

# Meal Plan - 1300 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

1250 cals ● 86g protein (27%) ● 89g fat (64%) ● 15g carbs (5%) ● 10g fiber (3%)

### Lunch

640 cals, 26g protein, 8g net carbs, 54g fat



**Garlic zucchini noodles**

245 cals



**Pepper steak**

4 1/2 ounce(s)- 396 cals

### Dinner

610 cals, 59g protein, 8g net carbs, 35g fat



**Simple roasted cod**

10 2/3 oz- 396 cals



**Buttered sugar snap peas**

214 cals

## Day 2

1292 cals ● 108g protein (34%) ● 87g fat (61%) ● 11g carbs (3%) ● 7g fiber (2%)

### Lunch

680 cals, 49g protein, 3g net carbs, 52g fat



**Roasted tomatoes**

1 tomato(es)- 60 cals



**Buffalo drumsticks**

10 2/3 oz- 622 cals

### Dinner

610 cals, 59g protein, 8g net carbs, 35g fat



**Simple roasted cod**

10 2/3 oz- 396 cals



**Buttered sugar snap peas**

214 cals

## Day 3

1298 cals ● 91g protein (28%) ● 95g fat (66%) ● 15g carbs (5%) ● 4g fiber (1%)

### Lunch

680 cals, 49g protein, 3g net carbs, 52g fat



**Roasted tomatoes**

1 tomato(es)- 60 cals



**Buffalo drumsticks**

10 2/3 oz- 622 cals

### Dinner

615 cals, 42g protein, 12g net carbs, 43g fat



**Baked pesto salmon**

4 oz- 269 cals



**Simple mixed greens salad**

102 cals



**Bacon cauliflower rice**

1 1/2 cup(s)- 245 cals

## Day 4

1253 cals ● 103g protein (33%) ● 82g fat (59%) ● 16g carbs (5%) ● 9g fiber (3%)

### Lunch

620 cals, 63g protein, 8g net carbs, 36g fat



#### Garlic zucchini noodles

272 cals



#### Seasoned broiled pork chops

1 1/2 chop(s)- 350 cals

### Dinner

630 cals, 40g protein, 9g net carbs, 47g fat



#### Steak with shallot sauce

6 oz steak- 454 cals



#### Buttered broccoli

1 1/3 cup(s)- 178 cals

## Day 5

1253 cals ● 130g protein (42%) ● 73g fat (52%) ● 14g carbs (4%) ● 6g fiber (2%)

### Lunch

620 cals, 63g protein, 8g net carbs, 36g fat



#### Garlic zucchini noodles

272 cals



#### Seasoned broiled pork chops

1 1/2 chop(s)- 350 cals

### Dinner

630 cals, 67g protein, 6g net carbs, 37g fat



#### Basic chicken thighs

12 oz- 510 cals



#### Cauliflower rice

2 cup(s)- 121 cals

## Day 6

1254 cals ● 155g protein (50%) ● 60g fat (43%) ● 14g carbs (5%) ● 8g fiber (3%)

### Lunch

640 cals, 80g protein, 7g net carbs, 31g fat



#### Balsamic chicken breast

12 oz- 473 cals



#### Pan roasted zucchini

166 cals

### Dinner

615 cals, 76g protein, 7g net carbs, 29g fat



#### Cajun cod

14 oz- 436 cals



#### Buttered broccoli

1 1/3 cup(s)- 178 cals

## Day 7

1254 cals ● 155g protein (50%) ● 60g fat (43%) ● 14g carbs (5%) ● 8g fiber (3%)

### Lunch

640 cals, 80g protein, 7g net carbs, 31g fat



#### Balsamic chicken breast

12 oz- 473 cals



#### Pan roasted zucchini

166 cals

### Dinner

615 cals, 76g protein, 7g net carbs, 29g fat



#### Cajun cod

14 oz- 436 cals



#### Buttered broccoli

1 1/3 cup(s)- 178 cals

# Grocery List



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## Fats and Oils

- olive oil  
1/4 lbs (142mL)
- oil  
2 3/4 oz (84mL)
- salad dressing  
2 1/4 tbsp (34mL)
- balsamic vinaigrette  
6 tbsp (91mL)

## Vegetables and Vegetable Products

- zucchini  
7 medium (1339g)
- garlic  
2 1/2 clove (7g)
- frozen sugar snap peas  
2 2/3 cup (384g)
- tomatoes  
2 small whole (2-2/5" dia) (182g)
- shallots  
3/8 shallot (43g)
- frozen broccoli  
4 cup (364g)

