

Meal Plan - 2700 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 2764 cals ● 293g protein (42%) ● 118g fat (38%) ● 90g carbs (13%) ● 43g fiber (6%)

Lunch

1365 cals, 122g protein, 25g net carbs, 73g fat



[Avocado tuna salad stuffed pepper](#)
6 half pepper(s)- 1367 cals

Dinner

1395 cals, 171g protein, 65g net carbs, 45g fat



[Sweet potato wedges](#)
434 cals



[Lemon pepper chicken breast](#)
26 oz- 962 cals

Day 2 2676 cals ● 182g protein (27%) ● 111g fat (37%) ● 147g carbs (22%) ● 92g fiber (14%)

Lunch

1365 cals, 122g protein, 25g net carbs, 73g fat



[Avocado tuna salad stuffed pepper](#)
6 half pepper(s)- 1367 cals

Dinner

1310 cals, 59g protein, 122g net carbs, 38g fat



[Black bean & sweet potato stew](#)
1037 cals



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

Day 3 2652 cals ● 248g protein (37%) ● 88g fat (30%) ● 175g carbs (26%) ● 42g fiber (6%)

Lunch

1295 cals, 128g protein, 85g net carbs, 42g fat



[Mashed sweet potatoes](#)
366 cals



[Basic chicken breast](#)
18 2/3 oz- 740 cals



[Simple mixed greens and tomato salad](#)
189 cals

Dinner

1355 cals, 120g protein, 90g net carbs, 46g fat



[Chicken-broccoli-sweet potato bowl](#)
1144 cals



[Cauliflower rice](#)
3 1/2 cup(s)- 212 cals

Day 4

2652 cals ● 248g protein (37%) ● 88g fat (30%) ● 175g carbs (26%) ● 42g fiber (6%)

Lunch

1295 cals, 128g protein, 85g net carbs, 42g fat



[Mashed sweet potatoes](#)
366 cals



[Basic chicken breast](#)
18 2/3 oz- 740 cals



[Simple mixed greens and tomato salad](#)
189 cals

Dinner

1355 cals, 120g protein, 90g net carbs, 46g fat



[Chicken-broccoli-sweet potato bowl](#)
1144 cals



[Cauliflower rice](#)
3 1/2 cup(s)- 212 cals

Day 5

2678 cals ● 222g protein (33%) ● 139g fat (47%) ● 103g carbs (15%) ● 33g fiber (5%)

Lunch

1325 cals, 85g protein, 84g net carbs, 66g fat



[Roasted pepper stuffed chicken](#)
12 oz- 858 cals



[Simple mixed greens salad](#)
102 cals



[Mashed sweet potatoes](#)
366 cals

Dinner

1355 cals, 137g protein, 19g net carbs, 73g fat



[Paleo salsa verde chicken salad](#)
1353 cals

Day 6

2682 cals ● 177g protein (26%) ● 164g fat (55%) ● 97g carbs (15%) ● 28g fiber (4%)

Lunch

1325 cals, 85g protein, 84g net carbs, 66g fat



[Roasted pepper stuffed chicken](#)
12 oz- 858 cals



[Simple mixed greens salad](#)
102 cals



[Mashed sweet potatoes](#)
366 cals

Dinner

1355 cals, 92g protein, 13g net carbs, 98g fat



[Slow-baked salmon with lemon and thyme](#)
15 oz- 1005 cals



[Tomato and avocado salad](#)
352 cals

Day 7

2682 cals ● 189g protein (28%) ● 175g fat (59%) ● 50g carbs (7%) ● 38g fiber (6%)

Lunch

1325 cals, 97g protein, 37g net carbs, 77g fat



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



[Avocado, apple, chicken salad](#)
1283 cals

Dinner

1355 cals, 92g protein, 13g net carbs, 98g fat



[Slow-baked salmon with lemon and thyme](#)
15 oz- 1005 cals



[Tomato and avocado salad](#)
352 cals

Fats and Oils

- oil
5 oz (158mL)
- olive oil
3 oz (98mL)
- salad dressing
3/4 cup (180mL)

