

Meal Plan - 2100 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

2101 cals ● 234g protein (45%) ● 39g fat (17%) ● 171g carbs (33%) ● 32g fiber (6%)

Lunch

1010 cals, 116g protein, 79g net carbs, 17g fat



Marinated chicken breast
13 1/3 oz- 471 cals



Mixed vegetables
2 cup(s)- 194 cals



Lentils
347 cals

Dinner

1090 cals, 118g protein, 93g net carbs, 22g fat



Orange
2 orange(s)- 170 cals



Grilled chicken sandwich
2 sandwich(es)- 919 cals

Day 2

2030 cals ● 196g protein (39%) ● 54g fat (24%) ● 157g carbs (31%) ● 33g fiber (6%)

Lunch

1010 cals, 116g protein, 79g net carbs, 17g fat



Marinated chicken breast
13 1/3 oz- 471 cals



Mixed vegetables
2 cup(s)- 194 cals



Lentils
347 cals

Dinner

1020 cals, 80g protein, 79g net carbs, 37g fat



Corn
277 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Day 3

2100 cals ● 151g protein (29%) ● 96g fat (41%) ● 130g carbs (25%) ● 28g fiber (5%)

Lunch

1080 cals, 72g protein, 51g net carbs, 58g fat



Roasted almonds
1/4 cup(s)- 222 cals



Tuna salad sandwich
1 1/2 sandwich(es)- 743 cals



Easy chickpea salad
117 cals

Dinner

1020 cals, 80g protein, 79g net carbs, 37g fat



Corn
277 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Day 4

2128 cals ● 156g protein (29%) ● 116g fat (49%) ● 77g carbs (14%) ● 38g fiber (7%)

Lunch

1080 cals, 72g protein, 51g net carbs, 58g fat



Roasted almonds
1/4 cup(s)- 222 cals



Tuna salad sandwich
1 1/2 sandwich(es)- 743 cals



Easy chickpea salad
117 cals

Dinner

1045 cals, 84g protein, 25g net carbs, 58g fat



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



Simple mixed greens salad
136 cals

Day 5

2147 cals ● 136g protein (25%) ● 133g fat (56%) ● 60g carbs (11%) ● 42g fiber (8%)

Lunch

1100 cals, 52g protein, 35g net carbs, 75g fat



Avocado and bacon egg salad sandwich
657 cals



Roasted almonds
1/2 cup(s)- 443 cals

Dinner

1045 cals, 84g protein, 25g net carbs, 58g fat



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



Simple mixed greens salad
136 cals

Day 6

2063 cals ● 184g protein (36%) ● 85g fat (37%) ● 113g carbs (22%) ● 27g fiber (5%)

Lunch

1020 cals, 65g protein, 58g net carbs, 49g fat



Brussels sprouts skillet with bacon & almonds
762 cals



Lentils
260 cals

Dinner

1040 cals, 120g protein, 55g net carbs, 36g fat



Lemon pepper chicken breast
18 oz- 666 cals



Buttery brown rice
375 cals

Day 7

2063 cals ● 184g protein (36%) ● 85g fat (37%) ● 113g carbs (22%) ● 27g fiber (5%)

Lunch

1020 cals, 65g protein, 58g net carbs, 49g fat



Brussels sprouts skillet with bacon & almonds
762 cals



Lentils
260 cals

Dinner

1040 cals, 120g protein, 55g net carbs, 36g fat



Lemon pepper chicken breast
18 oz- 666 cals



Buttery brown rice
375 cals

Fruits and Fruit Juices

- ☐ orange
2 orange (308g)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ lime juice
4 tsp (20mL)

Fats and Oils

- ☐ oil
1 tsp (5mL)
- ☐ marinade sauce
13 1/4 tbsp (199mL)
- ☐ olive oil
3 tbsp (43mL)
- ☐ mayonnaise
1/4 cup (68mL)
- ☐ salad dressing
6 tbsp (90mL)

Baked Products

- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)
- ☐ bread
8 slice (256g)

