

Meal Plan - 3300 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

3261 cals ● 311g protein (38%) ● 111g fat (31%) ● 203g carbs (25%) ● 52g fiber (6%)

Lunch

1655 cals, 116g protein, 111g net carbs, 71g fat



[Sauteed peppers and onions](#)
63 cals



[Pork & bean casserole](#)
1592 cals

Dinner

1605 cals, 195g protein, 93g net carbs, 40g fat



[Lentils](#)
521 cals



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

Day 2

3279 cals ● 229g protein (28%) ● 150g fat (41%) ● 205g carbs (25%) ● 48g fiber (6%)

Lunch

1655 cals, 116g protein, 111g net carbs, 71g fat



[Sauteed peppers and onions](#)
63 cals



[Pork & bean casserole](#)
1592 cals

Dinner

1625 cals, 113g protein, 94g net carbs, 80g fat



[Protein bar](#)
3 bar- 735 cals



[Pistachios](#)
375 cals



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

Day 3

3257 cals ● 359g protein (44%) ● 111g fat (31%) ● 165g carbs (20%) ● 38g fiber (5%)

Lunch

1600 cals, 208g protein, 97g net carbs, 32g fat



[Lentils](#)
636 cals



[Lemon pepper chicken breast](#)
26 oz- 962 cals

Dinner

1660 cals, 151g protein, 68g net carbs, 79g fat



[Roasted carrots](#)
2 carrots(s)- 106 cals



[Almond crusted tilapia](#)
22 oz- 1553 cals

Day 4

3259 cals ● 255g protein (31%) ● 162g fat (45%) ● 160g carbs (20%) ● 35g fiber (4%)

Lunch

1630 cals, 109g protein, 122g net carbs, 71g fat



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



[Grilled chicken hummus wrap](#)
4 wrap(s)- 1367 cals

Dinner

1630 cals, 146g protein, 38g net carbs, 92g fat



[Baked chicken with tomatoes & olives](#)
21 oz- 1049 cals



[Greek salad](#)
583 cals

Day 5

3247 cals ● 227g protein (28%) ● 167g fat (46%) ● 166g carbs (20%) ● 43g fiber (5%)

Lunch

1615 cals, 82g protein, 128g net carbs, 75g fat



[Roasted almonds](#)
3/8 cup(s)- 370 cals



[Ham, bacon, avocado sandwich](#)
1 1/2 sandwich(es)- 825 cals



[Tomato soup](#)
2 can(s)- 421 cals

Dinner

1630 cals, 146g protein, 38g net carbs, 92g fat



[Baked chicken with tomatoes & olives](#)
21 oz- 1049 cals



[Greek salad](#)
583 cals

Day 6

3321 cals ● 250g protein (30%) ● 99g fat (27%) ● 304g carbs (37%) ● 55g fiber (7%)

Lunch

1615 cals, 82g protein, 128g net carbs, 75g fat



[Roasted almonds](#)
3/8 cup(s)- 370 cals



[Ham, bacon, avocado sandwich](#)
1 1/2 sandwich(es)- 825 cals



[Tomato soup](#)
2 can(s)- 421 cals

Dinner

1705 cals, 168g protein, 176g net carbs, 24g fat



[Bbq chicken stuffed sweet potatoes](#)
3 potato(es)- 1559 cals



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

Day 7

3280 cals ● 252g protein (31%) ● 102g fat (28%) ● 269g carbs (33%) ● 70g fiber (8%)

Lunch

1575 cals, 84g protein, 94g net carbs, 78g fat



[Tossed salad](#)
424 cals



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

Dinner

1705 cals, 168g protein, 176g net carbs, 24g fat



[Bbq chicken stuffed sweet potatoes](#)
3 potato(es)- 1559 cals



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

Spices and Herbs

- ☐ salt
1/2 oz (14g)
- ☐ taco seasoning mix
1 1/2 tbsp (13g)
- ☐ garlic powder
4 dash (2g)
- ☐ lemon pepper
5 tsp (11g)
- ☐ black pepper
1 3/4 tsp (1g)
- ☐ chili powder
2 1/3 tbsp (19g)
- ☐ fresh basil
42 leaves (21g)
- ☐ red wine vinegar
2 tbsp (30mL)

