

Meal Plan - 1100 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

1120 cals ● 122g protein (44%) ● 64g fat (51%) ● 10g carbs (4%) ● 4g fiber (1%)

Lunch

610 cals, 80g protein, 7g net carbs, 28g fat



Basic chicken & spinach salad
609 cals

Dinner

510 cals, 42g protein, 3g net carbs, 36g fat



Blue cheese stuffed chicken thighs
1 thigh- 452 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Day 2

1037 cals ● 65g protein (25%) ● 79g fat (69%) ● 9g carbs (3%) ● 7g fiber (3%)

Lunch

525 cals, 23g protein, 6g net carbs, 43g fat



Cheese and guac tacos
3 taco(s)- 525 cals

Dinner

510 cals, 42g protein, 3g net carbs, 36g fat



Blue cheese stuffed chicken thighs
1 thigh- 452 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Day 3

1079 cals ● 90g protein (33%) ● 71g fat (59%) ● 11g carbs (4%) ● 10g fiber (4%)

Lunch

525 cals, 23g protein, 6g net carbs, 43g fat



Cheese and guac tacos
3 taco(s)- 525 cals

Dinner

555 cals, 67g protein, 6g net carbs, 27g fat



Spicy garlic lime chicken breast
10 oz- 387 cals



Buttered broccoli
1 1/4 cup(s)- 167 cals

Day 4

1055 cals ● 126g protein (48%) ● 55g fat (47%) ● 13g carbs (5%) ● 2g fiber (1%)

Lunch

540 cals, 49g protein, 7g net carbs, 35g fat



Sugar-free bbq chicken wings
13 1/3 oz- 512 cals



Cucumber slices
1/2 cucumber- 30 cals

Dinner

515 cals, 77g protein, 6g net carbs, 20g fat



Marinated chicken breast
12 oz- 424 cals



Roasted tomatoes
1 1/2 tomato(es)- 89 cals

Day 5

1124 cals ● 97g protein (34%) ● 74g fat (59%) ● 13g carbs (5%) ● 5g fiber (2%)

Lunch

550 cals, 63g protein, 7g net carbs, 30g fat



Turkey meatballs
12 meatballs- 548 cals

Dinner

575 cals, 34g protein, 6g net carbs, 44g fat



Roasted almonds
1/6 cup(s)- 166 cals



Cheese
1 1/3 oz- 153 cals



Rotisserie chicken & tomato salad
257 cals

Day 6

1050 cals ● 128g protein (49%) ● 48g fat (41%) ● 12g carbs (5%) ● 14g fiber (5%)

Lunch

500 cals, 48g protein, 8g net carbs, 28g fat



Coriander and cumin rubbed pork chops
1 chop(s)- 428 cals



Broccoli
2 1/2 cup(s)- 73 cals

Dinner

550 cals, 80g protein, 5g net carbs, 21g fat



Lemon pepper chicken breast
12 oz- 444 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Day 7

1050 cals ● 128g protein (49%) ● 48g fat (41%) ● 12g carbs (5%) ● 14g fiber (5%)

Lunch

500 cals, 48g protein, 8g net carbs, 28g fat



Coriander and cumin rubbed pork chops
1 chop(s)- 428 cals



Broccoli
2 1/2 cup(s)- 73 cals

Dinner

550 cals, 80g protein, 5g net carbs, 21g fat



Lemon pepper chicken breast
12 oz- 444 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Vegetables and Vegetable Products

- ☐ fresh spinach
4 cup(s) (120g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (364g)
- ☐ frozen broccoli
9 1/4 cup (842g)
- ☐ cucumber
5/8 cucumber (8-1/4") (188g)
- ☐ garlic
3 clove(s) (9g)

Fats and Oils

- ☐ oil
1 oz (36mL)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ olive oil
2 1/3 oz (74mL)
- ☐ marinade sauce
6 tbsp (91mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1628g)
- ☐ chicken thighs, with bone and skin, raw
2 thigh(s) (340g)
- ☐ chicken wings, with skin, raw
13 1/4 oz (378g)
- ☐ ground turkey, raw
9 1/2 oz (272g)

Dairy and Egg Products

- ☐ blue cheese
1 oz (28g)
- ☐ cheddar cheese
1 1/2 cup, shredded (170g)
- ☐ butter
1 1/4 tbsp (18g)
- ☐ nonfat greek yogurt, plain
5 tbsp (84g)
- ☐ cheese
1 1/3 oz (38g)

Spices and Herbs

- ☐ thyme, dried
4 dash, ground (1g)

Other

- ☐ guacamole, store-bought
3/4 cup (185g)
- ☐ sugar-free barbecue sauce
5 tsp (25g)
- ☐ rotisserie chicken, cooked
3 oz (85g)

Fruits and Fruit Juices

- ☐ lime juice
1 1/4 tbsp (19mL)
- ☐ lemon juice
1/2 tsp (3mL)

Nut and Seed Products

- ☐ almonds
3 tbsp, whole (27g)

Pork Products

- ☐ pork loin chops, boneless, raw
2 chop (370g)

- ☐ **paprika**
1/3 tsp (1g)
 - ☐ **salt**
11 g (11g)
 - ☐ **black pepper**
1/2 g (1g)
 - ☐ **cayenne pepper**
2/3 dash (0g)
 - ☐ **garlic powder**
5 1/2 g (5g)
 - ☐ **oregano, dried**
1 tsp, leaves (1g)
 - ☐ **onion powder**
1 tsp (2g)
 - ☐ **ground cumin**
1 tbsp (6g)
 - ☐ **ground coriander**
1 tbsp (5g)
 - ☐ **lemon pepper**
1 1/2 tbsp (10g)
-

