

Meal Plan - 2200 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

2159 cals ● 242g protein (45%) ● 85g fat (36%) ● 79g carbs (15%) ● 26g fiber (5%)

Lunch

1125 cals, 106g protein, 66g net carbs, 41g fat



[Chicken beet & carrot salad bowl](#)
899 cals



[Pear](#)
2 pear(s)- 226 cals

Dinner

1035 cals, 136g protein, 13g net carbs, 44g fat



[Olive oil drizzled sugar snap peas](#)
245 cals



[Balsamic chicken breast](#)
20 oz- 789 cals

Day 2

2173 cals ● 171g protein (31%) ● 114g fat (47%) ● 87g carbs (16%) ● 29g fiber (5%)

Lunch

1125 cals, 106g protein, 66g net carbs, 41g fat



[Chicken beet & carrot salad bowl](#)
899 cals



[Pear](#)
2 pear(s)- 226 cals

Dinner

1050 cals, 64g protein, 21g net carbs, 73g fat



[Tomato and avocado salad](#)
117 cals



[Turkey curry soup](#)
930 cals

Day 3

2150 cals ● 188g protein (35%) ● 124g fat (52%) ● 46g carbs (9%) ● 24g fiber (4%)

Lunch

1100 cals, 124g protein, 25g net carbs, 51g fat



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



[Simple mixed greens salad](#)
203 cals

Dinner

1050 cals, 64g protein, 21g net carbs, 73g fat



[Tomato and avocado salad](#)
117 cals



[Turkey curry soup](#)
930 cals

Day 4

2197 cals ● 250g protein (45%) ● 86g fat (35%) ● 81g carbs (15%) ● 26g fiber (5%)

Lunch

1100 cals, 124g protein, 25g net carbs, 51g fat



Baked chicken with tomatoes & olives

18 oz- 899 cals



Simple mixed greens salad

203 cals

Dinner

1095 cals, 126g protein, 56g net carbs, 34g fat



Garlic collard greens

80 cals



Basic chicken breast

18 2/3 oz- 740 cals



Mashed sweet potatoes

275 cals

Day 5

2224 cals ● 212g protein (38%) ● 103g fat (42%) ● 75g carbs (14%) ● 36g fiber (6%)

Lunch

1130 cals, 86g protein, 19g net carbs, 69g fat



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals



Walnuts

1/3 cup(s)- 219 cals

Dinner

1095 cals, 126g protein, 56g net carbs, 34g fat



Garlic collard greens

80 cals



Basic chicken breast

18 2/3 oz- 740 cals



Mashed sweet potatoes

275 cals

Day 6

2166 cals ● 210g protein (39%) ● 105g fat (44%) ● 64g carbs (12%) ● 31g fiber (6%)

Lunch

1130 cals, 86g protein, 19g net carbs, 69g fat



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals



Walnuts

1/3 cup(s)- 219 cals

Dinner

1035 cals, 124g protein, 45g net carbs, 36g fat



Simple mixed greens salad

136 cals



Curried pork chops

3 chop(s)- 718 cals



Mashed sweet potatoes

183 cals

Day 7

2222 cals ● 173g protein (31%) ● 128g fat (52%) ● 64g carbs (12%) ● 30g fiber (5%)

Lunch

1185 cals, 49g protein, 19g net carbs, 92g fat



Paleo chicken thighs and mushrooms

6 oz- 600 cals



Tomato and avocado salad

587 cals

Dinner

1035 cals, 124g protein, 45g net carbs, 36g fat



Simple mixed greens salad

136 cals



Curried pork chops

3 chop(s)- 718 cals



Mashed sweet potatoes

183 cals

Spices and Herbs

- ☐ black pepper
1/6 oz (6g)
- ☐ salt
3/4 oz (22g)
- ☐ thyme, dried
1 tsp, leaves (1g)
- ☐ garlic powder
1 tsp (3g)
- ☐ curry powder
1/2 oz (16g)
- ☐ chili powder
2 tbsp (16g)
- ☐ fresh basil
36 leaves (18g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
2 cup (288g)
- ☐ carrots
4 1/2 medium (266g)
- ☐ beets, precooked (canned or refrigerated)
1 lbs (454g)
- ☐ onion
1 medium (2-1/2" dia) (123g)
- ☐ tomatoes
6 3/4 medium whole (2-3/5" dia) (827g)
- ☐ garlic
3 1/2 clove(s) (11g)
- ☐ fresh ginger
2 inch (2.5cm) cube (10g)
- ☐ bell pepper
5 1/2 large (894g)
- ☐ collard greens
1/2 lbs (227g)
- ☐ sweet potatoes
5 sweetpotato, 5" long (1050g)
- ☐ mushrooms
4 oz (113g)

Fats and Oils

- ☐ olive oil
3 oz (96mL)
- ☐ oil
4 oz (124mL)
- ☐ balsamic vinaigrette
5 tbsp (74mL)
- ☐ salad dressing
1 cup (225mL)

Other

- ☐ italian seasoning
5 dash (2g)
- ☐ mixed greens
15 cup (450g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 lbs (3529g)
- ☐ ground turkey, raw
1 1/4 lbs (567g)
- ☐ chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
2 tsp (1mL)
- ☐ vegetable broth
3 cup(s) (mL)

