

Meal Plan - 3300 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

3277 cals ● 257g protein (31%) ● 237g fat (65%) ● 22g carbs (3%) ● 7g fiber (1%)

Lunch

1635 cals, 126g protein, 1g net carbs, 125g fat



Buffalo drumsticks
28 oz- 1634 cals

Dinner

1645 cals, 131g protein, 20g net carbs, 112g fat



Mixed nuts
3/8 cup(s)- 327 cals



Pulled pork lettuce wrap
6 wrap(s) (4 oz pork each)- 1316 cals

Day 2

3351 cals ● 226g protein (27%) ● 254g fat (68%) ● 28g carbs (3%) ● 11g fiber (1%)

Lunch

1635 cals, 126g protein, 1g net carbs, 125g fat



Buffalo drumsticks
28 oz- 1634 cals

Dinner

1715 cals, 100g protein, 27g net carbs, 130g fat



Rotisserie chicken
8 oz- 476 cals



Roasted cauliflower
231 cals



Bacon cauliflower mashed 'potatoes'
1010 cals

Day 3

3334 cals ● 255g protein (31%) ● 238g fat (64%) ● 34g carbs (4%) ● 10g fiber (1%)

Lunch

1720 cals, 141g protein, 15g net carbs, 119g fat



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



Bacon cauliflower mashed 'potatoes'
433 cals

Dinner

1615 cals, 114g protein, 19g net carbs, 119g fat



Cheesy garlicky salmon
1467 cals



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

Day 4

3334 cals ● 255g protein (31%) ● 238g fat (64%) ● 34g carbs (4%) ● 10g fiber (1%)

Lunch

1720 cals, 141g protein, 15g net carbs, 119g fat



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



Bacon cauliflower mashed 'potatoes'
433 cals

Dinner

1615 cals, 114g protein, 19g net carbs, 119g fat



Cheesy garlicky salmon
1467 cals



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

Day 5

3306 cals ● 281g protein (34%) ● 227g fat (62%) ● 23g carbs (3%) ● 13g fiber (2%)

Lunch

1705 cals, 164g protein, 3g net carbs, 114g fat



Baked chicken thighs
24 oz- 1540 cals



Bacon zucchini noodles
163 cals

Dinner

1605 cals, 116g protein, 19g net carbs, 113g fat



Macadamia nuts
435 cals



Chicken caesar salad
1168 cals

Day 6

3312 cals ● 308g protein (37%) ● 208g fat (57%) ● 25g carbs (3%) ● 27g fiber (3%)

Lunch

1705 cals, 164g protein, 3g net carbs, 114g fat



Baked chicken thighs
24 oz- 1540 cals



Bacon zucchini noodles
163 cals

Dinner

1610 cals, 144g protein, 21g net carbs, 94g fat



Tomato and avocado salad
762 cals



Basic chicken breast
21 1/3 oz- 847 cals

Day 7

3265 cals ● 247g protein (30%) ● 224g fat (62%) ● 34g carbs (4%) ● 33g fiber (4%)

Lunch

1655 cals, 103g protein, 13g net carbs, 130g fat



Pepper steak
10 1/2 ounce(s)- 924 cals



Bacon zucchini noodles
732 cals

Dinner

1610 cals, 144g protein, 21g net carbs, 94g fat



Tomato and avocado salad
762 cals



Basic chicken breast
21 1/3 oz- 847 cals

Grocery List



Soups, Sauces, and Gravies

- Frank's Red Hot sauce
9 1/4 tbsp (139mL)
- vegetable broth
1/3 cup(s) (mL)

Fats and Oils

- oil
1/3 lbs (165mL)
- olive oil
1/2 cup (114mL)
- caesar salad dressing
4 tbsp (59g)

Spices and Herbs

- salt
1 1/2 oz (41g)
- black pepper
1/2 oz (17g)
- onion powder
1 tsp (3g)
- garlic powder
1 tbsp (9g)
- paprika
1 tsp (3g)
- ground cumin
3/4 oz (21g)
- thyme, dried
1 g (1g)
- ground coriander
3 tbsp (15g)
- fresh basil
8 leaves (4g)
- rosemary, dried
1/2 tsp (1g)

Other

- Chicken, drumsticks, with skin
3 1/2 lbs (1588g)
- sugar-free barbecue sauce
6 tbsp (90g)
- rotisserie chicken, cooked
1/2 lbs (227g)

Nut and Seed Products

- mixed nuts
6 tbsp (50g)

Vegetables and Vegetable Products

- iceberg lettuce
6 leaf, medium (48g)
- cauliflower
1 1/4 head medium (5-6" dia.) (729g)
- garlic
15 clove(s) (45g)
- tomatoes
7 medium whole (2-3/5" dia) (855g)
- zucchini
3 1/4 medium (637g)
- romaine lettuce
1/2 head (313g)
- onion
6 1/2 tbsp minced (98g)

