

# Meal Plan - 2000 calorie intermittent fasting paleo 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** 2014 cals ● 193g protein (38%) ● 101g fat (45%) ● 64g carbs (13%) ● 20g fiber (4%)

## Lunch

990 cals, 103g protein, 55g net carbs, 35g fat



[Sweet potato wedges](#)  
391 cals



[Curried pork chops](#)  
2 1/2 chop(s)- 598 cals

## Dinner

1025 cals, 90g protein, 9g net carbs, 66g fat



[Slow-baked salmon with lemon and thyme](#)  
14 oz- 938 cals



[Broccoli](#)  
3 cup(s)- 87 cals

**Day 2** 1993 cals ● 180g protein (36%) ● 97g fat (44%) ● 68g carbs (14%) ● 30g fiber (6%)

## Lunch

990 cals, 103g protein, 55g net carbs, 35g fat



[Sweet potato wedges](#)  
391 cals



[Curried pork chops](#)  
2 1/2 chop(s)- 598 cals

## Dinner

1005 cals, 77g protein, 14g net carbs, 62g fat



[Avocado tuna salad](#)  
727 cals



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

**Day 3** 1972 cals ● 148g protein (30%) ● 123g fat (56%) ● 29g carbs (6%) ● 38g fiber (8%)

## Lunch

965 cals, 71g protein, 16g net carbs, 61g fat



[Avocado](#)  
176 cals



[Turkey, bacon, avocado lettuce wrap](#)  
2 1/2 wrap(s)- 792 cals

## Dinner

1005 cals, 77g protein, 14g net carbs, 62g fat



[Avocado tuna salad](#)  
727 cals



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

## Day 4

1998 cals ● 139g protein (28%) ● 107g fat (48%) ● 82g carbs (16%) ● 37g fiber (7%)

### Lunch

1000 cals, 86g protein, 16g net carbs, 56g fat



[Chicken avocado salad](#)  
1001 cals

### Dinner

1000 cals, 53g protein, 65g net carbs, 51g fat



[Roasted rosemary sweet potatoes](#)  
525 cals



[Olive oil drizzled broccoli](#)  
1 1/2 cup(s)- 105 cals



[Thyme & lime chicken thighs](#)  
368 cals

## Day 5

1984 cals ● 156g protein (31%) ● 105g fat (48%) ● 71g carbs (14%) ● 32g fiber (6%)

### Lunch

1000 cals, 86g protein, 16g net carbs, 56g fat



[Chicken avocado salad](#)  
1001 cals

### Dinner

985 cals, 70g protein, 55g net carbs, 49g fat



[Roasted rosemary sweet potatoes](#)  
473 cals



[Basic chicken thighs](#)  
12 oz- 510 cals

## Day 6

2029 cals ● 155g protein (31%) ● 129g fat (57%) ● 29g carbs (6%) ● 33g fiber (6%)

### Lunch

1055 cals, 66g protein, 15g net carbs, 72g fat



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Paleo ham, bacon, avocado lettuce wrap](#)  
2 wrap(s)- 791 cals



[Roasted almonds](#)  
1/4 cup(s)- 222 cals

### Dinner

975 cals, 88g protein, 14g net carbs, 57g fat



[Garlic zucchini noodles](#)  
326 cals



[Olive oil drizzled broccoli](#)  
2 1/2 cup(s)- 175 cals



[Balsamic chicken breast](#)  
12 oz- 473 cals

## Day 7

2029 cals ● 155g protein (31%) ● 129g fat (57%) ● 29g carbs (6%) ● 33g fiber (6%)

### Lunch

1055 cals, 66g protein, 15g net carbs, 72g fat



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Paleo ham, bacon, avocado lettuce wrap](#)  
2 wrap(s)- 791 cals



[Roasted almonds](#)  
1/4 cup(s)- 222 cals

### Dinner

975 cals, 88g protein, 14g net carbs, 57g fat



[Garlic zucchini noodles](#)  
326 cals



[Olive oil drizzled broccoli](#)  
2 1/2 cup(s)- 175 cals



[Balsamic chicken breast](#)  
12 oz- 473 cals

## Finfish and Shellfish Products

- salmon  
14 oz (397g)
- canned tuna  
3 1/3 can (573g)

## Fats and Oils

- oil  
1/4 lbs (115mL)
- olive oil  
5 oz (152mL)
- balsamic vinaigrette  
6 tbsp (91mL)

