

# Meal Plan - 1600 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

1567 cals ● 180g protein (46%) ● 81g fat (46%) ● 20g carbs (5%) ● 10g fiber (3%)

### Lunch

785 cals, 120g protein, 5g net carbs, 29g fat



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



**Basic chicken breast**  
18 oz- 714 cals

### Dinner

780 cals, 60g protein, 15g net carbs, 52g fat



**Chicken sausage**  
4 link- 508 cals



**Garlic zucchini noodles**  
272 cals

## Day 2

1547 cals ● 111g protein (29%) ● 111g fat (65%) ● 17g carbs (4%) ● 8g fiber (2%)

### Lunch

785 cals, 52g protein, 9g net carbs, 58g fat



**Sunflower seeds**  
271 cals



**Rotisserie chicken & tomato salad**  
514 cals

### Dinner

765 cals, 59g protein, 8g net carbs, 54g fat



**Broccoli**  
1 cup(s)- 29 cals



**Cheesy garlicky salmon**  
734 cals

## Day 3

1544 cals ● 126g protein (33%) ● 104g fat (61%) ● 15g carbs (4%) ● 12g fiber (3%)

### Lunch

785 cals, 52g protein, 9g net carbs, 58g fat



**Sunflower seeds**  
271 cals



**Rotisserie chicken & tomato salad**  
514 cals

### Dinner

760 cals, 74g protein, 6g net carbs, 46g fat



**Basic chicken thighs**  
12 oz- 510 cals



**Simple sauteed spinach**  
249 cals

## Day 4

1602 cals ● 166g protein (42%) ● 95g fat (53%) ● 11g carbs (3%) ● 9g fiber (2%)

### Lunch

845 cals, 93g protein, 6g net carbs, 49g fat



**Broiled tilapia**  
16 oz- 680 cals



**Garlic zucchini noodles**  
163 cals

### Dinner

760 cals, 74g protein, 6g net carbs, 46g fat



**Basic chicken thighs**  
12 oz- 510 cals



**Simple sauteed spinach**  
249 cals

## Day 5

1612 cals ● 74g protein (18%) ● 131g fat (73%) ● 18g carbs (4%) ● 17g fiber (4%)

### Lunch

840 cals, 39g protein, 5g net carbs, 70g fat



**Pecans**  
1/2 cup- 366 cals



**Salmon salad lettuce wrap**  
472 cals

### Dinner

775 cals, 34g protein, 12g net carbs, 61g fat



**Cheesy zucchini noodles**  
655 cals



**Garlic collard greens**  
119 cals

## Day 6

1567 cals ● 107g protein (27%) ● 115g fat (66%) ● 20g carbs (5%) ● 8g fiber (2%)

### Lunch

780 cals, 34g protein, 10g net carbs, 65g fat



**Italian sausage**  
2 link- 514 cals



**Buttered broccoli**  
2 cup(s)- 267 cals

### Dinner

785 cals, 73g protein, 10g net carbs, 50g fat



**Bacon zucchini noodles**  
325 cals



**Ranch chicken**  
8 oz- 461 cals

## Day 7

1567 cals ● 107g protein (27%) ● 115g fat (66%) ● 20g carbs (5%) ● 8g fiber (2%)

### Lunch

780 cals, 34g protein, 10g net carbs, 65g fat



**Italian sausage**  
2 link- 514 cals



**Buttered broccoli**  
2 cup(s)- 267 cals

### Dinner

785 cals, 73g protein, 10g net carbs, 50g fat



**Bacon zucchini noodles**  
325 cals



**Ranch chicken**  
8 oz- 461 cals



## Vegetables and Vegetable Products

- ☐ frozen broccoli  
7 1/2 cup (683g)
- ☐ zucchini  
6 medium (1160g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ cucumber  
1/2 cucumber (8-1/4") (151g)
- ☐ tomatoes  
1 large whole (3" dia) (182g)
- ☐ fresh spinach  
20 cup(s) (600g)
- ☐ onion  
1 1/2 tbsp minced (23g)
- ☐ raw celery  
1 1/2 stalk, small (5" long) (26g)
- ☐ romaine lettuce  
3 leaf outer (84g)
- ☐ collard greens  
6 oz (170g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 lbs (952g)
- ☐ boneless skinless chicken thighs  
1 1/2 lbs (680g)

