

Meal Plan - 3200 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 3167 cals ● 238g protein (30%) ● 196g fat (56%) ● 54g carbs (7%) ● 57g fiber (7%)

Lunch

1615 cals, 100g protein, 19g net carbs, 106g fat



[Roast beef lettuce wrap with avocado](#)
4 wrap(s)- 1263 cals



[Avocado](#)
351 cals

Dinner

1555 cals, 138g protein, 35g net carbs, 90g fat



[Basic chicken breast](#)
20 oz- 794 cals



[Brussels sprout, apple & walnut side salad](#)
759 cals

Day 2 3230 cals ● 353g protein (44%) ● 145g fat (41%) ● 95g carbs (12%) ● 32g fiber (4%)

Lunch

1675 cals, 215g protein, 60g net carbs, 55g fat



[Garlic collard greens](#)
199 cals



[Marinated chicken breast](#)
32 oz- 1130 cals



[Sweet potato wedges](#)
347 cals

Dinner

1555 cals, 138g protein, 35g net carbs, 90g fat



[Basic chicken breast](#)
20 oz- 794 cals



[Brussels sprout, apple & walnut side salad](#)
759 cals

Day 3 3221 cals ● 283g protein (35%) ● 175g fat (49%) ● 97g carbs (12%) ● 34g fiber (4%)

Lunch

1595 cals, 134g protein, 9g net carbs, 110g fat



[Slow-baked salmon with lemon and thyme](#)
22 oz- 1474 cals



[Garlic collard greens](#)
119 cals

Dinner

1630 cals, 149g protein, 88g net carbs, 65g fat



[Baked fries](#)
579 cals



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

Day 4

3221 cals ● 283g protein (35%) ● 175g fat (49%) ● 97g carbs (12%) ● 34g fiber (4%)

Lunch

1595 cals, 134g protein, 9g net carbs, 110g fat



Slow-baked salmon with lemon and thyme
22 oz- 1474 cals



Garlic collard greens
119 cals

Dinner

1630 cals, 149g protein, 88g net carbs, 65g fat



Baked fries
579 cals



Baked chicken with tomatoes & olives
21 oz- 1049 cals

Day 5

3171 cals ● 240g protein (30%) ● 203g fat (58%) ● 34g carbs (4%) ● 63g fiber (8%)

Lunch

1580 cals, 114g protein, 12g net carbs, 107g fat



Paleo ham, bacon, avocado lettuce wrap
4 wrap(s)- 1582 cals

Dinner

1590 cals, 126g protein, 22g net carbs, 96g fat



Garlic collard greens
518 cals



Coriander and cumin rubbed pork chops
2 1/2 chop(s)- 1071 cals

Day 6

3171 cals ● 240g protein (30%) ● 203g fat (58%) ● 34g carbs (4%) ● 63g fiber (8%)

Lunch

1580 cals, 114g protein, 12g net carbs, 107g fat



Paleo ham, bacon, avocado lettuce wrap
4 wrap(s)- 1582 cals

Dinner

1590 cals, 126g protein, 22g net carbs, 96g fat



Garlic collard greens
518 cals



Coriander and cumin rubbed pork chops
2 1/2 chop(s)- 1071 cals

Day 7

3177 cals ● 244g protein (31%) ● 164g fat (47%) ● 146g carbs (18%) ● 34g fiber (4%)

Lunch

1570 cals, 113g protein, 89g net carbs, 78g fat



Sweet potato fries
309 cals



Honey mustard chicken thighs w/ skin
16 oz- 1116 cals



Beets
6 beets- 145 cals

Dinner

1605 cals, 131g protein, 57g net carbs, 87g fat



Tilapia with tomato caper sauce
20 oz tilapia- 974 cals



Brussels sprout, apple & walnut side salad
633 cals

Fats and Oils

- ☐ oil
1 cup (238mL)
- ☐ olive oil
7 oz (215mL)
- ☐ marinade sauce
1 cup (240mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
7 lbs (3207g)
- ☐ chicken thighs, with bone and skin, raw
1 lbs (454g)

Vegetables and Vegetable Products

- ☐ brussels sprouts
6 1/2 cup (561g)
- ☐ romaine lettuce
12 leaf outer (336g)
- ☐ tomatoes
9 3/4 medium whole (2-3/5" dia) (1202g)
- ☐ collard greens
4 1/2 lbs (2098g)
- ☐ garlic
23 1/2 clove(s) (70g)
- ☐ sweet potatoes
2 1/2 sweetpotato, 5" long (545g)
- ☐ potatoes
3 large (3" to 4-1/4" dia.) (1107g)
- ☐ shallots
1 shallot (113g)
- ☐ beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)

