

Meal Plan - 3100 calorie keto and intermittent fasting meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

3053 cals ● 341g protein (45%) ● 170g fat (50%) ● 29g carbs (4%) ● 10g fiber (1%)

Lunch

1545 cals, 165g protein, 9g net carbs, 93g fat



Basic chicken breast

21 1/3 oz- 847 cals



Cheesy zucchini noodles

698 cals

Dinner

1510 cals, 176g protein, 19g net carbs, 78g fat



Marinated chicken breast

26 oz- 918 cals



Parmesan zucchini noodles

590 cals

Day 2

3053 cals ● 341g protein (45%) ● 170g fat (50%) ● 29g carbs (4%) ● 10g fiber (1%)

Lunch

1545 cals, 165g protein, 9g net carbs, 93g fat



Basic chicken breast

21 1/3 oz- 847 cals



Cheesy zucchini noodles

698 cals

Dinner

1510 cals, 176g protein, 19g net carbs, 78g fat



Marinated chicken breast

26 oz- 918 cals



Parmesan zucchini noodles

590 cals

Day 3

3043 cals ● 220g protein (29%) ● 222g fat (66%) ● 33g carbs (4%) ● 8g fiber (1%)

Lunch

1530 cals, 94g protein, 19g net carbs, 117g fat



Italian sausage

3 link- 771 cals



Bacon zucchini noodles

759 cals

Dinner

1515 cals, 126g protein, 13g net carbs, 105g fat



Creamy chipotle pork chops

3 pork chop(s)- 1362 cals



Cauliflower rice


2 1/2 cup(s)- 151 cals


Day 4

3050 cals 256g protein (34%) 203g fat (60%) 38g carbs (5%) 13g fiber (2%)

Lunch

1530 cals, 94g protein, 19g net carbs, 117g fat

Italian sausage
3 link- 771 cals

Bacon zucchini noodles
759 cals

Dinner

1520 cals, 162g protein, 18g net carbs, 86g fat

Lemon pepper chicken breast
22 oz- 814 cals


Cheesy cauliflower mashed 'potatoes'
706 cals


Day 5

3087 cals 299g protein (39%) 191g fat (56%) 32g carbs (4%) 11g fiber (1%)

Lunch


1565 cals, 137g protein, 14g net carbs, 106g fat

Bacon cauliflower mashed 'potatoes'
649 cals

Caesar chicken breasts
16 oz- 918 cals

Dinner

1520 cals, 162g protein, 18g net carbs, 86g fat

Lemon pepper chicken breast
22 oz- 814 cals


Cheesy cauliflower mashed 'potatoes'
706 cals


Day 6


3064 cals 258g protein (34%) 202g fat (59%) 34g carbs (4%) 19g fiber (3%)

Lunch

1505 cals, 77g protein, 24g net carbs, 116g fat


Basic ground turkey
10 2/3 oz- 500 cals


Asparagus
501 cals

Buttery garlic cauliflower mashed 'potatoes'
505 cals

Dinner

1555 cals, 181g protein, 10g net carbs, 86g fat

Roast beef
1319 cals


Roasted tomatoes
4 tomato(es)- 238 cals


Day 7


3064 cals 258g protein (34%) 202g fat (59%) 34g carbs (4%) 19g fiber (3%)

Lunch

1505 cals, 77g protein, 24g net carbs, 116g fat


Basic ground turkey
10 2/3 oz- 500 cals


Asparagus
501 cals

Buttery garlic cauliflower mashed 'potatoes'
505 cals

Dinner

1555 cals, 181g protein, 10g net carbs, 86g fat

Roast beef
1319 cals

Roasted tomatoes
4 tomato(es)- 238 cals

Grocery List



Poultry Products

- ☐ boneless skinless chicken breast, raw
9 2/3 lbs (4336g)
- ☐ ground turkey, raw
1 1/3 lbs (605g)

Fats and Oils

- ☐ oil
5 oz (156mL)
- ☐ olive oil
1 cup (248mL)
- ☐ marinade sauce
1 1/2 cup (391mL)
- ☐ caesar salad dressing
4 tbsp (59g)

Vegetables and Vegetable Products

- ☐ zucchini
14 medium (2711g)
- ☐ fresh cilantro
3 tbsp, chopped (9g)
- ☐ cauliflower
10 cup chopped (1088g)
- ☐ garlic
2 3/4 clove (8g)
- ☐ asparagus
2 lbs (907g)
- ☐ tomatoes
8 small whole (2-2/5" dia) (728g)

