

Meal Plan - 2500 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 2452 cals ● 265g protein (43%) ● 125g fat (46%) ● 38g carbs (6%) ● 29g fiber (5%)

Lunch

1240 cals, 166g protein, 14g net carbs, 52g fat



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



[Curried pork chops](#)
4 chop(s)- 957 cals

Dinner

1210 cals, 98g protein, 24g net carbs, 72g fat



[Garlic collard greens](#)
279 cals



[Honey mustard chicken thighs w/ skin](#)
13 1/3 oz- 930 cals

Day 2 2508 cals ● 292g protein (47%) ● 121g fat (44%) ● 36g carbs (6%) ● 26g fiber (4%)

Lunch

1240 cals, 166g protein, 14g net carbs, 52g fat



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



[Curried pork chops](#)
4 chop(s)- 957 cals

Dinner

1265 cals, 125g protein, 22g net carbs, 69g fat



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



[Garlic zucchini noodles](#)
367 cals

Day 3 2456 cals ● 189g protein (31%) ● 148g fat (54%) ● 59g carbs (10%) ● 34g fiber (6%)

Lunch

1225 cals, 89g protein, 32g net carbs, 72g fat



[Roasted cashews](#)
3/8 cup(s)- 313 cals



[Avocado tuna salad stuffed pepper](#)
4 half pepper(s)- 911 cals

Dinner

1230 cals, 99g protein, 27g net carbs, 75g fat



[Pistachios](#)
563 cals



[Lemon garlic chicken zoodles](#)
670 cals

Day 4

2532 cals ● 245g protein (39%) ● 137g fat (49%) ● 53g carbs (8%) ● 27g fiber (4%)

Lunch

1270 cals, 119g protein, 28g net carbs, 70g fat



Tomato and avocado salad
235 cals



Hungarian goulash
1036 cals

Dinner

1260 cals, 126g protein, 25g net carbs, 67g fat



Garlic zucchini noodles
367 cals



One pan roasted chicken & veggies
894 cals

Day 5

2529 cals ● 285g protein (45%) ● 132g fat (47%) ● 24g carbs (4%) ● 27g fiber (4%)

Lunch

1245 cals, 168g protein, 14g net carbs, 47g fat



Lemon pepper chicken breast
24 oz- 888 cals



Garlic collard greens
358 cals

Dinner

1285 cals, 117g protein, 10g net carbs, 85g fat



Baked chicken thighs
18 oz- 1158 cals



Sautéed peppers and onions
125 cals

Day 6

2481 cals ● 170g protein (27%) ● 148g fat (54%) ● 91g carbs (15%) ● 26g fiber (4%)

Lunch

1230 cals, 71g protein, 64g net carbs, 68g fat



Celery sticks
2 celery stalk- 13 cals



Greek chicken salad
990 cals



Pear
2 pear(s)- 226 cals

Dinner

1250 cals, 99g protein, 27g net carbs, 80g fat



Bone broth
2 cup(s)- 81 cals



Steak and beet salad
1171 cals

Day 7

2481 cals ● 170g protein (27%) ● 148g fat (54%) ● 91g carbs (15%) ● 26g fiber (4%)

Lunch

1230 cals, 71g protein, 64g net carbs, 68g fat



Celery sticks
2 celery stalk- 13 cals



Greek chicken salad
990 cals



Pear
2 pear(s)- 226 cals

Dinner

1250 cals, 99g protein, 27g net carbs, 80g fat



Bone broth
2 cup(s)- 81 cals



Steak and beet salad
1171 cals

Vegetables and Vegetable Products

- collard greens
2 lbs (907g)
- garlic
12 1/2 clove(s) (37g)
- frozen sugar snap peas
4 2/3 cup (672g)
- tomatoes
5 2/3 medium whole (2-3/5" dia) (696g)
- zucchini
6 1/2 medium (1274g)
- bell pepper
3 large (492g)
- onion
2 1/2 medium (2-1/2" dia) (270g)
- red bell pepper
3/4 medium (approx 2-3/4" long, 2-1/2 dia.) (89g)
- broccoli
3 1/4 cup chopped (296g)
- tomato paste
3/8 can (6 oz) (64g)
- beets, precooked (canned or refrigerated)
5 beets (2" dia, sphere) (250g)
- raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- purple onions
1 1/2 small (105g)
- cucumber
1 1/2 cucumber (8-1/4") (452g)

Fats and Oils

- oil
1/3 lbs (159mL)
- olive oil
7 oz (220mL)
- salad dressing
10 tbsp (150mL)

Spices and Herbs

- salt
1 oz (33g)
- brown deli mustard
1 1/4 tbsp (19g)
- thyme, dried
1 tsp, ground (1g)
- black pepper
1/4 oz (7g)
- curry powder
2 tsp (4g)

Sweets

- honey
2 1/2 tsp (18g)