## Fats and Oils

- ☐ oil  
1/4 cup (68mL)
- ☐ olive oil  
5 oz (156mL)
- ☐ mayonnaise  
3 tbsp (45mL)
- ☐ ranch dressing  
4 tbsp (60mL)

## Sausages and Luncheon Meats

- ☐ chicken sausage, cooked  
4 link (336g)

## Nut and Seed Products

- ☐ sunflower kernels  
3 oz (85g)
- ☐ pecans  
1/2 cup, halves (50g)

## Other

- ☐ rotisserie chicken, cooked  
3/4 lbs (340g)
- ☐ Italian pork sausage, raw  
4 link (430g)
- ☐ ranch dressing mix  
1/2 packet (1 oz) (14g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1 1/3 fl oz (40mL)

## Dairy and Egg Products

- ☐ parmesan cheese  
1 1/2 oz (39g)
- ☐ cheese  
1 cup, shredded (106g)
- ☐ butter  
4 tbsp (57g)

## Finfish and Shellfish Products

- ☐ salmon  
1/2 lbs (227g)
- ☐ tilapia, raw  
1 lbs (448g)
- ☐ canned salmon  
1 1/2 5oz can(s) (undrained) (213g)

## Spices and Herbs

- ☐ fresh basil  
2 leaves (1g)
- ☐ black pepper  
3 g (3g)
- ☐ salt  
1/3 oz (9g)

## Pork Products

- ☐ bacon, raw  
4 slice(s) (113g)
-

## Lunch 1 [↗](#)

Eat on day 1

### Broccoli

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



Makes 2 1/2 cup(s)

**frozen broccoli**

2 1/2 cup (228g)

1. Prepare according to instructions on package.

### Basic chicken breast

18 oz - 714 cals ● 113g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 18 oz

**boneless skinless chicken breast, raw**

18 oz (504g)

**oil**

1 tbsp (17mL)

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.
-

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 1/2 oz (43g)

For all 2 meals:

**sunflower kernels**  
3 oz (85g)

1. The recipe has no instructions.

### Rotisserie chicken & tomato salad

514 cals ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



For single meal:

**rotisserie chicken, cooked**  
6 oz (170g)  
**olive oil**  
1 tbsp (15mL)  
**lemon juice**  
1 tsp (5mL)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, cut into wedges**  
1/2 large whole (3" dia) (91g)

For all 2 meals:

**rotisserie chicken, cooked**  
3/4 lbs (340g)  
**olive oil**  
2 tbsp (30mL)  
**lemon juice**  
2 tsp (10mL)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, cut into wedges**  
1 large whole (3" dia) (182g)

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.

## Lunch 3 [↗](#)

Eat on day 4

### Broiled tilapia

16 oz - 680 cals ● 90g protein ● 35g fat ● 1g carbs ● 0g fiber



Makes 16 oz

**lemon juice**

1 tbsp (15mL)

**black pepper**

4 dash, ground (1g)

**tilapia, raw**

1 lbs (448g)

**olive oil**

2 tbsp (30mL)

**salt**

4 dash (3g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
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 until fish flakes easily with a fork, about 2 minutes.

### Garlic zucchini noodles

163 cals ● 3g protein ● 14g fat ● 4g carbs ● 2g fiber



**olive oil**

1 tbsp (15mL)

**zucchini**

1 medium (196g)

**garlic, minced**

1/2 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.



