

# Meal Plan - 3000 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

2953 cals ● 225g protein (30%) ● 177g fat (54%) ● 42g carbs (6%) ● 71g fiber (10%)

### Lunch

1455 cals, 88g protein, 17g net carbs, 97g fat



[Avocado](#)  
351 cals



[Roast beef lettuce wrap with avocado](#)  
3 1/2 wrap(s)- 1105 cals

### Dinner

1495 cals, 137g protein, 25g net carbs, 81g fat



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



[Avocado tuna salad](#)  
1454 cals

## Day 2

3033 cals ● 249g protein (33%) ● 148g fat (44%) ● 127g carbs (17%) ● 50g fiber (7%)

### Lunch

1485 cals, 118g protein, 99g net carbs, 60g fat



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



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



[Banana](#)  
3 banana(s)- 350 cals

### Dinner

1545 cals, 131g protein, 28g net carbs, 87g fat



[Sunflower seeds](#)  
180 cals



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

## Day 3

3042 cals ● 292g protein (38%) ● 123g fat (36%) ● 140g carbs (18%) ● 51g fiber (7%)

### Lunch

1495 cals, 161g protein, 112g net carbs, 36g fat



[Baked sweet potatoes](#)  
3 sweet potato(s)- 647 cals



[Marinated chicken breast](#)  
24 oz- 848 cals

### Dinner

1545 cals, 131g protein, 28g net carbs, 87g fat



[Sunflower seeds](#)  
180 cals



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

## Day 4

2958 cals ● 312g protein (42%) ● 117g fat (36%) ● 125g carbs (17%) ● 39g fiber (5%)

### Lunch

1495 cals, 161g protein, 112g net carbs, 36g fat



[Baked sweet potatoes](#)

3 sweet potato(s)- 647 cals



[Marinated chicken breast](#)

24 oz- 848 cals

### Dinner

1465 cals, 151g protein, 13g net carbs, 81g fat



[Pumpkin seeds](#)

366 cals



[Buffalo chicken lettuce wrap](#)

5 wrap(s)- 1098 cals

## Day 5

2945 cals ● 291g protein (39%) ● 139g fat (43%) ● 92g carbs (12%) ● 42g fiber (6%)

### Lunch

1485 cals, 199g protein, 9g net carbs, 64g fat



[Basic chicken breast](#)

29 1/3 oz- 1164 cals



[Garlic collard greens](#)

319 cals

### Dinner

1460 cals, 92g protein, 82g net carbs, 75g fat



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

763 cals



[Banana](#)

1 banana(s)- 117 cals



[Walnuts](#)

5/6 cup(s)- 583 cals

## Day 6

3002 cals ● 320g protein (43%) ● 136g fat (41%) ● 85g carbs (11%) ● 39g fiber (5%)

### Lunch

1485 cals, 199g protein, 9g net carbs, 64g fat



[Basic chicken breast](#)

29 1/3 oz- 1164 cals



[Garlic collard greens](#)

319 cals

### Dinner

1520 cals, 121g protein, 76g net carbs, 72g fat



[Chicken beet & carrot salad bowl](#)

899 cals



[Roasted almonds](#)

1/2 cup(s)- 388 cals



[Banana](#)

2 banana(s)- 233 cals

## Day 7

2966 cals ● 204g protein (28%) ● 152g fat (46%) ● 165g carbs (22%) ● 31g fiber (4%)

### Lunch

1445 cals, 83g protein, 90g net carbs, 79g fat



[Raisins](#)

1/2 cup- 275 cals



[Steak and beet salad](#)

1171 cals

### Dinner

1520 cals, 121g protein, 76g net carbs, 72g fat



[Chicken beet & carrot salad bowl](#)

899 cals



[Roasted almonds](#)

1/2 cup(s)- 388 cals



[Banana](#)

2 banana(s)- 233 cals



## Vegetables and Vegetable Products

- ☐ tomatoes  
4 1/4 medium whole (2-3/5" dia) (525g)
- ☐ onion  
2 1/3 small (163g)
- ☐ romaine lettuce  
8 1/2 leaf outer (238g)
- ☐ bell pepper  
6 large (984g)
- ☐ fresh spinach  
5 1/2 cup(s) (165g)
- ☐ sweet potatoes  
7 1/3 sweetpotato, 5" long (1540g)
- ☐ frozen broccoli  
2/3 package (189g)
- ☐ collard greens  
2 lbs (907g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ carrots  
2 medium (122g)
- ☐ beets, precooked (canned or refrigerated)  
1 1/4 lbs (579g)
- ☐ broccoli  
1 1/4 cup chopped (114g)

