

Meal Plan - 2800 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

2763 cals ● 256g protein (37%) ● 137g fat (45%) ● 91g carbs (13%) ● 36g fiber (5%)

Lunch

1400 cals, 113g protein, 40g net carbs, 80g fat



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



[Pistachios](#)
563 cals

Dinner

1365 cals, 143g protein, 51g net carbs, 57g fat



[Baked chicken with tomatoes & olives](#)
21 oz- 1049 cals



[Roasted rosemary sweet potatoes](#)
315 cals

Day 2

2756 cals ● 353g protein (51%) ● 110g fat (36%) ● 63g carbs (9%) ● 27g fiber (4%)

Lunch

1395 cals, 210g protein, 12g net carbs, 53g fat



[Basic chicken breast](#)
32 oz- 1270 cals



[Sugar snap peas](#)
123 cals

Dinner

1365 cals, 143g protein, 51g net carbs, 57g fat



[Baked chicken with tomatoes & olives](#)
21 oz- 1049 cals



[Roasted rosemary sweet potatoes](#)
315 cals

Day 3

2816 cals ● 286g protein (41%) ● 126g fat (40%) ● 107g carbs (15%) ● 28g fiber (4%)

Lunch

1405 cals, 127g protein, 31g net carbs, 81g fat



[Dark chocolate](#)
5 square(s)- 299 cals



[Sunflower seeds](#)
271 cals



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

Dinner

1410 cals, 159g protein, 76g net carbs, 45g fat



[Lemon pepper chicken breast](#)
24 oz- 888 cals



[Sweet potato wedges](#)
521 cals

Day 4

2816 cals ● 286g protein (41%) ● 126g fat (40%) ● 107g carbs (15%) ● 28g fiber (4%)

Lunch

1405 cals, 127g protein, 31g net carbs, 81g fat



Dark chocolate

5 square(s)- 299 cals



Sunflower seeds

271 cals



Basic chicken & spinach salad

837 cals

Dinner

1410 cals, 159g protein, 76g net carbs, 45g fat



Lemon pepper chicken breast

24 oz- 888 cals



Sweet potato wedges

521 cals

Day 5

2576 cals ● 177g protein (28%) ● 166g fat (58%) ● 52g carbs (8%) ● 41g fiber (6%)

Lunch

1160 cals, 79g protein, 13g net carbs, 83g fat



Salmon with avocado sauce

12 oz- 957 cals



Olive oil drizzled sugar snap peas

204 cals

Dinner

1415 cals, 99g protein, 39g net carbs, 83g fat



Simple kale & avocado salad

614 cals



Thai chicken larb

801 cals

Day 6

2576 cals ● 177g protein (28%) ● 166g fat (58%) ● 52g carbs (8%) ● 41g fiber (6%)

Lunch

1160 cals, 79g protein, 13g net carbs, 83g fat



Salmon with avocado sauce

12 oz- 957 cals



Olive oil drizzled sugar snap peas

204 cals

Dinner

1415 cals, 99g protein, 39g net carbs, 83g fat



Simple kale & avocado salad

614 cals



Thai chicken larb

801 cals

Day 7

2787 cals ● 180g protein (26%) ● 164g fat (53%) ● 116g carbs (17%) ● 33g fiber (5%)

Lunch

1405 cals, 67g protein, 101g net carbs, 73g fat



Roasted rosemary sweet potatoes

735 cals



Honey dijon salmon

10 oz- 670 cals

Dinner

1380 cals, 113g protein, 14g net carbs, 91g fat



Garlic collard greens

239 cals



Roasted pepper stuffed chicken

16 oz- 1143 cals

Vegetables and Vegetable Products

- ☐ tomatoes
42 cherry tomatoes (714g)
- ☐ sweet potatoes
8 1/3 sweetpotato, 5" long (1750g)
- ☐ romaine lettuce
8 leaf inner (48g)
- ☐ frozen sugar snap peas
5 1/3 cup (768g)
- ☐ fresh spinach
11 cup(s) (330g)
- ☐ kale leaves
2 2/3 bunch (454g)
- ☐ fresh green beans
3 cup 1/2" pieces (300g)
- ☐ onion
1 small (70g)
- ☐ garlic
6 clove(s) (18g)
- ☐ fresh ginger
2 inch (2.5cm) cube (10g)
- ☐ serrano pepper
2 pepper(s) (12g)
- ☐ collard greens
3/4 lbs (340g)

