

Meal Plan - 3400 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

3396 cals ● 264g protein (31%) ● 199g fat (53%) ● 91g carbs (11%) ● 45g fiber (5%)

Lunch

1720 cals, 112g protein, 23g net carbs, 127g fat



[Rotisserie chicken & tomato salad](#)
1285 cals



[Mixed nuts](#)
1/2 cup(s)- 435 cals

Dinner

1675 cals, 152g protein, 68g net carbs, 72g fat



[Garlic collard greens](#)
558 cals



[Bbq glazed meatloaf](#)
4 meatloaves- 1118 cals

Day 2

3396 cals ● 264g protein (31%) ● 199g fat (53%) ● 91g carbs (11%) ● 45g fiber (5%)

Lunch

1720 cals, 112g protein, 23g net carbs, 127g fat



[Rotisserie chicken & tomato salad](#)
1285 cals



[Mixed nuts](#)
1/2 cup(s)- 435 cals

Dinner

1675 cals, 152g protein, 68g net carbs, 72g fat



[Garlic collard greens](#)
558 cals



[Bbq glazed meatloaf](#)
4 meatloaves- 1118 cals

Day 3

3364 cals ● 218g protein (26%) ● 153g fat (41%) ● 226g carbs (27%) ● 52g fiber (6%)

Lunch

1635 cals, 89g protein, 111g net carbs, 82g fat



[Roasted cashews](#)
1/2 cup(s)- 469 cals



[Turkey & hummus deli sandwich](#)
2 1/2 sandwich(es)- 873 cals



[Greek salad](#)
291 cals

Dinner

1730 cals, 129g protein, 114g net carbs, 71g fat



[Sweet potato medallions](#)
2 sweet potato- 618 cals



[Honey glazed carrots](#)
213 cals



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

Day 4

3364 cals ● 218g protein (26%) ● 153g fat (41%) ● 226g carbs (27%) ● 52g fiber (6%)

Lunch

1635 cals, 89g protein, 111g net carbs, 82g fat



Roasted cashews
1/2 cup(s)- 469 cals



Turkey & hummus deli sandwich
2 1/2 sandwich(es)- 873 cals



Greek salad
291 cals

Dinner

1730 cals, 129g protein, 114g net carbs, 71g fat



Sweet potato medallions
2 sweet potato- 618 cals



Honey glazed carrots
213 cals



Baked chicken with tomatoes & olives
18 oz- 899 cals

Day 5

3373 cals ● 270g protein (32%) ● 141g fat (38%) ● 204g carbs (24%) ● 52g fiber (6%)

Lunch

1700 cals, 103g protein, 171g net carbs, 56g fat



Pork & pepper pasta
1359 cals



Edamame & beet salad
342 cals

Dinner

1670 cals, 167g protein, 33g net carbs, 84g fat



Southwest chicken
24 oz- 1086 cals



Tomato and avocado salad
587 cals

Day 6

3358 cals ● 313g protein (37%) ● 113g fat (30%) ● 233g carbs (28%) ● 41g fiber (5%)

Lunch

1700 cals, 103g protein, 171g net carbs, 56g fat



Pork & pepper pasta
1359 cals



Edamame & beet salad
342 cals

Dinner

1655 cals, 210g protein, 62g net carbs, 56g fat



Lemon pepper chicken breast
32 oz- 1184 cals



Sauteed peppers and onions
125 cals



Sweet potato wedges
347 cals

Day 7

3410 cals ● 383g protein (45%) ● 126g fat (33%) ● 149g carbs (17%) ● 38g fiber (4%)

