

Meal Plan - 2400 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

2447 cals ● 177g protein (29%) ● 164g fat (60%) ● 37g carbs (6%) ● 29g fiber (5%)

Lunch

1235 cals, 95g protein, 25g net carbs, 73g fat



[Honey mustard chicken thighs w/ skin](#)
12 oz- 837 cals



[Garlic collard greens](#)
398 cals

Dinner

1210 cals, 82g protein, 12g net carbs, 91g fat



[Rotisserie chicken & tomato salad](#)
1028 cals



[Pecans](#)
1/4 cup- 183 cals

Day 2

2374 cals ● 169g protein (29%) ● 156g fat (59%) ● 45g carbs (8%) ● 27g fiber (5%)

Lunch

1170 cals, 71g protein, 20g net carbs, 83g fat



[Simple salmon](#)
10 oz- 642 cals



[Garlic zucchini noodles](#)
245 cals



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

Dinner

1205 cals, 98g protein, 25g net carbs, 73g fat



[Turkey taco lettuce cups](#)
8 lettuce taco(s)- 836 cals



[Pecans](#)
1/2 cup- 366 cals

Day 3

2410 cals ● 193g protein (32%) ● 142g fat (53%) ● 54g carbs (9%) ● 37g fiber (6%)

Lunch

1210 cals, 94g protein, 28g net carbs, 69g fat



[Ham club lettuce wrap](#)
4 wrap(s)- 936 cals



[Mixed nuts](#)
1/3 cup(s)- 272 cals

Dinner

1205 cals, 98g protein, 25g net carbs, 73g fat



[Turkey taco lettuce cups](#)
8 lettuce taco(s)- 836 cals



[Pecans](#)
1/2 cup- 366 cals

Day 4

2392 cals ● 266g protein (44%) ● 114g fat (43%) ● 49g carbs (8%) ● 27g fiber (5%)

Lunch

1225 cals, 125g protein, 28g net carbs, 62g fat



Avocado

176 cals



Chicken beet & carrot salad bowl

1048 cals

Dinner

1165 cals, 141g protein, 21g net carbs, 52g fat



Bbq pulled chicken & slaw bowl

801 cals



Pecans

1/2 cup- 366 cals

Day 5

2450 cals ● 182g protein (30%) ● 108g fat (39%) ● 161g carbs (26%) ● 28g fiber (5%)

Lunch

1200 cals, 111g protein, 83g net carbs, 40g fat



Honey mustard chicken salad

1108 cals



Blueberries

1 cup(s)- 95 cals

Dinner

1250 cals, 71g protein, 78g net carbs, 68g fat



Nectarine

2 nectarine(s)- 140 cals



Honey balsamic chicken salad

1108 cals

Day 6

2392 cals ● 222g protein (37%) ● 111g fat (42%) ● 101g carbs (17%) ● 26g fiber (4%)

Lunch

1200 cals, 111g protein, 83g net carbs, 40g fat



Honey mustard chicken salad

1108 cals



Blueberries

1 cup(s)- 95 cals

Dinner

1190 cals, 111g protein, 18g net carbs, 71g fat



Garlic zucchini noodles

598 cals



Lemon pepper chicken breast

16 oz- 592 cals

Day 7

2412 cals ● 200g protein (33%) ● 151g fat (56%) ● 33g carbs (6%) ● 30g fiber (5%)

Lunch

1220 cals, 89g protein, 15g net carbs, 81g fat



Avocado tuna salad

873 cals



Walnuts

1/2 cup(s)- 350 cals

Dinner

1190 cals, 111g protein, 18g net carbs, 71g fat



Garlic zucchini noodles

598 cals



Lemon pepper chicken breast

16 oz- 592 cals

Fruits and Fruit Juices

- ☐ lemon juice
2 tbsp (30mL)
- ☐ avocados
3 1/2 avocado(s) (704g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ blueberries
2 cup (296g)
- ☐ lime juice
2 tsp (10mL)

Fats and Oils

- ☐ olive oil
6 oz (195mL)
- ☐ oil
3 oz (91mL)
- ☐ balsamic vinaigrette
5 tbsp (75mL)

Vegetables and Vegetable Products

- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ tomatoes
6 medium whole (2-3/5" dia) (732g)
- ☐ collard greens
1 1/4 lbs (567g)
- ☐ garlic
8 clove(s) (25g)
- ☐ romaine lettuce
1/3 head (208g)
- ☐ zucchini
9 medium (1731g)
- ☐ frozen sugar snap peas
2 1/3 cup (336g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (179g)
- ☐ carrots
1 1/6 medium (71g)
- ☐ beets, precooked (canned or refrigerated)
9 1/3 oz (265g)

