

# Meal Plan - 2300 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

2243 cals ● 257g protein (46%) ● 98g fat (39%) ● 58g carbs (10%) ● 25g fiber (4%)

### Lunch

1130 cals, 113g protein, 14g net carbs, 64g fat



[Basic chicken & spinach salad](#)  
761 cals



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

### Dinner

1110 cals, 144g protein, 43g net carbs, 34g fat



[Lemon pepper chicken breast](#)  
21 1/3 oz- 790 cals



[Olive oil drizzled broccoli](#)  
2 cup(s)- 140 cals



[Mashed sweet potatoes](#)  
183 cals

## Day 2

2256 cals ● 219g protein (39%) ● 105g fat (42%) ● 80g carbs (14%) ● 28g fiber (5%)

### Lunch

1130 cals, 113g protein, 14g net carbs, 64g fat



[Basic chicken & spinach salad](#)  
761 cals



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

### Dinner

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



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



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

## Day 3

2303 cals ● 292g protein (51%) ● 83g fat (32%) ● 73g carbs (13%) ● 24g fiber (4%)

### Lunch

1175 cals, 186g protein, 7g net carbs, 42g fat



[Broccoli](#)  
2 1/2 cup(s)- 73 cals



[Balsamic chicken breast](#)  
28 oz- 1105 cals

### Dinner

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



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



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

## Day 4

2302 cals ● 178g protein (31%) ● 119g fat (47%) ● 100g carbs (17%) ● 28g fiber (5%)

### Lunch

1185 cals, 66g protein, 33g net carbs, 82g fat



Garlic zucchini noodles  
571 cals



Roasted carrots  
2 carrots(s)- 106 cals



Chicken sausage  
4 link- 508 cals

### Dinner

1120 cals, 112g protein, 67g net carbs, 37g fat



One pan roasted chicken & veggies  
794 cals



Baked sweet potatoes  
1 1/2 sweet potato(s)- 323 cals

## Day 5

2308 cals ● 170g protein (29%) ● 104g fat (41%) ● 142g carbs (25%) ● 30g fiber (5%)

### Lunch

1190 cals, 58g protein, 75g net carbs, 67g fat



Sweet potato medallions  
2 sweet potato- 618 cals



Roasted pepper stuffed chicken  
8 oz- 572 cals

### Dinner

1120 cals, 112g protein, 67g net carbs, 37g fat



One pan roasted chicken & veggies  
794 cals



Baked sweet potatoes  
1 1/2 sweet potato(s)- 323 cals

## Day 6

2306 cals ● 146g protein (25%) ● 137g fat (54%) ● 97g carbs (17%) ● 25g fiber (4%)

### Lunch

1190 cals, 58g protein, 75g net carbs, 67g fat



Sweet potato medallions  
2 sweet potato- 618 cals



Roasted pepper stuffed chicken  
8 oz- 572 cals

### Dinner

1115 cals, 88g protein, 22g net carbs, 70g fat



Olive oil drizzled broccoli  
4 cup(s)- 279 cals



Honey mustard chicken thighs w/ skin  
12 oz- 837 cals

## Day 7

2293 cals ● 176g protein (31%) ● 141g fat (55%) ● 40g carbs (7%) ● 39g fiber (7%)

### Lunch

1175 cals, 88g protein, 18g net carbs, 71g fat



Avocado  
176 cals



Chicken avocado salad  
1001 cals

### Dinner

1115 cals, 88g protein, 22g net carbs, 70g fat



Olive oil drizzled broccoli  
4 cup(s)- 279 cals



Honey mustard chicken thighs w/ skin  
12 oz- 837 cals

## Spices and Herbs

- ☐ lemon pepper  
4 tsp (9g)
- ☐ black pepper  
3 g (3g)
- ☐ salt  
11 1/2 g (11g)
- ☐ thyme, dried  
3 g (3g)
- ☐ oregano, dried  
2 tsp, ground (4g)
- ☐ paprika  
1/4 tbsp (2g)
- ☐ brown deli mustard  
2 1/4 tbsp (34g)

## Fats and Oils

- ☐ olive oil  
1/4 lbs (112mL)
- ☐ salad dressing  
1/2 cup (113mL)
- ☐ oil  
1/2 lbs (247mL)
- ☐ balsamic vinaigrette  
1/2 cup (106mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
9 3/4 lbs (4385g)
- ☐ boneless chicken thighs, with skin  
1 lbs (454g)
- ☐ chicken thighs, with bone and skin, raw  
1 1/2 lbs (680g)

