

# Meal Plan - 2700 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

2731 cals ● 185g protein (27%) ● 152g fat (50%) ● 108g carbs (16%) ● 48g fiber (7%)

### Lunch

1340 cals, 76g protein, 97g net carbs, 57g fat



[Chunky canned soup \(non-creamy\)](#)  
4 can(s)- 988 cals



[Avocado](#)  
351 cals

### Dinner

1390 cals, 109g protein, 11g net carbs, 95g fat



[Roasted broccoli](#)  
147 cals



[Buffalo drumsticks](#)  
21 1/3 oz- 1245 cals

## Day 2

2687 cals ● 169g protein (25%) ● 118g fat (40%) ● 195g carbs (29%) ● 41g fiber (6%)

### Lunch

1380 cals, 87g protein, 65g net carbs, 78g fat



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



[Roasted cashews](#)  
1/3 cup(s)- 278 cals

### Dinner

1310 cals, 82g protein, 130g net carbs, 40g fat



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



[Basic baked potato](#)  
2 potato(es)- 528 cals



[Almond crusted tilapia](#)  
10 oz- 706 cals

## Day 3

2687 cals ● 169g protein (25%) ● 118g fat (40%) ● 195g carbs (29%) ● 41g fiber (6%)

### Lunch

1380 cals, 87g protein, 65g net carbs, 78g fat



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



[Roasted cashews](#)  
1/3 cup(s)- 278 cals

### Dinner

1310 cals, 82g protein, 130g net carbs, 40g fat



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



[Basic baked potato](#)  
2 potato(es)- 528 cals



[Almond crusted tilapia](#)  
10 oz- 706 cals

## Day 4

2704 cals ● 198g protein (29%) ● 84g fat (28%) ● 255g carbs (38%) ● 34g fiber (5%)

### Lunch

1335 cals, 90g protein, 118g net carbs, 51g fat



[Ham, bacon, avocado bagel sandwich](#)

1 1/2 sandwich(es)- 1027 cals



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals

### Dinner

1365 cals, 108g protein, 137g net carbs, 33g fat



[Basic baked potato](#)

2 potato(es)- 528 cals



[Bbq glazed meatloaf](#)

3 meatloaves- 839 cals

## Day 5

2704 cals ● 198g protein (29%) ● 84g fat (28%) ● 255g carbs (38%) ● 34g fiber (5%)

### Lunch

1335 cals, 90g protein, 118g net carbs, 51g fat



[Ham, bacon, avocado bagel sandwich](#)

1 1/2 sandwich(es)- 1027 cals



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals

### Dinner

1365 cals, 108g protein, 137g net carbs, 33g fat



[Basic baked potato](#)

2 potato(es)- 528 cals



[Bbq glazed meatloaf](#)

3 meatloaves- 839 cals

## Day 6

2643 cals ● 235g protein (35%) ● 120g fat (41%) ● 122g carbs (18%) ● 35g fiber (5%)

### Lunch

1305 cals, 103g protein, 67g net carbs, 62g fat



[Steak & cauliflower skillet](#)

1018 cals



[Lentils](#)

289 cals

### Dinner

1335 cals, 132g protein, 55g net carbs, 58g fat



[Baked fries](#)

386 cals



[Olive oil drizzled broccoli](#)

3 cup(s)- 209 cals



[Basic chicken breast](#)

18 2/3 oz- 740 cals

## Day 7

2643 cals ● 235g protein (35%) ● 120g fat (41%) ● 122g carbs (18%) ● 35g fiber (5%)

### Lunch

1305 cals, 103g protein, 67g net carbs, 62g fat



[Steak & cauliflower skillet](#)

1018 cals



[Lentils](#)

289 cals

### Dinner

1335 cals, 132g protein, 55g net carbs, 58g fat



[Baked fries](#)

386 cals



[Olive oil drizzled broccoli](#)

3 cup(s)- 209 cals



[Basic chicken breast](#)

18 2/3 oz- 740 cals

## Vegetables and Vegetable Products

- ☐ frozen broccoli  
2 1/4 lbs (972g)
- ☐ tomatoes  
1 2/3 medium whole (2-3/5" dia) (210g)
- ☐ potatoes  
10 large (3" to 4-1/4" dia.) (3690g)
- ☐ garlic  
5 clove(s) (15g)
- ☐ onion  
1 1/4 small (88g)
- ☐ tomato paste  
2 1/2 tbsp (40g)
- ☐ cauliflower  
1 1/4 head medium (5-6" dia.) (735g)