Vegetables and Vegetable Products

- sweet potatoes
14 1/2 sweetpotato, 5" long (3045g)
- bell pepper
6 large (984g)
- onion
2 medium (2-1/2" dia) (208g)
- tomato paste
5 tsp (27g)
- kale leaves
1 1/4 cup, chopped (50g)
- garlic
1 2/3 clove(s) (5g)
- frozen broccoli
2 package (568g)
- tomatoes
5 2/3 medium whole (2-3/5" dia) (695g)
- raw celery
1/4 cup chopped (29g)

Spices and Herbs

- salt
1 oz (26g)
- black pepper
1/3 oz (9g)
- lemon pepper
5 tsp (11g)
- ground cumin
1 1/2 tbsp (9g)
- paprika
1 tbsp (7g)
- thyme, dried
1 1/4 tsp, leaves (1g)
- garlic powder
1/2 tbsp (4g)

Poultry Products

- boneless skinless chicken breast, raw
8 lbs (3576g)
- boneless chicken thighs, with skin
1 1/2 lbs (681g)

Finfish and Shellfish Products

- canned tuna
6 can (1032g)
- salmon
2 lbs (851g)

Fruits and Fruit Juices

- avocados
6 1/2 avocado(s) (1289g)
- lime juice
3 fl oz (87mL)
- lemon juice
2 1/2 tsp (12mL)
- lemon
1 1/4 large (105g)
- apples
1 1/6 medium (3" dia) (212g)

Beverages

- water
2 1/2 cup(s) (593mL)

Legumes and Legume Products

- black beans
1 2/3 can (732g)

Nut and Seed Products

- mixed nuts
5 tbsp (42g)
- roasted pumpkin seeds, unsalted
6 tbsp (44g)

Other

- frozen cauliflower
7 cup (794g)
- mixed greens
16 1/2 cup (495g)
- roasted red peppers
2 pepper(s) (140g)

Soups, Sauces, and Gravies

salsa verde
3 tbsp (48g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad stuffed pepper

6 half pepper(s) - 1367 cal ● 122g protein ● 73g fat ● 25g carbs ● 30g fiber



For single meal:

canned tuna, drained
3 can (516g)
avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)

For all 2 meals:

canned tuna, drained
6 can (1032g)
avocados
3 avocado(s) (603g)
lime juice
2 tbsp (30mL)
salt
1/4 tbsp (2g)
black pepper
1/4 tbsp (1g)
bell pepper
6 large (984g)
onion
1 1/2 small (105g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Mashed sweet potatoes

366 cal ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)

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.

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.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1/4 cup (56mL)
mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing
1/2 cup (113mL)
mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Roasted pepper stuffed chicken

12 oz - 858 cal ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
paprika
4 dash (1g)
boneless chicken thighs, with skin
3/4 lbs (341g)
roasted red peppers, cut into thick strips
1 pepper(s) (70g)

For all 2 meals:

oil
1 tbsp (15mL)
paprika
1 tsp (2g)
boneless chicken thighs, with skin
1 1/2 lbs (681g)
roasted red peppers, cut into thick strips
2 pepper(s) (140g)

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.

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Mashed sweet potatoes

366 cal ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes

4 sweetpotato, 5" long (840g)

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.

Lunch 4 [↗](#)

Eat on day 7

Cherry tomatoes

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



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Avocado, apple, chicken salad

1283 cal ● 95g protein ● 77g fat ● 31g carbs ● 22g fiber

**avocados, chopped**

1 1/6 avocado(s) (234g)

apples, finely chopped

1 1/6 medium (3" dia) (212g)

raw celery

1/4 cup chopped (29g)

olive oil

2 1/3 tbsp (35mL)

garlic powder

1/2 tsp (2g)

salt

1/4 tsp (2g)

black pepper

1/4 tsp, ground (1g)

lime juice

3/4 tbsp (12mL)

boneless skinless chicken breast, raw, cubed

14 oz (397g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Dinner 1 [↗](#)

Eat on day 1

Sweet potato wedges

434 cal ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber

**oil**

1 1/4 tbsp (19mL)

sweet potatoes, cut into wedges

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

salt

1 tsp (5g)

black pepper

1/2 tsp, ground (1g)

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.

