

Meal Plan - 3200 calorie keto and 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

3238 cals ● 324g protein (40%) ● 181g fat (50%) ● 37g carbs (5%) ● 42g fiber (5%)

Lunch

1550 cals, 178g protein, 17g net carbs, 70g fat



Basic chicken breast
24 oz- 952 cals



Garlic collard greens
597 cals

Dinner

1690 cals, 146g protein, 20g net carbs, 111g fat



Simple mozzarella and tomato salad
403 cals



Coriander and cumin rubbed pork chops
3 chop(s)- 1285 cals

Day 2

3184 cals ● 303g protein (38%) ● 195g fat (55%) ● 34g carbs (4%) ● 21g fiber (3%)

Lunch

1620 cals, 134g protein, 16g net carbs, 109g fat



Slow cooker kalua pork & cabbage
1559 cals



Cauliflower rice
1 cup(s)- 61 cals

Dinner

1565 cals, 169g protein, 18g net carbs, 86g fat



Baked chicken with tomatoes & olives
21 oz- 1049 cals



Cheese
4 1/2 oz- 515 cals

Day 3

3179 cals ● 353g protein (44%) ● 173g fat (49%) ● 36g carbs (5%) ● 16g fiber (2%)

Lunch

1615 cals, 184g protein, 18g net carbs, 88g fat



Roasted cauliflower
173 cals



Broiled tilapia parmesan
29 1/3 oz- 1442 cals

Dinner

1565 cals, 169g protein, 18g net carbs, 86g fat



Baked chicken with tomatoes & olives
21 oz- 1049 cals



Cheese
4 1/2 oz- 515 cals

Day 4

3187 cals ● 342g protein (43%) ● 172g fat (49%) ● 36g carbs (5%) ● 32g fiber (4%)

Lunch

1620 cals, 121g protein, 18g net carbs, 116g fat



Roasted tomatoes
2 tomato(es)- 119 cals



Buttery cauliflower rice
4 cup(s)- 344 cals



Baked chicken thighs
18 oz- 1155 cals

Dinner

1570 cals, 221g protein, 18g net carbs, 57g fat



Garlic collard greens
438 cals



Marinaded chicken breast
32 oz- 1130 cals

Day 5

3234 cals ● 263g protein (33%) ● 224g fat (62%) ● 31g carbs (4%) ● 12g fiber (1%)

Lunch

1620 cals, 121g protein, 18g net carbs, 116g fat



Roasted tomatoes
2 tomato(es)- 119 cals



Buttery cauliflower rice
4 cup(s)- 344 cals



Baked chicken thighs
18 oz- 1155 cals

Dinner

1615 cals, 142g protein, 13g net carbs, 108g fat



Chicken thighs with lemon & olives
21 oz- 1534 cals



Bacon cauliflower rice
1/2 cup(s)- 82 cals

Day 6

3185 cals ● 343g protein (43%) ● 182g fat (52%) ● 29g carbs (4%) ● 14g fiber (2%)

Lunch

1570 cals, 201g protein, 16g net carbs, 74g fat



Lemon pepper chicken breast
26 2/3 oz- 987 cals



Roasted tomatoes
2 1/2 tomato(es)- 149 cals



Bacon zucchini noodles
434 cals

Dinner

1615 cals, 142g protein, 13g net carbs, 108g fat



Chicken thighs with lemon & olives
21 oz- 1534 cals



Bacon cauliflower rice
1/2 cup(s)- 82 cals

Day 7

3159 cals ● 312g protein (39%) ● 193g fat (55%) ● 30g carbs (4%) ● 14g fiber (2%)

Lunch

1570 cals, 201g protein, 16g net carbs, 74g fat



Lemon pepper chicken breast
26 2/3 oz- 987 cals



Roasted tomatoes
2 1/2 tomato(es)- 149 cals



Bacon zucchini noodles
434 cals

Dinner

1590 cals, 111g protein, 14g net carbs, 119g fat



Chicken thighs and mushrooms
12 oz- 1182 cals



Bacon cauliflower rice
2 1/2 cup(s)- 408 cals

Grocery List



Poultry Products

- boneless skinless chicken breast, raw
9 1/2 lbs (4252g)
- chicken thighs, with bone and skin, raw
5 1/2 lbs (2551g)

Fats and Oils

- oil
1/4 lbs (131mL)
- balsamic vinaigrette
5 tsp (24mL)
- olive oil
1/3 lbs (148mL)
- mayonnaise
2 3/4 tbsp (41mL)
- marinade sauce
1 cup (240mL)

Vegetables and Vegetable Products

- collard greens
3 1/4 lbs (1474g)
- garlic
19 1/2 clove(s) (59g)
- tomatoes
14 1/3 medium whole (2-3/5" dia) (1761g)
- cabbage
1/2 head, small (about 4-1/2" dia) (357g)
- cauliflower
3/4 head small (4" dia.) (199g)
- zucchini
2 2/3 medium (523g)
- mushrooms
1/2 lbs (227g)