Fats and Oils

- ☐ olive oil
5 oz (156mL)
- ☐ oil
5 oz (150mL)
- ☐ salad dressing
1/2 cup (124mL)

Spices and Herbs

- ☐ salt
1 1/3 oz (38g)
- ☐ black pepper
1/3 oz (9g)
- ☐ chili powder
2 1/3 tbsp (19g)
- ☐ fresh basil
1 oz (27g)
- ☐ rosemary, dried
2 tbsp (7g)
- ☐ taco seasoning mix
1 packet (35g)
- ☐ lemon pepper
3 tbsp (21g)

Fruits and Fruit Juices

- ☐ green olives
42 large (185g)
- ☐ lemon
2 2/3 small (155g)
- ☐ avocados
3 avocado(s) (637g)
- ☐ lime juice
2 tbsp (30mL)
- ☐ lemon juice
1 tbsp (15mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
9 3/4 lbs (4366g)
- ☐ ground turkey, raw
1 lbs (454g)
- ☐ ground chicken, raw
2 lbs (907g)
- ☐ boneless chicken thighs, with skin
1 lbs (454g)

Soups, Sauces, and Gravies

- ☐ salsa
1/2 cup (144g)

Beverages

- ☐ water
2/3 cup(s) (159mL)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)
- ☐ sunflower kernels
3 oz (85g)
- ☐ coconut milk, canned
1/4 can (113mL)

Sweets

- ☐ Chocolate, dark, 70-85%
10 square(s) (100g)
- ☐ honey
2 1/2 tsp (18g)

Legumes and Legume Products

- ☐ ground coriander
4 dash (1g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ dijon mustard
5 tsp (25g)

- ☐ soy sauce
4 tbsp (60mL)

Finfish and Shellfish Products

- ☐ salmon
2 lbs (964g)

Other

- ☐ roasted red peppers
1 1/3 pepper(s) (93g)
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Lunch 1 [↗](#)

Eat on day 1

Turkey taco lettuce cups

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



Makes 8 lettuce taco(s)

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)

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.

Pistachios

563 cals ● 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.

Lunch 2 [↗](#)

Eat on day 2

Basic chicken breast

32 oz - 1270 cals ● 202g protein ● 52g fat ● 0g carbs ● 0g fiber



Makes 32 oz

oil

2 tbsp (30mL)

boneless skinless chicken breast, raw

2 lbs (896g)

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.

Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



frozen sugar snap peas
2 cup (288g)

1. Prepare according to instructions on package.

Lunch 3 [↗](#)

Eat on day 3, day 4

Dark chocolate

5 square(s) - 299 cal● 4g protein ● 21g fat ● 18g carbs ● 6g fiber



For single meal:

Chocolate, dark, 70-85%
5 square(s) (50g)

For all 2 meals:

Chocolate, dark, 70-85%
10 square(s) (100g)

1. This recipe has no instructions.

Sunflower seeds

271 cal● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 2 meals:

sunflower kernels
3 oz (85g)

1. This recipe has no instructions.

Basic chicken & spinach salad

837 cal● 110g protein ● 38g fat ● 10g carbs ● 4g fiber



For single meal:

salad dressing

4 tbsp (62mL)

oil

1 tbsp (14mL)

boneless skinless chicken breast, raw, chopped, cooked

16 1/2 oz (468g)

fresh spinach

5 1/2 cup(s) (165g)