## Fruits and Fruit Juices

- ☐ avocados  
8 1/4 avocado(s) (1658g)
- ☐ lime juice  
3 tbsp (47mL)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ banana  
8 medium (7" to 7-7/8" long) (944g)
- ☐ raisins  
1/2 cup, packed (83g)

## Spices and Herbs

- ☐ salt  
1/2 oz (15g)
- ☐ black pepper  
4 1/4 g (4g)
- ☐ mustard  
3 1/2 tsp (18g)
- ☐ oregano, dried  
3 dash, ground (1g)
- ☐ paprika  
1/4 tbsp (2g)
- ☐ thyme, dried  
1 tsp, leaves (1g)

## Other

- ☐ mixed greens  
7 cup (212g)

## Finfish and Shellfish Products

- ☐ canned tuna  
9 1/3 can (1605g)

## Sausages and Luncheon Meats

- ☐ roast beef cold cuts  
14 oz (397g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (57g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ walnuts  
13 1/4 tbsp, shelled (83g)
- ☐ almonds  
14 tbsp, whole (125g)

## Sweets

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

## Fats and Oils

- ☐ salad dressing  
1/2 cup (137mL)
- ☐ oil  
7 oz (212mL)
- ☐ marinade sauce  
1 1/2 cup (360mL)
- ☐ olive oil  
1 tbsp (13mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
11 1/2 lbs (5216g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
6 3/4 tbsp (101mL)
- ☐ apple cider vinegar  
2 tsp (1mL)

## Beef Products

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☐ sirloin steak, raw  
3/4 lbs (354g)

## Lunch 1 [↗](#)

Eat on day 1

### Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



#### avocados

1 avocado(s) (201g)

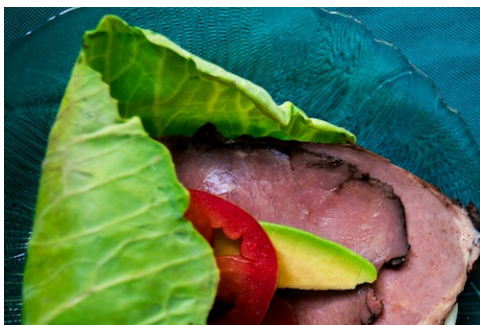
#### lemon juice

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

### Roast beef lettuce wrap with avocado

3 1/2 wrap(s) - 1105 cals ● 84g protein ● 67g fat ● 13g carbs ● 28g fiber



Makes 3 1/2 wrap(s)

#### romaine lettuce

3 1/2 leaf outer (98g)

#### tomatoes, diced

1 3/4 plum tomato (109g)

#### mustard

3 1/2 tsp (18g)

#### roast beef cold cuts

14 oz (397g)

#### avocados, sliced

1 3/4 avocado(s) (352g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.

## Lunch 2 [↗](#)

Eat on day 2

### Dark chocolate

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



Makes 5 square(s)

#### Chocolate, dark, 70-85%

5 square(s) (50g)

1. This recipe has no instructions.

### Basic chicken & spinach salad

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



**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)

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.

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber

Makes 3 banana(s)

**banana**  
3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.



Lunch 3 [↗](#)

Eat on day 3, day 4

Baked sweet potatoes

3 sweet potato(s) - 647 cals ● 10g protein ● 11g fat ● 108g carbs ● 19g fiber



For single meal:

**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)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**oregano, dried**  
3 dash, ground (1g)  
**sweet potatoes**  
6 sweetpotato, 5" long (1260g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)

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.