Lemon pepper chicken breast

26 oz - 962 cal ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



Makes 26 oz

lemon pepper

5 tsp (11g)

olive oil

2 1/2 tsp (12mL)

**boneless skinless chicken breast,
raw**

1 1/2 lbs (728g)

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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Dinner 2 [↗](#)

Eat on day 2

Black bean & sweet potato stew

1037 cal ● 51g protein ● 15g fat ● 116g carbs ● 59g fiber

**tomato paste**

5 tsp (27g)

oil

2 1/2 tsp (12mL)

kale leaves

1 1/4 cup, chopped (50g)

lemon juice

2 1/2 tsp (12mL)

ground cumin

1 1/4 tsp (3g)

garlic, diced

1 2/3 clove(s) (5g)

onion, chopped

5/6 small (58g)

sweet potatoes, cubed

5/6 sweetpotato, 5" long (175g)

water

2 1/2 cup(s) (592mL)

black beans, drained

1 2/3 can (732g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Mixed nuts

1/3 cup(s) - 272 cal ● 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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Dinner 3 [↗](#)

Eat on day 3, day 4

Chicken-broccoli-sweet potato bowl

1144 cal ● 116g protein ● 30g fat ● 79g carbs ● 22g fiber



For single meal:

frozen broccoli
1 package (284g)
sweet potatoes, cut into bite-sized cubes
2 sweetpotato, 5" long (420g)
paprika
1 tsp (2g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
1 lbs (448g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
olive oil
4 tsp (20mL)

For all 2 meals:

frozen broccoli
2 package (568g)
sweet potatoes, cut into bite-sized cubes
4 sweetpotato, 5" long (840g)
paprika
2 tsp (5g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
2 lbs (896g)
salt
2 tsp (12g)
black pepper
2 tsp, ground (5g)
olive oil
2 2/3 tbsp (40mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Cauliflower rice

3 1/2 cup(s) - 212 cal ● 4g protein ● 16g fat ● 11g carbs ● 4g fiber



For single meal:

oil
3 1/2 tsp (18mL)
frozen cauliflower
3 1/2 cup (397g)

For all 2 meals:

oil
2 1/3 tbsp (35mL)
frozen cauliflower
7 cup (794g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

Dinner 4 [↗](#)

Eat on day 5

Paleo salsa verde chicken salad

1353 cal ● 137g protein ● 73g fat ● 19g carbs ● 18g fiber



tomatoes, chopped

1 1/2 roma tomato (120g)

salsa verde

3 tbsp (48g)

ground cumin

1 tbsp (6g)

roasted pumpkin seeds, unsalted

6 tbsp (44g)

avocados, sliced

6 slices (150g)

mixed greens

4 1/2 cup (135g)

oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

1 lbs (510g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. When chicken is cool enough to handle, chop it into bite-sized pieces.
3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Slow-baked salmon with lemon and thyme

15 oz - 1005 cal ● 88g protein ● 71g fat ● 4g carbs ● 2g fiber



For single meal:

salmon, skin on

1 lbs (425g)

oil

1 tbsp (14mL)

thyme, dried

5 dash, leaves (1g)

lemon, cut into wedges

5/8 large (53g)

For all 2 meals:

salmon, skin on

2 lbs (851g)

oil

2 tbsp (28mL)

thyme, dried

1 1/4 tsp, leaves (1g)

lemon, cut into wedges

1 1/4 large (105g)

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.

Tomato and avocado salad

352 cal ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

- onion**
1 1/2 tbsp minced (23g)
- lime juice**
1 1/2 tbsp (23mL)
- avocados, cubed**
3/4 avocado(s) (151g)
- tomatoes, diced**
3/4 medium whole (2-3/5" dia) (92g)
- olive oil**
1 tsp (6mL)
- garlic powder**
3 dash (1g)
- salt**
3 dash (2g)
- black pepper**
3 dash, ground (1g)

For all 2 meals:

- onion**
3 tbsp minced (45g)
- lime juice**
3 tbsp (45mL)
- avocados, cubed**
1 1/2 avocado(s) (302g)
- tomatoes, diced**
1 1/2 medium whole (2-3/5" dia) (185g)
- olive oil**
3/4 tbsp (11mL)
- garlic powder**
1/4 tbsp (2g)
- salt**
1/4 tbsp (5g)
- black pepper**
1/4 tbsp, ground (2g)

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.
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