

Meal Plan - 2500 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

2527 cals ● 166g protein (26%) ● 160g fat (57%) ● 80g carbs (13%) ● 27g fiber (4%)

Lunch

1235 cals, 77g protein, 76g net carbs, 59g fat



[Sunflower seeds](#)

496 cals



[Chunky canned soup \(non-creamy\)](#)

3 can(s)- 741 cals

Dinner

1290 cals, 89g protein, 4g net carbs, 100g fat



[Buffalo drumsticks](#)

18 2/3 oz- 1089 cals



[Buttered broccoli](#)

1 1/2 cup(s)- 200 cals

Day 2

2482 cals ● 200g protein (32%) ● 127g fat (46%) ● 103g carbs (17%) ● 32g fiber (5%)

Lunch

1235 cals, 77g protein, 76g net carbs, 59g fat



[Sunflower seeds](#)

496 cals



[Chunky canned soup \(non-creamy\)](#)

3 can(s)- 741 cals

Dinner

1245 cals, 123g protein, 27g net carbs, 67g fat



[Chicken beet & carrot salad bowl](#)

1011 cals



[Walnuts](#)

1/3 cup(s)- 233 cals

Day 3

2524 cals ● 171g protein (27%) ● 160g fat (57%) ● 74g carbs (12%) ● 25g fiber (4%)

Lunch

1280 cals, 48g protein, 47g net carbs, 93g fat



[Roasted almonds](#)

1/2 cup(s)- 443 cals



[Pesto grilled cheese sandwich](#)

1 1/2 sandwich(es)- 836 cals

Dinner

1245 cals, 123g protein, 27g net carbs, 67g fat



[Chicken beet & carrot salad bowl](#)

1011 cals



[Walnuts](#)

1/3 cup(s)- 233 cals

Day 4

2540 cals ● 192g protein (30%) ● 83g fat (29%) ● 232g carbs (37%) ● 25g fiber (4%)

Lunch

1235 cals, 88g protein, 124g net carbs, 36g fat



String cheese
3 stick(s)- 248 cals



Turkey & hummus deli sandwich
2 sandwich(es)- 698 cals



Flavored rice mix
287 cals

Dinner

1305 cals, 104g protein, 108g net carbs, 47g fat



Simple mixed greens and tomato salad
151 cals



Garlic chicken with orzo
1156 cals

Day 5

2495 cals ● 254g protein (41%) ● 110g fat (40%) ● 82g carbs (13%) ● 41g fiber (7%)

Lunch

1275 cals, 73g protein, 67g net carbs, 65g fat



Avocado
351 cals



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

Dinner

1220 cals, 181g protein, 14g net carbs, 45g fat



Marinated chicken breast
28 oz- 989 cals



Simple kale & avocado salad
230 cals

Day 6

2495 cals ● 254g protein (41%) ● 110g fat (40%) ● 82g carbs (13%) ● 41g fiber (7%)

Lunch

1275 cals, 73g protein, 67g net carbs, 65g fat



Avocado
351 cals



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

Dinner

1220 cals, 181g protein, 14g net carbs, 45g fat



Marinated chicken breast
28 oz- 989 cals



Simple kale & avocado salad
230 cals

Day 7

2470 cals ● 204g protein (33%) ● 156g fat (57%) ● 34g carbs (5%) ● 30g fiber (5%)

Lunch

1240 cals, 118g protein, 14g net carbs, 74g fat



Olive oil drizzled broccoli
3 1/2 cup(s)- 244 cals



Caprese chicken
13 1/3 oz- 995 cals

Dinner

1230 cals, 86g protein, 19g net carbs, 82g fat



Simple kale & avocado salad
460 cals



Baked chicken thighs
12 oz- 770 cals

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
3 tbsp (46mL)
- ☐ chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)
- ☐ apple cider vinegar
2 1/4 tsp (1mL)
- ☐ pesto sauce
5 tbsp (77g)