Spices and Herbs

- salt
1 oz (31g)
- fresh basil
1 oz (25g)
- ground cumin
1 1/2 tbsp (9g)
- ground coriander
1 1/2 tbsp (8g)
- black pepper
1/4 oz (8g)
- chili powder
2 1/3 tbsp (19g)

Dairy and Egg Products

- fresh mozzarella cheese
3 1/3 oz (95g)
- cheese
1/2 lbs (255g)
- parmesan cheese
1/2 cup (46g)
- butter
1 stick (112g)

Pork Products

- pork loin chops, boneless, raw
3 chop (555g)
- pork shoulder
1 1/4 lbs (567g)
- bacon, raw
12 slice(s) (335g)

Other

- frozen cauliflower
12 1/2 cup (1418g)

Fruits and Fruit Juices

- green olives
1 1/2 can (~6 oz) (297g)
- lemon juice
2 tbsp (27mL)
- lemon
1 3/4 large (147g)

Finfish and Shellfish Products

- tilapia, raw
29 1/4 oz (821g)

Soups, Sauces, and Gravies

- chicken broth
7/8 cup(s) (mL)

Beverages

- water
1/2 cup(s) (119mL)

- thyme, dried**
1/8 oz (1g)
- rosemary, dried**
2 1/2 tsp (3g)
- lemon pepper**
3 1/3 tbsp (23g)

Lunch 1 ↗

Eat on day 1

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



Makes 24 oz

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

oil

1 1/2 tbsp (23mL)

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

597 cals ● 27g protein ● 32g fat ● 17g carbs ● 35g fiber



collard greens
30 oz (851g)
oil
2 tbsp (28mL)
salt
1/2 tsp (3g)
garlic, minced
5 1/2 clove(s) (17g)

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 2 ↗

Eat on day 2

Slow cooker kalua pork & cabbage

1559 cals ● 133g protein ● 104g fat ● 13g carbs ● 9g fiber



pork shoulder
1 1/4 lbs (567g)
bacon, raw, chopped
3 slice(s) (85g)
cabbage, chopped
1/2 head, small (about 4-1/2" dia)
(357g)

1. Line the bottom of a slow cooker with half the bacon. Season all sides of the roast with salt and pepper, then place it in the slow cooker. Arrange the remaining slices of bacon on top of the roast.
2. Cover and cook on low for 8-10 hours, or until the pork is tender. Add the cabbage around the roast, season with some salt and pepper, and continue cooking, covered, for about 45 minutes longer until the cabbage is tender.
3. Remove the pork to a serving bowl and shred it with two forks. Return the pulled pork to the slow cooker and mix with the cabbage and bacon until combined. Serve and enjoy.

Cauliflower rice

1 cup(s) - 61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



Makes 1 cup(s)

frozen cauliflower

1 cup (113g)

oil

1 tsp (5mL)

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

Lunch 3 ↗

Eat on day 3

Roasted cauliflower

173 cals ● 5g protein ● 11g fat ● 9g carbs ● 4g fiber



oil

3/4 tbsp (11mL)

thyme, dried

3 dash, leaves (0g)

cauliflower, cut into florets

3/4 head small (4" dia.) (199g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

Broiled tilapia parmesan

29 1/3 oz - 1442 cals ● 179g protein ● 76g fat ● 9g carbs ● 1g fiber



Makes 29 1/3 oz

parmesan cheese

1/2 cup (46g)

mayonnaise

2 3/4 tbsp (41mL)

lemon juice

2 tbsp (28mL)

tilapia, raw

29 1/3 oz (821g)

black pepper

1 tsp, ground (2g)

salt

1 tsp (6g)

butter, softened

2 tbsp (26g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl.
3. Season fish with pepper and salt.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side.
6. Broil until fish flakes easily with a fork, about 2 minutes.

Lunch 4 ↗

Eat on day 4 and day 5

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

oil
2 tsp (10mL)
tomatoes
2 small whole (2-2/5" dia) (182g)

For all 2 meals:

oil
4 tsp (20mL)
tomatoes
4 small whole (2-2/5" dia) (364g)

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.