## Marinated chicken breast

24 oz - 848 cals ● 151g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

**marinade sauce**

3/4 cup (180mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

3 lbs (1344g)

**marinade sauce**

1 1/2 cup (360mL)

1. Place the chicken in a ziploc bag with the marinade and mash it around to ensure the chicken is fully coated.
  2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
  3. BAKE
  4. Preheat the oven to 400 degrees F.
  5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
  6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
  7. BROIL/GRILL
  8. Preheat the oven to broil/grill.
  9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.
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## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Basic chicken breast

29 1/3 oz - 1164 cals ● 185g protein ● 47g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
2 tbsp (28mL)  
**boneless skinless chicken breast, raw**  
29 1/3 oz (821g)

For all 2 meals:

**oil**  
1/4 cup (55mL)  
**boneless skinless chicken breast, raw**  
3 2/3 lbs (1643g)

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.

### Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

**collard greens**  
1 lbs (454g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
3 clove(s) (9g)  
**salt**  
2 dash (2g)

For all 2 meals:

**collard greens**  
2 lbs (907g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
6 clove(s) (18g)  
**salt**  
4 dash (3g)

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 7

### Raisins

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



Makes 1/2 cup

#### raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

### Steak and beet salad

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



#### 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)

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.

## Dinner 1 [↗](#)

Eat on day 1

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 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 tuna salad

1454 cals ● 135g protein ● 80g fat ● 19g carbs ● 28g fiber



**avocados**  
1 2/3 avocado(s) (335g)  
**lime juice**  
1 tbsp (17mL)  
**salt**  
3 1/3 dash (1g)  
**black pepper**  
3 1/3 dash (0g)  
**mixed greens**  
3 1/3 cup (100g)  
**onion, minced**  
5/6 small (58g)  
**canned tuna**  
3 1/3 can (573g)  
**tomatoes**  
13 1/3 tbsp, chopped (150g)

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.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.

### Avocado tuna salad stuffed pepper

6 half pepper(s) - 1367 cals ● 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.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.

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### Buffalo chicken lettuce wrap

5 wrap(s) - 1098 cals ● 134g protein ● 52g fat ● 8g carbs ● 16g fiber



Makes 5 wrap(s)

**oil**

2 1/2 tsp (12mL)

**romaine lettuce**

5 leaf outer (140g)

**boneless skinless chicken breast,  
raw, cubed**

1 1/4 lbs (567g)

**Frank's Red Hot sauce**

6 2/3 tbsp (100mL)

**black pepper**

3 1/3 dash, ground (1g)

**salt**

3 1/3 dash (2g)

**avocados, chopped**

5/6 avocado(s) (167g)

**tomatoes, halved**

6 2/3 tbsp cherry tomatoes (62g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

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## Dinner 4 [🔗](#)

Eat on day 5

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### Chicken-broccoli-sweet potato bowl

763 cals ● 78g protein ● 20g fat ● 53g carbs ● 15g fiber





**frozen broccoli**  
2/3 package (189g)  
**sweet potatoes, cut into bite-sized cubes**  
1 1/3 sweetpotato, 5" long (280g)  
**paprika**  
1/4 tbsp (2g)  
**boneless skinless chicken breast, raw, cut into bite-sized cubes**  
2/3 lbs (299g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
1 tbsp (13mL)

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.

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## Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber

Makes 1 banana(s)

**banana**  
1 medium (7" to 7-7/8" long) (118g)



1. This recipe has no instructions.

## Walnuts

5/6 cup(s) - 583 cals ● 13g protein ● 54g fat ● 6g carbs ● 6g fiber



Makes 5/6 cup(s)

**walnuts**

13 1/3 tbsp, shelled (83g)

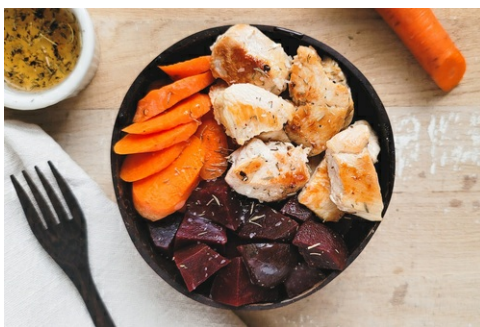
1. This recipe has no instructions.

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### 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.

### Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



For single meal:

**almonds**

1/2 cup, whole (63g)

For all 2 meals:

**almonds**

14 tbsp, whole (125g)

1. This recipe has no instructions.

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber





For single meal:

**banana**

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

**banana**

4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.
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