

Meal Plan - 3500 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

3485 cals ● 270g protein (31%) ● 181g fat (47%) ● 142g carbs (16%) ● 51g fiber (6%)

Lunch

1730 cals, 128g protein, 82g net carbs, 87g fat



[Avocado tuna salad](#)
1091 cals



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



[Roasted almonds](#)
1/3 cup(s)- 277 cals

Dinner

1755 cals, 143g protein, 60g net carbs, 94g fat



[Pesto chicken & quinoa stuffed peppers](#)
8 half pepper(s)- 1467 cals



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

Day 2

3499 cals ● 332g protein (38%) ● 156g fat (40%) ● 148g carbs (17%) ● 42g fiber (5%)

Lunch

1745 cals, 190g protein, 88g net carbs, 62g fat



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



[Quinoa](#)
2 cup quinoa, cooked- 417 cals



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

Dinner

1755 cals, 143g protein, 60g net carbs, 94g fat



[Pesto chicken & quinoa stuffed peppers](#)
8 half pepper(s)- 1467 cals



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

Day 3

3131 cals ● 239g protein (31%) ● 137g fat (40%) ● 200g carbs (26%) ● 34g fiber (4%)

Lunch

1405 cals, 92g protein, 134g net carbs, 48g fat



[Brown rice](#)
5/6 cup brown rice, cooked- 191 cals



[Easy garlic chicken](#)
9 oz- 411 cals



[Simple garlic bread](#)
7 slice(s)- 802 cals

Dinner

1725 cals, 147g protein, 66g net carbs, 89g fat



[Buttered green beans](#)
245 cals



[Almond crusted tilapia](#)
21 oz- 1482 cals

Day 4

3131 cals ● 239g protein (31%) ● 137g fat (40%) ● 200g carbs (26%) ● 34g fiber (4%)

Lunch

1405 cals, 92g protein, 134g net carbs, 48g fat



Brown rice

5/6 cup brown rice, cooked- 191 cals



Easy garlic chicken

9 oz- 411 cals



Simple garlic bread

7 slice(s)- 802 cals

Dinner

1725 cals, 147g protein, 66g net carbs, 89g fat



Buttered green beans

245 cals



Almond crusted tilapia

21 oz- 1482 cals

Day 5

3509 cals ● 244g protein (28%) ● 184g fat (47%) ● 174g carbs (20%) ● 45g fiber (5%)

Lunch

1730 cals, 129g protein, 81g net carbs, 89g fat



Roasted almonds

3/8 cup(s)- 370 cals



Roast beef & pickle sandwich

3 sandwich(es)- 1361 cals

Dinner

1780 cals, 114g protein, 93g net carbs, 95g fat



Coriander and cumin rubbed pork chops

2 1/2 chop(s)- 1071 cals



Buttered green beans

342 cals



Mashed sweet potatoes

366 cals

Day 6

3509 cals ● 244g protein (28%) ● 184g fat (47%) ● 174g carbs (20%) ● 45g fiber (5%)

Lunch

1730 cals, 129g protein, 81g net carbs, 89g fat



Roasted almonds

3/8 cup(s)- 370 cals



Roast beef & pickle sandwich

3 sandwich(es)- 1361 cals

Dinner

1780 cals, 114g protein, 93g net carbs, 95g fat



Coriander and cumin rubbed pork chops

2 1/2 chop(s)- 1071 cals



Buttered green beans

342 cals



Mashed sweet potatoes

366 cals

Day 7

3517 cals ● 241g protein (27%) ● 186g fat (48%) ● 150g carbs (17%) ● 69g fiber (8%)

Lunch

1745 cals, 126g protein, 103g net carbs, 84g fat



Roast beef sandwich

3 sandwich(es)- 1428 cals



Cranberry spinach salad

316 cals

Dinner

1770 cals, 115g protein, 47g net carbs, 103g fat



Simple kale & avocado salad

633 cals



Avocado tuna salad stuffed pepper

5 half pepper(s)- 1139 cals

Vegetables and Vegetable Products

- ☐ bell pepper
10 1/2 large (1719g)
- ☐ kale leaves
2 1/2 bunch (447g)
- ☐ onion
1 1/4 small (88g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (369g)
- ☐ frozen green beans
8 cup (968g)
- ☐ garlic
12 clove(s) (36g)
- ☐ sweet potatoes
4 sweetpotato, 5" long (840g)
- ☐ pickles
24 slices (168g)
- ☐ romaine lettuce
3 leaf outer (84g)
- ☐ fresh spinach
3/8 6oz package (71g)

Dairy and Egg Products

- ☐ mozzarella cheese, shredded
2 cup (172g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ fresh mozzarella cheese
2 oz (57g)
- ☐ cheese
3 tbsp, shredded (21g)
- ☐ butter
1 2/3 stick (192g)
- ☐ sliced cheese
3/4 lbs (354g)
- ☐ romano cheese
1 1/4 tsp (3g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 1/3 jar (6.25 oz) (236g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1 cup (189g)
- ☐ all-purpose flour
1 1/6 cup(s) (146g)