Other

- ☐ rotisserie chicken, cooked
3/4 lbs (340g)
- ☐ sugar-free barbecue sauce
1/2 cup (105g)

Spices and Herbs

- ☐ brown deli mustard
1 tbsp (17g)
- ☐ thyme, dried
1/8 oz (2g)
- ☐ salt
4 1/2 g (5g)
- ☐ taco seasoning mix
2 packet (70g)
- ☐ black pepper
1/2 tsp (0g)
- ☐ dijon mustard
5 oz (147g)
- ☐ balsamic vinegar
1 1/4 tbsp (19mL)
- ☐ ground cumin
1/2 tbsp (3g)
- ☐ garlic powder
1/2 tbsp (4g)
- ☐ paprika
1/2 tbsp (3g)
- ☐ lemon pepper
2 tbsp (14g)

Sweets

- ☐ honey
6 1/2 oz (185g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
3/4 lbs (340g)
- ☐ ground turkey, raw
2 lbs (907g)
- ☐ boneless skinless chicken breast, raw
6 1/2 lbs (2921g)
- ☐ chicken wings, with skin, raw
17 oz (486g)

Soups, Sauces, and Gravies

- ☐ salsa
1 cup (288g)
- ☐ apple cider vinegar
1 1/6 tsp (0mL)

Beverages

- ☐ water
1 1/3 cup(s) (315mL)

- ☐ coleslaw mix
3 1/2 cup (315g)
- ☐ mixed greens
14 cup (423g)

Nut and Seed Products

- ☐ pecans
1 3/4 cup, halves (173g)
 - ☐ mixed nuts
5 tbsp (42g)
 - ☐ walnuts
1/2 cup, shelled (50g)
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Finfish and Shellfish Products

- ☐ salmon
10 oz (284g)
- ☐ canned tuna
2 can (344g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1 lbs (454g)

Lunch 1 [↗](#)

Eat on day 1

Honey mustard chicken thighs w/ skin

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



Makes 12 oz

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)

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.

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



collard greens

1 1/4 lbs (567g)

oil

1 1/4 tbsp (19mL)

garlic, minced

3 3/4 clove(s) (11g)

salt

1/3 tsp (2g)

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.

Lunch 2 [🔗](#)

Eat on day 2

Simple salmon

10 oz - 642 cals ● 58g protein ● 46g fat ● 0g carbs ● 0g fiber



Makes 10 oz

salmon

10 oz (284g)

oil

1/2 tbsp (8mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Garlic zucchini noodles

245 cals ● 4g protein ● 21g fat ● 6g carbs ● 3g fiber



olive oil

1 1/2 tbsp (23mL)

zucchini

1 1/2 medium (294g)

garlic, minced

3/4 clove (2g)

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.

Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
frozen sugar snap peas
2 1/3 cup (336g)
olive oil
3 1/2 tsp (18mL)

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

Lunch 3 [🔗](#)

Eat on day 3

Ham club lettuce wrap

4 wrap(s) - 936 cals ● 86g protein ● 46g fat ● 22g carbs ● 21g fiber



Makes 4 wrap(s)

dijon mustard
2 tbsp (30g)
romaine lettuce
4 leaf outer (112g)
ham cold cuts
1 lbs (454g)
onion
16 slices, thin (144g)
avocados, sliced
1 avocado(s) (201g)
tomatoes
8 slice(s), thin/small (120g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



Makes 1/3 cup(s)

mixed nuts
5 tbsp (42g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 4

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 beet & carrot salad bowl

1048 cals ● 123g protein ● 47g fat ● 26g carbs ● 7g fiber



boneless skinless chicken breast, raw, cubed

18 2/3 oz (523g)

apple cider vinegar

1 1/6 tsp (0mL)

thyme, dried

1/2 tsp, leaves (1g)

oil

2 1/3 tbsp (35mL)

carrots, thinly sliced

1 1/6 medium (71g)

beets, precooked (canned or refrigerated), cubed

9 1/3 oz (265g)

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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Lunch 5 [↗](#)

Eat on day 5, day 6

Honey mustard chicken salad

1108 cals ● 110g protein ● 40g fat ● 65g carbs ● 13g fiber



For single meal:

avocados, chopped

1/2 avocado(s) (101g)

tomatoes, sliced

1/2 cup, sliced (90g)

mixed greens

4 cup (120g)

boneless skinless chicken breast, raw

1 lbs (454g)

oil

2 1/2 tsp (12mL)

honey

3 tbsp (68g)

dijon mustard

3 tbsp (50g)