Lunch

1755 cals, 174g protein, 86g net carbs, 70g fat



Lentils
347 cals



Cuban Picadillo
1406 cals

Dinner

1655 cals, 210g protein, 62g net carbs, 56g fat



Lemon pepper chicken breast
32 oz- 1184 cals



Sauteed peppers and onions
125 cals



Sweet potato wedges
347 cals

Vegetables and Vegetable Products

- collard greens
3 1/2 lbs (1588g)
- garlic
12 1/2 clove(s) (38g)
- cucumber
2 1/4 cucumber (8-1/4") (677g)
- tomatoes
14 1/2 medium whole (2-3/5" dia) (1796g)
- sweet potatoes
6 2/3 sweetpotato, 5" long (1400g)
- carrots
1 1/4 lbs (567g)
- purple onions
1 small (70g)
- bell pepper
6 1/3 large (1042g)
- onion
2 1/3 medium (2-1/2" dia) (258g)
- beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- edamame, frozen, shelled
2 cup (236g)
- tomato puree
1/2 lbs (227g)

Fats and Oils

- oil
7 oz (212mL)
- olive oil
6 oz (189mL)
- balsamic vinaigrette
4 tbsp (60mL)

Spices and Herbs

- salt
1 1/2 tbsp (29g)
- garlic powder
2 1/2 tsp (8g)
- chipotle seasoning
1 tsp (2g)
- black pepper
4 1/4 g (4g)
- chili powder
2 tbsp (16g)
- fresh basil
36 leaves (18g)
- red wine vinegar
1 tbsp (15mL)

Beverages

- water
3 cup (691mL)

Soups, Sauces, and Gravies

- barbecue sauce
1/2 cup (136g)
- pasta sauce
2 cup (520g)

Baked Products

- bread
1 lbs (448g)

Beef Products

- ground beef (93% lean)
4 lbs (1814g)

Fruits and Fruit Juices

- lemon juice
1 1/2 fl oz (44mL)
- green olives
1 1/2 can (~6 oz) (280g)
- lime juice
2 1/2 tbsp (38mL)
- avocados
1 1/4 avocado(s) (251g)

Other

- rotisserie chicken, cooked
2 lbs (851g)
- mixed greens
6 1/2 cup (195g)
- italian seasoning
1 tsp (4g)
- ground pork
1 1/4 lbs (567g)

Nut and Seed Products

- mixed nuts
1 cup (134g)
- roasted cashews
1 cup, halves and whole (154g)

Dairy and Egg Products

- taco seasoning mix
1 1/2 tbsp (13g)
- lemon pepper
4 tbsp (28g)
- ground cumin
1 tsp (2g)

- butter
2 1/2 tsp (11g)
- cheese
3 tbsp, shredded (21g)

Sweets

- honey
1 1/4 tbsp (26g)

Poultry Products

- boneless skinless chicken breast, raw
7 3/4 lbs (3485g)

Legumes and Legume Products

- hummus
10 tbsp (150g)
- lentils, raw
1/2 cup (96g)

Sausages and Luncheon Meats

- turkey cold cuts
1 1/4 lbs (567g)

Cereal Grains and Pasta

- uncooked dry pasta
3/4 lbs (340g)
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Rotisserie chicken & tomato salad

1285 cals ● 99g protein ● 91g fat ● 14g carbs ● 4g fiber



For single meal:

lemon juice

2 1/2 tsp (13mL)

olive oil

2 1/2 tbsp (38mL)

cucumber, sliced

5/8 cucumber (8-1/4") (188g)

tomatoes, cut into wedges

1 1/4 large whole (3" dia) (228g)

rotisserie chicken, cooked

1 lbs (425g)

For all 2 meals:

lemon juice

5 tsp (25mL)

olive oil

5 tbsp (75mL)

cucumber, sliced

1 1/4 cucumber (8-1/4") (376g)

tomatoes, cut into wedges

2 1/2 large whole (3" dia) (455g)

rotisserie chicken, cooked

2 lbs (851g)

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.

Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



For single meal:

mixed nuts

1/2 cup (67g)

For all 2 meals:

mixed nuts

1 cup (134g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Roasted cashews

1/2 cup(s) - 469 cal ● 12g protein ● 36g fat ● 23g carbs ● 2g fiber



For single meal:

roasted cashews

1/2 cup, halves and whole (77g)

For all 2 meals:

roasted cashews

1 cup, halves and whole (154g)

1. This recipe has no instructions.

Turkey & hummus deli sandwich

2 1/2 sandwich(es) - 873 cal ● 74g protein ● 23g fat ● 77g carbs ● 17g fiber



For single meal:

oil

5/8 tsp (3mL)

mixed greens

1 1/4 cup (38g)

tomatoes

5 slice(s), thick/large (1/2" thick)
(135g)

hummus

5 tbsp (75g)

bread

5 slice(s) (160g)

turkey cold cuts

10 oz (284g)

For all 2 meals:

oil

1 1/4 tsp (6mL)

mixed greens

2 1/2 cup (75g)

tomatoes

10 slice(s), thick/large (1/2" thick)
(270g)

hummus

10 tbsp (150g)

bread

10 slice(s) (320g)

turkey cold cuts

1 1/4 lbs (567g)

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.

Greek salad

291 cal ● 3g protein ● 24g fat ● 12g carbs ● 4g fiber



For single meal:

italian seasoning
4 dash (2g)
red wine vinegar
1/2 tbsp (8mL)
olive oil
1 1/2 tbsp (23mL)
green olives
4 tbsp (35g)
tomatoes, chopped
1 small whole (2-2/5" dia) (91g)
purple onions, thinly sliced
1/2 small (35g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

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)
purple onions, thinly sliced
1 small (70g)
cucumber, sliced
1 cucumber (8-1/4") (301g)

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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Pork & pepper pasta

1359 cal ● 85g protein ● 42g fat ● 146g carbs ● 14g fiber



For single meal:

ground pork
10 oz (284g)
oil
2 tsp (10mL)
pasta sauce
1 cup (260g)
garlic powder
4 dash (2g)
bell pepper, chopped
1 medium (119g)
uncooked dry pasta
6 oz (170g)

For all 2 meals:

ground pork
1 1/4 lbs (567g)
oil
4 tsp (20mL)
pasta sauce
2 cup (520g)
garlic powder
1 tsp (3g)
bell pepper, chopped
2 medium (238g)
uncooked dry pasta
3/4 lbs (340g)

1. Cook pasta according to package instructions. Drain and set aside.
2. While pasta cooks, heat oil in a skillet over medium-high heat. Add pork and bell pepper to the skillet and season with garlic powder and some salt and pepper. Break apart pork and cook until it's browned and cooked through.
3. Stir in pasta sauce and bring to a simmer.
4. Top pasta with sauce and serve.

Edamame & beet salad

342 cal ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

For all 2 meals:

balsamic vinaigrette
4 tbsp (60mL)
beets, precooked (canned or refrigerated), chopped
8 beets (2" dia, sphere) (400g)
edamame, frozen, shelled
2 cup (236g)
mixed greens
4 cup (120g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lunch 4 [↗](#)

Eat on day 7

Lentils

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



salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Cuban Picadillo

1406 cal ● 150g protein ● 69g fat ● 36g carbs ● 12g fiber



oil
1 tbsp (15mL)
green olives
16 small (51g)
ground cumin
1 tsp (2g)
tomato puree
1/2 lbs (227g)
ground beef (93% lean)
1 1/2 lbs (680g)
bell pepper, chopped
1 medium (119g)
tomatoes, chopped
1 medium whole (2-3/5" dia) (123g)
garlic, minced
2 clove(s) (6g)
onion, chopped
1 medium (2-1/2" dia) (110g)

1. Heat oil in a skillet over medium heat. Add beef. Break apart and cook until browned, 8-10 minutes.
2. Stir in onion, garlic, bell pepper, tomato, and some salt and pepper. (Optional: add a splash of olive brine). Cook for 1-2 minutes.
3. Add in olives, cumin, tomato puree, and some salt. Bring to a simmer. Cover and cook for about 20 minutes until vegetables have softened. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Garlic collard greens

558 cal ● 25g protein ● 29g fat ● 16g carbs ● 32g fiber



For single meal:

collard greens
1 3/4 lbs (794g)
oil
1 3/4 tbsp (26mL)
garlic, minced
5 1/4 clove(s) (16g)
salt
1/2 tsp (3g)

