

Meal Plan - 3400 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

3358 cals ● 305g protein (36%) ● 203g fat (54%) ● 35g carbs (4%) ● 43g fiber (5%)

Lunch

1705 cals, 177g protein, 11g net carbs, 103g fat



[Simple roasted cod](#)

24 oz- 890 cals



[Bacon zucchini noodles](#)

813 cals

Dinner

1655 cals, 129g protein, 24g net carbs, 100g fat



[Coriander and cumin rubbed pork chops](#)

2 1/2 chop(s)- 1071 cals



[Garlic collard greens](#)

584 cals

Day 2

3403 cals ● 279g protein (33%) ● 220g fat (58%) ● 35g carbs (4%) ● 44g fiber (5%)

Lunch

1750 cals, 150g protein, 11g net carbs, 120g fat



[Blue cheese stuffed chicken thighs](#)

3 1/2 thigh- 1582 cals



[Green beans with almonds & lemon](#)

166 cals

Dinner

1655 cals, 129g protein, 24g net carbs, 100g fat



[Coriander and cumin rubbed pork chops](#)

2 1/2 chop(s)- 1071 cals



[Garlic collard greens](#)

584 cals

Day 3

3380 cals ● 315g protein (37%) ● 219g fat (58%) ● 21g carbs (3%) ● 16g fiber (2%)

Lunch

1675 cals, 126g protein, 6g net carbs, 125g fat



[Salmon with avocado sauce](#)

21 oz- 1675 cals

Dinner

1705 cals, 190g protein, 15g net carbs, 94g fat



[Balsamic chicken breast](#)

28 oz- 1105 cals



[Garlic zucchini noodles](#)

367 cals



[Buttered broccoli](#)

1 3/4 cup(s)- 234 cals

Day 4

3380 cals ● 315g protein (37%) ● 219g fat (58%) ● 21g carbs (3%) ● 16g fiber (2%)

Lunch

1675 cals, 126g protein, 6g net carbs, 125g fat



Salmon with avocado sauce
21 oz- 1675 cals

Dinner

1705 cals, 190g protein, 15g net carbs, 94g fat



Balsamic chicken breast
28 oz- 1105 cals



Garlic zucchini noodles
367 cals



Buttered broccoli
1 3/4 cup(s)- 234 cals

Day 5

3422 cals ● 284g protein (33%) ● 222g fat (58%) ● 36g carbs (4%) ● 35g fiber (4%)

Lunch

1675 cals, 210g protein, 9g net carbs, 85g fat



Basic chicken breast
32 oz- 1270 cals



Asparagus
407 cals

Dinner

1745 cals, 74g protein, 27g net carbs, 137g fat



Pecans
3/4 cup- 549 cals



Salmon patty salad
4 patty (~3oz each)- 1196 cals

Day 6

3381 cals ● 204g protein (24%) ● 249g fat (66%) ● 40g carbs (5%) ● 40g fiber (5%)

Lunch

1635 cals, 131g protein, 13g net carbs, 112g fat



Classic steak
16 oz steak- 950 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals



Bacon zucchini noodles
407 cals

Dinner

1745 cals, 74g protein, 27g net carbs, 137g fat



Pecans
3/4 cup- 549 cals



Salmon patty salad
4 patty (~3oz each)- 1196 cals

Day 7

3435 cals ● 269g protein (31%) ● 240g fat (63%) ● 32g carbs (4%) ● 19g fiber (2%)

Lunch

1635 cals, 131g protein, 13g net carbs, 112g fat



Classic steak
16 oz steak- 950 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals



Bacon zucchini noodles
407 cals

Dinner

1800 cals, 139g protein, 19g net carbs, 128g fat



Rotisserie chicken & tomato salad
1799 cals

Grocery List



Fats and Oils

- ☐ olive oil
10 1/4 oz (323mL)
- ☐ oil
1/2 lbs (220mL)
- ☐ balsamic vinaigrette
14 tbsp (211mL)
- ☐ salad dressing
1/2 cup (120mL)

Finfish and Shellfish Products

- ☐ cod, raw
1 1/2 lbs (680g)
- ☐ salmon
2 1/2 lbs (1191g)
- ☐ canned salmon
1 1/4 lbs (567g)

Vegetables and Vegetable Products

- ☐ zucchini
9 1/2 medium (1862g)
- ☐ garlic
22 1/2 clove(s) (68g)
- ☐ collard greens
3 2/3 lbs (1663g)
- ☐ fresh green beans
6 oz (170g)
- ☐ frozen broccoli
11 1/2 cup (1047g)
- ☐ asparagus
13 oz (369g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (639g)
- ☐ cucumber
7/8 cucumber (8-1/4") (263g)

Pork Products

- ☐ bacon, raw
10 slice(s) (283g)
- ☐ pork loin chops, boneless, raw
5 chop (925g)

Spices and Herbs

- ☐ salt
3/4 oz (21g)
- ☐ ground cumin
2 1/2 tbsp (15g)