## Dairy and Egg Products

- butter  
1 stick (106g)

## Spices and Herbs

- salt  
11 g (11g)
- rosemary, dried  
1/4 tbsp (1g)
- black pepper  
11 g (11g)
- sage  
1 dash (0g)
- thyme, dried  
1 dash, leaves (0g)
- seasoning salt  
2 dash (2g)
- garlic powder  
1 tsp (3g)
- oregano, dried  
1 tsp, ground (2g)
- cajun seasoning  
3 tbsp (21g)

## Beef Products

- ribeye, raw  
1/4 lbs (128g)
- sirloin steak, raw  
6 oz (170g)

## Finfish and Shellfish Products

- cod, raw  
3 lbs (1398g)
- salmon  
2/3 fillet/s (6 oz each) (113g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
1/4 cup (53mL)
- pesto sauce  
2 tsp (11g)
- vegetable broth  
1/8 cup(s) (mL)

## Other

- Chicken, drumsticks, with skin  
1 1/3 lbs (605g)
- mixed greens  
2 1/4 cup (68g)
- frozen cauliflower  
3 1/2 cup (397g)
- italian seasoning  
1/4 tbsp (3g)

## Pork Products

- bacon, raw  
1 1/2 slice(s) (43g)
- pork chop, bone-in  
3 chop (534g)

## Legumes and Legume Products

- soy sauce  
1/2 tbsp (8mL)

## Poultry Products

- boneless skinless chicken thighs  
3/4 lbs (340g)
- boneless skinless chicken breast, raw  
1 1/2 lbs (680g)

## Lunch 1 ↗

Eat on day 1

### Garlic zucchini noodles

245 cals ● 4g protein ● 21g fat ● 6g carbs ● 3g fiber



**olive oil**  
1 1/2 tbsp (23mL)  
**zucchini**  
1 1/2 medium (294g)  
**garlic, minced**  
3/4 clove (2g)

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.

### Pepper steak

4 1/2 ounce(s) - 396 cals ● 23g protein ● 33g fat ● 1g carbs ● 1g fiber



Makes 4 1/2 ounce(s)

**butter**  
1/2 tbsp (8g)  
**salt**  
1 1/2 dash (1g)  
**ribeye, raw**  
1/4 lbs (128g)  
**rosemary, dried**  
1 1/2 dash (0g)  
**black pepper**  
1 tsp, ground (3g)

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.

## Lunch 2 ↗

Eat on day 2 and day 3

### 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.

### Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
1 3/4 tbsp (27mL)  
**oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
2/3 lbs (302g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/4 cup (53mL)  
**oil**  
2 tsp (10mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
1 1/3 lbs (605g)

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 3 ↗

Eat on day 4 and day 5

### Garlic zucchini noodles

272 cals ● 4g protein ● 24g fat ● 7g carbs ● 4g fiber



For single meal:

**olive oil**  
5 tsp (25mL)  
**zucchini**  
1 2/3 medium (327g)  
**garlic, minced**  
5/6 clove (3g)

For all 2 meals:

**olive oil**  
1/4 cup (50mL)  
**zucchini**  
3 1/3 medium (653g)  
**garlic, minced**  
1 2/3 clove (5g)

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.

### Seasoned broiled pork chops

1 1/2 chop(s) - 350 cals ● 59g protein ● 12g fat ● 0g carbs ● 0g fiber



For single meal:

**sage**  
1/2 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**soy sauce**  
1/4 tbsp (4mL)  
**thyme, dried**  
1/2 dash, leaves (0g)  
**rosemary, dried**  
2 dash (0g)  
**seasoning salt**  
1 dash (1g)  
**garlic powder**  
1/2 dash (0g)  
**pork chop, bone-in**  
1 1/2 chop (267g)

For all 2 meals:

**sage**  
1 dash (0g)  
**oil**  
1 tsp (5mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**thyme, dried**  
1 dash, leaves (0g)  
**rosemary, dried**  
4 dash (1g)  
**seasoning salt**  
2 dash (2g)  
**garlic powder**  
1 dash (0g)  
**pork chop, bone-in**  
3 chop (534g)

1. Combine all ingredients except the chops, and mix well with small whisk.
2. Brush mixture on chops and either:
3. **GRILL:** by searing on both sides and then cooking more slowly for 30 minutes or until done, brushing chops occasionally with the sauce.
4. **OR BROIL:** place chops on a broiler rack 5" from heat and broil about 12 minutes per side or until done.

