 135g carbs (24%) ● 24g fiber (4%)

Lunch

1160 cals, 79g protein, 89g net carbs, 47g fat



Ham & coleslaw pita sandwich
2 pita sandwich(es)- 684 cals



Roasted peanuts
1/4 cup(s)- 230 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals

Dinner

1135 cals, 79g protein, 47g net carbs, 67g fat



Pecans
1/4 cup- 183 cals



Steak and beet salad
703 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Day 4

2296 cals ● 158g protein (27%) ● 114g fat (45%) ● 135g carbs (24%) ● 24g fiber (4%)

Lunch

1160 cals, 79g protein, 89g net carbs, 47g fat



Ham & coleslaw pita sandwich
2 pita sandwich(es)- 684 cals



Roasted peanuts
1/4 cup(s)- 230 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals

Dinner

1135 cals, 79g protein, 47g net carbs, 67g fat



Pecans
1/4 cup- 183 cals



Steak and beet salad
703 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Day 5

2263 cals ● 165g protein (29%) ● 111g fat (44%) ● 127g carbs (23%) ● 23g fiber (4%)

Lunch

1125 cals, 84g protein, 51g net carbs, 60g fat



Lentils
347 cals



Buffalo drumsticks
13 1/3 oz- 778 cals

Dinner

1140 cals, 82g protein, 76g net carbs, 51g fat



Fish pie
735 cals



Simple mozzarella and tomato salad
403 cals

Day 6

2297 cals ● 147g protein (26%) ● 146g fat (57%) ● 74g carbs (13%) ● 25g fiber (4%)

Lunch

1165 cals, 82g protein, 56g net carbs, 62g fat



Simple mixed greens salad
68 cals



Ham, bacon, avocado sandwich
2 sandwich(es)- 1100 cals

Dinner

1130 cals, 65g protein, 19g net carbs, 84g fat



Broccoli
3 1/2 cup(s)- 102 cals



Italian sausage
4 link- 1028 cals

Day 7

2297 cals ● 147g protein (26%) ● 146g fat (57%) ● 74g carbs (13%) ● 25g fiber (4%)

Lunch

1165 cals, 82g protein, 56g net carbs, 62g fat



Simple mixed greens salad
68 cals



Ham, bacon, avocado sandwich
2 sandwich(es)- 1100 cals

Dinner

1130 cals, 65g protein, 19g net carbs, 84g fat



Broccoli
3 1/2 cup(s)- 102 cals



Italian sausage
4 link- 1028 cals

Grocery List



Soups, Sauces, and Gravies

- ☐ hot sauce
1 1/2 tbsp (23mL)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ Frank's Red Hot sauce
2 1/4 tbsp (34mL)

Spices and Herbs

- ☐ cajun seasoning
1 tsp (2g)
- ☐ salt
4 1/4 g (4g)
- ☐ black pepper
1/2 g (1g)
- ☐ fresh basil
5 tsp, chopped (4g)

Other

- ☐ Chicken, drumsticks, with skin
2 1/3 lbs (1058g)
- ☐ pork rinds
3/4 oz (21g)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ mixed greens
7 1/2 cup (225g)
- ☐ coleslaw mix
2 cup (180g)
- ☐ Italian pork sausage, raw
8 link (861g)

Beverages

- ☐ water
6 2/3 cup(s) (1581mL)

Legumes and Legume Products

- ☐ lentils, raw
1 2/3 cup (320g)
- ☐ roasted peanuts
2/3 cup (100g)

Nut and Seed Products

- ☐ pecans
3/4 cup, halves (74g)

Fruits and Fruit Juices

- ☐ lime juice
1 3/4 tbsp (26mL)
- ☐ avocados
2 1/2 avocado(s) (528g)

Fats and Oils

- ☐ oil
1 1/2 oz (48mL)
- ☐ salad dressing
1/2 cup (135mL)
- ☐ ranch dressing
4 tbsp (60mL)
- ☐ balsamic vinaigrette
5 tsp (24mL)

