

# Meal Plan - 3000 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** 3002 cals ● 195g protein (26%) ● 174g fat (52%) ● 123g carbs (16%) ● 40g fiber (5%)

## Lunch

1505 cals, 64g protein, 91g net carbs, 92g fat



[Shrimp scampi](#)  
1219 cals



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

## Dinner

1495 cals, 131g protein, 32g net carbs, 82g fat



[Avocado tuna salad](#)  
1309 cals



[Milk](#)  
1 1/4 cup(s)- 186 cals

**Day 2** 3002 cals ● 195g protein (26%) ● 174g fat (52%) ● 123g carbs (16%) ● 40g fiber (5%)

## Lunch

1505 cals, 64g protein, 91g net carbs, 92g fat



[Shrimp scampi](#)  
1219 cals



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

## Dinner

1495 cals, 131g protein, 32g net carbs, 82g fat



[Avocado tuna salad](#)  
1309 cals



[Milk](#)  
1 1/4 cup(s)- 186 cals

**Day 3** 2968 cals ● 223g protein (30%) ● 148g fat (45%) ● 153g carbs (21%) ● 32g fiber (4%)

## Lunch

1475 cals, 92g protein, 17g net carbs, 109g fat



[Buffalo drumsticks](#)  
18 2/3 oz- 1089 cals



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

## Dinner

1495 cals, 131g protein, 137g net carbs, 40g fat



[Chicken-broccoli-rice bowl](#)  
1258 cals



[Simple mixed greens salad](#)  
237 cals

**Day 4** 2978 cals ● 241g protein (32%) ● 91g fat (28%) ● 257g carbs (34%) ● 41g fiber (6%)

## Lunch

1485 cals, 110g protein, 120g net carbs, 51g fat



[Roasted cashews](#)  
1/3 cup(s)- 261 cals



[Turkey & hummus deli sandwich](#)  
3 1/2 sandwich(es)- 1222 cals

## Dinner

1495 cals, 131g protein, 137g net carbs, 40g fat



[Chicken-broccoli-rice bowl](#)  
1258 cals



[Simple mixed greens salad](#)  
237 cals

## Day 5

2977 cals ● 203g protein (27%) ● 139g fat (42%) ● 196g carbs (26%) ● 31g fiber (4%)

### Lunch

1485 cals, 110g protein, 120g net carbs, 51g fat



[Roasted cashews](#)  
1/3 cup(s)- 261 cals



[Turkey & hummus deli sandwich](#)  
3 1/2 sandwich(es)- 1222 cals

### Dinner

1495 cals, 93g protein, 76g net carbs, 88g fat



[Rotisserie chicken & tomato salad](#)  
771 cals



[Sunflower seeds](#)  
361 cals



[Lowfat yogurt](#)  
2 container(s)- 362 cals

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## Day 6

3005 cals ● 221g protein (29%) ● 92g fat (27%) ● 280g carbs (37%) ● 44g fiber (6%)

### Lunch

1545 cals, 118g protein, 128g net carbs, 51g fat



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



[Lowfat Greek yogurt](#)  
4 container(s)- 620 cals

### Dinner

1460 cals, 103g protein, 151g net carbs, 40g fat



[Simple salad with tomatoes and carrots](#)  
196 cals



[Leek & ground beef pasta](#)  
1264 cals

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## Day 7

3005 cals ● 221g protein (29%) ● 92g fat (27%) ● 280g carbs (37%) ● 44g fiber (6%)

### Lunch

1545 cals, 118g protein, 128g net carbs, 51g fat



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



[Lowfat Greek yogurt](#)  
4 container(s)- 620 cals

### Dinner

1460 cals, 103g protein, 151g net carbs, 40g fat



[Simple salad with tomatoes and carrots](#)  
196 cals



[Leek & ground beef pasta](#)  
1264 cals

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## Fruits and Fruit Juices

- avocados  
6 1/3 avocado(s) (1273g)
- lime juice  
3 tbsp (43mL)
- lemon  
2 small (121g)
- lemon juice  
1/2 tbsp (8mL)

## Spices and Herbs

- salt  
11 g (11g)
- black pepper  
1/8 oz (4g)

## Other

- mixed greens  
20 cup (600g)
- Chicken, drumsticks, with skin  
18 3/4 oz (529g)
- rotisserie chicken, cooked  
1/2 lbs (255g)