Dairy and Egg Products

- ☐ blue cheese
1 3/4 oz (50g)
- ☐ butter
4 tbsp (55g)
- ☐ eggs
4 large (200g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
3 1/2 thigh(s) (595g)
- ☐ boneless skinless chicken breast, raw
5 1/2 lbs (2484g)

Fruits and Fruit Juices

- ☐ lemon juice
4 3/4 fl oz (144mL)
- ☐ avocados
3 avocado(s) (578g)

Nut and Seed Products

- ☐ almonds
1 1/2 tbsp, slivered (10g)
- ☐ coconut milk, canned
1/2 can (199mL)
- ☐ pecans
1 1/2 cup, halves (149g)

Other

- ☐ italian seasoning
1 3/4 tsp (6g)
- ☐ mixed greens
12 cup (360g)
- ☐ rotisserie chicken, cooked
1 1/3 lbs (595g)

Beef Products

- ☐ sirloin steak, raw
2 lbs (907g)

- ☐ **ground coriander**
2 1/2 tbsp (13g)
 - ☐ **black pepper**
3 g (3g)
 - ☐ **thyme, dried**
1/4 tbsp, ground (1g)
 - ☐ **paprika**
1/2 tsp (1g)
 - ☐ **fresh basil**
1/2 cup leaves, whole (11g)
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Lunch 1 [↗](#)

Eat on day 1

Simple roasted cod

24 oz - 890 cals ● 121g protein ● 45g fat ● 0g carbs ● 0g fiber



Makes 24 oz

olive oil

3 tbsp (45mL)

cod, raw

1 1/2 lbs (680g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Bacon zucchini noodles

813 cals ● 56g protein ● 58g fat ● 11g carbs ● 6g fiber



zucchini

2 1/2 medium (490g)

bacon, raw

5 slice(s) (142g)

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.

Lunch 2 [↗](#)

Eat on day 2

Blue cheese stuffed chicken thighs

3 1/2 thigh - 1582 cals ● 145g protein ● 110g fat ● 2g carbs ● 1g fiber



Makes 3 1/2 thigh

blue cheese

1 3/4 oz (50g)

thyme, dried

1/4 tbsp, ground (1g)

olive oil

1/2 tbsp (7mL)

paprika

1/2 tsp (1g)

chicken thighs, with bone and skin, raw

3 1/2 thigh(s) (595g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Green beans with almonds & lemon

166 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



butter

1 tsp (5g)

lemon juice

1/4 tbsp (4mL)

almonds

1 1/2 tbsp, slivered (10g)

salt

3/4 dash (1g)

fresh green beans, trimmed

6 oz (170g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Salmon with avocado sauce

21 oz - 1675 cals ● 126g protein ● 125g fat ● 6g carbs ● 6g fiber



For single meal:

avocados

1/2 avocado(s) (88g)

salmon

1 1/3 lbs (595g)

oil

2 1/2 tsp (13mL)

coconut milk, canned

1/4 can (99mL)

garlic

7/8 clove(s) (3g)

lemon juice

2 1/2 tsp (13mL)

fresh basil

1/4 cup leaves, whole (5g)

For all 2 meals:

avocados

7/8 avocado(s) (176g)

salmon

2 1/2 lbs (1191g)

oil

1 3/4 tbsp (26mL)

coconut milk, canned

1/2 can (197mL)

garlic

1 3/4 clove(s) (5g)

lemon juice

1 3/4 tbsp (26mL)

fresh basil

1/2 cup leaves, whole (11g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Lunch 4 [↗](#)

Eat on day 5

Basic chicken breast

32 oz - 1270 cals ● 202g protein ● 52g fat ● 0g carbs ● 0g fiber



Makes 32 oz

boneless skinless chicken breast, raw
2 lbs (896g)
oil
2 tbsp (30mL)

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.

Asparagus

407 cals ● 8g protein ● 33g fat ● 9g carbs ● 8g fiber



asparagus
13 oz (369g)
lemon juice
2 1/2 tbsp (37mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
2 1/2 tbsp (37mL)

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.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Classic steak

16 oz steak - 950 cals ● 92g protein ● 65g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
sirloin steak, raw
1 lbs (454g)

For all 2 meals:

oil
1 tbsp (15mL)
sirloin steak, raw
2 lbs (907g)

1. Sprinkle some salt and pepper (to taste) on the steak.
2. Heat a cast iron skillet to scalding hot. Add in the oil (preferably one with a high smoke point) and coat the pan.
3. Add in the steak (be careful to not get splattered) and let it sit for 2 minutes.
4. Use tongs to flip the steak, and let cook 2 more minutes.
5. At this point, you can flip the steak every 30-60 seconds, until the total cook time has reached 5-6 minutes (longer for thicker or more-well done steaks).
6. When internal temperature reaches desired level (medium rare: 140°F/60°C), remove pan from the heat, loosely cover, and let rest for 10 minutes. Serve.