## Spices and Herbs

- thyme, dried  
1/4 tbsp, leaves (1g)
- salt  
1 oz (25g)
- black pepper  
1/4 oz (7g)
- curry powder  
1 1/4 tsp (3g)
- dijon mustard  
1 1/4 tbsp (19g)
- rosemary  
1 1/2 tbsp (5g)

## Fruits and Fruit Juices

- lemon  
5/8 large (49g)
- avocados  
6 3/4 avocado(s) (1365g)
- lime juice  
2 1/3 fl oz (72mL)
- lemon juice  
1/2 tsp (3mL)

## Vegetables and Vegetable Products

- frozen broccoli  
9 1/2 cup (865g)
- sweet potatoes  
6 sweetpotato, 5" long (1295g)
- onion  
1 medium (2-1/2" dia) (98g)
- tomatoes  
5 1/3 medium whole (2-3/5" dia) (658g)

## Pork Products

- pork chop, bone-in  
5 chop (890g)
- bacon  
13 slice(s) (130g)

## Other

- mixed greens  
3 1/3 cup (100g)
- italian seasoning  
1/4 tbsp (3g)

## Nut and Seed Products

- almonds  
1 cup, whole (161g)

## Sausages and Luncheon Meats

- turkey cold cuts  
10 oz (284g)
- ham cold cuts  
1 lbs (454g)

## Poultry Products

- boneless skinless chicken thighs  
1 1/4 lbs (567g)
- boneless skinless chicken breast, raw  
3 lbs (1361g)

- romaine lettuce  
6 1/2 leaf outer (182g)
  - brussels sprouts  
20 sprouts (380g)
  - zucchini  
4 medium (784g)
  - garlic  
2 clove (6g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Sweet potato wedges

391 cals ● 5g protein ● 13g fat ● 54g carbs ● 10g fiber



For single meal:

**oil**  
1 tbsp (17mL)  
**sweet potatoes, cut into wedges**  
1 1/2 sweetpotato, 5" long (315g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
3 dash, ground (1g)

For all 2 meals:

**oil**  
2 1/4 tbsp (34mL)  
**sweet potatoes, cut into wedges**  
3 sweetpotato, 5" long (630g)  
**salt**  
1/2 tbsp (9g)  
**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.

### Curried pork chops

2 1/2 chop(s) - 598 cals ● 98g protein ● 22g fat ● 1g carbs ● 1g fiber



For single meal:

**pork chop, bone-in**  
2 1/2 chop (445g)  
**curry powder**  
5 dash (1g)  
**olive oil**  
1 1/4 tsp (6mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)

For all 2 meals:

**pork chop, bone-in**  
5 chop (890g)  
**curry powder**  
1 1/4 tsp (3g)  
**olive oil**  
2 1/2 tsp (13mL)  
**salt**  
5 dash (4g)  
**black pepper**  
5 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

## Lunch 2 [↗](#)

Eat on day 3

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



#### **avocados**

1/2 avocado(s) (101g)

#### **lemon juice**

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Turkey, bacon, avocado lettuce wrap

2 1/2 wrap(s) - 792 cal ● 69g protein ● 46g fat ● 14g carbs ● 12g fiber



Makes 2 1/2 wrap(s)

#### **dijon mustard**

1 1/4 tbsp (19g)

#### **romaine lettuce**

2 1/2 leaf outer (70g)

#### **turkey cold cuts**

10 oz (284g)

#### **bacon**

5 slice(s) (50g)

#### **tomatoes**

5 slice, medium (1/4" thick) (100g)

#### **avocados, sliced**

5/8 avocado(s) (126g)

1. Cook bacon according to package.
  2. Spread the mustard on the inside of the leaf.
  3. Place the turkey, avocado, bacon, and tomatoes on the mustard.
  4. Wrap the leaf up. Serve.
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## Lunch 3 [↗](#)

Eat on day 4, day 5

### Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



For single meal:

**lime juice**

4 tsp (20mL)

**oil**

4 tsp (20mL)

**onion**

2 tbsp chopped (20g)

**avocados, chopped**

1 avocado(s) (201g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**brussels sprouts**

10 sprouts (190g)

For all 2 meals:

**lime juice**

2 2/3 tbsp (40mL)

**oil**

2 2/3 tbsp (40mL)

**onion**

4 tbsp chopped (40g)

**avocados, chopped**

2 avocado(s) (402g)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

**brussels sprouts**

20 sprouts (380g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

## Paleo ham, bacon, avocado lettuce wrap

2 wrap(s) - 791 cals ● 57g protein ● 53g fat ● 6g carbs ● 15g fiber



For single meal:

**romaine lettuce**

2 leaf outer (56g)

**bacon**

4 slice(s) (40g)

**ham cold cuts**

1/2 lbs (227g)

**avocados, sliced**

1 avocado(s) (201g)

For all 2 meals:

**romaine lettuce**

4 leaf outer (112g)

**bacon**

8 slice(s) (80g)

**ham cold cuts**

1 lbs (454g)

**avocados, sliced**

2 avocado(s) (402g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

## Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**

4 tbsp, whole (36g)

For all 2 meals:

**almonds**

1/2 cup, whole (72g)

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

Eat on day 1

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### Slow-baked salmon with lemon and thyme

14 oz - 938 cal ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



Makes 14 oz

**salmon, skin on**

14 oz (397g)

**oil**

2 1/2 tsp (13mL)

**thyme, dried**

1/2 tsp, leaves (1g)

**lemon, cut into wedges**

5/8 large (49g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

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### Broccoli

3 cup(s) - 87 cal ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

**frozen broccoli**

3 cup (273g)

1. Prepare according to instructions on package.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Avocado tuna salad

727 cal ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

**avocados**  
5/6 avocado(s) (168g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
1 2/3 cup (50g)  
**onion, minced**  
3/8 small (29g)  
**canned tuna**  
1 2/3 can (287g)  
**tomatoes**  
6 2/3 tbsp, chopped (75g)

For all 2 meals:

**avocados**  
1 2/3 avocado(s) (335g)  
**lime juice**  
1 tbsp (17mL)  
**salt**  
1/2 tsp (1g)  
**black pepper**  
1/2 tsp (0g)  
**mixed greens**  
3 1/3 cup (100g)  
**onion, minced**  
5/6 small (58g)  
**canned tuna**  
3 1/3 can (573g)  
**tomatoes**  
13 1/3 tbsp, chopped (150g)

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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### Roasted almonds

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



For single meal:

**almonds**  
5 tbsp, whole (45g)

For all 2 meals:

**almonds**  
10 tbsp, whole (89g)

1. This recipe has no instructions.
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## Dinner 3 [↗](#)

Eat on day 4

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### Roasted rosemary sweet potatoes

525 cal ● 6g protein ● 23g fat ● 61g carbs ● 12g fiber



#### **sweet potatoes, cut into 1" cubes**

1 2/3 sweetpotato, 5" long (350g)

#### **rosemary**

2 1/2 tsp (3g)

#### **olive oil**

5 tsp (25mL)

#### **salt**

1/4 tbsp (5g)

#### **black pepper**

1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

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### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

#### **black pepper**

3/4 dash (0g)

#### **salt**

3/4 dash (0g)

#### **frozen broccoli**

1 1/2 cup (137g)

#### **olive oil**

1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Thyme & lime chicken thighs

368 cal ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



**oil**  
1/2 tbsp (8mL)  
**lime juice**  
1 tbsp (15mL)  
**thyme, dried**  
2 dash, leaves (0g)  
**boneless skinless chicken thighs**  
1/2 lb (227g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

## Dinner 4 [↗](#)

Eat on day 5

### Roasted rosemary sweet potatoes

473 cal ● 5g protein ● 21g fat ● 55g carbs ● 11g fiber



**sweet potatoes, cut into 1" cubes**  
1 1/2 sweetpotato, 5" long (315g)  
**rosemary**  
3/4 tbsp (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

### Basic chicken thighs

12 oz - 510 cal ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken thighs**  
3/4 lbs (340g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Garlic zucchini noodles

326 cal ● 5g protein ● 28g fat ● 9g carbs ● 4g fiber



For single meal:

**olive oil**  
2 tbsp (30mL)  
**zucchini**  
2 medium (392g)  
**garlic, minced**  
1 clove (3g)

For all 2 meals:

**olive oil**  
4 tbsp (60mL)  
**zucchini**  
4 medium (784g)  
**garlic, minced**  
2 clove (6g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

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### Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cal ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**olive oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen broccoli**  
5 cup (455g)  
**olive oil**  
5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Balsamic chicken breast

12 oz - 473 cal ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

**italian seasoning**  
3 dash (1g)  
**oil**  
1/2 tbsp (8mL)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)

For all 2 meals:

**italian seasoning**  
1/4 tbsp (3g)  
**oil**  
1 tbsp (15mL)  
**balsamic vinaigrette**  
6 tbsp (90mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)

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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