Baked Products

- ☐ bread
13 slice (416g)
- ☐ pita bread
4 pita, medium (5" dia) (200g)

Finfish and Shellfish Products

- ☐ canned tuna
1 1/4 can (215g)
- ☐ cod, raw
1/2 lbs (227g)

Beef Products

- ☐ sirloin steak, raw
15 oz (425g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
2 cup (452g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ whole milk
7/8 cup(s) (211mL)
- ☐ cheddar cheese
2 tbsp, shredded (14g)
- ☐ butter
3/4 tbsp (11g)
- ☐ fresh mozzarella cheese
3 1/3 oz (95g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3/4 lbs (340g)

Vegetables and Vegetable Products

- ☐ onion
3/8 medium (2-1/2" dia) (42g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ beets, precooked (canned or refrigerated)
3 beet(s) (150g)
- ☐ cucumber
20 slices (140g)
- ☐ frozen peas
6 tbsp (50g)
- ☐ potatoes
1 1/2 medium (2+-1/4" to 3-1/4" dia.) (320g)
- ☐ tomatoes
1 1/4 large whole (3" dia) (228g)
- ☐ frozen broccoli
7 cup (637g)

- ☐ sliced cheese
4 slice (3/4 oz ea) (84g)

Sweets

- ☐ honey
2 2/3 tbsp (56g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
30 oz (851g)

Cereal Grains and Pasta

- ☐ cornstarch
1 tbsp (8g)

Pork Products

- ☐ bacon, cooked
8 slice(s) (80g)
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Recipes



Lunch 1 [↗](#)

Eat on day 1

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. The recipe has no instructions.

Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



boneless skinless chicken breast, raw
3/4 lbs (340g)

onion

2 tbsp chopped (20g)

lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

brussels sprouts

10 sprouts (190g)

avocados, chopped

1 avocado(s) (201g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussels sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Lunch 2 [↗](#)

Eat on day 2

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored

1 container (150g)

1. Enjoy.

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



Makes 1/6 cup(s)

roasted peanuts
3 tbsp (27g)

1. The recipe has no instructions.

Avocado tuna salad sandwich

2 1/2 sandwich(es) - 925 cals ● 69g protein ● 36g fat ● 63g carbs ● 19g fiber



Makes 2 1/2 sandwich(es)

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
lime juice
1 1/4 tsp (6mL)
avocados
5/8 avocado(s) (126g)
bread
5 slice (160g)
canned tuna, drained
1 1/4 can (215g)
onion, minced
1/3 small (22g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Ham & coleslaw pita sandwich

2 pita sandwich(es) - 684 cals ● 52g protein ● 22g fat ● 61g carbs ● 8g fiber



For single meal:

ham cold cuts
1/2 lbs (198g)
coleslaw mix
1 cup (90g)
cucumber
10 slices (70g)
nonfat greek yogurt, plain
4 tbsp (70g)
pita bread
2 pita, medium (5" dia) (100g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

ham cold cuts
14 oz (397g)
coleslaw mix
2 cup (180g)
cucumber
20 slices (140g)
nonfat greek yogurt, plain
1/2 cup (140g)
pita bread
4 pita, medium (5" dia) (200g)
ranch dressing
4 tbsp (60mL)

1. In a small bowl, toss the coleslaw mix with the greek yogurt and ranch dressing. Season with some salt and pepper.
2. Split pita open and stuff with ham, coleslaw, and cucumber.
3. Serve.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 4

Eat on day 5

Lentils

347 calsgreen24g proteinorange1g fatblue51g carbsgrey10g fiber



water

2 cup(s) (474mL)

salt

1 dash (1g)

lentils, raw, rinsed

1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Buffalo drumsticks

13 1/3 oz - 778 calsgreen60g proteinorange59g fatblue1g carbsgrey0g fiber



Makes 13 1/3 oz

Frank's Red Hot sauce

2 1/4 tbsp (33mL)

oil

1 1/4 tsp (6mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

Chicken, drumsticks, with skin

13 1/3 oz (378g)