For all 2 meals:

avocados, chopped

1 avocado(s) (201g)

tomatoes, sliced

1 cup, sliced (180g)

mixed greens

8 cup (240g)

boneless skinless chicken breast, raw

2 lbs (907g)

oil

5 tsp (24mL)

honey

6 1/2 tbsp (136g)

dijon mustard

6 1/2 tbsp (100g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries

1 cup (148g)

For all 2 meals:

blueberries

2 cup (296g)

1. Rinse off blueberries and serve.

Lunch 6 [↗](#)

Eat on day 7

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

mixed greens

2 cup (60g)

onion, minced

1/2 small (35g)

canned tuna

2 can (344g)

tomatoes

1/2 cup, chopped (90g)

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.

Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)



walnuts

1/2 cup, shelled (50g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Rotisserie chicken & tomato salad

1028 cals ● 79g protein ● 73g fat ● 11g carbs ● 3g fiber



lemon juice

2 tsp (10mL)

olive oil

2 tbsp (30mL)

cucumber, sliced

1/2 cucumber (8-1 1/4") (151g)

tomatoes, cut into wedges

1 large whole (3" dia) (182g)

rotisserie chicken, cooked

3/4 lbs (340g)

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.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans
4 tbsp, halves (25g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2, day 3

Turkey taco lettuce cups

8 lettuce taco(s) - 836 cals ● 94g protein ● 37g fat ● 23g carbs ● 8g fiber



For single meal:

salsa
1/2 cup (144g)
oil
1/2 tsp (3mL)
taco seasoning mix
1 packet (35g)
romaine lettuce
8 leaf inner (48g)
water
2/3 cup(s) (158mL)
ground turkey, raw
1 lbs (454g)

For all 2 meals:

salsa
1 cup (288g)
oil
1 tsp (5mL)
taco seasoning mix
2 packet (70g)
romaine lettuce
16 leaf inner (96g)
water
1 1/3 cup(s) (316mL)
ground turkey, raw
2 lbs (907g)

1. Heat oil in a skillet over medium heat. Add turkey, break apart, and cook until browned. Stir in water and taco seasoning and let simmer for a few more minutes until bubbling. Turn off heat and let cool slightly.
2. Place an even amount of taco meat in the center of each lettuce leaf, top with salsa, and serve.
3. Meal prep note: store any leftover meat in an airtight container in the refrigerator. When ready to eat, reheat meat and assemble tacos.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

pecans
1/2 cup, halves (50g)

For all 2 meals:

pecans
1 cup, halves (99g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Bbq pulled chicken & slaw bowl

801 cals ● 137g protein ● 16g fat ● 19g carbs ● 8g fiber



lemon juice

3 1/2 tsp (18mL)

dijon mustard

3 1/2 tsp (18g)

sugar-free barbecue sauce

1/2 cup (105g)

coleslaw mix

3 1/2 cup (315g)

boneless skinless chicken breast, raw

1 1/3 lbs (595g)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
2. In a small bowl, mix together the mustard and lemon juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
4. Add coleslaw to the bbq chicken bowl and serve.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.
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Dinner 4 [🔗](#)

Eat on day 5

Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Honey balsamic chicken salad

1108 cal ● 68g protein ● 67g fat ● 53g carbs ● 7g fiber



chicken wings, with skin, raw

17 oz (486g)

mixed greens

4 cup (123g)

balsamic vinegar

1 1/4 tbsp (19mL)

ground cumin

1/2 tbsp (3g)

garlic powder

1/2 tbsp (4g)

paprika

1/2 tbsp (3g)

balsamic vinaigrette

5 tbsp (75mL)

honey

5 tsp (34g)

tomatoes, halved

1 cup cherry tomatoes (160g)

1. Preheat oven to 400°F (200°C).
 2. Mix paprika, garlic powder, and cumin in a small bowl with some salt/pepper. Coat chicken and bake on a baking sheet for about 25 minutes.
 3. Meanwhile, mix honey and balsamic vinegar together, set aside.
 4. When chicken is done, brush the honey balsamic glaze onto the chicken and bake for another 3 minutes.
 5. Serve with greens, tomatoes, and balsamic vinaigrette.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Garlic zucchini noodles

598 cals ● 9g protein ● 52g fat ● 16g carbs ● 8g fiber



For single meal:

olive oil
1/4 cup (55mL)
zucchini
3 2/3 medium (719g)
garlic, minced
2 clove (6g)

For all 2 meals:

olive oil
1/2 cup (110mL)
zucchini
7 1/3 medium (1437g)
garlic, minced
3 2/3 clove (11g)

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.

Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper
1 tbsp (7g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

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

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.