Poultry Products

- chicken thighs, with bone and skin, raw
2 lbs (888g)
- boneless skinless chicken breast, raw
4 1/2 lbs (2029g)
- boneless skinless chicken thighs
1 1/2 lbs (680g)

Pork Products

- pork chop, bone-in
8 chop (1424g)

Fruits and Fruit Juices

- green olives
1 can (~6 oz) (184g)
- lemon juice
1 1/4 tbsp (19mL)
- avocados
1 1/2 avocado(s) (302g)
- lime juice
5/6 fl oz (25mL)
- pears
4 medium (712g)

Nut and Seed Products

- pistachios, dry roasted, without shells or salt added
3/4 cup (92g)
- roasted cashews
6 tbsp, halves and whole (51g)

Dairy and Egg Products

- butter
1 1/4 tbsp (18g)

Finfish and Shellfish Products

- canned tuna
2 can (344g)

Beverages

- water
1/2 cup(s) (133mL)

- chili powder
1 tbsp (8g)
 - fresh basil
18 leaves (9g)
 - onion powder
1/3 tsp (1g)
 - garlic powder
2 tsp (6g)
 - oregano, dried
1 tsp, ground (2g)
 - paprika
3/4 tbsp (5g)
 - lemon pepper
1 1/2 tbsp (10g)
 - red wine vinegar
1 1/2 tbsp (23mL)
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Beef Products

- beef stew meat, raw
1 lbs (511g)
- sirloin steak, raw
1 1/2 lbs (709g)

Other

- chicken bone broth
4 cup(s) (mL)
- mixed greens
7 1/2 cup (225g)
- italian seasoning
1 tbsp (11g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled sugar snap peas

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



For single meal:

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)

For all 2 meals:

black pepper
1/2 tsp (0g)
salt
1/2 tsp (1g)
frozen sugar snap peas
4 2/3 cup (672g)
olive oil
2 1/3 tbsp (35mL)

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

Curried pork chops

4 chop(s) - 957 cal ● 157g protein ● 36g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
4 chop (712g)
curry powder
1 tsp (2g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

For all 2 meals:

pork chop, bone-in
8 chop (1424g)
curry powder
2 tsp (4g)
olive oil
4 tsp (20mL)
salt
1 tsp (6g)
black pepper
1 tsp, 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.

Lunch 2 [↗](#)

Eat on day 3

Roasted cashews

3/8 cup(s) - 313 cal ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



Makes 3/8 cup(s)

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

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



Makes 4 half pepper(s)

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)

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.
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Lunch 3 [↗](#)

Eat on day 4

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



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.

Hungarian goulash

1036 cal ● 116g protein ● 51g fat ● 21g carbs ● 7g fiber



paprika, preferably Hungarian sweet

paprika

3/4 tbsp (5g)

tomato paste

3/8 can (6 oz) (64g)

garlic, minced

3/8 clove (1g)

water

1/2 cup(s) (133mL)

beef stew meat, raw, cut into 1.5 inch cubes

1 lbs (511g)

black pepper

1 1/2 dash, ground (0g)

salt

1 tsp (7g)

onion, sliced

1 medium (2-1/2" dia) (124g)

oil

2 tbsp (30mL)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

Lunch 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

24 oz - 888 cal ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



Makes 24 oz

lemon pepper

1 1/2 tbsp (10g)

olive oil

3/4 tbsp (11 mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

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.

Garlic collard greens

358 cal ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



collard greens
1 lbs (510g)
oil
1 tbsp (17mL)
garlic, minced
3 1/2 clove(s) (10g)
salt
1/4 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 5 [🔗](#)

Eat on day 6, day 7

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Greek chicken salad

990 cals ● 69g protein ● 68g fat ● 20g carbs ● 6g fiber



For single meal:

oil
3/4 tbsp (11mL)
garlic powder
1/4 tbsp (2g)
boneless skinless chicken thighs
3/4 lbs (340g)
italian seasoning, divided
1/2 tbsp (5g)
red wine vinegar
3/4 tbsp (11mL)
olive oil
2 1/4 tbsp (34mL)
green olives
6 tbsp (53g)
tomatoes, chopped
1 1/2 small whole (2-2/5" dia) (137g)
purple onions, thinly sliced
3/4 small (53g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
garlic powder
1/2 tbsp (5g)
boneless skinless chicken thighs
1 1/2 lbs (680g)
italian seasoning, divided
1 tbsp (11g)
red wine vinegar
1 1/2 tbsp (23mL)
olive oil
1/4 cup (68mL)
green olives
3/4 cup (105g)
tomatoes, chopped
3 small whole (2-2/5" dia) (273g)
purple onions, thinly sliced
1 1/2 small (105g)
cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)

1. In a small bowl, mix together the olive oil, red wine vinegar, half of the Italian seasoning, and some salt/pepper. Set dressing aside.
2. Season chicken with garlic powder, the remaining Italian seasoning, and some salt/pepper.
3. Heat oil skillet over medium heat and add the chicken. Cook 5-8 minutes on each side, or until fully cooked. Transfer chicken to a plate and set aside to cool.
4. Once chicken is cool enough to handle, chop it into bite-sized pieces. Set aside.
5. Add all remaining ingredients to a large bowl, add the chicken and dressing, toss, and serve.

