

Meal Plan - 2000 calorie intermittent fasting 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

1964 cals ● 127g protein (26%) ● 78g fat (36%) ● 169g carbs (34%) ● 21g fiber (4%)

Lunch

1010 cals, 58g protein, 71g net carbs, 51g fat



[Roasted peanuts](#)

1/3 cup(s)- 288 cals



[Simple chicken salad sandwich](#)

1 sandwich(es)- 724 cals

Dinner

955 cals, 69g protein, 98g net carbs, 27g fat



[Chicken curry with rice](#)

782 cals



[Edamame & beet salad](#)

171 cals

Day 2

1964 cals ● 127g protein (26%) ● 78g fat (36%) ● 169g carbs (34%) ● 21g fiber (4%)

Lunch

1010 cals, 58g protein, 71g net carbs, 51g fat



[Roasted peanuts](#)

1/3 cup(s)- 288 cals



[Simple chicken salad sandwich](#)

1 sandwich(es)- 724 cals

Dinner

955 cals, 69g protein, 98g net carbs, 27g fat



[Chicken curry with rice](#)

782 cals



[Edamame & beet salad](#)

171 cals

Day 3

1952 cals ● 133g protein (27%) ● 86g fat (40%) ● 132g carbs (27%) ● 30g fiber (6%)

Lunch

905 cals, 65g protein, 67g net carbs, 35g fat



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals



[Turkey & hummus deli sandwich](#)

2 sandwich(es)- 698 cals



[Walnuts](#)

1/4 cup(s)- 175 cals

Dinner

1045 cals, 69g protein, 65g net carbs, 51g fat



[Brussels sprout, apple & walnut side salad](#)

506 cals



[British kedgeree](#)

541 cals

Day 4

1932 cals ● 139g protein (29%) ● 81g fat (38%) ● 136g carbs (28%) ● 26g fiber (5%)

Lunch

885 cals, 71g protein, 72g net carbs, 30g fat



[Chicken and vegetable stir fry](#)
537 cals



[Simple mixed greens salad](#)
237 cals



[White rice](#)
1/2 cup rice, cooked- 110 cals

Dinner

1045 cals, 69g protein, 65g net carbs, 51g fat



[Brussels sprout, apple & walnut side salad](#)
506 cals



[British kedgeree](#)
541 cals

Day 5

1976 cals ● 125g protein (25%) ● 114g fat (52%) ● 85g carbs (17%) ● 29g fiber (6%)

Lunch

885 cals, 71g protein, 72g net carbs, 30g fat



[Chicken and vegetable stir fry](#)
537 cals



[Simple mixed greens salad](#)
237 cals



[White rice](#)
1/2 cup rice, cooked- 110 cals

Dinner

1090 cals, 54g protein, 14g net carbs, 84g fat



[Buffalo drumsticks](#)
10 2/3 oz- 622 cals



[Tomato and avocado salad](#)
469 cals

Day 6

2022 cals ● 186g protein (37%) ● 91g fat (40%) ● 82g carbs (16%) ● 33g fiber (7%)

Lunch

1060 cals, 85g protein, 27g net carbs, 58g fat



[Avocado tuna salad stuffed pepper](#)
4 half pepper(s)- 911 cals



[Simple mixed greens and tomato salad](#)
151 cals

Dinner

960 cals, 101g protein, 55g net carbs, 33g fat



[Mixed vegetables](#)
1 1/4 cup(s)- 121 cals



[Bbq glazed meatloaf](#)
3 meatloaves- 839 cals

Day 7

2022 cals ● 186g protein (37%) ● 91g fat (40%) ● 82g carbs (16%) ● 33g fiber (7%)

Lunch

1060 cals, 85g protein, 27g net carbs, 58g fat



[Avocado tuna salad stuffed pepper](#)
4 half pepper(s)- 911 cals



[Simple mixed greens and tomato salad](#)
151 cals

Dinner

960 cals, 101g protein, 55g net carbs, 33g fat



[Mixed vegetables](#)
1 1/4 cup(s)- 121 cals



[Bbq glazed meatloaf](#)
3 meatloaves- 839 cals

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1292g)

Other

- ☐ curry sauce
1 jar (15 oz) (425g)
- ☐ mixed greens
19 1/2 cup (585g)
- ☐ stir-fry sauce
6 tbsp (102g)
- ☐ Chicken, drumsticks, with skin
2/3 lbs (302g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/3 cup (247g)
- ☐ brown rice
1/2 cup (95g)