## Lunch 4 [↗](#)

Eat on day 5

---

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

#### pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

---

### Salmon salad lettuce wrap

472 cals ● 35g protein ● 34g fat ● 3g carbs ● 3g fiber



#### canned salmon

1 1/2 5oz can(s) (undrained) (213g)

#### mayonnaise

3 tbsp (45mL)

#### onion

1 1/2 tbsp minced (23g)

#### raw celery, diced

1 1/2 stalk, small (5" long) (26g)

#### salt

1 1/2 dash (1g)

#### black pepper

1 1/2 dash (0g)

#### romaine lettuce

3 leaf outer (84g)

1. Drain salmon and discard any liquid.
  2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
  3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
  4. Roll up to create the wrap.
  5. Serve.
-

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Italian sausage

2 link - 514 cals ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



For single meal:

**Italian pork sausage, raw**  
2 link (215g)

For all 2 meals:

**Italian pork sausage, raw**  
4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

### Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**black pepper**  
1 dash (0g)  
**butter**  
2 tbsp (28g)

For all 2 meals:

**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**black pepper**  
2 dash (0g)  
**butter**  
4 tbsp (57g)

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

## Dinner 1 [↗](#)

Eat on day 1

### Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



Makes 4 link

**chicken sausage, cooked**  
4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

### Garlic zucchini noodles

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



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

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.

## Dinner 2 [↗](#)

Eat on day 2

### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**frozen broccoli**  
1 cup (91g)

1. Prepare according to instructions on package.

### Cheesy garlicky salmon

734 cals ● 56g protein ● 54g fat ● 6g carbs ● 0g fiber



**parmesan cheese**  
1/3 cup (33g)  
**salmon**  
1/2 lbs (227g)  
**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**fresh basil, chopped**  
2 leaves (1g)  
**garlic, minced**  
1 clove(s) (3g)

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.

---

## Dinner 3 [↗](#)

Eat on day 3 and day 4

---

### Basic chicken thighs

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



For single meal:

**boneless skinless chicken thighs**  
3/4 lbs (340g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken thighs**  
1 1/2 lbs (680g)  
**oil**  
1 tbsp (15mL)

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.

---

### Simple sauteed spinach

249 cals ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber





For single meal:

**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**fresh spinach**  
10 cup(s) (300g)  
**garlic, diced**  
1 1/4 clove (4g)

For all 2 meals:

**black pepper**  
5 dash, ground (1g)  
**salt**  
5 dash (4g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**fresh spinach**  
20 cup(s) (600g)  
**garlic, diced**  
2 1/2 clove (8g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

---

## Dinner 4 [↗](#)

Eat on day 5

---

### Cheesy zucchini noodles

655 cals ● 29g protein ● 55g fat ● 9g carbs ● 3g fiber



**zucchini**  
1 1/4 medium (245g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**parmesan cheese**  
1 1/4 tbsp (6g)  
**cheese**  
1 cup, shredded (106g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

---

### Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



**collard greens**  
6 oz (170g)  
**oil**  
1 tsp (6mL)  
**salt**  
3/4 dash (1g)  
**garlic, minced**  
1 clove(s) (3g)

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 5 [↗](#)

Eat on day 6 and day 7

---

### Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**zucchini**  
2 medium (392g)  
**bacon, raw**  
4 slice(s) (113g)

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.

---

### Ranch chicken

8 oz - 461 cals ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

**ranch dressing**

2 tbsp (30mL)

**boneless skinless chicken breast,  
raw**

1/2 lbs (224g)

**oil**

1/2 tbsp (8mL)

**ranch dressing mix**

1/4 packet (1 oz) (7g)

For all 2 meals:

**ranch dressing**

4 tbsp (60mL)

**boneless skinless chicken breast,  
raw**

1 lbs (448g)

**oil**

1 tbsp (15mL)

**ranch dressing mix**

1/2 packet (1 oz) (14g)

1. Preheat oven to 350 F (180 C).
  2. Spread oil evenly over all chicken.
  3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
  4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
  5. Serve with a side of ranch dressing.
-