Fruits and Fruit Juices

- ☐ apples
1 1/2 small (2-3/4" dia) (211g)
- ☐ avocados
7 avocado(s) (1407g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ green olives
42 large (185g)
- ☐ lemon
2 large (154g)

Nut and Seed Products

Sweets

- ☐ maple syrup
3 tbsp (43mL)
- ☐ honey
1 tbsp (21g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1 lbs (454g)
- ☐ ham cold cuts
2 lbs (907g)

Finfish and Shellfish Products

- ☐ salmon
2 3/4 lbs (1248g)
- ☐ tilapia, raw
1 1/4 lbs (567g)

Pork Products

- ☐ pork loin chops, boneless, raw
5 chop (925g)
- ☐ bacon
16 slice(s) (160g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1/4 cup(s) (mL)

- ☐ walnuts
1 cup, chopped (119g)

Spices and Herbs

- ☐ apple cider vinegar
2 tbsp (32g)
 - ☐ mustard
4 tsp (20g)
 - ☐ salt
1 3/4 tbsp (32g)
 - ☐ black pepper
3 g (3g)
 - ☐ chili powder
2 1/3 tbsp (19g)
 - ☐ fresh basil
42 leaves (21g)
 - ☐ thyme, dried
3 g (3g)
 - ☐ ground coriander
2 1/2 tbsp (13g)
 - ☐ ground cumin
2 1/2 tbsp (15g)
 - ☐ capers
1 tbsp, drained (9g)
 - ☐ garlic powder
1/4 tsp (1g)
 - ☐ paprika
1/4 tsp (1g)
 - ☐ brown deli mustard
1 1/2 tbsp (23g)
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Lunch 1 [🔗](#)

Eat on day 1

Roast beef lettuce wrap with avocado

4 wrap(s) - 1263 cals ● 96g protein ● 77g fat ● 15g carbs ● 32g fiber



Makes 4 wrap(s)

romaine lettuce

4 leaf outer (112g)

tomatoes, diced

2 plum tomato (124g)

mustard

4 tsp (20g)

roast beef cold cuts

1 lbs (454g)

avocados, sliced

2 avocado(s) (402g)

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

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.

Lunch 2 [🔗](#)

Eat on day 2

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



collard greens

10 oz (284g)

oil

2 tsp (9mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/4 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.

Marinated chicken breast

32 oz - 1130 cals ● 202g protein ● 34g fat ● 6g carbs ● 0g fiber



Makes 32 oz

**boneless skinless chicken breast,
raw**

2 lbs (896g)

marinade sauce

1 cup (240mL)

1. Place the chicken in a ziploc bag with the marinade and mush 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.

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 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.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Slow-baked salmon with lemon and thyme

22 oz - 1474 cal ● 128g protein ● 103g fat ● 5g carbs ● 3g fiber



For single meal:

salmon, skin on

22 oz (624g)

oil

4 tsp (21mL)

thyme, dried

1 tsp, leaves (1g)

lemon, cut into wedges

1 large (77g)

For all 2 meals:

salmon, skin on

2 3/4 lbs (1248g)

oil

2 3/4 tbsp (41mL)

thyme, dried

2 tsp, leaves (2g)

lemon, cut into wedges

2 large (154g)

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.

Garlic collard greens

119 cal ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



For single meal:

collard greens

6 oz (170g)

oil

1 tsp (6mL)

garlic, minced

1 clove(s) (3g)

salt

3/4 dash (1g)

For all 2 meals:

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.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Paleo ham, bacon, avocado lettuce wrap

4 wrap(s) - 1582 cals ● 114g protein ● 107g fat ● 12g carbs ● 29g fiber



For single meal:

romaine lettuce

4 leaf outer (112g)

bacon

8 slice(s) (80g)

ham cold cuts

1 lbs (454g)

avocados, sliced

2 avocado(s) (402g)

For all 2 meals:

romaine lettuce

8 leaf outer (224g)

bacon

16 slice(s) (160g)

ham cold cuts

2 lbs (907g)

avocados, sliced

4 avocado(s) (804g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

Lunch 5 [🔗](#)

Eat on day 7

Sweet potato fries

309 cals ● 4g protein ● 8g fat ● 46g carbs ● 8g fiber



sweet potatoes, peeled

9 1/3 oz (265g)

olive oil

1 3/4 tsp (9mL)

garlic powder

1/4 tsp (1g)

paprika

1/4 tsp (1g)

salt

1/4 tsp (2g)

black pepper

1 dash, ground (0g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Honey mustard chicken thighs w/ skin

16 oz - 1116 cals ● 103g protein ● 69g fat ● 19g carbs ● 1g fiber



Makes 16 oz

brown deli mustard

1 1/2 tbsp (23g)

honey

1 tbsp (21g)

thyme, dried

1 tsp, ground (1g)

salt

2 dash (2g)

chicken thighs, with bone and skin, raw

1 lbs (454g)

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.

