

# Meal Plan - 2900 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

2908 cals ● 182g protein (25%) ● 188g fat (58%) ● 91g carbs (13%) ● 30g fiber (4%)

### Lunch

1435 cals, 86g protein, 68g net carbs, 82g fat



[Turkey, avocado sandwich](#)  
2 sandwich(es)- 1151 cals



[Caprese salad](#)  
284 cals

### Dinner

1475 cals, 96g protein, 23g net carbs, 106g fat



[Sunflower seeds](#)  
361 cals



[Philly cheesesteak lettuce wrap](#)  
5 lettuce wrap(s)- 1113 cals

## Day 2

2898 cals ● 278g protein (38%) ● 112g fat (35%) ● 162g carbs (22%) ● 33g fiber (5%)

### Lunch

1430 cals, 95g protein, 100g net carbs, 65g fat



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



[Blue cheese stuffed chicken thighs](#)  
2 thigh- 904 cals

### Dinner

1465 cals, 183g protein, 62g net carbs, 47g fat



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



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



[Lentils](#)  
231 cals

## Day 3

2898 cals ● 278g protein (38%) ● 112g fat (35%) ● 162g carbs (22%) ● 33g fiber (5%)

### Lunch

1430 cals, 95g protein, 100g net carbs, 65g fat



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



[Blue cheese stuffed chicken thighs](#)  
2 thigh- 904 cals

### Dinner

1465 cals, 183g protein, 62g net carbs, 47g fat



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



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



[Lentils](#)  
231 cals

## Day 4

2921 cals ● 195g protein (27%) ● 124g fat (38%) ● 212g carbs (29%) ● 45g fiber (6%)

### Lunch

1440 cals, 126g protein, 105g net carbs, 47g fat



Beef and vegetable stir fry  
1095 cals



Lentils  
347 cals

### Dinner

1480 cals, 69g protein, 108g net carbs, 77g fat



Simple mozzarella and tomato salad  
322 cals



Baked chicken thighs  
6 oz- 385 cals



Baked fries  
772 cals

## Day 5

2915 cals ● 189g protein (26%) ● 94g fat (29%) ● 288g carbs (40%) ● 39g fiber (5%)

### Lunch

1440 cals, 126g protein, 105g net carbs, 47g fat



Beef and vegetable stir fry  
1095 cals



Lentils  
347 cals

### Dinner

1475 cals, 64g protein, 184g net carbs, 48g fat



Milk  
1 2/3 cup(s)- 248 cals



Spaghetti and meatballs  
1226 cals

## Day 6

2852 cals ● 269g protein (38%) ● 110g fat (35%) ● 162g carbs (23%) ● 36g fiber (5%)

### Lunch

1465 cals, 102g protein, 75g net carbs, 78g fat



Simple mixed greens and tomato salad  
227 cals



Tuna salad sandwich  
2 1/2 sandwich(es)- 1239 cals

### Dinner

1385 cals, 167g protein, 87g net carbs, 32g fat



Lima beans  
193 cals



Lentils  
405 cals



Balsamic chicken breast  
20 oz- 789 cals

## Day 7

2852 cals ● 269g protein (38%) ● 110g fat (35%) ● 162g carbs (23%) ● 36g fiber (5%)

### Lunch

1465 cals, 102g protein, 75g net carbs, 78g fat



Simple mixed greens and tomato salad  
227 cals



Tuna salad sandwich  
2 1/2 sandwich(es)- 1239 cals

### Dinner

1385 cals, 167g protein, 87g net carbs, 32g fat



Lima beans  
193 cals



Lentils  
405 cals



Balsamic chicken breast  
20 oz- 789 cals

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (57g)

## Fats and Oils

- ☐ oil  
1/4 lbs (135mL)
- ☐ mayonnaise  
9 1/2 tbsp (143mL)
- ☐ balsamic vinaigrette  
6 1/2 oz (190mL)
- ☐ olive oil  
1/2 tbsp (8mL)
- ☐ salad dressing  
1/2 cup (135mL)

## Other

- ☐ italian seasoning  
2 tsp (7g)
- ☐ mixed greens  
2 1/2 package (5.5 oz) (388g)
- ☐ stir-fry sauce  
10 tbsp (170g)

## Dairy and Egg Products

- ☐ provolone cheese  
2 1/2 slice(s) (70g)
- ☐ cheese  
1/4 lbs (98g)
- ☐ fresh mozzarella cheese  
1/3 lbs (132g)
- ☐ whole milk  
1/4 gallon (881mL)
- ☐ blue cheese  
2 oz (57g)