Fats and Oils

- ☐ oil
1/4 lbs (109mL)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ marinade sauce
1 3/4 cup (420mL)
- ☐ olive oil
3 1/2 tsp (18mL)

Spices and Herbs

- ☐ salt
1/4 oz (8g)
- ☐ black pepper
1 g (1g)
- ☐ thyme, dried
1 1/2 g (1g)
- ☐ crushed red pepper
1 1/2 dash (0g)
- ☐ fresh basil
3 1/3 tbsp, chopped (9g)

Other

- ☐ Chicken, drumsticks, with skin
18 3/4 oz (529g)
- ☐ mixed greens
4 cup (120g)
- ☐ italian seasoning
1/4 tbsp (3g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
5 cup (455g)
- ☐ carrots
2 1/4 medium (137g)
- ☐ beets, precooked (canned or refrigerated)
18 oz (510g)

Dairy and Egg Products

- ☐ butter
3 tbsp (43g)
- ☐ cheese
3 slice (1 oz each) (84g)
- ☐ parmesan cheese
3 tbsp (19g)
- ☐ string cheese
3 stick (84g)
- ☐ fresh mozzarella cheese
3 1/3 oz (95g)

Nut and Seed Products

- ☐ sunflower kernels
1/3 lbs (156g)
- ☐ walnuts
2/3 cup, shelled (67g)
- ☐ almonds
1/2 cup, whole (72g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
7 1/3 lbs (3285g)
- ☐ chicken thighs, with bone and skin, raw
3/4 lbs (340g)

Baked Products

- ☐ bread
19 oz (544g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
3/4 cup orzo (128g)

Legumes and Legume Products

- ☐ hummus
4 tbsp (60g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1/2 lbs (227g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/2 pouch (~5.6 oz) (79g)

- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (313g)
 - ☐ fresh spinach
1 1/2 cup(s) (45g)
 - ☐ fresh parsley
3/4 cup chopped (45g)
 - ☐ garlic
1 1/2 clove(s) (5g)
 - ☐ kale leaves
2 bunch (340g)
 - ☐ onion
5/8 small (44g)
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Fruits and Fruit Juices

- ☐ lemon
2 small (116g)
- ☐ avocados
5 1/4 avocado(s) (1055g)
- ☐ lemon juice
2 tsp (10mL)
- ☐ lime juice
2 1/2 tsp (13mL)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/2 can (430g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

496 cals ● 23g protein ● 39g fat ● 6g carbs ● 7g fiber



For single meal:

sunflower kernels
2 3/4 oz (78g)

For all 2 meals:

sunflower kernels
1/3 lbs (156g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 3

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.

Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cals ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

butter, softened

1 1/2 tbsp (21g)

pesto sauce

1 1/2 tbsp (24g)

cheese

3 slice (1 oz each) (84g)

tomatoes

3 slice(s), thin/small (45g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 3 [↗](#)

Eat on day 4

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

string cheese

3 stick (84g)

1. This recipe has no instructions.

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.

Flavored rice mix

287 cal ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Avocado

351 cal ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

For all 2 meals:

avocados

2 avocado(s) (402g)

lemon juice

2 tsp (10mL)

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

Avocado tuna salad sandwich

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



For single meal:

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)
canned tuna, drained
1 1/4 can (215g)
bread
5 slice (160g)
onion, minced
1/3 small (22g)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
lime juice
2 1/2 tsp (13mL)
avocados
1 1/4 avocado(s) (251g)
canned tuna, drained
2 1/2 can (430g)
bread
10 slice (320g)
onion, minced
5/8 small (44g)

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 5 [↗](#)

Eat on day 7

Olive oil drizzled broccoli

3 1/2 cup(s) - 244 cals ● 9g protein ● 16g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
frozen broccoli
3 1/2 cup (319g)
olive oil
3 1/2 tsp (18mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Caprese chicken