## Vegetables and Vegetable Products

- onion  
2 small (149g)
- tomatoes  
8 1/2 medium whole (2-3/5" dia) (1031g)
- garlic  
7 clove (21g)
- shallots  
1/4 cup chopped (35g)
- kale leaves  
2 bunch (354g)
- frozen broccoli  
2 package (568g)
- cucumber  
3/8 cucumber (8-1/4") (113g)
- carrots  
1 medium (61g)
- romaine lettuce  
2 hearts (1000g)
- leeks  
2 leek (178g)

## Finfish and Shellfish Products

## Cereal Grains and Pasta

- uncooked dry pasta  
19 oz (542g)

## Beverages

- water  
7/8 cup(s) (209mL)

## Poultry Products

- boneless skinless chicken breast, raw  
2 lbs (896g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
2 pouch (~5.6 oz) (316g)

## Fats and Oils

- olive oil  
1 1/3 oz (43mL)
- salad dressing  
13 1/2 tbsp (203mL)
- oil  
1 oz (32mL)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
3 tbsp (46mL)
- vegetable broth  
4 cup(s) (mL)

## Nut and Seed Products

- roasted cashews  
10 tbsp, halves and whole (86g)
- sunflower kernels  
2 oz (57g)

## Legumes and Legume Products

- hummus  
14 tbsp (210g)

## Baked Products

- bread  
1 2/3 lbs (768g)

canned tuna  
8 1/2 can (1462g)

shrimp, raw  
14 oz (397g)

### **Dairy and Egg Products**

whole milk  
2 1/2 cup (600mL)

butter  
1/2 cup (99g)

heavy cream  
2/3 cup (158mL)

parmesan cheese  
1 3/4 tbsp (9g)

lowfat flavored yogurt  
2 container (6 oz) (340g)

lowfat flavored greek yogurt  
8 (5.3 oz ea) container(s) (1200g)

### **Sausages and Luncheon Meats**

turkey cold cuts  
1 3/4 lbs (794g)

### **Beef Products**

ground beef (93% lean)  
1 1/2 lbs (678g)

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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Shrimp scampi

1219 cal ● 58g protein ● 72g fat ● 80g carbs ● 4g fiber



For single meal:

**shrimp, raw, shelled and deveined**

1/2 lbs (199g)

**garlic, minced**

3 1/2 clove (11g)

**butter**

1/4 cup (50g)

**heavy cream**

1/3 cup (79mL)

**uncooked dry pasta**

1/4 lbs (100g)

**water**

1/2 cup(s) (104mL)

**parmesan cheese**

2 1/2 tsp (4g)

**shallots, minced**

1 3/4 tbsp chopped (18g)

For all 2 meals:

**shrimp, raw, shelled and deveined**

14 oz (397g)

**garlic, minced**

7 clove (21g)

**butter**

1/2 cup (99g)

**heavy cream**

2/3 cup (158mL)

**uncooked dry pasta**

1/2 lbs (200g)

**water**

7/8 cup(s) (207mL)

**parmesan cheese**

1 3/4 tbsp (9g)

**shallots, minced**

1/4 cup chopped (35g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
2. While the pasta cooks, mince the shallot and the garlic.
3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
7. Transfer to serving dish and top with parmesan cheese (optional).

### Simple kale & avocado salad

288 cal ● 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 2 [↗](#)

Eat on day 3

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### Buffalo drumsticks

18 2/3 oz - 1089 cal ● 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.

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### Simple kale & avocado salad

384 cal ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



**kale leaves, chopped**  
5/6 bunch (142g)  
**lemon, juiced**  
5/6 small (48g)  
**avocados, chopped**  
5/6 avocado(s) (168g)

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.

## Lunch 3 [↗](#)

Eat on day 4, day 5

### Roasted cashews

1/3 cup(s) - 261 cal ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

**roasted cashews**  
5 tbsp, halves and whole (43g)

For all 2 meals:

**roasted cashews**  
10 tbsp, halves and whole (86g)

1. This recipe has no instructions.

### Turkey & hummus deli sandwich

3 1/2 sandwich(es) - 1222 cal ● 104g protein ● 32g fat ● 107g carbs ● 23g fiber



For single meal:

**oil**  
1 tsp (4mL)  
**mixed greens**  
1 3/4 cup (53g)  
**tomatoes**  
7 slice(s), thick/large (1/2" thick)  
(189g)  
**hummus**  
1/2 cup (105g)  
**bread**  
7 slice(s) (224g)  
**turkey cold cuts**  
14 oz (397g)

For all 2 meals:

**oil**  
1 3/4 tsp (9mL)  
**mixed greens**  
3 1/2 cup (105g)  
**tomatoes**  
14 slice(s), thick/large (1/2" thick)  
(378g)  
**hummus**  
14 tbsp (210g)  
**bread**  
14 slice(s) (448g)  
**turkey cold cuts**  
1 3/4 lbs (794g)

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.

