

Meal Plan - 2200 calorie intermittent fasting 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

2230 cals ● 148g protein (27%) ● 108g fat (44%) ● 134g carbs (24%) ● 33g fiber (6%)

Lunch

1095 cals, 62g protein, 65g net carbs, 57g fat



[Avocado egg salad sandwich](#)
1 sandwich(es)- 562 cals



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals



[Roasted almonds](#)
1/4 cup(s)- 222 cals

Dinner

1135 cals, 86g protein, 69g net carbs, 51g fat



[Almond crusted tilapia](#)
12 oz- 847 cals



[Baked fries](#)
290 cals

Day 2

2171 cals ● 196g protein (36%) ● 53g fat (22%) ● 194g carbs (36%) ● 34g fiber (6%)

Lunch

1050 cals, 82g protein, 93g net carbs, 32g fat



[Bbq deli chicken sandwich](#)
3 sandwich(es)- 774 cals



[Roasted almonds](#)
1/3 cup(s)- 277 cals

Dinner

1120 cals, 114g protein, 101g net carbs, 20g fat



[Lemon pepper chicken breast](#)
16 oz- 592 cals



[Basic baked potato](#)
2 potato(es)- 528 cals

Day 3

2171 cals ● 196g protein (36%) ● 53g fat (22%) ● 194g carbs (36%) ● 34g fiber (6%)

Lunch

1050 cals, 82g protein, 93g net carbs, 32g fat



[Bbq deli chicken sandwich](#)
3 sandwich(es)- 774 cals



[Roasted almonds](#)
1/3 cup(s)- 277 cals

Dinner

1120 cals, 114g protein, 101g net carbs, 20g fat



[Lemon pepper chicken breast](#)
16 oz- 592 cals



[Basic baked potato](#)
2 potato(es)- 528 cals

Day 4

2224 cals ● 156g protein (28%) ● 105g fat (43%) ● 125g carbs (22%) ● 40g fiber (7%)

Lunch

1120 cals, 37g protein, 32g net carbs, 82g fat



Avocado
527 cals



Roasted almonds
1/8 cup(s)- 111 cals



Chicken salad sandwich
1 sandwich(es)- 480 cals

Dinner

1105 cals, 118g protein, 93g net carbs, 24g fat



Kiwi
4 kiwi- 187 cals



Grilled chicken sandwich
2 sandwich(es)- 919 cals

Day 5

2189 cals ● 209g protein (38%) ● 103g fat (42%) ● 83g carbs (15%) ● 23g fiber (4%)

Lunch

1130 cals, 135g protein, 46g net carbs, 38g fat



Lentils
231 cals



Baked chicken with tomatoes & olives
18 oz- 899 cals

Dinner

1060 cals, 74g protein, 37g net carbs, 65g fat



Simple salmon
12 oz- 770 cals



Baked fries
290 cals

Day 6

2164 cals ● 141g protein (26%) ● 87g fat (36%) ● 179g carbs (33%) ● 25g fiber (5%)

Lunch

1110 cals, 64g protein, 62g net carbs, 63g fat



String cheese
3 stick(s)- 248 cals



Turkey, avocado wrap
1 1/2 wrap(s)- 861 cals

Dinner

1055 cals, 78g protein, 117g net carbs, 24g fat



Naan bread
1 1/2 piece(s)- 393 cals



British kedgeree
541 cals



Tossed salad
121 cals

Day 7

2164 cals ● 141g protein (26%) ● 87g fat (36%) ● 179g carbs (33%) ● 25g fiber (5%)

Lunch

1110 cals, 64g protein, 62g net carbs, 63g fat



String cheese
3 stick(s)- 248 cals



Turkey, avocado wrap
1 1/2 wrap(s)- 861 cals

Dinner

1055 cals, 78g protein, 117g net carbs, 24g fat



Naan bread
1 1/2 piece(s)- 393 cals



British kedgeree
541 cals



Tossed salad
121 cals

Vegetables and Vegetable Products

- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (663g)
- ☐ potatoes
5 1/2 large (3" to 4-1/4" dia.) (2030g)
- ☐ raw celery
1/4 stalk, medium (7-1/2" - 8" long) (10g)
- ☐ romaine lettuce
5/6 head (518g)
- ☐ frozen peas
1 cup (134g)
- ☐ red onion
1/4 medium (2-1/2" dia) (28g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ carrots
1 small (5-1/2" long) (50g)