13 1/3 oz - 995 cals ● 108g protein ● 58g fat ● 8g carbs ● 2g fiber



Makes 13 1/3 oz

italian seasoning

1 tsp (3g)

pesto sauce

1/4 cup (53g)

oil

1/2 tbsp (8mL)

tomatoes, quartered

5 cherry tomatoes (85g)

fresh basil

1/4 cup, chopped (9g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

boneless skinless chicken breast, raw

13 1/3 oz (373g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Dinner 1 [🔗](#)

Eat on day 1

Buffalo drumsticks

18 2/3 oz - 1089 cals ● 84g protein ● 83g fat ● 1g carbs ● 0g fiber



Makes 18 2/3 oz

Frank's Red Hot sauce

3 tbsp (47mL)

oil

1 3/4 tsp (9mL)

salt

1/4 tsp (2g)

black pepper

1/4 tsp, ground (1g)

Chicken, drumsticks, with skin

18 2/3 oz (529g)

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.

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

butter

1 1/2 tbsp (21g)

1. Prepare broccoli according to instructions on package.
 2. Mix in butter until melted and season with salt and pepper to taste.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Chicken beet & carrot salad bowl

1011 cals ● 118g protein ● 45g fat ● 25g carbs ● 7g fiber



For single meal:

boneless skinless chicken breast, raw, cubed

18 oz (504g)

apple cider vinegar

1 tsp (0mL)

thyme, dried

1/2 tsp, leaves (1g)

oil

2 1/4 tbsp (34mL)

carrots, thinly sliced

1 medium (69g)

beets, precooked (canned or refrigerated), cubed

1/2 lbs (255g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed

2 1/4 lbs (1008g)

apple cider vinegar

2 1/4 tsp (1mL)

thyme, dried

1 tsp, leaves (1g)

oil

1/4 cup (68mL)

carrots, thinly sliced

2 1/4 medium (137g)

beets, precooked (canned or refrigerated), cubed

18 oz (510g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

1/3 cup, shelled (33g)

For all 2 meals:

walnuts

2/3 cup, shelled (67g)

1. This recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 4

Simple mixed greens and tomato salad

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



salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Garlic chicken with orzo

1156 cal ● 101g protein ● 38g fat ● 98g carbs ● 7g fiber



oil

1 1/2 tbsp (23mL)

parmesan cheese

3 tbsp (19g)

fresh spinach

1 1/2 cup(s) (45g)

fresh parsley

3/4 cup chopped (45g)

salt

1/4 tbsp (5g)

boneless skinless chicken breast, raw, cut into bite-size pieces

3/4 lbs (336g)

crushed red pepper

1 1/2 dash (0g)

garlic, minced

1 1/2 clove(s) (5g)

uncooked dry pasta

3/4 cup orzo (128g)

1. Bring a large pot of lightly salted water to a boil. Add orzo pasta, cook for 8 to 10 minutes, until al dente, and drain.
 2. Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minute, until garlic is golden brown.
 3. Stir in chicken, season with salt, and cook 2 to 5 minutes, until lightly browned and juices run clear.
 4. Reduce heat to medium, and mix in the parsley and cooked orzo. Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted.
 5. Serve topped with Parmesan cheese.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Marinated chicken breast

28 oz - 989 cals ● 176g protein ● 29g fat ● 5g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

1 3/4 lbs (784g)

marinade sauce

14 tbsp (210mL)

For all 2 meals:

boneless skinless chicken breast, raw

3 1/2 lbs (1568g)

marinade sauce

1 3/4 cup (420mL)

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.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

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.

Dinner 5 [↗](#)

Eat on day 7

Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

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.

Baked chicken thighs

12 oz - 770 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



Makes 12 oz

chicken thighs, with bone and skin, raw

3/4 lbs (340g)

thyme, dried

1 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
 2. Arrange the chicken thighs on a baking sheet or in a baking dish.
 3. Season thighs with thyme and some salt and pepper.
 4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
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