GENERAL

5 2 diet recipes for fasting days

Published: September 3, 2026 | Index ID: #-

5 2 Diet Recipes for Fasting Days: Fueling Your Body on Low Calorie Days

When you're following a 5/2 diet, the two low calorie days can feel like a culinary challenge. You want to stay satisfied, keep your metabolism humming, and still keep your calorie intake in the safe range. That's where a well planned menu of flavorful, nutrient dense recipes comes in handy. In this guide, we'll walk you through five carefully crafted recipes that fit perfectly into your fasting days, ensuring you stay energized without compromising your weight loss goals.

Understanding the 5/2 Diet and Fasting Days

The 5/2 diet, also known as the Fast Diet, involves eating normally for five days of the week while restricting calories to about 500–600 kcal on the remaining two days. It's a form of intermittent fasting that has been shown to improve insulin sensitivity, support heart health, and promote sustainable weight loss. The key is to make the most of those low calorie windows by choosing foods that are low in calories but high in vitamins, minerals, and satiety boosting fiber.

Why Low Calorie Meals Matter

- Satiety without Overeating: Fiber rich foods keep you feeling full, reducing the temptation to overeat during the rest of the week.
- Balanced Nutrition: Even on calorie restricted days, you can still get essential nutrients—protein, healthy fats, and micronutrients—needed for overall health.
- Metabolic Stability: A consistent routine helps your body adapt to the fasting pattern, minimizing energy crashes.

Key Principles for Low Calorie Meals on Fasting Days

Below are the guiding principles that will help you create or select recipes that are both delicious and aligned with the 5/2 diet's calorie targets.

1. Prioritize Protein

Protein is the macronutrient that most effectively promotes fullness. Aim for at least 20–25 g of protein per meal. Good sources include lean poultry, fish, eggs, tofu, and legumes.

2. Load Up on Non Starchy Vegetables

Vegetables such as leafy greens, broccoli, zucchini, and bell peppers are low in calories but high in fiber and water content, which helps you feel full.

3. Include Healthy Fats in Moderation

While fats are calorie dense, a small amount of olive oil, avocado, or nuts can enhance flavor and satiety. Keep portions controlled—about one tablespoon of olive oil or a handful of nuts.

4. Keep Simple Carbohydrates to a Minimum

On fasting days, focus on complex carbs like quinoa or sweet potatoes in small portions. Avoid refined sugars and

white bread.

5. Flavor with Herbs and Spices

Herbs and spices can transform a bland low calorie dish into a mouth watering experience without adding calories.

5 Delicious 5/2 Diet Recipes for Fasting Days

Below are five recipes that each contain roughly 500–600 calories, are packed with nutrients, and are easy to prepare. Feel free to adjust portion sizes to match your exact calorie goal.

Recipe 1: Zesty Lemon Herb Chicken Soup

This light, broth based soup is bursting with lemon, herbs, and lean chicken. It's perfect for a quick lunch or dinner on a fasting day.

Ingredients (serves 2):

- 2 boneless, skinless chicken breasts (about 200 /g each)
- 4 cups low sodium chicken broth
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup diced zucchini
- 1/2 cup chopped spinach
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon chopped fresh parsley
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 1 teaspoon olive oil (optional)

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the chicken breasts and sear for 2–3 /minutes on each side until lightly browned.
2. Pour in the chicken broth and bring to a boil. Reduce heat, cover, and simmer for 15 /minutes.
3. Remove the chicken and set aside. Add carrots, celery, zucchini, and spinach to the pot. Cook for an additional 5 /minutes.
4. Shred the chicken with two forks and return it to the pot.
5. Stir in lemon juice, lemon zest, parsley, oregano, salt, and pepper. Simmer for 2 more minutes.
6. Serve hot. A small side of whole grain bread (1 slice) adds about 70 /kcal if desired.

Nutrition (per serving): 520 /kcal, 35 /g protein, 8 /g fat, 50 /g carbs, 8 /g fiber.

Recipe 2: Mediterranean Veggie Stir Fry with Tofu

Quick, colorful, and protein rich, this stir fry is a great way to hit your vegetable quota while keeping calories low.

Ingredients (serves 2):

- 200 /g firm tofu, cubed
- 1 cup sliced bell peppers (mixed colors)
- 1 cup broccoli florets
- 1 cup sliced mushrooms

- 2 tablespoons low sodium soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- Fresh basil for garnish

Instructions:

1. Heat the olive oil in a nonstick skillet over medium heat.
2. Add tofu cubes and cook until golden on all sides, about 5 /minutes. Remove and set aside.
3. In the same skillet, sauté garlic for 30 /seconds.
4. Add bell peppers, broccoli, and mushrooms. Stir fry for 6–8 /minutes until vegetables are tender.
5. Return tofu to the pan. Stir in soy sauce, lemon juice, and oregano.
6. Cook for an additional 2 /minutes, then garnish with fresh basil.

Nutrition (per serving): 550 /kcal, 28 /g protein, 25 /g fat, 35 /g carbs, 10 /g fiber.

Recipe 3: Hearty Lentil & Spinach Stew

Lentils are a fantastic plant based protein source. This stew combines lentils with spinach, tomatoes, and aromatic spices for a comforting meal.

Ingredients (serves 2):

- 1 cup dried green or brown lentils, rinsed
- 4 cups low sodium vegetable broth
- 1 cup chopped tomatoes (canned or fresh)
- 1 cup chopped spinach
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic until translucent.
2. Add cumin, paprika, and thyme; stir for 1 minute.
3. Add lentils, tomatoes, broth, and a pinch of salt. Bring to a boil.
4. Reduce heat, cover, and simmer for 25 /minutes, or until lentils are tender.
5. Stir in spinach and cook for an additional 3 /minutes.
6. Season with pepper and serve hot.

Nutrition (per serving): 530 /kcal, 25 /g protein, 10 /g fat, 80 /g carbs, 15 /g fiber.

Recipe 4: Greek Yogurt & Berry Parfait

Ideal as a light breakfast or dessert, this parfait layers low fat Greek yogurt with antioxidant rich berries and a sprinkle of nuts.

Ingredients (serves 2):

- 2 cups plain low fat Greek yogurt (about 200 /g each)
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 2 tablespoons chopped walnuts
- 1 teaspoon honey (optional)
- 1 teaspoon ground cinnamon

Instructions:

1. In two glasses, layer half of the yogurt.
2. Top with a layer of berries.
3. Sprinkle 1 tablespoon of walnuts and a pinch of cinnamon.
4. Repeat with the remaining yogurt, berries, and nuts.
5. If desired, drizzle with 1 teaspoon of honey for extra sweetness.

Nutrition (per serving): 520 /kcal, 28 /g protein, 15 /g fat, 55 /g carbs, 7 /g fiber.

Recipe 5: Green Protein Smoothie

For a quick, on the go option, this smoothie blends spinach, protein powder, and fruit into a nutrient dense drink.

Ingredients (serves 2):

- 2 cups fresh spinach leaves
- 1 banana (medium)
- 1 cup unsweetened almond milk
- 1 scoop vanilla whey or plant based protein powder (about 20 /g protein)
- 1 tablespoon chia seeds

Tags: #diet #recipes #fasting #days