## Lunch 4 [↗](#)

Eat on day 6, day 7

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### 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.

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### Lowfat Greek yogurt

4 container(s) - 620 cal ● 49g protein ● 16g fat ● 65g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

**lowfat flavored greek yogurt**  
8 (5.3 oz ea) container(s) (1200g)

1. This recipe has no instructions.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Avocado tuna salad

1309 cal ● 122g protein ● 72g fat ● 17g carbs ● 25g fiber



For single meal:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**mixed greens**  
3 cup (90g)  
**onion, minced**  
3/4 small (53g)  
**canned tuna**  
3 can (516g)  
**tomatoes**  
3/4 cup, chopped (135g)

For all 2 meals:

**avocados**  
3 avocado(s) (603g)  
**lime juice**  
2 tbsp (30mL)  
**salt**  
1/4 tbsp (2g)  
**black pepper**  
1/4 tbsp (1g)  
**mixed greens**  
6 cup (180g)  
**onion, minced**  
1 1/2 small (105g)  
**canned tuna**  
6 can (1032g)  
**tomatoes**  
1 1/2 cup, chopped (270g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

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### Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/4 cup (300mL)

For all 2 meals:

**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Chicken-broccoli-rice bowl

1258 cal ● 126g protein ● 23g fat ● 122g carbs ● 14g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 lbs (448g)

**frozen broccoli**

1 package (284g)

**flavored rice mix**

1 pouch (~5.6 oz) (158g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**olive oil**

2 tsp (10mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 lbs (896g)

**frozen broccoli**

2 package (568g)

**flavored rice mix**

2 pouch (~5.6 oz) (316g)

**salt**

1 tsp (6g)

**black pepper**

1 tsp, ground (2g)

**olive oil**

4 tsp (20mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
  2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
  3. When everything is ready mix it all together and serve.
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### Simple mixed greens salad

237 cal ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

**mixed greens**

5 1/4 cup (158g)

**salad dressing**

1/3 cup (79mL)

For all 2 meals:

**mixed greens**

10 1/2 cup (315g)

**salad dressing**

2/3 cup (158mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Dinner 3 [↗](#)

Eat on day 5

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### Rotisserie chicken & tomato salad

771 cal ● 59g protein ● 55g fat ● 8g carbs ● 2g fiber



#### lemon juice

1/2 tbsp (8mL)

#### olive oil

1 1/2 tbsp (23mL)

#### cucumber, sliced

3/8 cucumber (8-1/4") (113g)

#### tomatoes, cut into wedges

3/4 large whole (3" dia) (137g)

#### rotisserie chicken, cooked

1/2 lbs (255g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

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### Sunflower seeds

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



#### sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

### Lowfat yogurt

2 container(s) - 362 cal ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



Makes 2 container(s)

#### lowfat flavored yogurt

2 container (6 oz) (340g)

1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Simple salad with tomatoes and carrots

196 cal ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**tomatoes, diced**  
2 medium whole (2-3/5" dia) (246g)  
**carrots, sliced**  
1 medium (61g)  
**romaine lettuce, roughly chopped**  
2 hearts (1000g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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### Leek & ground beef pasta

1264 cal ● 95g protein ● 34g fat ● 137g carbs ● 7g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**vegetable broth**  
2 cup(s) (mL)  
**uncooked dry pasta**  
6 oz (171g)  
**ground beef (93% lean)**  
3/4 lbs (339g)  
**leeks, chopped**  
1 leek (89g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**vegetable broth**  
4 cup(s) (mL)  
**uncooked dry pasta**  
3/4 lbs (342g)  
**ground beef (93% lean)**  
1 1/2 lbs (678g)  
**leeks, chopped**  
2 leek (178g)

1. Heat oil in a large skillet over medium heat. Add the beef and break apart, cooking for about 5 minutes or until browned.
  2. Add in the leeks and cook for 3 minutes until leeks have slightly softened.
  3. Add in broth and pasta. Bring to a simmer and cook for 10-12 minutes or until pasta is cooked to your liking. Stir occasionally to ensure pasta gets evenly cooked.
  4. Season with a hefty pinch of salt and black pepper and serve.
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