Beverages

- ☐ water
6 2/3 cup(s) (1581mL)

Legumes and Legume Products

- ☐ lentils, raw
1 2/3 cup (320g)
- ☐ white beans, canned
2 can(s) (878g)
- ☐ hummus
1/2 cup (120g)

Fats and Oils

- ☐ oil
1 1/2 oz (46mL)
- ☐ olive oil
5 2/3 oz (180mL)
- ☐ salad dressing
3 oz (86mL)
- ☐ mayonnaise
2 tbsp (30mL)

Dairy and Egg Products

- ☐ cheese
2 3/4 oz (77g)
- ☐ feta cheese
1/2 cup (75g)
- ☐ sliced cheese
3 slice (3/4 oz ea) (63g)

Pork Products

- ☐ pork shoulder
2 lbs (907g)
- ☐ bacon
6 slice(s) (60g)

Fruits and Fruit Juices

- ☐ apples
1 medium (3" dia) (182g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ green olives
1 2/3 can (~6 oz) (325g)
- ☐ avocados
1 1/4 avocado(s) (251g)

Other

- ☐ diced tomatoes
1 can(s) (420g)
- ☐ italian seasoning
4 tsp (14g)
- ☐ protein bar (20g protein)
3 bar (150g)
- ☐ rotisserie chicken, cooked
6 oz (170g)
- ☐ mixed greens
1 1/2 cup (45g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1 1/2 cup(s) (mL)
- ☐ worcestershire sauce
1 tbsp (15mL)
- ☐ condensed canned tomato soup
4 can (10.5 oz) (1192g)
- ☐ barbecue sauce
1 cup (286g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ almonds
1/2 lbs (218g)
- ☐ roasted cashews
5 tbsp, halves and whole (43g)

Finfish and Shellfish Products

Poultry Products

- ☐ boneless skinless chicken breast, raw
9 1/2 lbs (4218g)

Vegetables and Vegetable Products

- ☐ bell pepper
3 large (521g)
- ☐ onion
2 medium (2-1/2" dia) (205g)
- ☐ carrots
7 medium (421g)
- ☐ cucumber
3 cucumber (8-1/4") (913g)
- ☐ tomatoes
13 1/2 medium whole (2-3/5" dia) (1653g)
- ☐ red onion
1 3/4 medium (2-1/2" dia) (188g)
- ☐ sweet potatoes
6 sweetpotato, 5" long (1260g)
- ☐ romaine lettuce
3 1/4 hearts (1625g)

- ☐ tilapia, raw
22 oz (616g)

Cereal Grains and Pasta

- ☐ all-purpose flour
5/8 cup(s) (76g)

Baked Products

- ☐ flour tortillas
4 tortilla (approx 7-8" dia) (196g)
- ☐ bread
10 slice (320g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
3/4 lbs (340g)
 - ☐ turkey cold cuts
1/2 lbs (227g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Sauteed peppers and onions

63 cal ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

For all 2 meals:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Pork & bean casserole

1592 cal ● 115g protein ● 67g fat ● 106g carbs ● 27g fiber



For single meal:

oil
2 tsp (10mL)
pork shoulder
1 lbs (454g)
onion, chopped
1/2 large (75g)
carrots, sliced
1 large (72g)
garlic powder
2 dash (1g)
apples, chopped
1/2 medium (3" dia) (91g)
diced tomatoes
1/2 can(s) (210g)
white beans, canned, drained & rinsed
1 can(s) (439g)
vegetable broth
3/4 cup(s) (mL)
worcestershire sauce
1/2 tbsp (8mL)
italian seasoning
1 tsp (4g)