## Vegetables and Vegetable Products

- ☐ onion  
1 1/4 medium (2-1/2" dia) (138g)
- ☐ bell pepper  
5 1/2 large (899g)
- ☐ romaine lettuce  
5 leaf inner (30g)
- ☐ tomatoes  
4 3/4 medium whole (2-3/5" dia) (585g)
- ☐ potatoes  
6 large (3" to 4-1/4" dia.) (2214g)

## Beef Products

- ☐ sirloin steak, raw  
10 oz (284g)
- ☐ flank steak, raw  
30 oz (848g)

## Fruits and Fruit Juices

- ☐ avocados  
1/2 avocado(s) (101g)

## Sausages and Luncheon Meats

- ☐ turkey cold cuts  
1/2 lbs (227g)
- ☐ meatballs, frozen  
5 meatball(s) (142g)

## Baked Products

- ☐ bread  
14 slice (448g)

## Spices and Herbs

- ☐ fresh basil  
11 3/4 g (12g)
- ☐ taco seasoning mix  
3 tbsp (26g)
- ☐ salt  
1/2 oz (15g)
- ☐ paprika  
4 dash (1g)
- ☐ thyme, dried  
1/4 tbsp, ground (1g)
- ☐ black pepper  
4 g (4g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 1/2 lbs (2478g)
- ☐ chicken thighs, with bone and skin, raw  
30 oz (850g)

## Beverages

- ☐ water  
11 1/3 cup(s) (2713mL)

## Legumes and Legume Products

- ☐ frozen mixed veggies  
2 1/2 10oz package (710g)
- ☐ lima beans, frozen  
1 1/4 package (10 oz) (355g)
- ☐ raw celery  
2 1/2 stalk, small (5" long) (43g)

- ☐ lentils, raw  
3 cup (544g)

### **Soups, Sauces, and Gravies**

- ☐ pasta sauce  
3/8 jar (24 oz) (280g)

### **Cereal Grains and Pasta**

- ☐ uncooked dry pasta  
6 2/3 oz (190g)

### **Finfish and Shellfish Products**

- ☐ canned tuna  
1 1/2 lbs (709g)
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## Lunch 1 [↗](#)

Eat on day 1

### Turkey, avocado sandwich

2 sandwich(es) - 1151 cals ● 69g protein ● 64g fat ● 59g carbs ● 16g fiber



Makes 2 sandwich(es)

**mixed greens**

1/2 cup (15g)

**avocados, sliced**

1/2 avocado(s) (101g)

**tomatoes**

4 slice, medium (1/4" thick) (80g)

**mayonnaise**

2 tbsp (30mL)

**turkey cold cuts**

1/2 lbs (227g)

**cheese**

2 slice (1 oz each) (56g)

**bread**

4 slice (128g)

1. Build the sandwich to your liking.

### Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



**balsamic vinaigrette**

4 tsp (20mL)

**fresh basil**

1/3 cup leaves, whole (8g)

**tomatoes, halved**

2/3 cup cherry tomatoes (99g)

**mixed greens**

2/3 package (5.5 oz) (103g)

**fresh mozzarella cheese**

2 oz (57g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Basic baked potato

2 potato(es) - 528 cal ● 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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### Blue cheese stuffed chicken thighs

2 thigh - 904 cal ● 83g protein ● 63g fat ● 1g carbs ● 0g fiber



For single meal:

**paprika**  
2 dash (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**thyme, dried**  
3 dash, ground (1g)  
**blue cheese**  
1 oz (28g)  
**chicken thighs, with bone and skin, raw**  
2 thigh (6 oz ea) (340g)

For all 2 meals:

**paprika**  
4 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**blue cheese**  
2 oz (57g)  
**chicken thighs, with bone and skin, raw**  
4 thigh (6 oz ea) (680g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

## Lunch 3 [🔗](#)

Eat on day 4, day 5

### Beef and vegetable stir fry

1095 cals ● 102g protein ● 46g fat ● 54g carbs ● 15g fiber



For single meal:

**salt**  
1/3 tsp (2g)  
**black pepper**  
5 dash, ground (1g)  
**oil, divided**  
2 tsp (9mL)  
**frozen mixed veggies**  
1 1/4 10oz package (355g)  
**stir-fry sauce**  
5 tbsp (85g)  
**flank steak, raw, cubed**  
15 oz (424g)

For all 2 meals:

**salt**  
5 dash (4g)  
**black pepper**  
1 1/4 tsp, ground (3g)  
**oil, divided**  
1 1/4 tbsp (19mL)  
**frozen mixed veggies**  
2 1/2 10oz package (710g)  
**stir-fry sauce**  
10 tbsp (170g)  
**flank steak, raw, cubed**  
30 oz (848g)