## Vegetables and Vegetable Products

- ☐ frozen broccoli  
12 1/2 cup (1138g)
- ☐ sweet potatoes  
8 sweetpotato, 5" long (1680g)
- ☐ fresh spinach  
10 cup(s) (300g)
- ☐ carrots  
4 1/2 medium (266g)
- ☐ beets, precooked (canned or refrigerated)  
1 lbs (454g)
- ☐ red bell pepper  
1 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (159g)

## Nut and Seed Products

- ☐ almonds  
13 1/4 tbsp, whole (119g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
2 tsp (1mL)

## Fruits and Fruit Juices

- ☐ pears  
4 medium (712g)
- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ lemon juice  
1/2 tsp (3mL)
- ☐ lime juice  
4 tsp (20mL)

## Other

- ☐ italian seasoning  
1 tsp (3g)
- ☐ roasted red peppers  
1 1/3 pepper(s) (93g)

## Sausages and Luncheon Meats

- ☐ chicken sausage, cooked  
4 link (336g)

## Sweets

- ☐ honey  
1 1/2 tbsp (32g)

- ☐ tomatoes  
2/3 cup cherry tomatoes (99g)
  - ☐ onion  
5/6 medium (2-1/2" dia) (93g)
  - ☐ zucchini  
5 medium (947g)
  - ☐ broccoli  
1 1/3 cup chopped (121g)
  - ☐ garlic  
1 3/4 clove (5g)
  - ☐ brussels sprouts  
10 sprouts (190g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Basic chicken & spinach salad

761 cals ● 100g protein ● 35g fat ● 9g carbs ● 3g fiber



For single meal:

**salad dressing**

1/4 cup (56mL)

**oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

15 oz (425g)

**fresh spinach**

5 cup(s) (150g)

For all 2 meals:

**salad dressing**

1/2 cup (113mL)

**oil**

5 tsp (25mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

30 oz (851g)

**fresh spinach**

10 cup(s) (300g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### 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.

## Lunch 2 [🔗](#)

Eat on day 3

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### Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

#### **frozen broccoli**

2 1/2 cup (228g)

1. Prepare according to instructions on package.

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### Balsamic chicken breast

28 oz - 1105 cals ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



Makes 28 oz

#### **italian seasoning**

1 tsp (3g)

#### **oil**

3 1/2 tsp (18mL)

#### **balsamic vinaigrette**

1/2 cup (105mL)

#### **boneless skinless chicken breast, raw**

1 3/4 lbs (794g)

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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## Lunch 3 [↗](#)

Eat on day 4

### Garlic zucchini noodles

571 cals ● 9g protein ● 49g fat ● 15g carbs ● 8g fiber



#### olive oil

1/4 cup (53mL)

#### zucchini

3 1/2 medium (686g)

#### garlic, minced

1 3/4 clove (5g)

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.

### 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.

### Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



Makes 4 link

#### chicken sausage, cooked

4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Sweet potato medallions

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



For single meal:

#### **sweet potatoes, sliced**

2 sweetpotato, 5" long (420g)

#### **oil**

2 tbsp (30mL)

For all 2 meals:

#### **sweet potatoes, sliced**

4 sweetpotato, 5" long (840g)

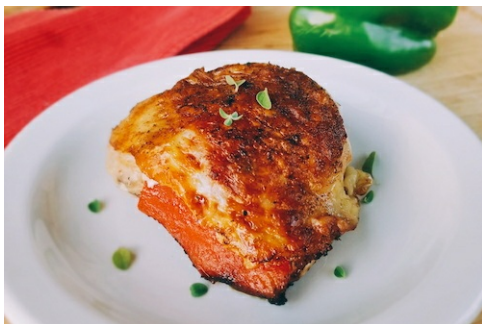
#### **oil**

4 tbsp (60mL)

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.

### Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



For single meal:

#### **oil**

1 tsp (5mL)

#### **paprika**

1/3 tsp (1g)

#### **boneless chicken thighs, with skin**

1/2 lbs (227g)

#### **roasted red peppers, cut into thick strips**

2/3 pepper(s) (47g)

For all 2 meals:

#### **oil**

2 tsp (10mL)

#### **paprika**

1/4 tbsp (2g)

#### **boneless chicken thighs, with skin**

16 oz (454g)

#### **roasted red peppers, cut into thick strips**

1 1/3 pepper(s) (93g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.