Buttery cauliflower rice

4 cup(s) - 344 cals ● 4g protein ● 29g fat ● 12g carbs ● 4g fiber



For single meal:

butter
2 2/3 tbsp (36g)
frozen cauliflower
4 cup (454g)

For all 2 meals:

butter
1/3 cup (72g)
frozen cauliflower
8 cup (907g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Baked chicken thighs

18 oz - 1155 cals ● 115g protein ● 77g fat ● 1g carbs ● 0g fiber



For single meal:

chicken thighs, with bone and skin, raw
18 oz (510g)
thyme, dried
1 1/2 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw
2 1/4 lbs (1021g)
thyme, dried
3 dash, ground (1g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

Lunch 5 ↗

Eat on day 6 and day 7

Lemon pepper chicken breast

26 2/3 oz - 987 cals ● 169g protein ● 31g fat ● 4g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
olive oil
2 1/2 tsp (12mL)
lemon pepper
5 tsp (11g)

For all 2 meals:

boneless skinless chicken breast, raw
3 1/3 lbs (1493g)
olive oil
5 tsp (25mL)
lemon pepper
3 1/3 tbsp (23g)

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.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



For single meal:

oil

2 1/2 tsp (13mL)

tomatoes

2 1/2 small whole (2-2/5" dia)
(228g)

For all 2 meals:

oil

5 tsp (25mL)

tomatoes

5 small whole (2-2/5" dia) (455g)

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.

Bacon zucchini noodles

434 cals ● 30g protein ● 31g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini

1 1/3 medium (261g)

bacon, raw

2 2/3 slice(s) (76g)

For all 2 meals:

zucchini

2 2/3 medium (523g)

bacon, raw

5 1/3 slice(s) (151g)

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 sauté 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.

Dinner 1 ↗

Eat on day 1

Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



balsamic vinaigrette

5 tsp (25mL)

fresh basil

5 tsp, chopped (4g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

tomatoes, sliced

1 1/4 large whole (3" dia) (228g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Coriander and cumin rubbed pork chops

3 chop(s) - 1285 cals ● 123g protein ● 83g fat ● 8g carbs ● 5g fiber

Makes 3 chop(s)



salt
1/4 tbsp (5g)
ground cumin
1 1/2 tbsp (9g)
ground coriander
1 1/2 tbsp (8g)
pork loin chops, boneless, raw
3 chop (555g)
black pepper
3 dash (0g)
garlic, minced
4 1/2 clove(s) (14g)
olive oil, divided
3 tbsp (45mL)

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 2 ↗

Eat on day 2 and day 3

Baked chicken with tomatoes & olives

21 oz - 1049 cals ● 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.

Cheese

4 1/2 oz - 515 cals ● 29g protein ● 43g fat ● 4g carbs ● 0g fiber



For single meal:

cheese

1/4 lbs (128g)

For all 2 meals:

cheese

1/2 lbs (255g)

1. The recipe has no instructions.

Dinner 3

Eat on day 4

Garlic collard greens

438 cals  20g protein  23g fat  13g carbs  25g fiber



collard greens

22 oz (624g)

oil

4 tsp (21mL)

salt

1/3 tsp (2g)

garlic, minced

4 clove(s) (12g)

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.

Marinaded 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 marinade 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.

Dinner 4 ↗

Eat on day 5 and day 6

Chicken thighs with lemon & olives

21 oz - 1534 cals ● 137g protein ● 103g fat ● 11g carbs ● 5g fiber



For single meal:

chicken thighs, with bone and skin, raw
3 1/2 thigh(s) (595g)
salt
1/2 tsp (3g)
black pepper
1 tsp, ground (2g)
rosemary, dried
1/2 tbsp (1g)
olive oil
1/2 tbsp (7mL)
lemon
7/8 large (74g)
green olives
7/8 small can (~2 oz) (56g)
chicken broth
1/2 cup(s) (mL)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

chicken thighs, with bone and skin, raw
7 thigh(s) (1190g)
salt
1 tsp (5g)
black pepper
1 3/4 tsp, ground (4g)
rosemary, dried
2 1/2 tsp (3g)
olive oil
2 1/2 tsp (13mL)
lemon
1 3/4 large (147g)
green olives
1 3/4 small can (~2 oz) (112g)
chicken broth
7/8 cup(s) (mL)
garlic, minced
5 1/4 clove(s) (16g)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

Bacon cauliflower rice

1/2 cup(s) - 82 cals ● 5g protein ● 6g fat ● 2g carbs ● 1g fiber



For single meal:

bacon, raw
1/2 slice(s) (14g)
frozen cauliflower
1/2 cup (57g)

For all 2 meals:

bacon, raw
1 slice(s) (28g)
frozen cauliflower
1 cup (113g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Dinner 5 ↗

Eat on day 7

Chicken thighs and mushrooms

12 oz - 1182 cals ● 84g protein ● 91g fat ● 6g carbs ● 2g fiber



Makes 12 oz

olive oil
2 tbsp (30mL)
salt
2 dash (1g)
water
1/2 cup(s) (119mL)
butter
1 tbsp (14g)
black pepper
2 dash (0g)
chicken thighs, with bone and skin, raw
2 thigh(s) (340g)
mushrooms, sliced 1/4 in thick
1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Bacon cauliflower rice

2 1/2 cup(s) - 408 cals ● 27g protein ● 28g fat ● 9g carbs ● 3g fiber



Makes 2 1/2 cup(s)

bacon, raw
2 1/2 slice(s) (71g)
frozen cauliflower
2 1/2 cup (284g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.