Spices and Herbs

- ☐ dijon mustard
1 tbsp (15g)
- ☐ salt
1/2 oz (16g)
- ☐ black pepper
3 1/2 g (4g)
- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ garlic powder
1 tsp (3g)
- ☐ lemon pepper
2 1/4 tbsp (16g)
- ☐ cajun seasoning
1 tbsp (6g)

Other

- ☐ mixed greens
6 1/2 cup (195g)

Vegetables and Vegetable Products

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 lbs (2208g)

Beverages

- ☐ water
8 1/2 cup(s) (2015mL)

Legumes and Legume Products

- ☐ lentils, raw
1 3/4 cup (336g)
- ☐ chickpeas, canned
1/2 can (224g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/3 lbs (588g)
- ☐ canned tuna
6 1/2 can (1113g)

Nut and Seed Products

- ☐ almonds
10 oz (278g)

Cereal Grains and Pasta

- ☐ all-purpose flour
5/8 cup(s) (73g)
- ☐ brown rice
3/4 cup (143g)

Soups, Sauces, and Gravies

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

Dairy and Egg Products

- ☐ eggs
3 large (150g)
- ☐ butter
2 1/4 tbsp (32g)

Pork Products

- ☐ bacon
2 slice(s) (20g)

☐ tomatoes
1 1/3 medium whole (2-3/5" dia) (165g)

☐ frozen mixed veggies
4 cup (540g)

☐ frozen corn kernels
4 cup (544g)

☐ raw celery
1 1/2 stalk, small (5" long) (26g)

☐ fresh parsley
1 1/2 sprigs (2g)

☐ onion
1 1/4 small (88g)

☐ bell pepper
4 large (656g)

☐ brussels sprouts
1 1/3 lbs (605g)

☐ bacon, raw
6 2/3 slice(s) (189g)



Lunch 1 [↗](#)

Eat on day 1, day 2

Marinated chicken breast

13 1/3 oz - 471 cals ● 84g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

13 1/3 oz (373g)

marinade sauce

6 2/3 tbsp (100mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 2/3 lbs (747g)

marinade sauce

13 1/3 tbsp (200mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Mixed vegetables

2 cup(s) - 194 cals ● 9g protein ● 2g fat ● 26g carbs ● 11g fiber



For single meal:

frozen mixed veggies

2 cup (270g)

For all 2 meals:

frozen mixed veggies

4 cup (540g)

1. Prepare according to instructions on package.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

salt
2 dash (2g)
water
4 cup(s) (948mL)
lentils, raw, rinsed
1 cup (192g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. This recipe has no instructions.

Tuna salad sandwich

1 1/2 sandwich(es) - 743 cal ● 58g protein ● 38g fat ● 36g carbs ● 6g fiber



For single meal:

bread
3 slice (96g)
mayonnaise
2 1/4 tbsp (34mL)
black pepper
1 1/2 dash (0g)
raw celery, chopped
3/4 stalk, small (5" long) (13g)
salt
1 1/2 dash (1g)
canned tuna
1/2 lbs (213g)

For all 2 meals:

bread
6 slice (192g)
mayonnaise
1/4 cup (68mL)
black pepper
3 dash (0g)
raw celery, chopped
1 1/2 stalk, small (5" long) (26g)
salt
3 dash (1g)
canned tuna
15 oz (425g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

fresh parsley, chopped

3/4 sprigs (1g)

apple cider vinegar

1/4 tbsp (0mL)

balsamic vinegar

1/4 tbsp (4mL)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

onion, thinly sliced

1/8 small (9g)

chickpeas, canned, drained and rinsed

1/4 can (112g)

For all 2 meals:

fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Lunch 3 [🔗](#)

Eat on day 5

Avocado and bacon egg salad sandwich

657 cals ● 36g protein ● 39g fat ● 29g carbs ● 11g fiber



eggs, hard-boiled and chilled

3 large (150g)

salt

2 dash (2g)

garlic powder

1 tsp (3g)

bacon

2 slice(s) (20g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, salt, and garlic in a bowl. Mash with a fork until fully combined.
4. Crumble bacon and add in. Mix.
5. Put egg salad in between bread to form sandwich.
6. Serve.
7. (Note: You can store any leftover egg salad in the fridge for a day or two)

Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



Makes 1/2 cup(s)

almonds

1/2 cup, whole (72g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Brussels sprouts skillet with bacon & almonds

762 cals ● 47g protein ● 48g fat ● 20g carbs ● 15g fiber



For single meal:

black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

cajun seasoning

1/2 tbsp (3g)

almonds

1/4 cup, sliced (20g)

brussels sprouts, shredded or thinly sliced

2/3 lbs (302g)

bacon, raw

3 1/3 slice(s) (94g)

For all 2 meals:

black pepper

1/4 tbsp, ground (2g)

salt

1/4 tbsp (4g)

cajun seasoning

1 tbsp (6g)

almonds

1/2 cup, sliced (41g)

brussels sprouts, shredded or thinly sliced

1 1/3 lbs (605g)

bacon, raw

6 2/3 slice(s) (189g)

1. Fry bacon according to package.
2. Once the bacon is cooked, remove bacon from skillet and keep the grease in the pan. When the bacon is cool, chop into small pieces.
3. Add the almonds to the bacon grease and toast for a minute or so.
4. Add in the shredded Brussels sprouts and seasonings and cook for 7-10 minutes, stirring occasionally, until tender.
5. Mix in bacon.
6. Serve.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

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 1 [↗](#)

Eat on day 1

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange
2 orange (308g)

1. This recipe has no instructions.

Grilled chicken sandwich

2 sandwich(es) - 919 cals ● 115g protein ● 22g fat ● 61g carbs ● 5g fiber



Makes 2 sandwich(es)

oil
1 tsp (5mL)
kaiser rolls
2 roll (3-1/2" dia) (114g)
dijon mustard
1 tbsp (15g)
mixed greens
1/2 cup (15g)
tomatoes
6 slice(s), thin/small (90g)
boneless skinless chicken breast, raw
1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Corn

277 cals ● 8g protein ● 2g fat ● 51g carbs ● 6g fiber



For single meal:

frozen corn kernels

2 cup (272g)

For all 2 meals:

frozen corn kernels

4 cup (544g)

1. Prepare according to instructions on package.
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Almond crusted tilapia

10 1/2 oz - 741 cals ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



For single meal:

tilapia, raw

2/3 lbs (294g)

almonds

1/2 cup, slivered (47g)

all-purpose flour

1/4 cup(s) (36g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

tilapia, raw

1 1/3 lbs (588g)

almonds

14 tbsp, slivered (95g)

all-purpose flour

5/8 cup(s) (73g)

salt

1/2 tsp (1g)

olive oil

1 3/4 tbsp (26mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
 2. Season fish with salt and dredge in flour mixture.
 3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
 4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
 5. Sprinkle almonds over fish.
 6. Serve.
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Dinner 3 [🔗](#)

Eat on day 4, day 5

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 salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (8g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

18 oz (504g)

For all 2 meals:

lemon pepper

2 1/4 tbsp (16g)

olive oil

1 tbsp (17mL)

boneless skinless chicken breast, raw

2 1/4 lbs (1008g)

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.

Buttery brown rice

375 cals ● 6g protein ● 15g fat ● 52g carbs ● 3g fiber



For single meal:

butter

1 tbsp (16g)

brown rice

6 tbsp (71g)

salt

1/4 tsp (2g)

water

3/4 cup(s) (178mL)

black pepper

1/4 tsp, ground (1g)

For all 2 meals:

butter

2 1/4 tbsp (32g)

brown rice

3/4 cup (143g)

salt

1/2 tsp (3g)

water

1 1/2 cup(s) (356mL)

black pepper

1/2 tsp, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
 2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
 3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
 4. Pour the rice into a strainer over the sink and drain for 10 seconds.
 5. Return the rice to the same pot, off the heat.
 6. Cover immediately and set aside for 10 minutes (this is the steaming part).
 7. Uncover, mix in butter, and season with salt and pepper.
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