

Meal Plan - 2800 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

2771 cals ● 260g protein (38%) ● 128g fat (42%) ● 114g carbs (17%) ● 30g fiber (4%)

Lunch

1395 cals, 127g protein, 84g net carbs, 52g fat



[Mashed sweet potatoes with butter](#)
498 cals



[Baked chicken with tomatoes & olives](#)
18 oz- 899 cals

Dinner

1375 cals, 133g protein, 30g net carbs, 76g fat



[Greek turkey meatballs](#)
8 meatballs- 1096 cals



[Pan roasted zucchini](#)
277 cals

Day 2

2771 cals ● 260g protein (38%) ● 128g fat (42%) ● 114g carbs (17%) ● 30g fiber (4%)

Lunch

1395 cals, 127g protein, 84g net carbs, 52g fat



[Mashed sweet potatoes with butter](#)
498 cals



[Baked chicken with tomatoes & olives](#)
18 oz- 899 cals

Dinner

1375 cals, 133g protein, 30g net carbs, 76g fat



[Greek turkey meatballs](#)
8 meatballs- 1096 cals



[Pan roasted zucchini](#)
277 cals

Day 3

2847 cals ● 279g protein (39%) ● 101g fat (32%) ● 165g carbs (23%) ● 41g fiber (6%)

Lunch

1470 cals, 99g protein, 106g net carbs, 61g fat



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



[Simple mozzarella and tomato salad](#)
484 cals

Dinner

1375 cals, 179g protein, 59g net carbs, 40g fat



[Southwest chicken](#)
24 oz- 1086 cals



[Lentils](#)
289 cals

Day 4

2793 cals ● 230g protein (33%) ● 95g fat (30%) ● 219g carbs (31%) ● 35g fiber (5%)

Lunch

1420 cals, 51g protein, 160g net carbs, 55g fat



[Simple garlic bread](#)
6 slice(s)- 688 cals



[Spinach parmesan pasta](#)
731 cals

Dinner

1375 cals, 179g protein, 59g net carbs, 40g fat



[Southwest chicken](#)
24 oz- 1086 cals




[Lentils](#)
289 cals

Day 5

2649 cals 233g protein (35%) 84g fat (29%) 196g carbs (30%) 44g fiber (7%)


Lunch

1235 cals, 50g protein, 129g net carbs, 44g fat




Brown rice

1 1/3 cup brown rice, cooked- 306 cals



Grapes

160 cals




Goat cheese and marinara stuffed zucchini

8 zucchini halve(s)- 768 cals


Dinner

1415 cals, 183g protein, 67g net carbs, 40g fat



Basic chicken breast

24 oz- 952 cals



Lentils


463 cals

Day 6

2649 cals 233g protein (35%) 84g fat (29%) 196g carbs (30%) 44g fiber (7%)


Lunch

1235 cals, 50g protein, 129g net carbs, 44g fat




Brown rice

1 1/3 cup brown rice, cooked- 306 cals



Grapes

160 cals




Goat cheese and marinara stuffed zucchini

8 zucchini halve(s)- 768 cals


Dinner

1415 cals, 183g protein, 67g net carbs, 40g fat



Basic chicken breast

24 oz- 952 cals



Lentils


463 cals

Day 7

2691 cals 313g protein (46%) 70g fat (23%) 175g carbs (26%) 29g fiber (4%)


Lunch

1395 cals, 195g protein, 67g net carbs, 32g fat



Lemon pepper chicken breast

26 oz- 962 cals




Lentils

434 cals


Dinner

1295 cals, 118g protein, 107g net carbs, 38g fat



Chicken fajitas

4 tortilla(s)- 1123 cals



Brown rice

3/4 cup brown rice, cooked- 172 cals

Other

- ☐ tzatziki
1 cup(s) (224g)

Spices and Herbs

- ☐ garlic powder
1/2 oz (14g)
- ☐ oregano, dried
5 g (5g)
- ☐ black pepper
1/2 oz (17g)
- ☐ salt
5 tsp (30g)
- ☐ chili powder
3/4 oz (18g)
- ☐ fresh basil
2/3 oz (23g)
- ☐ taco seasoning mix
3 tbsp (26g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ lemon pepper
5 tsp (11g)

Vegetables and Vegetable Products

- ☐ fresh parsley
1/2 cup chopped (30g)
- ☐ red onion
1 small (70g)
- ☐ zucchini
10 1/2 large (3433g)
- ☐ sweet potatoes
4 sweetpotato, 5" long (840g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (885g)
- ☐ bell pepper
6 large (960g)
- ☐ garlic
1 clove(s) (3g)
- ☐ fresh spinach
1/2 10oz package (142g)
- ☐ onion
1/2 large (75g)

Dairy and Egg Products

- ☐ eggs
2 large (100g)

