

Meal Plan - 2400 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

2358 cals ● 166g protein (28%) ● 106g fat (40%) ● 133g carbs (23%) ● 53g fiber (9%)

Lunch

1210 cals, 62g protein, 75g net carbs, 62g fat



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals



[Avocado](#)

176 cals



[Turkey, avocado, goat cheese sandwich](#)

1 1/2 sandwich(es)- 725 cals

Dinner

1145 cals, 104g protein, 59g net carbs, 43g fat



[Basic chicken breast](#)

12 oz- 476 cals



[Quinoa](#)

1 1/2 cup quinoa, cooked- 313 cals



[Garlic collard greens](#)

358 cals

Day 2

2358 cals ● 166g protein (28%) ● 106g fat (40%) ● 133g carbs (23%) ● 53g fiber (9%)

Lunch

1210 cals, 62g protein, 75g net carbs, 62g fat



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals



[Avocado](#)

176 cals



[Turkey, avocado, goat cheese sandwich](#)

1 1/2 sandwich(es)- 725 cals

Dinner

1145 cals, 104g protein, 59g net carbs, 43g fat



[Basic chicken breast](#)

12 oz- 476 cals



[Quinoa](#)

1 1/2 cup quinoa, cooked- 313 cals



[Garlic collard greens](#)

358 cals

Day 3

2420 cals ● 159g protein (26%) ● 136g fat (51%) ● 110g carbs (18%) ● 29g fiber (5%)

Lunch

1225 cals, 65g protein, 18g net carbs, 95g fat



[Italian sausage](#)

4 link- 1028 cals



[Garlic collard greens](#)

199 cals

Dinner

1195 cals, 94g protein, 92g net carbs, 42g fat



[Pork and vegetable stir fry](#)

880 cals



[Quinoa](#)

1 1/2 cup quinoa, cooked- 313 cals

Day 4

2390 cals ● 207g protein (35%) ● 139g fat (52%) ● 55g carbs (9%) ● 23g fiber (4%)

Lunch

1225 cals, 65g protein, 18g net carbs, 95g fat



[Italian sausage](#)
4 link- 1028 cals



[Garlic collard greens](#)
199 cals

Dinner

1165 cals, 142g protein, 38g net carbs, 44g fat



[Brown rice](#)
1/2 cup brown rice, cooked- 115 cals



[Baked chicken with tomatoes & olives](#)
21 oz- 1049 cals

Day 5

2355 cals ● 247g protein (42%) ● 120g fat (46%) ● 46g carbs (8%) ● 27g fiber (5%)

Lunch

1175 cals, 69g protein, 16g net carbs, 87g fat



[Chicken thighs and mushrooms](#)
9 oz- 886 cals



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

Dinner

1180 cals, 178g protein, 30g net carbs, 33g fat



[Lemon pepper chicken breast](#)
26 2/3 oz- 987 cals



[Mixed vegetables](#)
2 cup(s)- 194 cals

Day 6

2367 cals ● 156g protein (26%) ● 130g fat (49%) ● 114g carbs (19%) ● 30g fiber (5%)

Lunch

1175 cals, 69g protein, 16g net carbs, 87g fat



[Chicken thighs and mushrooms](#)
9 oz- 886 cals



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

Dinner

1195 cals, 87g protein, 98g net carbs, 43g fat



[Turkey-mixed veggies-quinoa bowl](#)
1044 cals



[Milk](#)
1 cup(s)- 149 cals

Day 7

2382 cals ● 187g protein (31%) ● 98g fat (37%) ● 160g carbs (27%) ● 29g fiber (5%)

Lunch

1190 cals, 100g protein, 63g net carbs, 55g fat



[Honey mustard chicken thighs](#)
16 oz- 687 cals



[Quinoa](#)
1 cup quinoa, cooked- 208 cals



[Buttered green beans](#)
293 cals

Dinner

1195 cals, 87g protein, 98g net carbs, 43g fat



[Turkey-mixed veggies-quinoa bowl](#)
1044 cals



[Milk](#)
1 cup(s)- 149 cals

Fats and Oils

- ☐ oil
1/3 cup (83mL)
- ☐ olive oil
3 oz (88mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/2 lbs (2014g)
- ☐ chicken thighs, with bone and skin, raw
3 thigh (6 oz ea) (510g)
- ☐ ground turkey, raw
1 1/3 lbs (605g)
- ☐ boneless skinless chicken thighs
1 lbs (454g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
2 cup (312g)
- ☐ brown rice
2 3/4 tbsp (32g)