For all 2 meals:

oil
4 tsp (20mL)
pork shoulder
2 lbs (907g)
onion, chopped
1 large (150g)
carrots, sliced
2 large (144g)
garlic powder
4 dash (2g)
apples, chopped
1 medium (3" dia) (182g)
diced tomatoes
1 can(s) (420g)
white beans, canned, drained & rinsed
2 can(s) (878g)
vegetable broth
1 1/2 cup(s) (mL)
worcestershire sauce
1 tbsp (15mL)
italian seasoning
2 tsp (7g)

1. Preheat oven to 350° (180°C).
2. Heat oil in an oven-safe pot over medium heat. Add pork and cook until seared, 5-8 minutes.
3. Add onion, carrots, and apple to the pot. Cook, stirring, for 2 minutes.
4. Add tomatoes, beans, worcestershire sauce, broth, italian seasoning, garlic powder, and some salt and pepper. Stir to mix and bring to a simmer. Once simmering, put the lid on, transfer the pot to the oven and cook for 90 minutes or until vegetables are soft and pork is cooked through.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 3

Lentils

636 cals ● 43g protein ● 2g fat ● 93g carbs ● 19g fiber



salt
2 dash (1g)
water
3 2/3 cup(s) (869mL)
lentils, raw, rinsed
1 cup (176g)

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.

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.
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Lunch 3 [↗](#)

Eat on day 4

Roasted cashews

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

Makes 1/3 cup(s)

roasted cashews

5 tbsp, halves and whole (43g)

1. This recipe has no instructions.



Grilled chicken hummus wrap

4 wrap(s) - 1367 cals ● 102g protein ● 51g fat ● 109g carbs ● 16g fiber



Makes 4 wrap(s)

tomatoes, chopped

4 slice(s), thin/small (60g)

feta cheese

1/2 cup (75g)

cucumber, chopped

1 cup slices (104g)

hummus

1/2 cup (120g)

mixed greens

1 cup (30g)

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

boneless skinless chicken breast, raw

10 oz (284g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber

For single meal:

almonds

6 2/3 tbsp, whole (60g)

For all 2 meals:

almonds

13 1/3 tbsp, whole (119g)



1. This recipe has no instructions.

Ham, bacon, avocado sandwich

1 1/2 sandwich(es) - 825 cal ● 60g protein ● 43g fat ● 39g carbs ● 11g fiber



For single meal:

bacon
3 slice(s) (30g)
ham cold cuts
6 oz (170g)
bread
3 slice (96g)
avocados, sliced
3/8 avocado(s) (75g)
sliced cheese
1 1/2 slice (3/4 oz ea) (32g)

For all 2 meals:

bacon
6 slice(s) (60g)
ham cold cuts
3/4 lbs (340g)
bread
6 slice (192g)
avocados, sliced
3/4 avocado(s) (151g)
sliced cheese
3 slice (3/4 oz ea) (63g)

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

Tomato soup

2 can(s) - 421 cal ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



For single meal:

condensed canned tomato soup
2 can (10.5 oz) (596g)

For all 2 meals:

condensed canned tomato soup
4 can (10.5 oz) (1192g)

1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 7

Tossed salad

424 cal ● 15g protein ● 14g fat ● 35g carbs ● 24g fiber



red onion, sliced
1/2 medium (2-1/2" dia) (48g)
cucumber, sliced or diced
1/2 cucumber (8-1/4") (132g)
romaine lettuce, shredded
1 3/4 hearts (875g)
carrots, peeled and shredded or sliced
1 3/4 small (5-1/2" long) (88g)
tomatoes, diced
1 3/4 small whole (2-2/5" dia) (159g)
salad dressing
1/4 cup (53mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

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.

Dinner 1 [↗](#)

Eat on day 1

Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



salt

1 1/2 dash (1g)

water

3 cup(s) (711mL)

lentils, raw, rinsed

3/4 cup (144g)

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.

Southwest chicken

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



Makes 24 oz

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)

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.