## Lunch 5 [↗](#)

Eat on day 7

### Avocado

176 cals ● 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.

### Chicken avocado salad

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



#### **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)

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.

## Dinner 1 [↗](#)

Eat on day 1

### Lemon pepper chicken breast

21 1/3 oz - 790 cals ● 135g protein ● 25g fat ● 3g carbs ● 2g fiber



Makes 2 1/3 oz

**lemon pepper**

4 tsp (9g)

**olive oil**

2 tsp (10mL)

**boneless skinless chicken breast, raw**

1 1/3 lbs (597g)

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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**Olive oil drizzled broccoli**

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

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

**Mashed sweet potatoes**

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



### sweet potatoes

1 sweetpotato, 5" long (210g)

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.

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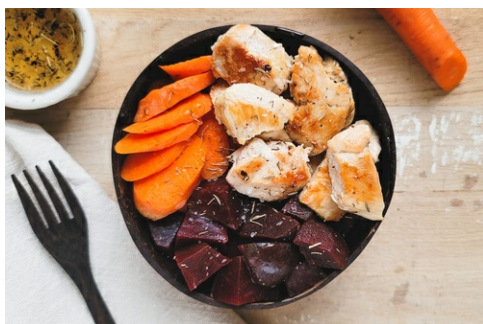
## Dinner 2 [🔗](#)

Eat on day 2, day 3

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### 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.

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## 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.

## Dinner 3 [↗](#)

Eat on day 4, day 5

### One pan roasted chicken & veggies

794 cals ● 107g protein ● 32g fat ● 13g carbs ● 7g fiber



For single meal:

**boneless skinless chicken breast, raw**  
16 oz (453g)  
**oregano, dried**  
1 tsp, ground (2g)  
**red bell pepper, deseeded and sliced**  
2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)  
**tomatoes**  
1/3 cup cherry tomatoes (50g)  
**oil**  
4 tsp (20mL)  
**onion, sliced**  
1/3 medium (2-1/2" dia) (37g)  
**zucchini, sliced**  
2/3 medium (131g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**broccoli**  
2/3 cup chopped (61g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (907g)  
**oregano, dried**  
2 tsp, ground (4g)  
**red bell pepper, deseeded and sliced**  
1 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (159g)  
**tomatoes**  
2/3 cup cherry tomatoes (99g)  
**oil**  
2 2/3 tbsp (40mL)  
**onion, sliced**  
2/3 medium (2-1/2" dia) (73g)  
**zucchini, sliced**  
1 1/3 medium (261g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**broccoli**  
1 1/3 cup chopped (121g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

### Baked sweet potatoes

1 1/2 sweet potato(s) - 323 cals ● 5g protein ● 5g fat ● 54g carbs ● 10g fiber





For single meal:

**oil**  
1 tsp (6mL)  
**oregano, dried**  
3/4 dash, ground (0g)  
**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)  
**salt**  
3/4 dash (1g)  
**black pepper**  
3/4 dash, ground (0g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**oregano, dried**  
1 1/2 dash, ground (0g)  
**sweet potatoes**  
3 sweetpotato, 5" long (630g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

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## Dinner 4 [🔗](#)

Eat on day 6, day 7

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### Olive oil drizzled broccoli

4 cup(s) - 279 cals ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**olive oil**  
4 tsp (20mL)

For all 2 meals:

**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**frozen broccoli**  
8 cup (728g)  
**olive oil**  
2 2/3 tbsp (40mL)

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

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### Honey mustard chicken thighs w/ skin

12 oz - 837 cals ● 77g protein ● 52g fat ● 14g carbs ● 1g fiber



For single meal:

**brown deli mustard**

1 tbsp (17g)

**honey**

3/4 tbsp (16g)

**thyme, dried**

1/4 tbsp, ground (1g)

**salt**

1 1/2 dash (1g)

**chicken thighs, with bone and**

**skin, raw**

3/4 lbs (340g)

For all 2 meals:

**brown deli mustard**

2 1/4 tbsp (34g)

**honey**

1 1/2 tbsp (32g)

**thyme, dried**

1/2 tbsp, ground (2g)

**salt**

3 dash (2g)

**chicken thighs, with bone and**

**skin, raw**

1 1/2 lbs (680g)

1. Preheat oven to 375 F (190 C).
  2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
  3. Arrange chicken on a parchment-lined baking sheet.
  4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.
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