Fats and Oils

- ☐ balsamic vinaigrette
2 tbsp (30mL)
- ☐ mayonnaise
4 tbsp (60mL)
- ☐ olive oil
1/4 cup (53mL)
- ☐ oil
1/2 oz (19mL)
- ☐ salad dressing
1 cup (248mL)

Vegetables and Vegetable Products

- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ brussels sprouts
3 cup (264g)
- ☐ frozen peas
1 cup (134g)
- ☐ tomatoes
4 1/3 medium whole (2-3/5" dia) (533g)
- ☐ frozen mixed veggies
1 2/3 lbs (764g)
- ☐ onion
1 medium (2-1/2" dia) (100g)

Fruits and Fruit Juices

- ☐ dried cranberries
2/3 cup (107g)
- ☐ apples
2/3 small (2-3/4" dia) (99g)
- ☐ lime juice
1 1/2 fl oz (50mL)
- ☐ avocados
3 avocado(s) (603g)

Baked Products

- ☐ bread
3/4 lbs (352g)

Nut and Seed Products

- ☐ walnuts
3 oz (81g)

Spices and Herbs

- ☐ apple cider vinegar
1 tbsp (15g)
- ☐ curry powder
1 tsp (2g)
- ☐ black pepper
4 1/4 g (4g)
- ☐ salt
1/3 oz (10g)
- ☐ garlic powder
1 1/4 tsp (4g)
- ☐ chipotle seasoning
1/4 tbsp (2g)

Sweets

- ☐ maple syrup
4 tsp (20mL)

Finfish and Shellfish Products

- ☐ cod, raw
1 lbs (453g)
- ☐ canned tuna
4 can (688g)

Dairy and Egg Products

- ☐ eggs
4 large (200g)

- ☐ bell pepper
4 large (656g)

Legumes and Legume Products

- ☐ roasted peanuts
10 tbsp (91g)
- ☐ hummus
4 tbsp (60g)

Beverages

- ☐ water
2 cup (499mL)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1/2 lbs (227g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1 3/4 tbsp (26mL)
- ☐ barbecue sauce
6 tbsp (102g)

Beef Products

- ☐ ground beef (93% lean)
30 oz (851g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts
5 tbsp (46g)

For all 2 meals:

roasted peanuts
10 tbsp (91g)

1. This recipe has no instructions.

Simple chicken salad sandwich

1 sandwich(es) - 724 cals ● 47g protein ● 28g fat ● 65g carbs ● 7g fiber



For single meal:

mayonnaise
2 tbsp (30mL)
dried cranberries
1/3 cup (53g)
bread
2 slice (64g)
boneless skinless chicken breast, raw
6 oz (170g)

For all 2 meals:

mayonnaise
4 tbsp (60mL)
dried cranberries
2/3 cup (107g)
bread
4 slice (128g)
boneless skinless chicken breast, raw
3/4 lbs (340g)

1. Place raw chicken into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. In a bowl combine completely cooked chicken, mayo and cranberries.
4. Keep in refrigerator until ready to serve.
5. Serve in between two slices of bread.

Lunch 2 [🔗](#)

Eat on day 3

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 9 cherry tomatoes

tomatoes

9 cherry tomatoes (153g)

1. Rinse tomatoes, remove any stems, and serve.

Turkey & hummus deli sandwich

2 sandwich(es) - 698 cals ● 59g protein ● 18g fat ● 61g carbs ● 13g fiber



Makes 2 sandwich(es)

oil

1/2 tsp (3mL)

mixed greens

1 cup (30g)

tomatoes

4 slice(s), thick/large (1/2" thick) (108g)

hummus

4 tbsp (60g)

bread

4 slice(s) (128g)

turkey cold cuts

1/2 lbs (227g)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 1/4 cup(s)

walnuts

4 tbsp, shelled (25g)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Chicken and vegetable stir fry

537 cals ● 64g protein ● 13g fat ● 33g carbs ● 9g fiber



For single meal:

stir-fry sauce

3 tbsp (51g)

frozen mixed veggies

3/4 10oz package (213g)

oil, divided

1 tsp (6mL)

black pepper

3 dash, ground (1g)

salt

1 1/2 dash (1g)

**boneless skinless chicken breast,
raw, cubed**

1/2 lbs (252g)

For all 2 meals:

stir-fry sauce

6 tbsp (102g)

frozen mixed veggies

1 1/2 10oz package (426g)

oil, divided

3/4 tbsp (11mL)

black pepper

1/4 tbsp, ground (2g)

salt

3 dash (2g)

**boneless skinless chicken breast,
raw, cubed**

18 oz (504g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return chicken to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until chicken is fully cooked.
6. Serve.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

For all 2 meals:

mixed greens

10 1/2 cup (315g)

salad dressing

2/3 cup (158mL)