Spices and Herbs

- ☐ garlic powder
4 dash (2g)
- ☐ salt
1/4 oz (7g)
- ☐ lemon pepper
2 tbsp (14g)
- ☐ black pepper
1/8 oz (1g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ chili powder
1 tbsp (8g)
- ☐ fresh basil
18 leaves (9g)
- ☐ curry powder
1 tsp (2g)

Fruits and Fruit Juices

- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ lemon juice
3/8 fl oz (11mL)
- ☐ kiwi
4 fruit (276g)
- ☐ green olives
18 large (79g)

Baked Products

Dairy and Egg Products

- ☐ eggs
7 large (350g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ string cheese
6 stick (168g)
- ☐ cheese
6 tbsp, shredded (42g)

Nut and Seed Products

- ☐ almonds
7 oz (197g)

Finfish and Shellfish Products

- ☐ tilapia, raw
3/4 lbs (336g)
- ☐ salmon
3/4 lbs (340g)
- ☐ cod, raw
1 lbs (453g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/3 cup(s) (42g)
- ☐ brown rice
1/2 cup (95g)

Fats and Oils

- ☐ olive oil
1 1/2 oz (45mL)
- ☐ oil
1 2/3 oz (50mL)
- ☐ mayonnaise
2 1/2 oz (75mL)
- ☐ salad dressing
2 tbsp (31mL)

Other

- ☐ coleslaw mix
2 cup (180g)
- ☐ mixed greens
1/2 cup (15g)

Soups, Sauces, and Gravies

- ☐ bread
2/3 lbs (320g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)
- ☐ flour tortillas
3 tortilla (approx 10" dia) (216g)
- ☐ naan bread
3 piece (270g)

- ☐ barbecue sauce
3/4 cup (204g)

Sausages and Luncheon Meats

- ☐ chicken cold cuts
1 1/2 lbs (680g)
- ☐ turkey cold cuts
3/4 lbs (340g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/3 lbs (1945g)

Beverages

- ☐ water
2 1/3 cup(s) (552mL)

Legumes and Legume Products

- ☐ lentils, raw
1/3 cup (64g)
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Lunch 1 [↗](#)

Eat on day 1

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2, day 3

Bbq deli chicken sandwich

3 sandwich(es) - 774 cals ● 73g protein ● 10g fat ● 89g carbs ● 9g fiber



For single meal:

coleslaw mix

1 cup (90g)

barbecue sauce

6 tbsp (102g)

chicken cold cuts

3/4 lbs (340g)

bread

3 slice(s) (96g)

For all 2 meals:

coleslaw mix

2 cup (180g)

barbecue sauce

3/4 cup (204g)

chicken cold cuts

1 1/2 lbs (680g)

bread

6 slice(s) (192g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds

5 tbsp, whole (45g)

For all 2 meals:

almonds

10 tbsp, whole (89g)

1. This recipe has no instructions.
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Lunch 3 [🔗](#)

Eat on day 4

Avocado

527 cals ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

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

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Chicken salad sandwich

1 sandwich(es) - 480 cals ● 28g protein ● 29g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

oil

1/4 tbsp (4mL)

raw celery, chopped

1/4 stalk, medium (7-1 1/2" - 8" long) (10g)

black pepper

1 dash, ground (0g)

lemon juice

1/4 tbsp (4mL)

mayonnaise

2 tbsp (30mL)

bread

2 slice (64g)

boneless skinless chicken breast, raw

1/2 piece (85g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until chicken is done.
4. Let chicken cool and then chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread mixture evenly over a slice of bread and top with another slice.

Lunch 4 [↗](#)

Eat on day 5

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt

2/3 dash (0g)

water

1 1/3 cup(s) (316mL)

lentils, raw, rinsed

1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 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

18 oz (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.

Lunch 5 [🔗](#)

Eat on day 6, day 7

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

- 1. This recipe has no instructions.