Beets

6 beets - 145 cal● 5g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 6 beets

beets, precooked (canned or refrigerated)

6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Basic chicken breast

20 oz - 794 cal ● 126g protein ● 32g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1 1/4 tbsp (19mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

For all 2 meals:

oil

2 1/2 tbsp (38mL)

boneless skinless chicken breast, raw

2 1/2 lbs (1120g)

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.

Brussels sprout, apple & walnut side salad

759 cal ● 12g protein ● 58g fat ● 35g carbs ● 12g fiber



For single meal:

brussels sprouts, ends trimmed and discarded

2 1/4 cup (198g)

apples, chopped

1/2 small (2-3/4" dia) (74g)

walnuts

6 tbsp, chopped (42g)

apple cider vinegar

3/4 tbsp (11g)

maple syrup

1 tbsp (15mL)

olive oil

2 1/4 tbsp (34mL)

For all 2 meals:

brussels sprouts, ends trimmed and discarded

4 1/2 cup (396g)

apples, chopped

1 small (2-3/4" dia) (149g)

walnuts

3/4 cup, chopped (84g)

apple cider vinegar

1 1/2 tbsp (22g)

maple syrup

2 tbsp (30mL)

olive oil

1/4 cup (68mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Baked fries

579 cal ● 9g protein ● 22g fat ● 74g carbs ● 13g fiber



For single meal:

oil

1 1/2 tbsp (23mL)

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

For all 2 meals:

oil

3 tbsp (45mL)

potatoes

3 large (3" to 4-1/4" dia.) (1107g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Baked chicken with tomatoes & olives

21 oz - 1049 cal ● 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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Garlic collard greens

518 cal ● 23g protein ● 27g fat ● 15g carbs ● 30g fiber



For single meal:

collard greens

26 oz (737g)

oil

5 tsp (24mL)

garlic, minced

5 clove(s) (15g)

salt

3 1/4 dash (2g)

For all 2 meals:

collard greens

3 1/4 lbs (1474g)

oil

3 1/4 tbsp (49mL)

garlic, minced

9 3/4 clove(s) (29g)

salt

1/4 tbsp (5g)

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.

Coriander and cumin rubbed pork chops

2 1/2 chop(s) - 1071 cal ● 103g protein ● 69g fat ● 7g carbs ● 4g fiber



For single meal:

black pepper

1/3 tsp (0g)

pork loin chops, boneless, raw

2 1/2 chop (463g)

olive oil, divided

2 1/2 tbsp (38mL)

ground coriander

1 1/4 tbsp (6g)

ground cumin

1 1/4 tbsp (8g)

salt

5 dash (4g)

garlic, minced

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

For all 2 meals:

black pepper

5 dash (1g)

pork loin chops, boneless, raw

5 chop (925g)

olive oil, divided

5 tbsp (75mL)

ground coriander

2 1/2 tbsp (13g)

ground cumin

2 1/2 tbsp (15g)

salt

1 1/4 tsp (8g)

garlic, minced

7 1/2 clove(s) (23g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Dinner 4 [↗](#)

Eat on day 7

Tilapia with tomato caper sauce

20 oz tilapia - 974 cals ● 121g protein ● 38g fat ● 28g carbs ● 8g fiber



Makes 20 oz tilapia

oil

2 tbsp (30mL)

vegetable broth

1/4 cup(s) (mL)

garlic, minced

2 clove(s) (6g)

shallots, finely chopped

1 shallot (113g)

capers

1 tbsp, drained (9g)

tomatoes, chopped

2 large whole (3" dia) (364g)

tilapia, raw

1 1/4 lbs (567g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sauté for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

Brussels sprout, apple & walnut side salad

633 cals ● 10g protein ● 48g fat ● 29g carbs ● 10g fiber



brussels sprouts, ends trimmed and discarded

2 cup (165g)

apples, chopped

3/8 small (2-3/4" dia) (62g)

walnuts

5 tbsp, chopped (35g)

apple cider vinegar

2 tsp (9g)

maple syrup

2 1/2 tsp (13mL)

olive oil

2 tbsp (28mL)

1. Thinly slice brussels sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
 2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
 3. Drizzle vinaigrette over the salad and serve.
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