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

White rice

1/2 cup rice, cooked - 110 cals ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



For single meal:

long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

canned tuna, drained

2 can (344g)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

For all 2 meals:

canned tuna, drained

4 can (688g)

avocados

2 avocado(s) (402g)

lime juice

4 tsp (20mL)

salt

4 dash (2g)

black pepper

4 dash (0g)

bell pepper

4 large (656g)

onion

1 small (70g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

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

Dinner 1 [↗](#)

Eat on day 1, day 2

Chicken curry with rice

782 cals ● 60g protein ● 20g fat ● 86g carbs ● 5g fiber



For single meal:

boneless skinless chicken breast, raw, cut into 1/2 inch chunks
1/2 lbs (224g)
curry sauce
1/2 jar (15 oz) (213g)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

boneless skinless chicken breast, raw, cut into 1/2 inch chunks
1 lbs (448g)
curry sauce
1 jar (15 oz) (425g)
long-grain white rice
1 cup (185g)

1. Cook rice according to package.
2. Meanwhile, cook cubed chicken in a non-stick skillet until it's nearly cooked-through.
3. Drain any excess liquid and pour in curry sauce. Bring to a simmer and cook until chicken is done.
4. Serve chicken curry over rice.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Brussels sprout, apple & walnut side salad

506 cals ● 8g protein ● 39g fat ● 23g carbs ● 8g fiber



For single meal:

brussels sprouts, ends trimmed and discarded

1 1/2 cup (132g)

apples, chopped

1/3 small (2-3/4" dia) (50g)

walnuts

4 tbsp, chopped (28g)

apple cider vinegar

1/2 tbsp (7g)

maple syrup

2 tsp (10mL)

olive oil

1 1/2 tbsp (23mL)

For all 2 meals:

brussels sprouts, ends trimmed and discarded

3 cup (264g)

apples, chopped

2/3 small (2-3/4" dia) (99g)

walnuts

1/2 cup, chopped (56g)

apple cider vinegar

1 tbsp (15g)

maple syrup

4 tsp (20mL)

olive oil

3 tbsp (45mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

British kedgerree

541 cals ● 60g protein ● 13g fat ● 41g carbs ● 5g fiber



For single meal:

frozen peas

1/2 cup (67g)

curry powder

4 dash (1g)

cod, raw, cut into small chunks

1/2 lbs (227g)

eggs

2 large (100g)

water

1/2 cup(s) (119mL)

brown rice

4 tbsp (48g)

For all 2 meals:

frozen peas

1 cup (134g)

curry powder

1 tsp (2g)

cod, raw, cut into small chunks

1 lbs (453g)

eggs

4 large (200g)

water

1 cup(s) (237mL)

brown rice

1/2 cup (95g)

1. Cook rice and water according to package instructions. Set aside.
2. Hard boil the eggs: Add eggs to a saucepan and cover with cold water. Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
3. Put chunks of fish into a large frying pan and add a small splash of water. Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
5. Season to taste with salt and pepper and top with eggs. Serve.

Dinner 3 [↗](#)

Eat on day 5

Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

Frank's Red Hot sauce

1 3/4 tbsp (27mL)

oil

1 tsp (5mL)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

Chicken, drumsticks, with skin

2/3 lbs (302g)

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.

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



onion

2 tbsp minced (30g)

lime juice

2 tbsp (30mL)

avocados, cubed

1 avocado(s) (201g)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

olive oil

1/2 tbsp (8mL)

garlic powder

4 dash (2g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Mixed vegetables

1 1/4 cup(s) - 121 cals ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



For single meal:

frozen mixed veggies

1 1/4 cup (169g)

For all 2 meals:

frozen mixed veggies

2 1/2 cup (338g)

1. Prepare according to instructions on package.

Bbq glazed meatloaf

3 meatloaves - 839 cals ● 95g protein ● 32g fat ● 39g carbs ● 4g fiber



For single meal:

garlic powder

3 dash (1g)

water

3 tbsp (45mL)

barbecue sauce

3 tbsp (51g)

chipotle seasoning

3 dash (1g)

bread

1 1/2 slice (48g)

ground beef (93% lean)

15 oz (425g)

For all 2 meals:

garlic powder

1/4 tbsp (2g)

water

6 tbsp (90mL)

barbecue sauce

6 tbsp (102g)

chipotle seasoning

1/4 tbsp (2g)

bread

3 slice (96g)

ground beef (93% lean)

30 oz (851g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chipotle seasoning and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet and brush with the barbeque sauce. Bake until meat loaves are browned and cooked through, 15-18 minutes. Serve.