Turkey, avocado wrap

1 1/2 wrap(s) - 861 cals ● 44g protein ● 46g fat ● 57g carbs ● 10g fiber



For single meal:

avocados, sliced
3/8 avocado(s) (75g)
turkey cold cuts
6 oz (170g)
mayonnaise
1 1/2 tbsp (23mL)
flour tortillas
1 1/2 tortilla (approx 10" dia) (108g)
tomatoes
3 slice, medium (1/4" thick) (60g)
romaine lettuce
1 1/2 leaf inner (9g)
cheese
3 tbsp, shredded (21g)

For all 2 meals:

avocados, sliced
3/4 avocado(s) (151g)
turkey cold cuts
3/4 lbs (340g)
mayonnaise
3 tbsp (45mL)
flour tortillas
3 tortilla (approx 10" dia) (216g)
tomatoes
6 slice, medium (1/4" thick) (120g)
romaine lettuce
3 leaf inner (18g)
cheese
6 tbsp, shredded (42g)

- 1. Build the wrap to your liking.

Dinner 1 [🔗](#)

Eat on day 1

Almond crusted tilapia

12 oz - 847 cals ● 82g protein ● 40g fat ● 32g carbs ● 7g fiber



Makes 12 oz

tilapia, raw

3/4 lbs (336g)

almonds

1/2 cup, slivered (54g)

all-purpose flour

1/3 cup(s) (42g)

salt

2 dash (1g)

olive oil

1 tbsp (15mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



oil

3/4 tbsp (11mL)

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

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.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (7g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1 lbs (448g)

For all 2 meals:

lemon pepper

2 tbsp (14g)

olive oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

2 lbs (896g)

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.

Basic baked potato

2 potato(es) - 528 cals ● 12g protein ● 2g fat ● 98g carbs ● 18g fiber



For single meal:

potatoes

2 large (3" to 4-1/4" dia.) (738g)

salt

2 dash (1g)

oil

1 tsp (5mL)

For all 2 meals:

potatoes

4 large (3" to 4-1/4" dia.) (1476g)

salt

4 dash (2g)

oil

2 tsp (10mL)

1. OVEN:

2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.

3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

4. MICROWAVE:

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.

6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.

7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Dinner 3 [🔗](#)

Eat on day 4

Kiwi

4 kiwi - 187 cal ● 3g protein ● 2g fat ● 32g carbs ● 8g fiber

Makes 4 kiwi

kiwi

4 fruit (276g)

1. Slice the kiwi and serve.



Grilled chicken sandwich

2 sandwich(es) - 919 cal ● 115g protein ● 22g fat ● 61g carbs ● 5g fiber



Makes 2 sandwich(es)

oil

1 tsp (5mL)

kaiser rolls

2 roll (3-1/2" dia) (114g)

dijon mustard

1 tbsp (15g)

mixed greens

1/2 cup (15g)

tomatoes

6 slice(s), thin/small (90g)

boneless skinless chicken breast, raw

1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 4 [🔗](#)

Eat on day 5

Simple salmon

12 oz - 770 cals ● 69g protein ● 55g fat ● 0g carbs ● 0g fiber



Makes 12 oz

salmon

3/4 lbs (340g)

oil

2 tsp (10mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



oil
3/4 tbsp (11mL)
potatoes
3/4 large (3" to 4-1/4" dia.) (277g)

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.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Naan bread

1 1/2 piece(s) - 393 cal● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread
1 1/2 piece (135g)

For all 2 meals:

naan bread
3 piece (270g)

1. This recipe has no instructions.

British kedgeree

541 cal● 60g protein ● 13g fat ● 41g carbs ● 5g fiber



For single meal:

frozen peas
1/2 cup (67g)
curry powder
4 dash (1g)
cod, raw, cut into small chunks
1/2 lbs (227g)
eggs
2 large (100g)
water
1/2 cup(s) (119mL)
brown rice
4 tbsp (48g)

For all 2 meals:

frozen peas
1 cup (134g)
curry powder
1 tsp (2g)
cod, raw, cut into small chunks
1 lbs (453g)
eggs
4 large (200g)
water
1 cup(s) (237mL)
brown rice
1/2 cup (95g)

1. Cook rice and water according to package instructions. Set aside.
2. Hard boil the eggs: Add eggs to a saucepan and cover with cold water. Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
3. Put chunks of fish into a large frying pan and add a small splash of water. Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
5. Season to taste with salt and pepper and top with eggs. Serve.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
 2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.
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