## Spices and Herbs

- ☐ salt  
11 1/2 g (11g)
- ☐ black pepper  
2 g (2g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ onion powder  
3 dash (1g)
- ☐ chipotle seasoning  
1/4 tbsp (2g)
- ☐ crushed red pepper  
1/3 tsp (1g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/4 cup (53mL)
- ☐ chunky canned soup (non-creamy varieties)  
4 can (~19 oz) (2104g)
- ☐ barbecue sauce  
6 tbsp (102g)

## Fats and Oils

- ☐ oil  
3 oz (94mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ olive oil  
1 3/4 oz (55mL)

## Other

## Fruits and Fruit Juices

- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ lemon juice  
1 tsp (5mL)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1 1/4 lbs (560g)

## Nut and Seed Products

- ☐ almonds  
13 1/4 tbsp, slivered (90g)
- ☐ roasted cashews  
2/3 cup, halves and whole (91g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/2 cup(s) (69g)

## Pork Products

- ☐ bacon  
14 slice(s) (140g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
1 3/4 lbs (794g)

## Baked Products

- ☐ bread  
11 slice (352g)
- ☐ bagel  
3 medium bagel (3-1/2" to 4" dia) (315g)

## Dairy and Egg Products

- ☐ sliced cheese  
7 slice (3/4 oz ea) (147g)
- ☐ lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- ☐ butter  
2 1/2 tbsp (36g)

## Beverages

☐ Chicken, drumsticks, with skin  
1 1/3 lbs (605g)

☐ mixed greens  
3 cup (90g)

☐ water  
1/4 gallon (883mL)

### **Beef Products**

☐ ground beef (93% lean)  
30 oz (851g)

☐ sirloin steak, raw  
1 1/2 lbs (709g)

### **Poultry Products**

☐ boneless skinless chicken breast, raw  
2 1/3 lbs (1045g)

### **Legumes and Legume Products**

☐ lentils, raw  
13 1/4 tbsp (160g)

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## Lunch 1 [↗](#)

Eat on day 1

### Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

#### chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

### Avocado

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



#### 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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Ham, bacon, avocado sandwich

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



For single meal:

#### bacon

4 slice(s) (40g)

#### ham cold cuts

1/2 lbs (227g)

#### bread

4 slice (128g)

#### avocados, sliced

1/2 avocado(s) (101g)

#### sliced cheese

2 slice (3/4 oz ea) (42g)

For all 2 meals:

#### bacon

8 slice(s) (80g)

#### ham cold cuts

1 lbs (454g)

#### bread

8 slice (256g)

#### avocados, sliced

1 avocado(s) (201g)

#### sliced cheese

4 slice (3/4 oz ea) (84g)

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

### Roasted cashews

1/3 cup(s) - 278 cals ● 7g protein ● 21g fat ● 14g carbs ● 1g fiber



For single meal:

**roasted cashews**

1/3 cup, halves and whole (46g)

For all 2 meals:

**roasted cashews**

2/3 cup, halves and whole (91g)

1. This recipe has no instructions.

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## Lunch 3 [🔗](#)

Eat on day 4, day 5

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### Ham, bacon, avocado bagel sandwich

1 1/2 sandwich(es) - 1027 cals ● 66g protein ● 43g fat ● 85g carbs ● 9g fiber



For single meal:

**avocados, sliced**

3/8 avocado(s) (75g)

**bacon**

3 slice(s) (30g)

**ham cold cuts**

6 oz (170g)

**bagel**

1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

**sliced cheese**

1 1/2 slice (3/4 oz ea) (32g)

**tomatoes**

4 1/2 slice(s), thin/small (68g)

For all 2 meals:

**avocados, sliced**

3/4 avocado(s) (151g)

**bacon**

6 slice(s) (60g)

**ham cold cuts**

3/4 lbs (340g)

**bagel**

3 medium bagel (3-1/2" to 4" dia) (315g)

**sliced cheese**

3 slice (3/4 oz ea) (63g)

**tomatoes**

9 slice(s), thin/small (135g)

1. Cook bacon according to package.
2. Build the sandwich to your liking.

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### 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.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

### Steak & cauliflower skillet

1018 cals ● 83g protein ● 61g fat ● 25g carbs ● 9g fiber



For single meal:

**crushed red pepper**

1 1/4 dash (0g)

**garlic, diced**

2 1/2 clove(s) (8g)

**onion, diced**

5/8 small (44g)

**tomato paste**

1 1/4 tbsp (20g)

**butter**

1 1/4 tbsp (18g)

**sirloin steak, raw, sliced into strips**

3/4 lbs (354g)

**cauliflower, cut into florets**

5/8 head medium (5-6" dia.) (368g)

For all 2 meals:

**crushed red pepper**

1/3 tsp (1g)

**garlic, diced**

5 clove(s) (15g)

**onion, diced**

1 1/4 small (88g)

**tomato paste**

2 1/2 tbsp (40g)

**butter**

2 1/2 tbsp (36g)

**sirloin steak, raw, sliced into strips**

1 1/2 lbs (709g)

**cauliflower, cut into florets**

1 1/4 head medium (5-6" dia.) (735g)

1. Melt butter in a skillet over medium heat and add garlic. Cook about 1 minute until fragrant.
2. Turn the heat to high and add beef. Once beef is almost done, remove meat from the pan and set aside.
3. Reduce the heat back to medium and add in the diced onion. Cook for about 10 minutes until softened and browned.
4. Add in the cauliflower florets and cook for another 5-10 minutes until the cauliflower is slightly browned.
5. Add the tomato paste and cooked beef and stir, cooking for another couple of minutes.
6. Season to taste with a pinch of salt/pepper and the crushed red pepper flakes. Serve.

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**

1 dash (1g)

**water**

1 2/3 cup(s) (395mL)

**lentils, raw, rinsed**

6 2/3 tbsp (80g)

For all 2 meals:

**salt**

1/4 tsp (1g)

**water**

3 1/3 cup(s) (790mL)

**lentils, raw, rinsed**

13 1/3 tbsp (160g)

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

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### Roasted broccoli

147 cals ● 13g protein ● 0g fat ● 10g carbs ● 13g fiber



#### **frozen broccoli**

1 1/2 package (426g)

#### **salt**

3 dash (2g)

#### **black pepper**

3 dash, ground (1g)

#### **garlic powder**

3 dash (1g)

#### **onion powder**

3 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

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### Buffalo drumsticks

21 1/3 oz - 1245 cals ● 96g protein ● 95g fat ● 1g carbs ● 0g fiber



Makes 21 1/3 oz

#### **Frank's Red Hot sauce**

1/4 cup (53mL)

#### **oil**

2 tsp (10mL)

#### **salt**

1/3 tsp (2g)

#### **black pepper**

1/3 tsp, ground (1g)

#### **Chicken, drumsticks, with skin**

1 1/3 lbs (605g)

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.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**salad dressing**

1 1/2 tbsp (23mL)

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

For all 2 meals:

**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.

### Basic baked potato

2 potato(es) - 528 cals ● 12g protein ● 2g fat ● 98g carbs ● 18g fiber



For single meal:

**potatoes**

2 large (3" to 4-1/4" dia.) (738g)

**salt**

2 dash (1g)

**oil**

1 tsp (5mL)

For all 2 meals:

**potatoes**

4 large (3" to 4-1/4" dia.) (1476g)

**salt**

4 dash (2g)

**oil**

2 tsp (10mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

### Almond crusted tilapia

10 oz - 706 cals ● 68g protein ● 34g fat ● 27g carbs ● 6g fiber



For single meal:

**tilapia, raw**

10 oz (280g)

**almonds**

6 2/3 tbsp, slivered (45g)

**all-purpose flour**

1/4 cup(s) (35g)

**salt**

1/4 tsp (1g)

**olive oil**

2 1/2 tsp (13mL)

For all 2 meals:

**tilapia, raw**

1 1/4 lbs (560g)

**almonds**

13 1/3 tbsp, slivered (90g)

**all-purpose flour**

1/2 cup(s) (69g)

**salt**

1/2 tsp (1g)

**olive oil**

5 tsp (25mL)

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

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### Basic baked potato

2 potato(es) - 528 cals ● 12g protein ● 2g fat ● 98g carbs ● 18g fiber



For single meal:

#### potatoes

2 large (3" to 4-1/4" dia.) (738g)

#### salt

2 dash (1g)

#### oil

1 tsp (5mL)

For all 2 meals:

#### potatoes

4 large (3" to 4-1/4" dia.) (1476g)

#### salt

4 dash (2g)

#### oil

2 tsp (10mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

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### 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.

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## Dinner 4 [🔗](#)

Eat on day 6, day 7

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### Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**potatoes**  
2 large (3" to 4-1/4" dia.) (738g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

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### Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen broccoli**  
6 cup (546g)  
**olive oil**  
2 tbsp (30mL)

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

## Basic chicken breast

18 2/3 oz - 740 cal ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
3 1/2 tsp (17mL)  
**boneless skinless chicken breast, raw**  
18 2/3 oz (523g)

For all 2 meals:

**oil**  
2 1/3 tbsp (35mL)  
**boneless skinless chicken breast, raw**  
2 1/3 lbs (1045g)

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.
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