Spices and Herbs

- ☐ salt
1/2 oz (17g)
- ☐ black pepper
2 1/2 g (3g)
- ☐ fresh basil
1 tbsp, chopped (3g)
- ☐ taco seasoning mix
1 1/2 tbsp (13g)
- ☐ garlic powder
1 tsp (4g)
- ☐ ground coriander
2 1/2 tbsp (13g)
- ☐ ground cumin
2 1/2 tbsp (15g)
- ☐ dijon mustard
6 tbsp (90g)
- ☐ mustard
1 tbsp (15g)

Other

- ☐ mixed greens
2 1/2 cup (75g)

Finfish and Shellfish Products

- ☐ canned tuna
5 can (860g)
- ☐ tilapia, raw
2 1/2 lbs (1176g)

Nut and Seed Products

- ☐ almonds
3/4 lbs (353g)
- ☐ walnuts
2 1/4 tbsp, chopped (16g)

Fats and Oils

- ☐ balsamic vinaigrette
1 tbsp (14mL)
- ☐ oil
1 tbsp (15mL)
- ☐ olive oil
1/2 cup (128mL)
- ☐ raspberry walnut vinaigrette
2 1/4 tbsp (34mL)

Beverages

☐ brown rice
1/2 cup (106g)

☐ water
2 1/2 cup(s) (578mL)

Poultry Products

☐ boneless skinless chicken breast, raw
4 2/3 lbs (2089g)

Fruits and Fruit Juices

☐ lemon
2 1/2 small (152g)

☐ avocados
5 avocado(s) (1030g)

☐ lime juice
5 tsp (25mL)

☐ dried cranberries
2 1/4 tbsp (22g)

Baked Products

☐ bread crumbs
6 tbsp (41g)

☐ bread
2 1/4 lbs (1024g)

Pork Products

☐ pork loin chops, boneless, raw
5 chop (925g)

Sausages and Luncheon Meats

☐ roast beef cold cuts
2 1/4 lbs (1021g)

Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad

1091 cals ● 102g protein ● 60g fat ● 15g carbs ● 21g fiber



avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
onion, minced
5/8 small (44g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)

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.

Lowfat yogurt

2 container(s) - 362 cals ● 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.

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)
almonds
5 tbsp, whole (45g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



tomatoes, sliced

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

fresh mozzarella cheese, sliced

2 oz (57g)

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

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

Quinoa

2 cup quinoa, cooked - 417 cals ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

quinoa, uncooked

2/3 cup (113g)

water

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Brown rice

5/6 cup brown rice, cooked - 191 cals ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



For single meal:

brown rice
1/4 cup (53g)
salt
1/4 tsp (1g)
water
1/2 cup(s) (132mL)
black pepper
1/4 tsp, ground (0g)

For all 2 meals:

brown rice
1/2 cup (106g)
salt
1/2 tsp (3g)
water
1 cup(s) (263mL)
black pepper
1/2 tsp, ground (1g)

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.

Easy garlic chicken

9 oz - 411 cals ● 60g protein ● 13g fat ● 12g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (255g)
butter
3/4 tbsp (11g)
bread crumbs
3 tbsp (20g)
garlic, minced
2 1/4 clove(s) (7g)

For all 2 meals:

boneless skinless chicken breast, raw
18 oz (510g)
butter
1 1/2 tbsp (21g)
bread crumbs
6 tbsp (41g)
garlic, minced
4 1/2 clove(s) (14g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Simple garlic bread

7 slice(s) - 802 cals ● 28g protein ● 33g fat ● 83g carbs ● 14g fiber



For single meal:

bread
7 slice (224g)
butter
2 1/3 tbsp (32g)
garlic powder
1/2 tsp (2g)

For all 2 meals:

bread
14 slice (448g)
butter
1/3 cup (63g)
garlic powder
1 tsp (4g)

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

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.

Roast beef & pickle sandwich

3 sandwich(es) - 1361 cals ● 117g protein ● 59g fat ● 76g carbs ● 14g fiber



For single meal:

dijon mustard
3 tbsp (45g)
pickles
12 slices (84g)
sliced cheese
6 slice (2/3 oz ea) (114g)
roast beef cold cuts
3/4 lbs (340g)
bread
6 slice(s) (192g)

For all 2 meals:

dijon mustard
6 tbsp (90g)
pickles
24 slices (168g)
sliced cheese
12 slice (2/3 oz ea) (228g)
roast beef cold cuts
1 1/2 lbs (680g)
bread
12 slice(s) (384g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Lunch 5 [🔗](#)

Eat on day 7

Roast beef sandwich

3 sandwich(es) - 1428 cals ● 121g protein ● 63g fat ● 80g carbs ● 15g fiber



Makes 3 sandwich(es)

roast beef cold cuts
3/4 lbs (340g)
bread
6 slice (192g)
mustard
1 tbsp (15g)
tomatoes
6 slice, medium (1/4" thick) (120g)
romaine lettuce
3 leaf outer (84g)
sliced cheese
6 slice (3/4 oz ea) (126g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.