Fruits and Fruit Juices

- ☐ pears
4 medium (712g)
- ☐ lime juice
2 1/3 fl oz (72mL)
- ☐ avocados
3 3/4 avocado(s) (754g)
- ☐ green olives
36 large (158g)

Nut and Seed Products

- ☐ coconut milk, canned
3/4 lbs (361mL)
- ☐ walnuts
10 tbsp, shelled (63g)

Finfish and Shellfish Products

- ☐ canned tuna
4 can (688g)

Pork Products

- ☐ pork chop, bone-in
6 chop (1068g)

Beverages

- ☐ water
1/4 cup(s) (59mL)
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Chicken beet & carrot salad bowl

899 cals ● 105g protein ● 40g fat ● 22g carbs ● 6g fiber



For single meal:

boneless skinless chicken breast, raw, cubed
1 lbs (448g)
apple cider vinegar
1 tsp (0mL)
thyme, dried
4 dash, leaves (1g)
oil
2 tbsp (30mL)
carrots, thinly sliced
1 medium (61g)
beets, precooked (canned or refrigerated), cubed
1/2 lbs (227g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed
2 lbs (896g)
apple cider vinegar
2 tsp (1mL)
thyme, dried
1 tsp, leaves (1g)
oil
4 tbsp (60mL)
carrots, thinly sliced
2 medium (122g)
beets, precooked (canned or refrigerated), cubed
1 lbs (454g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Baked chicken with tomatoes & olives

18 oz - 899 cal ● 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

18 oz (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.

Simple mixed greens salad

203 cal ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

For all 2 meals:

mixed greens

9 cup (270g)

salad dressing

1/2 cup (135mL)

1. Mix greens and dressing in a small bowl. Serve.

Lunch 3 [↗](#)

Eat on day 5, day 6

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

canned tuna, drained

2 can (344g)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

For all 2 meals:

canned tuna, drained

4 can (688g)

avocados

2 avocado(s) (402g)

lime juice

4 tsp (20mL)

salt

4 dash (2g)

black pepper

4 dash (0g)

bell pepper

4 large (656g)

onion

1 small (70g)

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.

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

5 tbsp, shelled (31g)

For all 2 meals:

walnuts

10 tbsp, shelled (63g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



Makes 6 oz

mushrooms, sliced 1/4 in thick

4 oz (113g)

black pepper

1 dash (0g)

chicken thighs, with bone and skin, raw

1 thigh (6 oz ea) (170g)

olive oil

1 1/2 tbsp (23mL)

salt

1 dash (0g)

water

1/4 cup(s) (59mL)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and 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 1 [↗](#)

Eat on day 1

Olive oil drizzled sugar snap peas

245 cal ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Balsamic chicken breast

20 oz - 789 cal ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



Makes 20 oz

italian seasoning
5 dash (2g)
oil
2 1/2 tsp (13mL)
balsamic vinaigrette
5 tbsp (75mL)
boneless skinless chicken breast, raw
1 1/4 lbs (567g)

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.

Dinner 2 [🔗](#)

Eat on day 2, day 3

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 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.

Turkey curry soup

930 cals ● 63g protein ● 64g fat ● 18g carbs ● 8g fiber



For single meal:

oil
1 tsp (5mL)
garlic, minced
1 clove (3g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
bell pepper, deseeded & chopped
1 medium (119g)
carrots, sliced
1 large (72g)
ground turkey, raw
10 oz (284g)
curry powder
1 tbsp (6g)
vegetable broth
1 1/2 cup(s) (mL)
coconut milk, canned
6 oz (181mL)

For all 2 meals:

oil
2 tsp (10mL)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 inch (2.5cm) cube (10g)
bell pepper, deseeded & chopped
2 medium (238g)
carrots, sliced
2 large (144g)
ground turkey, raw
1 1/4 lbs (567g)
curry powder
2 tbsp (13g)
vegetable broth
3 cup(s) (mL)
coconut milk, canned
3/4 lbs (361mL)

1. Heat oil in a pot over medium-high heat. Add turkey and some salt and pepper. Break apart and cook until it begins to brown, 4-5 minutes.
2. Stir in ginger, garlic, and curry powder. Cook until fragrant, about 1 minute.
3. Pour in broth, coconut milk, bell pepper, and carrot. Stir to combine.
4. Bring to a boil. Reduce to a simmer and cook, stirring occasionally, until vegetables are tender, 4-6 minutes. Season with salt and pepper to taste. Serve.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, minced
3/4 clove(s) (2g)
salt
1/2 dash (0g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

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.

Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

oil

3 1/2 tsp (17mL)

boneless skinless chicken breast, raw

18 2/3 oz (523g)

For all 2 meals:

oil

2 1/3 tbsp (35mL)

boneless skinless chicken breast, raw

2 1/3 lbs (1045g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

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 6, day 7

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.

Curried pork chops

3 chop(s) - 718 cals ● 118g protein ● 27g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
3 chop (534g)
curry powder
1/4 tbsp (2g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

For all 2 meals:

pork chop, bone-in
6 chop (1068g)
curry powder
1/2 tbsp (3g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

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.

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

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.
-