Dinner 2 [↗](#)

Eat on day 2

Protein bar

3 bar - 735 cals ● 60g protein ● 15g fat ● 78g carbs ● 12g fiber



Makes 3 bar
protein bar (20g protein)
3 bar (150g)

1. This recipe has no instructions.

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

Rotisserie chicken & tomato salad

514 cals ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



lemon juice
1 tsp (5mL)
olive oil
1 tbsp (15mL)
cucumber, sliced
1/4 cucumber (8-1 1/4") (75g)
tomatoes, cut into wedges
1/2 large whole (3" dia) (91g)
rotisserie chicken, cooked
6 oz (170g)

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.

Dinner 3 [🔗](#)

Eat on day 3

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Almond crusted tilapia

22 oz - 1553 cals ● 150g protein ● 74g fat ● 59g carbs ● 13g fiber



Makes 22 oz

tilapia, raw
22 oz (616g)
almonds
1 cup, slivered (99g)
all-purpose flour
5/8 cup(s) (76g)
salt
1/2 tsp (1g)
olive oil
2 tbsp (28mL)

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 4 [↗](#)

Eat on day 4, day 5

Baked chicken with tomatoes & olives

21 oz - 1049 cals ● 140g protein ● 43g fat ● 14g carbs ● 11g fiber



For single meal:

tomatoes

21 cherry tomatoes (357g)

olive oil

3 1/2 tsp (18mL)

salt

1 tsp (5g)

green olives

21 large (92g)

black pepper

1 tsp (1g)

chili powder

3 1/2 tsp (9g)

boneless skinless chicken breast, raw

1 1/3 lbs (595g)

fresh basil, shredded

21 leaves (11g)

For all 2 meals:

tomatoes

42 cherry tomatoes (714g)

olive oil

2 1/3 tbsp (35mL)

salt

1 3/4 tsp (11g)

green olives

42 large (185g)

black pepper

1 3/4 tsp (1g)

chili powder

2 1/3 tbsp (19g)

boneless skinless chicken breast, raw

2 1/2 lbs (1191g)

fresh basil, shredded

42 leaves (21g)

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.

Greek salad

583 cals ● 6g protein ● 48g fat ● 24g carbs ● 7g fiber



For single meal:

italian seasoning

1 tsp (4g)

red wine vinegar

1 tbsp (15mL)

olive oil

3 tbsp (45mL)

green olives

1/2 cup (70g)

tomatoes, chopped

2 small whole (2-2/5" dia) (182g)

red onion, thinly sliced

1 small (70g)

cucumber, sliced

1 cucumber (8-1/4") (301g)

For all 2 meals:

italian seasoning

2 tsp (7g)

red wine vinegar

2 tbsp (30mL)

olive oil

6 tbsp (90mL)

green olives

1 cup (140g)

tomatoes, chopped

4 small whole (2-2/5" dia) (364g)

red onion, thinly sliced

2 small (140g)

cucumber, sliced

2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the olive oil, red wine vinegar, Italian seasoning, and some salt/pepper. Set dressing aside.
2. Add all remaining ingredients to a large bowl, pour the dressing over salad, toss, and serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Bbq chicken stuffed sweet potatoes

3 potato(es) - 1559 cals ● 162g protein ● 19g fat ● 165g carbs ● 20g fiber



For single meal:

sweet potatoes, halved

3 sweetpotato, 5" long (630g)

barbecue sauce

1/2 cup (143g)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

For all 2 meals:

sweet potatoes, halved

6 sweetpotato, 5" long (1260g)

barbecue sauce

1 cup (286g)

boneless skinless chicken breast, raw

3 lbs (1344g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing

1 tbsp (17mL)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

For all 2 meals:

salad dressing

2 1/4 tbsp (34mL)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia) (185g)

carrots, sliced

3/4 medium (46g)

romaine lettuce, roughly chopped

1 1/2 hearts (750g)

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