Cranberry spinach salad

316 cals ● 6g protein ● 21g fat ● 23g carbs ● 4g fiber



dried cranberries
2 1/4 tbsp (22g)
walnuts
2 1/4 tbsp, chopped (16g)
fresh spinach
3/8 6oz package (71g)
raspberry walnut vinaigrette
2 1/4 tbsp (33mL)
romano cheese, finely shredded
1 1/4 tsp (3g)

1. Mix ingredients in a bowl and serve.
 2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Pesto chicken & quinoa stuffed peppers

8 half pepper(s) - 1467 cals ● 137g protein ● 75g fat ● 48g carbs ● 13g fiber



For single meal:

bell pepper

4 medium (476g)

mozzarella cheese, shredded

16 tbsp (86g)

pesto sauce

2/3 jar (6.25 oz) (118g)

quinoa, uncooked

1/4 cup (38g)

boneless skinless chicken breast, raw

16 oz (454g)

For all 2 meals:

bell pepper

8 medium (952g)

mozzarella cheese, shredded

2 cup (172g)

pesto sauce

1 1/3 jar (6.25 oz) (236g)

quinoa, uncooked

1/2 cup (75g)

boneless skinless chicken breast, raw

32 oz (907g)

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. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
5. Preheat oven to 350 F (180 C).
6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
7. When peppers have cooled, cut in half and remove seeds.
8. Fill pepper halves with chicken mixture and top with cheese.
9. Bake for 10 minutes. Serve.

Simple kale & avocado salad

288 cals ● 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.

Dinner 2 [🔗](#)

Eat on day 3, day 4

Buttered green beans

245 cals ● 4g protein ● 19g fat ● 10g carbs ● 5g fiber



For single meal:

frozen green beans

1 2/3 cup (202g)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash (0g)

butter

5 tsp (23g)

For all 2 meals:

frozen green beans

3 1/3 cup (403g)

salt

1/3 tsp (1g)

black pepper

1/3 tsp (0g)

butter

1/4 cup (45g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Almond crusted tilapia

21 oz - 1482 cals ● 143g protein ● 71g fat ● 56g carbs ● 12g fiber



For single meal:

tilapia, raw

1 1/3 lbs (588g)

almonds

14 tbsp, slivered (95g)

all-purpose flour

5/8 cup(s) (73g)

salt

1/2 tsp (1g)

olive oil

1 3/4 tbsp (26mL)

For all 2 meals:

tilapia, raw

2 1/2 lbs (1176g)

almonds

1 3/4 cup, slivered (189g)

all-purpose flour

1 1/6 cup(s) (146g)

salt

1 tsp (3g)

olive oil

1/4 cup (53mL)

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.

Dinner 3 [🔗](#)

Eat on day 5, day 6

Coriander and cumin rubbed pork chops

2 1/2 chop(s) - 1071 cal ● 103g protein ● 69g fat ● 7g carbs ● 4g fiber



For single meal:

black pepper
1/3 tsp (0g)
pork loin chops, boneless, raw
2 1/2 chop (463g)
olive oil, divided
2 1/2 tbsp (38mL)
ground coriander
1 1/4 tbsp (6g)
ground cumin
1 1/4 tbsp (8g)
salt
5 dash (4g)
garlic, minced
3 3/4 clove(s) (11g)

For all 2 meals:

black pepper
5 dash (1g)
pork loin chops, boneless, raw
5 chop (925g)
olive oil, divided
5 tbsp (75mL)
ground coriander
2 1/2 tbsp (13g)
ground cumin
2 1/2 tbsp (15g)
salt
1 1/4 tsp (8g)
garlic, minced
7 1/2 clove(s) (23g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Buttered green beans

342 cal ● 5g protein ● 26g fat ● 14g carbs ● 7g fiber



For single meal:

frozen green beans
2 1/3 cup (282g)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
butter
2 1/3 tbsp (32g)

For all 2 meals:

frozen green beans
4 2/3 cup (565g)
salt
1/2 tsp (1g)
black pepper
1/2 tsp (0g)
butter
1/3 cup (63g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Mashed sweet potatoes

366 cal ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)

For all 2 meals:

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 and serve.

Dinner 4 [↗](#)

Eat on day 7

Simple kale & avocado salad

633 cals ● 13g protein ● 42g fat ● 26g carbs ● 25g fiber



kale leaves, chopped
1 1/2 bunch (234g)
lemon, juiced
1 1/2 small (80g)
avocados, chopped
1 1/2 avocado(s) (276g)

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.

Avocado tuna salad stuffed pepper

5 half pepper(s) - 1139 cals ● 102g protein ● 61g fat ● 21g carbs ● 25g fiber



Makes 5 half pepper(s)
canned tuna, drained
2 1/2 can (430g)
avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
bell pepper
2 1/2 large (410g)
onion
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. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