Beverages

- ☐ water
4 3/4 cup(s) (1126mL)

Vegetables and Vegetable Products

- ☐ collard greens
3 1/2 lbs (1588g)
- ☐ garlic
10 1/2 clove(s) (32g)
- ☐ fresh spinach
1 1/2 cup(s) (45g)
- ☐ frozen mixed veggies
2 1/2 lbs (1159g)
- ☐ tomatoes
21 cherry tomatoes (357g)
- ☐ mushrooms
3/4 lbs (340g)
- ☐ kale leaves
1 1/4 bunch (213g)
- ☐ frozen green beans
2 cup (242g)

Spices and Herbs

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ goat cheese
6 tbsp (84g)
- ☐ butter
3/8 stick (48g)
- ☐ whole milk
2 cup (480mL)

Fruits and Fruit Juices

- ☐ avocados
3 3/4 avocado(s) (754g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ green olives
21 large (92g)
- ☐ lemon
1 1/4 small (73g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
9 slice (135g)

Baked Products

- ☐ bread
6 slice (192g)

Other

- ☐ stir-fry sauce
4 tbsp (68g)
- ☐ Italian pork sausage, raw
8 link (861g)
- ☐ flavored quinoa mix
1 1/3 package (4.9 oz) (185g)

Pork Products

- ☐ boneless pork loin
3/4 lbs (340g)

Sweets

- ☐ honey
1 tbsp (21g)

- ☐ salt
3/4 oz (20g)
 - ☐ black pepper
4 1/4 g (4g)
 - ☐ chili powder
3 1/2 tsp (9g)
 - ☐ fresh basil
21 leaves (11g)
 - ☐ lemon pepper
5 tsp (11g)
 - ☐ thyme, dried
1 tsp, ground (1g)
 - ☐ brown deli mustard
1 1/2 tbsp (23g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Turkey, avocado, goat cheese sandwich

1 1/2 sandwich(es) - 725 cals ● 36g protein ● 40g fat ● 40g carbs ● 16g fiber



For single meal:

avocados, ripe, sliced
3/4 avocado(s) (151g)
turkey cold cuts
4 1/2 slice (68g)
goat cheese
3 tbsp (42g)
bread
3 slice (96g)
fresh spinach
3/4 cup(s) (23g)

For all 2 meals:

avocados, ripe, sliced
1 1/2 avocado(s) (302g)
turkey cold cuts
9 slice (135g)
goat cheese
6 tbsp (84g)
bread
6 slice (192g)
fresh spinach
1 1/2 cup(s) (45g)

1. On one slice of bread, layer spinach and avocado and season with salt and pepper to taste.
2. On the other slice of bread, spread the goat cheese, and lightly press the turkey slices into the cheese.
3. Close the sandwich
4. Optional: Heat in panini press. If you don't have a panini press, you can heat the sandwich on a skillet and use a heavy pot and press the sandwich while it cooks on both sides.

Lunch 2 [🔗](#)

Eat on day 3, day 4

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 1/2" 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.

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens
10 oz (284g)
oil
2 tsp (9mL)
garlic, minced
2 clove(s) (6g)
salt
1 1/4 dash (1g)

For all 2 meals:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
garlic, minced
3 3/4 clove(s) (11g)
salt
1/3 tsp (2g)

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.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Chicken thighs and mushrooms

9 oz - 886 cals ● 63g protein ● 68g fat ● 4g carbs ● 2g fiber



For single meal:

olive oil

1 1/2 tbsp (23mL)

mushrooms, sliced 1/4 in thick

6 oz (170g)

salt

1 1/2 dash (1g)

water

3/8 cup(s) (89mL)

butter

3/4 tbsp (11g)

black pepper

1 1/2 dash (0g)

chicken thighs, with bone and skin, raw

1 1/2 thigh (6 oz ea) (255g)

For all 2 meals:

olive oil

3 tbsp (45mL)

mushrooms, sliced 1/4 in thick

3/4 lbs (340g)

salt

3 dash (1g)

water

3/4 cup(s) (178mL)

butter

1 1/2 tbsp (21g)

black pepper

3 dash (0g)

chicken thighs, with bone and skin, raw

3 thigh (6 oz ea) (510g)

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. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

For all 2 meals:

kale leaves, chopped

1 1/4 bunch (213g)

lemon, juiced

1 1/4 small (73g)

avocados, chopped

1 1/4 avocado(s) (251g)

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 4 [🔗](#)

Eat on day 7

Honey mustard chicken thighs

16 oz - 687 cals ● 87g protein ● 29g fat ● 18g carbs ● 1g fiber



Makes 16 oz

honey

1 tbsp (21g)

thyme, dried

1 tsp, ground (1g)

salt

2 dash (2g)

boneless skinless chicken thighs

1 lbs (454g)

brown deli mustard

1 1/2 tbsp (23g)

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.