Dairy and Egg Products

- ☐ parmesan cheese
13 tbsp (66g)
- ☐ cheese
3/4 lbs (357g)
- ☐ butter
1/2 cup (128g)
- ☐ heavy cream
1 cup (242mL)

Other

- ☐ Italian pork sausage, raw
6 link (646g)
- ☐ frozen cauliflower
2 1/2 cup (284g)

Pork Products

- ☐ bacon, raw
11 1/2 slice(s) (328g)
- ☐ pork loin chops, boneless, raw
3 chop (555g)

Nut and Seed Products

- ☐ coconut milk, canned
3/8 can (172mL)

Spices and Herbs

- ☐ chipotle seasoning
1 tsp (3g)
- ☐ lemon pepper
2 3/4 tbsp (19g)
- ☐ salt
1 1/2 tbsp (27g)
- ☐ black pepper
1 tbsp, ground (8g)

Fruits and Fruit Juices

- ☐ lemon juice
6 tbsp (90mL)

Beef Products

- ☐ top round roast beef
2 roast (1516g)

Lunch 1 [↗](#)

Eat on day 1 and day 2

Basic chicken breast

21 1/3 oz - 847 cals ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

oil

4 tsp (20mL)

For all 2 meals:

boneless skinless chicken breast, raw

2 2/3 lbs (1195g)

oil

2 2/3 tbsp (40mL)

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.

Cheesy zucchini noodles

698 cals ● 31g protein ● 58g fat ● 9g carbs ● 3g fiber



For single meal:

zucchini

1 1/3 medium (261g)

olive oil

4 tsp (20mL)

parmesan cheese

4 tsp (7g)

cheese

1 cup, shredded (113g)

For all 2 meals:

zucchini

2 2/3 medium (523g)

olive oil

2 2/3 tbsp (40mL)

parmesan cheese

2 2/3 tbsp (13g)

cheese

2 cup, shredded (226g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Italian sausage

3 link - 771 cals ● 42g protein ● 63g fat ● 9g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
3 link (323g)

For all 2 meals:

Italian pork sausage, raw
6 link (646g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.
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Bacon zucchini noodles

759 cals ● 52g protein ● 54g fat ● 10g carbs ● 5g fiber



For single meal:

zucchini
2 1/3 medium (457g)
bacon, raw
4 2/3 slice(s) (132g)

For all 2 meals:

zucchini
4 2/3 medium (915g)
bacon, raw
9 1/3 slice(s) (264g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
 2. Cook the bacon in a skillet over medium heat.
 3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
 4. Remove from heat and serve.
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Lunch 3 [↗](#)

Eat on day 5

Bacon cauliflower mashed 'potatoes'

649 cals ● 27g protein ● 54g fat ● 10g carbs ● 3g fiber



black pepper

1 1/2 dash, ground (0g)

heavy cream

2 tbsp (30mL)

butter

1 1/2 tbsp (21g)

salt

3 dash (2g)

cauliflower

1 1/2 cup chopped (161g)

bacon, raw

2 1/4 slice(s) (64g)

garlic, minced

3/4 clove (2g)

1. Combine all ingredients except bacon in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
5. Serve.

Caesar chicken breasts

16 oz - 918 cals ● 109g protein ● 52g fat ● 4g carbs ● 0g fiber



Makes 16 oz

boneless skinless chicken breast, raw

1 lbs (454g)

caesar salad dressing

4 tbsp (59g)

parmesan cheese

4 tbsp (20g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Basic ground turkey

10 2/3 oz - 500 cals ● 59g protein ● 29g fat ● 0g carbs ● 0g fiber



For single meal:

ground turkey, raw
2/3 lbs (302g)
oil
1/2 tbsp (7mL)

For all 2 meals:

ground turkey, raw
1 1/3 lbs (605g)
oil
1 tbsp (13mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Asparagus

501 cals ● 10g protein ● 41g fat ● 12g carbs ● 10g fiber



For single meal:

asparagus
1 lbs (454g)
lemon juice
3 tbsp (45mL)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
olive oil
3 tbsp (45mL)

For all 2 meals:

asparagus
2 lbs (907g)
lemon juice
6 tbsp (90mL)
salt
2 tsp (12g)
black pepper
2 tsp, ground (5g)
olive oil
6 tbsp (90mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Buttery garlic cauliflower mashed 'potatoes'

505 cals ● 7g protein ● 45g fat ● 12g carbs ● 4g fiber



For single meal:

salt
4 dash (3g)
butter
2 tbsp (28g)
cauliflower
2 cup chopped (214g)
heavy cream
4 tbsp (60mL)
black pepper
2 dash, ground (1g)
garlic, minced
1 clove (3g)