For all 2 meals:

collard greens
3 1/2 lbs (1588g)
oil
1/4 cup (53mL)
garlic, minced
10 1/2 clove(s) (32g)
salt
1 tsp (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Bbq glazed meatloaf

4 meatloaves - 1118 cal ● 127g protein ● 42g fat ● 52g carbs ● 5g fiber



For single meal:

garlic powder
4 dash (2g)
water
4 tbsp (60mL)
barbecue sauce
4 tbsp (68g)
chipotle seasoning
4 dash (1g)
bread
2 slice (64g)
ground beef (93% lean)
1 1/4 lbs (567g)

For all 2 meals:

garlic powder
1 tsp (3g)
water
1/2 cup (120mL)
barbecue sauce
1/2 cup (136g)
chipotle seasoning
1 tsp (2g)
bread
4 slice (128g)
ground beef (93% lean)
2 1/2 lbs (1134g)

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.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Sweet potato medallions

2 sweet potato - 618 cals ● 6g protein ● 28g fat ● 72g carbs ● 13g fiber



For single meal:

oil
2 tbsp (30mL)
sweet potatoes, sliced
2 sweetpotato, 5" long (420g)

For all 2 meals:

oil
4 tbsp (60mL)
sweet potatoes, sliced
4 sweetpotato, 5" long (840g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Honey glazed carrots

213 cals ● 3g protein ● 5g fat ● 31g carbs ● 8g fiber



For single meal:

butter
1 1/4 tsp (6g)
carrots
10 oz (283g)
water
1/6 cup(s) (49mL)
honey
2 tsp (13g)
salt
1 1/4 dash (1g)
lemon juice
2 tsp (9mL)

For all 2 meals:

butter
2 1/2 tsp (11g)
carrots
1 1/4 lbs (567g)
water
3/8 cup(s) (99mL)
honey
1 1/4 tbsp (26g)
salt
1/3 tsp (2g)
lemon juice
1 1/4 tbsp (19mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 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
1 lbs (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)

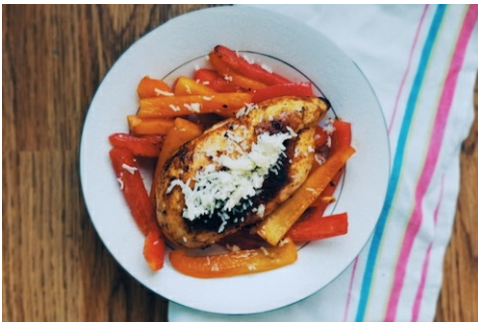
1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Dinner 3 [↗](#)

Eat on day 5

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.

Tomato and avocado salad

587 cals ● 8g protein ● 46g fat ● 17g carbs ● 20g fiber



onion
2 1/2 tbsp minced (38g)
lime juice
2 1/2 tbsp (38mL)
avocados, cubed
1 1/4 avocado(s) (251g)
tomatoes, diced
1 1/4 medium whole (2-3/5" dia) (154g)
olive oil
2 tsp (9mL)
garlic powder
5 dash (2g)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 4 [↗](#)

Eat on day 6, day 7

Lemon pepper chicken breast

32 oz - 1184 cal ● 203g protein ● 38g fat ● 5g carbs ● 4g fiber



For single meal:

lemon pepper
2 tbsp (14g)
olive oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
2 lbs (896g)

For all 2 meals:

lemon pepper
4 tbsp (28g)
olive oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
4 lbs (1792g)

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.

Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

oil
1 tbsp (15mL)
onion, sliced
1 medium (2-1/2" dia) (110g)
bell pepper, sliced into strips
2 large (328g)

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.

Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

oil
1 tbsp (15mL)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

oil
2 tbsp (30mL)
sweet potatoes, cut into wedges
2 2/3 sweetpotato, 5" long (560g)
salt
1/2 tbsp (8g)
black pepper
1/4 tbsp, ground (2g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
 2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
 3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.
-