Quinoa

1 cup quinoa, cooked - 208 cals ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Buttered green beans

293 cals ● 5g protein ● 23g fat ● 12g carbs ● 6g fiber

**frozen green beans**

2 cup (242g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

butter

2 tbsp (27g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Dinner 1 [↗](#)

Eat on day 1, day 2

Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



For single meal:

oil

3/4 tbsp (11mL)

boneless skinless chicken breast, raw

3/4 lbs (336g)

For all 2 meals:

oil

1 1/2 tbsp (23mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

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.

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

quinoa, uncooked
1/2 cup (85g)
water
1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked
1 cup (170g)
water
2 cup(s) (474mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Garlic collard greens

358 cals ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



For single meal:

collard greens
18 oz (510g)
oil
1 tbsp (17mL)
garlic, minced
3 1/2 clove(s) (10g)
salt
1/4 tsp (2g)

For all 2 meals:

collard greens
2 1/4 lbs (1021g)
oil
2 1/4 tbsp (34mL)
garlic, minced
6 3/4 clove(s) (20g)
salt
1/2 tsp (3g)

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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Dinner 2 [↗](#)

Eat on day 3

Pork and vegetable stir fry

880 cals ● 82g protein ● 37g fat ● 43g carbs ● 12g fiber



stir-fry sauce

4 tbsp (68g)

frozen mixed veggies

1 10oz package (284g)

oil, divided

1/2 tbsp (8mL)

black pepper

4 dash, ground (1g)

salt

2 dash (2g)

boneless pork loin, cubed

3/4 lbs (340g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork 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 pork to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until pork is fully cooked.
6. Serve.

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Dinner 3 [🔗](#)

Eat on day 4

Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Baked chicken with tomatoes & olives

21 oz - 1049 cal ● 140g protein ● 43g fat ● 14g carbs ● 11g fiber



Makes 21 oz

tomatoes

21 cherry tomatoes (357g)

olive oil

3 1/2 tsp (18mL)

salt

1 tsp (5g)

green olives

21 large (92g)

black pepper

1 tsp (1g)

chili powder

3 1/2 tsp (9g)

boneless skinless chicken breast, raw

1 1/3 lbs (595g)

fresh basil, shredded

21 leaves (11g)

1. Heat the oven to 425 F (220 C)
 2. Put chicken breast in a small baking dish.
 3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
 4. On top of the chicken put the tomato, basil, and olives.
 5. Put the baking dish in the oven and cook for about 25 minutes.
 6. Check the chicken is cooked through. If not then add a few minutes of cook time.
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Dinner 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

26 2/3 oz - 987 cals ● 169g protein ● 31g fat ● 4g carbs ● 3g fiber



Makes 26 2/3 oz

lemon pepper

5 tsp (11g)

olive oil

2 1/2 tsp (12mL)

boneless skinless chicken breast, raw

1 2/3 lbs (747g)

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.

Mixed vegetables

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



Makes 2 cup(s)

frozen mixed veggies
2 cup (270g)

1. Prepare according to instructions on package.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Turkey-mixed veggies-quinoa bowl

1044 cal ● 79g protein ● 35g fat ● 86g carbs ● 17g fiber



For single meal:

olive oil
1/2 tbsp (7mL)
ground turkey, raw
2/3 lbs (302g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
flavored quinoa mix
2/3 package (4.9 oz) (93g)
frozen mixed veggies
2/3 package (16 oz ea) (302g)

For all 2 meals:

olive oil
1 tbsp (13mL)
ground turkey, raw
1 1/3 lbs (605g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
flavored quinoa mix
1 1/3 package (4.9 oz) (185g)
frozen mixed veggies
1 1/3 package (16 oz ea) (605g)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) and serve.

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.
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