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.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Ham, bacon, avocado sandwich

2 sandwich(es) - 1100 cals ● 80g protein ● 57g fat ● 51g carbs ● 14g fiber



For single meal:

bread
4 slice (128g)
sliced cheese
2 slice (3/4 oz ea) (42g)
ham cold cuts
1/2 lbs (227g)
bacon, cooked
4 slice(s) (40g)
avocados, sliced
1/2 avocado(s) (101g)

For all 2 meals:

bread
8 slice (256g)
sliced cheese
4 slice (3/4 oz ea) (84g)
ham cold cuts
1 lbs (454g)
bacon, cooked
8 slice(s) (80g)
avocados, sliced
1 avocado(s) (201g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.

Dinner 1 [🔗](#)

Eat on day 1 and day 2

Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

hot sauce
3/4 tbsp (11mL)
cajun seasoning
4 dash (1g)
Chicken, drumsticks, with skin
3/4 lbs (340g)
pork rinds, crushed
10 3/4 g (11g)

For all 2 meals:

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.

Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

water
2 1/3 cup(s) (553mL)
salt
1 dash (1g)
lentils, raw, rinsed
9 1/3 tbsp (112g)

For all 2 meals:

water
4 2/3 cup(s) (1106mL)
salt
1/4 tsp (2g)
lentils, raw, rinsed
56 tsp (224g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Steak and beet salad

703 cals ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



For single meal:

sirloin steak, raw
1/2 lbs (213g)
mixed greens
2 1/4 cup (68g)
broccoli
3/4 cup chopped (68g)
salad dressing
3 tbsp (45mL)
oil
3/4 tbsp (11mL)
beets, precooked (canned or refrigerated), chopped
1 1/2 beet(s) (75g)

For all 2 meals:

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)

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.

Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 cup (452g)
honey
2 2/3 tbsp (56g)

1. Serve cottage cheese in a bowl and drizzle with honey.
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Dinner 3 [↗](#)

Eat on day 5

Fish pie

735 cal ● 58g protein ● 22g fat ● 65g carbs ● 10g fiber



whole milk
7/8 cup(s) (210mL)
cornstarch
1 tbsp (8g)
frozen peas
6 tbsp (50g)
cheddar cheese
2 tbsp, shredded (14g)
butter
3/4 tbsp (11g)
potatoes, peeled & cut into chunks
1 1/2 medium (2+-1/4" to 3-1/4" dia.) (320g)
cod, raw, cut into chunks
1/2 lbs (227g)

1. Boil potatoes for 10-15 minutes until fork-tender. Drain and mash the potatoes and a small splash of the milk with a fork. Season with salt and pepper. Set aside.
2. Preheat the oven to 400°F (200°C).
3. Whisk cornstarch in with the remaining milk until combined. Add milk mixture, and butter into a pan over medium heat. Bring to a boil, stirring continuously until the sauce bubbles and thickens. Add peas and season with salt and pepper. Cook 1 minute longer then turn off heat.
4. Place chunks of fish in a small baking dish. Pour sauce over. Spoon mashed potatoes on top to make an even layer. Sprinkle cheese on top. Bake 25-30 minutes until top is golden. Serve.

Simple mozzarella and tomato salad

403 cal ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



balsamic vinaigrette
5 tsp (25mL)
fresh basil
5 tsp, chopped (4g)
fresh mozzarella cheese, sliced
1/4 lbs (95g)
tomatoes, sliced
1 1/4 large whole (3" dia) (228g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.
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Italian sausage

4 link - 1028 cals ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
4 link (430g)

For all 2 meals:

Italian pork sausage, raw
8 link (861g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.
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