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

## Lentils

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





For single meal:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (479mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
4 cup(s) (958mL)  
**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 4 [🔗](#)

Eat on day 6, day 7

### Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

**salad dressing**  
1/4 cup (68mL)  
**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)

For all 2 meals:

**salad dressing**  
1/2 cup (135mL)  
**mixed greens**  
9 cup (270g)  
**tomatoes**  
1 1/2 cup cherry tomatoes (224g)

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

### Tuna salad sandwich

2 1/2 sandwich(es) - 1239 cals ● 97g protein ● 64g fat ● 60g carbs ● 10g fiber



For single meal:

**bread**  
5 slice (160g)  
**mayonnaise**  
1/4 cup (56mL)  
**black pepper**  
1/3 tsp (0g)  
**raw celery, chopped**  
1 1/4 stalk, small (5" long) (21g)  
**salt**  
1/3 tsp (1g)  
**canned tuna**  
3/4 lbs (354g)

For all 2 meals:

**bread**  
10 slice (320g)  
**mayonnaise**  
1/2 cup (113mL)  
**black pepper**  
5 dash (1g)  
**raw celery, chopped**  
2 1/2 stalk, small (5" long) (43g)  
**salt**  
5 dash (2g)  
**canned tuna**  
1 1/2 lbs (709g)

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.



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## Dinner 1 [🔗](#)

Eat on day 1

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### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



#### sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

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### Philly cheesesteak lettuce wrap

5 lettuce wrap(s) - 1113 cals ● 79g protein ● 78g fat ● 18g carbs ● 6g fiber



Makes 5 lettuce wrap(s)

#### oil

5 tsp (25mL)

#### italian seasoning

5 dash (2g)

#### provolone cheese

2 1/2 slice(s) (70g)

#### onion, sliced

1 1/4 medium (2-1/2" dia) (138g)

#### bell pepper, cut into strips

2 1/2 small (185g)

#### sirloin steak, raw, cut into strips

10 oz (284g)

#### romaine lettuce

5 leaf inner (30g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
  2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
  3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
  4. Scoop beef mixture into lettuce leaves and serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### 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.

### Milk

1 cup(s) - 149 cals ● 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.

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (319mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (638mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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 4

#### Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



**tomatoes, sliced**  
1 large whole (3" dia) (182g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)

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

#### Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz  
**chicken thighs, with bone and skin, raw**  
6 oz (170g)  
**thyme, dried**  
1/2 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.

#### Baked fries

772 cals ● 12g protein ● 29g fat ● 98g carbs ● 18g fiber



**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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## Dinner 4 [🔗](#)

Eat on day 5

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### Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber

Makes 1 2/3 cup(s)

**whole milk**  
1 2/3 cup (400mL)



1. This recipe has no instructions.

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### Spaghetti and meatballs

1226 cals ● 51g protein ● 34g fat ● 164g carbs ● 14g fiber



**meatballs, frozen**  
5 meatball(s) (142g)  
**pasta sauce**  
3/8 jar (24 oz) (280g)  
**uncooked dry pasta**  
6 2/3 oz (190g)

1. Cook the pasta and meatballs as directed on packaging.
  2. Top with sauce and enjoy.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

### Lima beans

193 cals ● 12g protein ● 1g fat ● 26g carbs ● 10g fiber



For single meal:

**lima beans, frozen**  
5/8 package (10 oz) (178g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1 1/4 dash, ground (0g)

For all 2 meals:

**lima beans, frozen**  
1 1/4 package (10 oz) (355g)  
**salt**  
5 dash (4g)  
**black pepper**  
1/3 tsp, ground (1g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
2 1/3 cup(s) (559mL)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

For all 2 meals:

**salt**  
1/4 tsp (2g)  
**water**  
4 2/3 cup(s) (1117mL)  
**lentils, raw, rinsed**  
56 tsp (224g)

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.

### Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber





For single meal:

**italian seasoning**

5 dash (2g)

**oil**

2 1/2 tsp (13mL)

**balsamic vinaigrette**

5 tbsp (75mL)

**boneless skinless chicken breast,  
raw**

1 1/4 lbs (567g)

For all 2 meals:

**italian seasoning**

1 1/4 tsp (5g)

**oil**

5 tsp (25mL)

**balsamic vinaigrette**

10 tbsp (150mL)

**boneless skinless chicken breast,  
raw**

2 1/2 lbs (1134g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
  2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.
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