Dairy and Egg Products

- heavy cream
5 3/4 tbsp (86mL)
- butter
1/3 cup (80g)
- parmesan cheese
1 1/2 cup (145g)
- mozzarella cheese, shredded
4 oz (113g)

Finfish and Shellfish Products

- salmon
2 lbs (907g)

Fruits and Fruit Juices

- lemon juice
4 tbsp (60mL)
- lime juice
6 1/2 tbsp (98mL)
- avocados
3 1/4 avocado(s) (653g)

Poultry Products

- chicken thighs, with bone and skin, raw
3 lbs (1361g)
- boneless skinless chicken breast, raw
3 1/2 lbs (1535g)

Beef Products

Macadamia nuts, shelled, roasted
2 oz (57g)

ribeye, raw
2/3 lbs (298g)

Pork Products

pork shoulder
1 1/2 lbs (680g)

bacon, raw
13 slice(s) (368g)

pork loin chops, boneless, raw
6 chop (1110g)

Lunch 1 ↗

Eat on day 1 and day 2

Buffalo drumsticks

28 oz - 1634 cals ● 126g protein ● 125g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

1/4 cup (70mL)

oil

2 1/2 tsp (13mL)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

Chicken, drumsticks, with skin

1 3/4 lbs (794g)

For all 2 meals:

Frank's Red Hot sauce

9 1/3 tbsp (140mL)

oil

1 3/4 tbsp (26mL)

salt

1 tsp (5g)

black pepper

1 tsp, ground (2g)

Chicken, drumsticks, with skin

3 1/2 lbs (1588g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Lunch 2 ↗

Eat on day 3 and day 4

Coriander and cumin rubbed pork chops

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



For single meal:

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)

For all 2 meals:

salt
1/2 tbsp (9g)
ground cumin
3 tbsp (18g)
ground coriander
3 tbsp (15g)
pork loin chops, boneless, raw
6 chop (1110g)
black pepper
1/4 tbsp (1g)
garlic, minced
9 clove(s) (27g)
olive oil, divided
6 tbsp (90mL)

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.

Bacon cauliflower mashed 'potatoes'

433 cals ● 18g protein ● 36g fat ● 6g carbs ● 2g fiber



For single meal:

black pepper
1 dash, ground (0g)
heavy cream
4 tsp (20mL)
butter
1 tbsp (14g)
salt
2 dash (2g)
cauliflower
1 cup chopped (107g)
bacon, raw
1 1/2 slice(s) (43g)
garlic, minced
1/2 clove (2g)

For all 2 meals:

black pepper
2 dash, ground (1g)
heavy cream
2 2/3 tbsp (40mL)
butter
2 tbsp (28g)
salt
4 dash (3g)
cauliflower
2 cup chopped (214g)
bacon, raw
3 slice(s) (85g)
garlic, minced
1 clove (3g)

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.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Baked chicken thighs

24 oz - 1540 cals ● 153g protein ● 103g fat ● 1g carbs ● 0g fiber



For single meal:

chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)
thyme, dried
2 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw
3 lbs (1361g)
thyme, dried
4 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.

Bacon zucchini noodles

163 cals ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

zucchini
1/2 medium (98g)
bacon, raw
1 slice(s) (28g)

For all 2 meals:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

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.

Lunch 4 ↗

Eat on day 7

Pepper steak

10 1/2 ounce(s) - 924 cals ● 53g protein ● 77g fat ● 2g carbs ● 2g fiber



Makes 10 1/2 ounce(s)

butter
4 tsp (19g)
salt
1/2 tsp (3g)
ribeye, raw
2/3 lbs (298g)
rosemary, dried
1/2 tsp (1g)
black pepper
2 1/2 tsp, ground (6g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.

Bacon zucchini noodles

732 cals ● 50g protein ● 52g fat ● 10g carbs ● 5g fiber



zucchini
2 1/4 medium (441g)
bacon, raw
4 1/2 slice(s) (128g)

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.