Poultry Products

- ☐ ground turkey, raw
2 1/2 lbs (1134g)
- ☐ boneless skinless chicken breast, raw
11 lbs (4885g)

Fats and Oils

- ☐ olive oil
3 oz (92mL)
- ☐ oil
3 oz (89mL)
- ☐ balsamic vinaigrette
2 tbsp (31mL)

Fruits and Fruit Juices

- ☐ green olives
36 large (158g)
- ☐ grapes
5 1/2 cup (506g)
- ☐ limes
1/2 fruit (2" dia) (34g)

Beverages

- ☐ water
13 1/2 cup(s) (3226mL)

Legumes and Legume Products

- ☐ lentils, raw
2 3/4 cup (536g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ pasta sauce
2 cup (520g)

Baked Products

- ☐ bread
6 slice (192g)
- ☐ flour tortillas
4 tortilla medium (approx 6" dia) (120g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)

☐ butter
3/4 stick (84g)

☐ cheese
6 tbsp, shredded (42g)

☐ fresh mozzarella cheese
4 oz (113g)

☐ parmesan cheese
4 tbsp (25g)

☐ goat cheese
1/2 lbs (227g)

☐ brown rice
1 cup (216g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Mashed sweet potatoes with butter

498 cal ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

butter

2 2/3 tbsp (36g)

sweet potatoes

4 sweetpotato, 5" long (840g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Baked chicken with tomatoes & olives

18 oz - 899 cal ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

tomatoes

18 cherry tomatoes (306g)

olive oil

1 tbsp (15mL)

salt

1/4 tbsp (5g)

green olives

18 large (79g)

black pepper

1/4 tbsp (1g)

chili powder

1 tbsp (8g)

boneless skinless chicken breast, raw

18 oz (510g)

fresh basil, shredded

18 leaves (9g)

For all 2 meals:

tomatoes

36 cherry tomatoes (612g)

olive oil

2 tbsp (30mL)

salt

1/2 tbsp (9g)

green olives

36 large (158g)

black pepper

1/2 tbsp (1g)

chili powder

2 tbsp (16g)

boneless skinless chicken breast, raw

2 1/4 lbs (1021g)

fresh basil, shredded

36 leaves (18g)

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.

Lunch 2 [↗](#)

Eat on day 3

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.

Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 3 [↗](#)

Eat on day 4

Simple garlic bread

6 slice(s) - 688 cals ● 24g protein ● 29g fat ● 71g carbs ● 12g fiber



Makes 6 slice(s)

bread

6 slice (192g)

butter

2 tbsp (27g)

garlic powder

3 dash (2g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Spinach parmesan pasta

731 cals ● 27g protein ● 27g fat ● 89g carbs ● 7g fiber

**uncooked dry pasta**

4 oz (114g)

butter

1 1/2 tbsp (21g)

garlic, minced

1 clove(s) (3g)

fresh spinach

1/2 10oz package (142g)

parmesan cheese

4 tbsp (25g)

salt

2 dash (2g)

black pepper

1 tsp, ground (2g)

water

1/6 cup(s) (39mL)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Brown rice

1 1/3 cup brown rice, cooked - 306 cals ● 6g protein ● 2g fat ● 62g carbs ● 3g fiber



For single meal:

brown rice

1/2 cup (84g)

salt

1/3 tsp (2g)

water

1 cup(s) (211mL)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

brown rice

1 cup (169g)

salt

1/4 tbsp (4g)

water

1 3/4 cup(s) (421mL)

black pepper

1/4 tbsp, ground (2g)

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.

Grapes

160 cals ● 2g protein ● 1g fat ● 25g carbs ● 10g fiber



For single meal:

grapes
2 3/4 cup (253g)

For all 2 meals:

grapes
5 1/2 cup (506g)

1. This recipe has no instructions.

Goat cheese and marinara stuffed zucchini

8 zucchini halve(s) - 768 cals ● 42g protein ● 40g fat ● 42g carbs ● 18g fiber



For single meal:

zucchini
4 large (1292g)
pasta sauce
1 cup (260g)
goat cheese
4 oz (113g)

For all 2 meals:

zucchini
8 large (2584g)
pasta sauce
2 cup (520g)
goat cheese
1/2 lbs (227g)

- 1. Preheat oven to 400°F (200°C).
- 2. Cut a zucchini in half from stem to base.
- 3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
- 4. Add the pasta sauce to the cavity and top with the goat cheese.
- 5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Lunch 5 [↗](#)

Eat on day 7

Lemon pepper chicken breast

26 oz - 962 cals ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



Makes 26 oz

lemon pepper

5 tsp (11g)

olive oil

2 1/2 tsp (12mL)

boneless skinless chicken breast, raw

26 oz (728g)

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.

Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



salt

1 1/4 dash (1g)

water

2 1/2 cup(s) (593mL)

lentils, raw, rinsed

10 tbsp (120g)

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, day 2

Greek turkey meatballs

8 meatballs - 1096 cals ● 128g protein ● 55g fat ● 20g carbs ● 3g fiber



For single meal:

tzatziki

1/2 cup(s) (112g)

garlic powder

1 tsp (3g)

fresh parsley, chopped

4 tbsp chopped (15g)

oregano, dried

1 tsp, leaves (1g)

red onion, diced

1/2 small (35g)

eggs

1 large (50g)

zucchini, grated or finely chopped

1/2 medium (98g)

ground turkey, raw

1 1/4 lbs (567g)

For all 2 meals:

tzatziki

1 cup(s) (224g)

garlic powder

2 tsp (6g)

fresh parsley, chopped

1/2 cup chopped (30g)

oregano, dried

2 tsp, leaves (2g)

red onion, diced

1 small (70g)

eggs

2 large (100g)

zucchini, grated or finely chopped

1 medium (196g)

ground turkey, raw

2 1/2 lbs (1134g)

1. Preheat oven to 350°F (180°C) and grease a baking sheet. Set the baking sheet aside.
2. In a large bowl, mix all ingredients together except for the tzatziki.
3. Form into meatballs (use the number of meatballs listed in the recipes serving details).
4. Add meatballs to the baking sheet and bake for 20-30 minutes, until fully cooked and no longer pink inside.
5. Serve with tzatziki as a dipping sauce.

Pan roasted zucchini

277 cals ● 5g protein ● 22g fat ● 10g carbs ● 6g fiber



For single meal:

zucchini
1 2/3 medium (327g)
black pepper
2 1/2 tsp, ground (6g)
oregano, dried
1 tsp, ground (2g)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
olive oil
5 tsp (25mL)

For all 2 meals:

zucchini
3 1/3 medium (653g)
black pepper
5 tsp, ground (12g)
oregano, dried
1/2 tbsp, ground (3g)
garlic powder
1/2 tbsp (5g)
salt
1/2 tbsp (10g)
olive oil
1/4 cup (50mL)

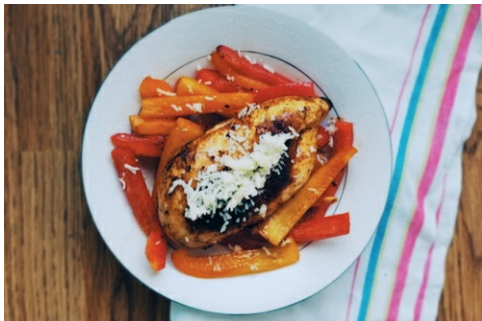
1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Southwest chicken

24 oz - 1086 cals ● 160g protein ● 39g fat ● 17g carbs ● 8g fiber



For single meal:

oil
1 tbsp (15mL)
cheese
3 tbsp, shredded (21g)
taco seasoning mix
1 1/2 tbsp (13g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
bell pepper, cut into strips
3 medium (357g)

For all 2 meals:

oil
2 tbsp (30mL)
cheese
6 tbsp, shredded (42g)
taco seasoning mix
3 tbsp (26g)
boneless skinless chicken breast, raw
3 lbs (1344g)
bell pepper, cut into strips
6 medium (714g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. 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 3 [↗](#)

Eat on day 5, day 6

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)

For all 2 meals:

oil
3 tbsp (45mL)
boneless skinless chicken breast, raw
3 lbs (1344g)

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.

Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



For single meal:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

For all 2 meals:

salt
1/3 tsp (2g)
water
5 1/3 cup(s) (1264mL)
lentils, raw, rinsed
1 1/3 cup (256g)

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 4 [🔗](#)

Eat on day 7

Chicken fajitas

4 tortilla(s) - 1123 cals ● 115g protein ● 37g fat ● 72g carbs ● 12g fiber



Makes 4 tortilla(s)

onion, sliced
1/2 large (75g)
bell pepper, deseeded & sliced
1 1/2 large (246g)
chili powder
1/4 tbsp (2g)
flour tortillas
4 tortilla medium (approx 6" dia) (120g)
garlic powder
4 dash (2g)
ground cumin
1/4 tbsp (2g)
limes
1/2 fruit (2" dia) (34g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

1. Mix all seasonings in a small bowl and add in a pinch of salt. Season chicken breasts on all sides.
2. Heat oil in a skillet over medium heat. Add in chicken breasts and cook 7-10 minutes on each side until chicken is fully cooked. Remove and set aside to cool.
3. Meanwhile, add onions and peppers to skillet. Saute for about 5 minutes, stirring frequently, until they have softened a little.
4. When chicken is cool enough to handle, slice it into strips and add the strips back to the skillet. Stir to incorporate.
5. Spoon fajita mixture onto the tortillas and squeeze some lime on top. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

brown rice

4 tbsp (48g)

salt

1 1/2 dash (1g)

water

1/2 cup(s) (119mL)

black pepper

1 1/2 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.
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