Olive oil drizzled broccoli

4 cup(s) - 279 cals ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen broccoli
8 cup (728g)
olive oil
2 2/3 tbsp (40mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Bacon zucchini noodles

407 cals ● 28g protein ● 29g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 1/4 medium (245g)
bacon, raw
2 1/2 slice(s) (71g)

For all 2 meals:

zucchini
2 1/2 medium (490g)
bacon, raw
5 slice(s) (142g)

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 and day 2

Coriander and cumin rubbed pork chops

2 1/2 chop(s) - 1071 cals ● 103g protein ● 69g fat ● 7g carbs ● 4g fiber



For single meal:

salt
5 dash (4g)
ground cumin
1 1/4 tbsp (8g)
ground coriander
1 1/4 tbsp (6g)
pork loin chops, boneless, raw
2 1/2 chop (463g)
black pepper
1/3 tsp (0g)
garlic, minced
3 3/4 clove(s) (11g)
olive oil, divided
2 1/2 tbsp (38mL)

For all 2 meals:

salt
1 1/4 tsp (8g)
ground cumin
2 1/2 tbsp (15g)
ground coriander
2 1/2 tbsp (13g)
pork loin chops, boneless, raw
5 chop (925g)
black pepper
5 dash (1g)
garlic, minced
7 1/2 clove(s) (23g)
olive oil, divided
5 tbsp (75mL)

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.

Garlic collard greens

584 cals ● 26g protein ● 31g fat ● 17g carbs ● 34g fiber



For single meal:

collard greens
29 1/3 oz (832g)
oil
2 tbsp (28mL)
salt
1/2 tsp (3g)
garlic, minced
5 1/2 clove(s) (17g)

For all 2 meals:

collard greens
3 2/3 lbs (1663g)
oil
1/4 cup (55mL)
salt
1 tsp (6g)
garlic, minced
11 clove(s) (33g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Balsamic chicken breast

28 oz - 1105 cals ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 3/4 lbs (794g)
balsamic vinaigrette
1/2 cup (105mL)
oil
3 1/2 tsp (18mL)
italian seasoning
1 tsp (3g)

For all 2 meals:

boneless skinless chicken breast, raw
3 1/2 lbs (1588g)
balsamic vinaigrette
14 tbsp (210mL)
oil
2 1/3 tbsp (35mL)
italian seasoning
1 3/4 tsp (6g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Garlic zucchini noodles

367 cals ● 6g protein ● 32g fat ● 10g carbs ● 5g fiber



For single meal:

olive oil
2 1/4 tbsp (34mL)
zucchini
2 1/4 medium (441g)
garlic, minced
1 clove (3g)

For all 2 meals:

olive oil
1/4 cup (68mL)
zucchini
4 1/2 medium (882g)
garlic, minced
2 1/4 clove (7g)

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 garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

salt
1 dash (0g)
frozen broccoli
1 3/4 cup (159g)
black pepper
1 dash (0g)
butter
1 3/4 tbsp (25g)

For all 2 meals:

salt
1/4 tsp (1g)
frozen broccoli
3 1/2 cup (319g)
black pepper
1/4 tsp (0g)
butter
1/4 cup (50g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Pecans

3/4 cup - 549 cals ● 7g protein ● 53g fat ● 3g carbs ● 7g fiber



For single meal:

pecans
3/4 cup, halves (74g)

For all 2 meals:

pecans
1 1/2 cup, halves (149g)

1. The recipe has no instructions.
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Salmon patty salad

4 patty (~3oz each) - 1196 cals ● 67g protein ● 84g fat ● 24g carbs ● 20g fiber



For single meal:

canned salmon
10 oz (283g)
eggs
2 large (100g)
mixed greens
6 cup (180g)
salad dressing
4 tbsp (60mL)
lemon juice
2 tbsp (30mL)
oil
2 tbsp (30mL)
tomatoes, chopped
2 roma tomato (160g)
avocados, sliced
1 avocado(s) (201g)

For all 2 meals:

canned salmon
1 1/4 lbs (567g)
eggs
4 large (200g)
mixed greens
12 cup (360g)
salad dressing
1/2 cup (120mL)
lemon juice
4 tbsp (60mL)
oil
4 tbsp (60mL)
tomatoes, chopped
4 roma tomato (320g)
avocados, sliced
2 avocado(s) (402g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

Dinner 4 [↗](#)

Eat on day 7

Rotisserie chicken & tomato salad

1799 cals ● 139g protein ● 128g fat ● 19g carbs ● 5g fiber



rotisserie chicken, cooked
1 1/3 lbs (595g)
olive oil
1/4 cup (53mL)
lemon juice
3 1/2 tsp (18mL)
cucumber, sliced
7/8 cucumber (8-1 1/4") (263g)
tomatoes, cut into wedges
1 3/4 large whole (3" dia) (319g)

1. Transfer chicken meat into a bowl and shred with two forks.
 2. Arrange chicken with tomatoes and cucumber.
 3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.
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