For all 2 meals:

salad dressing

1/2 cup (124mL)

oil

2 tbsp (28mL)

boneless skinless chicken breast, raw, chopped, cooked

2 lbs (936g)

fresh spinach

11 cup(s) (330g)

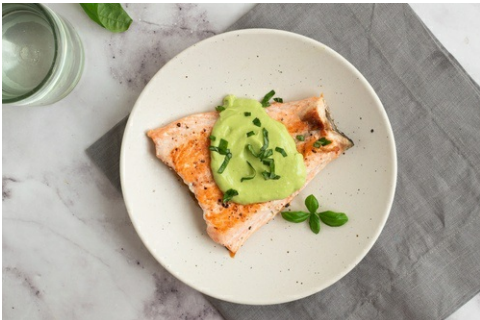
1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top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

Lunch 4 [🔗](#)

Eat on day 5, day 6

Salmon with avocado sauce

12 oz - 957 cals ● 72g protein ● 71g fat ● 3g carbs ● 3g fiber



For single meal:

fresh basil

2 tbsp leaves, whole (3g)

lemon juice

1/2 tbsp (8mL)

salmon

3/4 lbs (340g)

oil

1/2 tbsp (8mL)

avocados

1/4 avocado(s) (50g)

coconut milk, canned

1/8 can (56mL)

garlic

1/2 clove(s) (2g)

For all 2 meals:

fresh basil

4 tbsp leaves, whole (6g)

lemon juice

1 tbsp (15mL)

salmon

1 1/2 lbs (680g)

oil

1 tbsp (15mL)

avocados

1/2 avocado(s) (101g)

coconut milk, canned

1/4 can (113mL)

garlic

1 clove(s) (3g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen sugar snap peas
1 2/3 cup (240g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen sugar snap peas
3 1/3 cup (480g)
olive oil
5 tsp (25mL)

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

Lunch 5 [↗](#)

Eat on day 7

Roasted rosemary sweet potatoes

735 cals ● 8g protein ● 33g fat ● 86g carbs ● 17g fiber



sweet potatoes, cut into 1" cubes
2 1/3 sweetpotato, 5" long (490g)
rosemary, dried
3 1/2 tsp (4g)
olive oil
2 1/3 tbsp (35mL)
salt
1 tsp (7g)
black pepper
1 tsp, ground (3g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Honey dijon salmon

10 oz - 670 cals ● 59g protein ● 41g fat ● 16g carbs ● 1g fiber



Makes 10 oz

salmon

1 2/3 fillet/s (6 oz each) (283g)

dijon mustard

5 tsp (25g)

honey

2 1/2 tsp (18g)

garlic, minced

5/6 clove (3g)

olive oil

1/2 tbsp (8mL)

1. Preheat oven to 350 F (180 C)
 2. Take half of the mustard and spread it over the top of the salmon.
 3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
 4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
 5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
 6. Bake for about 15-20 minutes until done.
 7. Serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Baked chicken with tomatoes & olives

21 oz - 1049 cals ● 140g protein ● 43g fat ● 14g carbs ● 11g fiber



For single meal:

tomatoes

21 cherry tomatoes (357g)

olive oil

3 1/2 tsp (18mL)

salt

1 tsp (5g)

green olives

21 large (92g)

black pepper

1 tsp (1g)

chili powder

3 1/2 tsp (9g)

boneless skinless chicken breast, raw

1 1/3 lbs (595g)

fresh basil, shredded

21 leaves (11g)

For all 2 meals:

tomatoes

42 cherry tomatoes (714g)

olive oil

2 1/3 tbsp (35mL)

salt

1 3/4 tsp (11g)

green olives

42 large (185g)

black pepper

1 3/4 tsp (1g)

chili powder

2 1/3 tbsp (19g)

boneless skinless chicken breast, raw

2 1/2 lbs (1191g)

fresh basil, shredded

42 leaves (21g)

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.

Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

sweet potatoes, cut into 1" cubes

1 sweetpotato, 5" long (210g)

rosemary, dried

1/2 tbsp (2g)

olive oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes

2 sweetpotato, 5" long (420g)

rosemary, dried

1 tbsp (3g)

olive oil

2 tbsp (30mL)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Lemon pepper chicken breast

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



For single meal:

lemon pepper

1 1/2 tbsp (10g)

olive oil

3/4 tbsp (11mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

For all 2 meals:

lemon pepper

3 tbsp (21g)

olive oil

1 1/2 tbsp (23mL)

boneless skinless chicken breast, raw

3 lbs (1344g)

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.

Sweet potato wedges

521 cals ● 7g protein ● 17g fat ● 72g carbs ● 13g fiber



For single meal:

oil

1 1/2 tbsp (23mL)

sweet potatoes, cut into wedges

2 sweetpotato, 5" long (420g)

salt

1 tsp (6g)

black pepper

4 dash, ground (1g)

For all 2 meals:

oil

3 tbsp (45mL)

sweet potatoes, cut into wedges

4 sweetpotato, 5" long (840g)

salt

2 tsp (12g)

black pepper

1 tsp, ground (2g)

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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Simple kale & avocado salad

614 cals ● 13g protein ● 41g fat ● 25g carbs ● 24g fiber



For single meal:

kale leaves, chopped
1 1/3 bunch (227g)
lemon, juiced
1 1/3 small (77g)
avocados, chopped
1 1/3 avocado(s) (268g)

For all 2 meals:

kale leaves, chopped
2 2/3 bunch (454g)
lemon, juiced
2 2/3 small (155g)
avocados, chopped
2 2/3 avocado(s) (536g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Thai chicken larb

801 cals ● 86g protein ● 42g fat ● 14g carbs ● 6g fiber



For single meal:

fresh green beans, ends trimmed off
1 1/2 cup 1/2" pieces (150g)
ground chicken, raw
1 lbs (454g)
oil
1 tsp (5mL)
onion, chopped
1/2 small (35g)
garlic, minced
1 clove (3g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
serrano pepper, chopped
1 pepper(s) (6g)
lime juice
1 tbsp (15mL)
soy sauce
2 tbsp (30mL)
ground coriander
2 dash (0g)

For all 2 meals:

fresh green beans, ends trimmed off
3 cup 1/2" pieces (300g)
ground chicken, raw
2 lbs (907g)
oil
2 tsp (10mL)
onion, chopped
1 small (70g)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 inch (2.5cm) cube (10g)
serrano pepper, chopped
2 pepper(s) (12g)
lime juice
2 tbsp (30mL)
soy sauce
4 tbsp (60mL)
ground coriander
4 dash (1g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and almost fully cooked.
3. Add in green beans and stir. Cook for about 5 more minutes until green beans have softened a little.
4. Add in soy sauce and lime juice and stir. Serve.

Dinner 4 [↗](#)

Eat on day 7

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



collard greens

3/4 lbs (340g)

oil

3/4 tbsp (11mL)

garlic, minced

2 1/4 clove(s) (7g)

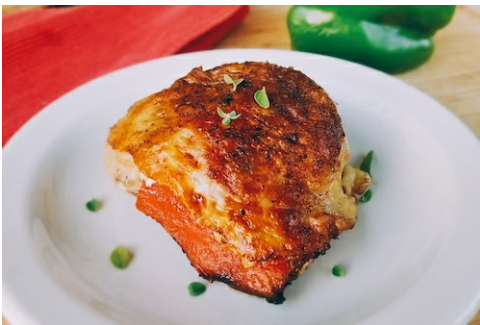
salt

1 1/2 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.

Roasted pepper stuffed chicken

16 oz - 1143 cals ● 102g protein ● 78g fat ● 7g carbs ● 1g fiber



Makes 16 oz

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.
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