## Lunch 4 ↗

Eat on day 6 and day 7

### Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**oil**  
1/2 tbsp (8mL)  
**italian seasoning**  
3 dash (1g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**balsamic vinaigrette**  
6 tbsp (90mL)  
**oil**  
1 tbsp (15mL)  
**italian seasoning**  
1/4 tbsp (3g)

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.

### Pan roasted zucchini

166 cals ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

**zucchini**  
1 medium (196g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**oregano, dried**  
4 dash, ground (1g)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**zucchini**  
2 medium (392g)  
**black pepper**  
1 tbsp, ground (7g)  
**oregano, dried**  
1 tsp, ground (2g)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (6g)  
**olive oil**  
2 tbsp (30mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Simple roasted cod

10 2/3 oz - 396 cals ● 54g protein ● 20g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**cod, raw**  
2/3 lbs (302g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**cod, raw**  
1 1/3 lbs (604g)

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.

### Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**butter**  
2 2/3 tbsp (36g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Dinner 2 ↗

Eat on day 3

### Baked pesto salmon

4 oz - 269 cals ● 24g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 4 oz

**salmon**

2/3 fillet/s (6 oz each) (113g)

**pesto sauce**

2 tsp (11g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber

**mixed greens**

2 1/4 cup (68g)

**salad dressing**

2 1/4 tbsp (34mL)

1. Mix greens and dressing in a small bowl. Serve.

### Bacon cauliflower rice

1 1/2 cup(s) - 245 cals ● 16g protein ● 17g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

**bacon, raw**

1 1/2 slice(s) (43g)

**frozen cauliflower**

1 1/2 cup (170g)

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 3 ↗

Eat on day 4

### Steak with shallot sauce

6 oz steak - 454 cals ● 36g protein ● 31g fat ● 6g carbs ● 1g fiber



Makes 6 oz steak

**sirloin steak, raw**  
6 oz (170g)  
**vegetable broth**  
1/8 cup(s) (mL)  
**butter**  
1 tsp (5g)  
**oil**  
1 tsp (6mL)  
**shallots, minced**  
3/8 shallot (43g)

1. Season steak on all sides with some salt and pepper.
2. Heat half of the oil in a skillet over medium-high heat. Add steak and cook to desired doneness, 4-8 minutes per side. Remove steak and set aside to rest.
3. Lower heat to medium and add in remaining oil and the shallots to the pan. Stir and cook for about 2 minutes until lightly softened. Stir in vegetable broth and cook for about 2-4 minutes until the broth is reduced by about half. Turn off the heat and stir in butter until fully melted.
4. Pour shallot sauce over steak and serve.

### Buttered broccoli

1 1/3 cup(s) - 178 cals ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



Makes 1 1/3 cup(s)

**salt**  
2/3 dash (0g)  
**frozen broccoli**  
1 1/3 cup (121g)  
**black pepper**  
2/3 dash (0g)  
**butter**  
4 tsp (19g)

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

## Dinner 4 ↗

Eat on day 5

### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

**boneless skinless chicken thighs**

3/4 lbs (340g)

**oil**

1/2 tbsp (8mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

### Cauliflower rice

2 cup(s) - 121 cals ● 2g protein ● 9g fat ● 6g carbs ● 2g fiber



Makes 2 cup(s)

**frozen cauliflower**

2 cup (227g)

**oil**

2 tsp (10mL)

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

## Dinner 5 ↗

Eat on day 6 and day 7

### Cajun cod

14 oz - 436 cals ● 72g protein ● 14g fat ● 5g carbs ● 1g fiber



For single meal:

**cod, raw**  
14 oz (397g)  
**cajun seasoning**  
1 1/2 tbsp (10g)  
**oil**  
3/4 tbsp (12mL)

For all 2 meals:

**cod, raw**  
1 3/4 lbs (793g)  
**cajun seasoning**  
3 tbsp (21g)  
**oil**  
1 1/2 tbsp (23mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

### Buttered broccoli

1 1/3 cup(s) - 178 cals ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**frozen broccoli**  
1 1/3 cup (121g)  
**black pepper**  
2/3 dash (0g)  
**butter**  
4 tsp (19g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**frozen broccoli**  
2 2/3 cup (243g)  
**black pepper**  
1 1/3 dash (0g)  
**butter**  
2 2/3 tbsp (38g)

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