Dinner 1 ↗

Eat on day 1

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



Makes 3/8 cup(s)

mixed nuts

6 tbsp (50g)

1. The recipe has no instructions.

Pulled pork lettuce wrap

6 wrap(s) (4 oz pork each) - 1316 cals ● 121g protein ● 85g fat ● 13g carbs ● 3g fiber



Makes 6 wrap(s) (4 oz pork each)

pork shoulder

1 1/2 lbs (680g)

black pepper

1 tsp, ground (3g)

salt

1 tsp (7g)

onion powder

1 tsp (3g)

garlic powder

1 tsp (4g)

paprika

1 tsp (3g)

ground cumin

1 tsp (3g)

vegetable broth

1/3 cup(s) (mL)

iceberg lettuce

6 leaf, medium (48g)

sugar-free barbecue sauce

6 tbsp (90g)

1. Rub the seasonings on all sides of the meat.
2. Place pork in a slow cooker and pour the broth around it.
3. Cook in the slow cooker for 4 hours on high or 8 hours on low. When done, pork should shred relatively easily with two forks. If it doesn't, it needs more time.
4. When pork is done, transfer to a bowl and shred with two forks. Add in the broth and mix well.
5. Serve pork inside lettuce leaves and top with bbq sauce (1 tbsp per wrap).

Dinner 2 ↗

Eat on day 2

Rotisserie chicken

8 oz - 476 cals ● 51g protein ● 30g fat ● 0g carbs ● 0g fiber



Makes 8 oz

rotisserie chicken, cooked
1/2 lbs (227g)

1. Pull chicken off of bones.
2. Serve.

Roasted cauliflower

231 cals ● 7g protein ● 15g fat ● 12g carbs ● 5g fiber



oil
1 tbsp (15mL)
thyme, dried
4 dash, leaves (1g)
cauliflower, cut into florets
1 head small (4" dia.) (265g)

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.

Bacon cauliflower mashed 'potatoes'

1010 cals ● 43g protein ● 84g fat ● 15g carbs ● 5g fiber



black pepper
1/4 tsp, ground (1g)
heavy cream
3 tbsp (47mL)
butter
2 1/3 tbsp (33g)
salt
1/2 tsp (3g)
cauliflower
2 1/3 cup chopped (250g)
bacon, raw
3 1/2 slice(s) (99g)
garlic, minced
1 1/6 clove (3g)

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.

Dinner 3 ↗

Eat on day 3 and day 4

Cheesy garlicky salmon

1467 cals ● 112g protein ● 107g fat ● 13g carbs ● 0g fiber



For single meal:

parmesan cheese
2/3 cup (66g)
salmon
1 lbs (454g)
lemon juice
2 tbsp (30mL)
oil
2 tbsp (30mL)
fresh basil, chopped
4 leaves (2g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

parmesan cheese
1 1/3 cup (132g)
salmon
2 lbs (907g)
lemon juice
4 tbsp (60mL)
oil
4 tbsp (60mL)
fresh basil, chopped
8 leaves (4g)
garlic, minced
4 clove(s) (12g)

1. Preheat oven to 350°F (180°C).
2. Line a baking tray with parchment paper and spray. Place salmon fillets, skin side down, on the baking tray. Set aside.
3. In a small bowl combine the cheese, garlic, lemon, basil, oil, and some salt and pepper. Mix until well combined.
4. Spread cheese mixture evenly over each fillet.
5. Bake in oven for 13 minutes or until internal temperature reaches 145°F (63°C). Serve.

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.

Dinner 4 ↗

Eat on day 5

Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



Macadamia nuts, shelled, roasted
2 oz (57g)

1. The recipe has no instructions.

Chicken caesar salad

1168 cals ● 112g protein ● 70g fat ● 17g carbs ● 7g fiber



romaine lettuce
1/2 head (313g)
parmesan cheese
2 tbsp (13g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
caesar salad dressing
4 tbsp (59g)
mozzarella cheese, shredded
4 oz (113g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
2 piece (340g)

1. Cut chicken into bite-sized pieces and cook to taste.
2. Wash and lay out lettuce leaves on paper towels and pat dry.
3. Cut lettuce into 1 inch strips and place in a large mixing bowl.
4. Add chicken and mozzarella cheese and toss.
5. Sprinkle Parmesan cheese and salt and pepper onto lettuce and toss again.
6. Add dressing to individual salad bowls when serving so they won't get soggy.

Dinner 5 ↗

Eat on day 6 and day 7

Tomato and avocado salad

762 cals ● 10g protein ● 59g fat ● 21g carbs ● 26g fiber



For single meal:

onion
3 1/4 tbsp minced (49g)
lime juice
3 1/4 tbsp (49mL)
olive oil
2 1/2 tsp (12mL)
garlic powder
1/4 tbsp (3g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/2 avocado(s) (327g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(200g)

For all 2 meals:

onion
6 1/2 tbsp minced (98g)
lime juice
6 1/2 tbsp (98mL)
olive oil
5 tsp (24mL)
garlic powder
1/2 tbsp (5g)
salt
1/2 tbsp (10g)
black pepper
1/2 tbsp, ground (4g)
avocados, cubed
3 1/4 avocado(s) (653g)
tomatoes, diced
3 1/4 medium whole (2-3/5" dia)
(400g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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.