Pear

2 pear(s) - 226 cal ● 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.
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Dinner 1 [↗](#)

Eat on day 1

Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



collard greens

14 oz (397g)

oil

2 1/2 tsp (13mL)

garlic, minced

2 1/2 clove(s) (8g)

salt

1/4 tsp (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.

Honey mustard chicken thighs w/ skin

13 1/3 oz - 930 cals ● 86g protein ● 58g fat ● 16g carbs ● 1g fiber



Makes 13 1/3 oz

brown deli mustard

1 1/4 tbsp (19g)

honey

2 1/2 tsp (18g)

thyme, dried

1 tsp, ground (1g)

salt

1/4 tsp (1g)

chicken thighs, with bone and skin, raw

13 1/3 oz (378g)

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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Dinner 2 [↗](#)

Eat on day 2

Baked chicken with tomatoes & olives

18 oz - 899 cal ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



Makes 18 oz

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

1 lbs (510g)

fresh basil, shredded

18 leaves (9g)

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.

Garlic zucchini noodles

367 cal ● 6g protein ● 32g fat ● 10g carbs ● 5g fiber

**olive oil**

2 1/4 tbsp (34mL)

zucchini

2 1/4 medium (441g)

garlic, minced

1 clove (3g)

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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Dinner 3 [↗](#)

Eat on day 3

Pistachios

563 cal ● 20g protein ● 42g fat ● 17g carbs ● 10g fiber



pistachios, dry roasted, without shells or salt added

3/4 cup (92g)

1. This recipe has no instructions.

Lemon garlic chicken zoodles

670 cal ● 80g protein ● 33g fat ● 11g carbs ● 3g fiber



zucchini, spiralized

1 1/4 medium (245g)

oil

2 tsp (9mL)

lemon juice

1 1/4 tbsp (19mL)

onion powder

1/3 tsp (1g)

garlic powder

1/3 tsp (1g)

garlic, minced

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

butter

1 1/4 tbsp (18g)

boneless skinless chicken breast, raw, cut into bite-sized pieces

3/4 lbs (336g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
6. Add noodles and chicken to a bowl and serve.

Dinner 4 [↗](#)

Eat on day 4

Garlic zucchini noodles

367 cals ● 6g protein ● 32g fat ● 10g carbs ● 5g fiber



olive oil
2 1/4 tbsp (34mL)
zucchini
2 1/4 medium (441g)
garlic, minced
1 clove (3g)

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.

One pan roasted chicken & veggies

894 cals ● 121g protein ● 36g fat ● 15g carbs ● 8g fiber



boneless skinless chicken breast, raw
1 lbs (510g)
oregano, dried
1 tsp, ground (2g)
red bell pepper, deseeded and sliced
3/4 medium (approx 2-3/4" long, 2-1/2 dia.) (89g)
tomatoes
6 tbsp cherry tomatoes (56g)
oil
1 1/2 tbsp (23mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
zucchini, sliced
3/4 medium (147g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
broccoli
3/4 cup chopped (68g)

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.
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Dinner 5 [↗](#)

Eat on day 5

Baked chicken thighs

18 oz - 1158 cal ● 115g protein ● 77g fat ● 1g carbs ● 0g fiber



Makes 18 oz

salt

1/4 tbsp (5g)

black pepper

3 dash, ground (1g)

chicken thighs, with bone and skin, raw, bone and skin

3 thigh (6 oz ea) (510g)

thyme, dried

1 1/2 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil

1/2 tbsp (8mL)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, sliced into strips

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
 2. Season with some salt and pepper and serve.
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Dinner 6 [↗](#)

Eat on day 6, day 7

Bone broth

2 cup(s) - 81 cal ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

chicken bone broth

2 cup(s) (mL)

For all 2 meals:

chicken bone broth

4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

Steak and beet salad

1171 cal ● 81g protein ● 79g fat ● 27g carbs ● 8g fiber



For single meal:

oil

1 1/4 tbsp (19mL)

beets, precooked (canned or refrigerated), chopped

2 1/2 beets (2" dia, sphere) (125g)

salad dressing

5 tbsp (75mL)

broccoli

1 1/4 cup chopped (114g)

mixed greens

3 3/4 cup (113g)

sirloin steak, raw

3/4 lbs (354g)

For all 2 meals:

oil

2 1/2 tbsp (38mL)

beets, precooked (canned or refrigerated), chopped

5 beets (2" dia, sphere) (250g)

salad dressing

10 tbsp (150mL)

broccoli

2 1/2 cup chopped (228g)

mixed greens

7 1/2 cup (225g)

sirloin steak, raw

1 1/2 lbs (709g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
 2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.
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