Lunch 1 [↗](#)

Eat on day 1

Basic chicken & spinach salad

609 cals ● 80g protein ● 28g fat ● 7g carbs ● 3g fiber



fresh spinach
4 cup(s) (120g)
oil
2 tsp (10mL)
salad dressing
3 tbsp (45mL)
boneless skinless chicken breast, raw, chopped, cooked
3/4 lbs (340g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



For single meal:

cheddar cheese
3/4 cup, shredded (85g)
guacamole, store-bought
6 tbsp (93g)

For all 2 meals:

cheddar cheese
1 1/2 cup, shredded (170g)
guacamole, store-bought
3/4 cup (185g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 3 [↗](#)

Eat on day 4

Sugar-free bbq chicken wings

13 1/3 oz - 512 cals ● 48g protein ● 35g fat ● 2g carbs ● 0g fiber



Makes 13 1/3 oz

sugar-free barbecue sauce

5 tsp (25g)

chicken wings, with skin, raw

13 1/3 oz (378g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
4. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
6. Serve.

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



Makes 1/2 cucumber

cucumber

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.
-

Lunch 4 [↗](#)

Eat on day 5

Turkey meatballs

12 meatballs - 548 cals ● 63g protein ● 30g fat ● 7g carbs ● 1g fiber



Makes 12 meatballs

ground turkey, raw
9 1/2 oz (272g)
oil
2 tsp (9mL)
salt
1 tsp (5g)
oregano, dried
1 tsp, leaves (1g)
garlic powder
1 tsp (3g)
onion powder
1 tsp (2g)
nonfat greek yogurt, plain
5 tbsp (84g)

1. In a large bowl, mix together the ground turkey, onion powder, garlic powder, oregano, and salt with your hands until well incorporated. Form into small meatballs (use the number of meatballs listed in the recipes serving details).
2. Heat oil in a large skillet over medium heat. Add meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
3. Serve.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Coriander and cumin rubbed pork chops

1 chop(s) - 428 cals ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



For single meal:

salt
2 dash (2g)
ground cumin
1/2 tbsp (3g)
ground coriander
1/2 tbsp (3g)
pork loin chops, boneless, raw
1 chop (185g)
black pepper
1 dash (0g)
garlic, minced
1 1/2 clove(s) (5g)
olive oil, divided
1 tbsp (15mL)

For all 2 meals:

salt
4 dash (3g)
ground cumin
1 tbsp (6g)
ground coriander
1 tbsp (5g)
pork loin chops, boneless, raw
2 chop (370g)
black pepper
2 dash (0g)
garlic, minced
3 clove(s) (9g)
olive oil, divided
2 tbsp (30mL)

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.

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



For single meal:

frozen broccoli
2 1/2 cup (228g)

For all 2 meals:

frozen broccoli
5 cup (455g)

1. Prepare according to instructions on package.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Blue cheese stuffed chicken thighs

1 thigh - 452 cals ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

blue cheese
1/2 oz (14g)
thyme, dried
1 1/2 dash, ground (0g)
olive oil
3/8 tsp (2mL)
paprika
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh(s) (170g)

For all 2 meals:

blue cheese
1 oz (28g)
thyme, dried
3 dash, ground (1g)
olive oil
1/4 tbsp (4mL)
paprika
2 dash (1g)
chicken thighs, with bone and skin, raw
2 thigh(s) (340g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

For all 2 meals:

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

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 2 [↗](#)

Eat on day 3

Spicy garlic lime chicken breast

10 oz - 387 cals ● 64g protein ● 13g fat ● 3g carbs ● 1g fiber



Makes 10 oz

salt

1/3 tsp (2g)

black pepper

1 dash, ground (0g)

cayenne pepper

1 dash (0g)

paprika

1/2 dash (0g)

thyme, dried

1 dash, ground (0g)

boneless skinless chicken breast, raw

10 oz (280g)

lime juice

1 1/4 tbsp (19mL)

garlic powder

1 tsp (3g)

olive oil

1 1/4 tsp (6mL)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

salt

5/8 dash (0g)

frozen broccoli

1 1/4 cup (114g)

black pepper

5/8 dash (0g)

butter

1 1/4 tbsp (18g)

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 4

Marinated chicken breast

12 oz - 424 cals ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken breast, raw
3/4 lbs (336g)
marinade sauce
6 tbsp (90mL)

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.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

oil
1/2 tbsp (8mL)
tomatoes
1 1/2 small whole (2-2/5" dia) (137g)

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

Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds

3 tbsp, whole (27g)

1. The recipe has no instructions.

Cheese

1 1/3 oz - 153 cal ● 9g protein ● 13g fat ● 1g carbs ● 0g fiber



Makes 1 1/3 oz

cheese

1 1/3 oz (38g)

1. The recipe has no instructions.

Rotisserie chicken & tomato salad

257 cal ● 20g protein ● 18g fat ● 3g carbs ● 1g fiber



rotisserie chicken, cooked

3 oz (85g)

olive oil

1/2 tbsp (8mL)

lemon juice

1/2 tsp (3mL)

cucumber, sliced

1/8 cucumber (8-1/4") (38g)

tomatoes, cut into wedges

1/4 large whole (3" dia) (46g)

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.
-

Dinner 5 [↗](#)

Eat on day 6 and day 7

Lemon pepper chicken breast

12 oz - 444 cals ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
olive oil
1 tsp (6mL)
lemon pepper
3/4 tbsp (5g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
olive oil
3/4 tbsp (11mL)
lemon pepper
1 1/2 tbsp (10g)

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.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

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