For all 2 meals:

salt
1 tsp (6g)
butter
4 tbsp (57g)
cauliflower
4 cup chopped (428g)
heavy cream
1/2 cup (120mL)
black pepper
4 dash, ground (1g)
garlic, minced
2 clove (6g)

1. Combine all ingredients in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash and mix with a fork.
4. Serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Marinated chicken breast

26 oz - 918 cals ● 164g protein ● 27g fat ● 5g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
26 oz (728g)
marinade sauce
13 tbsp (195mL)

For all 2 meals:

boneless skinless chicken breast, raw
3 1/4 lbs (1456g)
marinade sauce
1 1/2 cup (390mL)

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.

Parmesan zucchini noodles

590 cals ● 12g protein ● 50g fat ● 15g carbs ● 7g fiber



For single meal:

zucchini
3 1/4 medium (637g)
olive oil
3 1/4 tbsp (49mL)
parmesan cheese
3 1/4 tbsp (16g)

For all 2 meals:

zucchini
6 1/2 medium (1274g)
olive oil
6 1/2 tbsp (98mL)
parmesan cheese
6 1/2 tbsp (33g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Dinner 2 [↗](#)

Eat on day 3

Creamy chipotle pork chops

3 pork chop(s) - 1362 cals ● 123g protein ● 94g fat ● 6g carbs ● 1g fiber



Makes 3 pork chop(s)

pork loin chops, boneless, raw
3 chop (555g)
coconut milk, canned
3/8 can (169mL)
chipotle seasoning
1 tsp (3g)
oil
1 1/2 tbsp (23mL)
fresh cilantro
3 tbsp, chopped (9g)

1. Rub pork chops with oil, about half of the chipotle seasoning, and salt/pepper to taste.
2. Heat a walled skillet over medium heat and put the pork chops in.
3. Cook on each side for about 4-5 minutes or until fully cooked.
4. Pour the coconut milk into skillet and add the rest of the chipotle seasoning and the chopped cilantro. Mix around pan until well-combined and warmed. Taste test to see if you should add any more seasoning.
5. Serve.

Cauliflower rice

2 1/2 cup(s) - 151 cals ● 3g protein ● 11g fat ● 8g carbs ● 3g fiber



Makes 2 1/2 cup(s)

frozen cauliflower
2 1/2 cup (284g)
oil
2 1/2 tsp (13mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Lemon pepper chicken breast

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
22 oz (616g)
olive oil
2 tsp (10mL)
lemon pepper
4 tsp (9g)

For all 2 meals:

boneless skinless chicken breast, raw
2 3/4 lbs (1232g)
olive oil
4 tsp (21mL)
lemon pepper
2 3/4 tbsp (19g)

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.

Cheesy cauliflower mashed 'potatoes'

706 cals ● 23g protein ● 60g fat ● 14g carbs ● 5g fiber



For single meal:

- cauliflower**
2 1/3 cup chopped (250g)
- butter**
1 3/4 tbsp (25g)
- heavy cream**
3 tbsp (47mL)
- cheese**
2 1/3 slice (1 oz each) (65g)
- salt**
1/2 tsp (3g)
- black pepper**
1/4 tsp, ground (1g)

For all 2 meals:

- cauliflower**
4 2/3 cup chopped (499g)
- butter**
1/4 cup (50g)
- heavy cream**
6 1/4 tbsp (93mL)
- cheese**
4 2/3 slice (1 oz each) (131g)
- salt**
1 tsp (7g)
- black pepper**
1/2 tsp, ground (1g)

1. Combine all ingredients (besides the cheese) in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash with a fork.
4. Lay cheese slices on top and microwave a couple more minutes until melted.
5. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Roast beef

1319 cals ● 178g protein ● 68g fat ● 0g carbs ● 0g fiber



For single meal:

- top round roast beef**
1 roast (758g)
- oil**
1 tbsp (15mL)

For all 2 meals:

- top round roast beef**
2 roast (1516g)
- oil**
2 tbsp (30mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

Roasted tomatoes

4 tomato(es) - 238 cals ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



For single meal:

oil

4 tsp (20mL)

tomatoes

4 small whole (2-2/5" dia) (364g)

For all 2 meals:

oil

2 2/3 tbsp (40mL)

tomatoes

8 small whole (2-2/5" dia) (728g)

1. Preheat oven to 450°F (230°C).
 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
 3. Bake for 30-35 minutes until soft. Serve.
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