

# Meal Plan - 1700 calorie keto and intermittent fasting meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1721 cals ● 134g protein (31%) ● 124g fat (65%) ● 15g carbs (4%) ● 4g fiber (1%)

### Lunch

825 cals, 56g protein, 10g net carbs, 62g fat



**Cheesy skillet pizza**  
2 pizza- 361 cals



**Cheese**  
3 1/3 oz- 382 cals



**Bone broth**  
2 cup(s)- 81 cals

### Dinner

895 cals, 78g protein, 6g net carbs, 62g fat



**Sauteed garlic & herb tomatoes**  
127 cals



**Baked chicken thighs**  
12 oz- 770 cals

## Day 2

1664 cals ● 129g protein (31%) ● 121g fat (65%) ● 13g carbs (3%) ● 3g fiber (1%)

### Lunch

825 cals, 56g protein, 10g net carbs, 62g fat



**Cheesy skillet pizza**  
2 pizza- 361 cals



**Cheese**  
3 1/3 oz- 382 cals



**Bone broth**  
2 cup(s)- 81 cals

### Dinner

840 cals, 73g protein, 3g net carbs, 59g fat



**Bacon zucchini noodles**  
163 cals



**Blue cheese stuffed chicken thighs**  
1 1/2 thigh- 678 cals

## Day 3

1650 cals ● 116g protein (28%) ● 116g fat (63%) ● 21g carbs (5%) ● 15g fiber (4%)

### Lunch

795 cals, 10g protein, 16g net carbs, 70g fat



**Roasted cabbage steaks with dressing**  
427 cals



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

### Dinner

855 cals, 106g protein, 4g net carbs, 46g fat



**Sauteed garlic & herb tomatoes**  
64 cals



**Broiled tilapia**  
18 2/3 oz- 793 cals

## Day 4

1667 cals ● 151g protein (36%) ● 106g fat (57%) ● 17g carbs (4%) ● 9g fiber (2%)

### Lunch

810 cals, 45g protein, 13g net carbs, 61g fat



**Walnuts**  
3/8 cup(s)- 291 cals



**Simple cobb salad**  
519 cals

### Dinner

855 cals, 106g protein, 4g net carbs, 46g fat



**Sautéed garlic & herb tomatoes**  
64 cals



**Broiled tilapia**  
18 2/3 oz- 793 cals

## Day 5

1660 cals ● 107g protein (26%) ● 123g fat (67%) ● 21g carbs (5%) ● 11g fiber (3%)

### Lunch

810 cals, 45g protein, 13g net carbs, 61g fat



**Walnuts**  
3/8 cup(s)- 291 cals



**Simple cobb salad**  
519 cals

### Dinner

850 cals, 62g protein, 8g net carbs, 62g fat



**Steak Bites**  
10 oz(s)- 704 cals



**Basic zoodles**  
1 zucchini- 145 cals

## Day 6

1670 cals ● 94g protein (22%) ● 138g fat (74%) ● 8g carbs (2%) ● 5g fiber (1%)

### Lunch

870 cals, 36g protein, 5g net carbs, 77g fat



**Steak with herb butter**  
707 cals



**Garlic zucchini noodles**  
163 cals

### Dinner

800 cals, 58g protein, 3g net carbs, 61g fat



**Buffalo drumsticks**  
12 oz- 700 cals



**Simple sautéed spinach**  
100 cals

## Day 7

1670 cals ● 94g protein (22%) ● 138g fat (74%) ● 8g carbs (2%) ● 5g fiber (1%)

### Lunch

870 cals, 36g protein, 5g net carbs, 77g fat



**Steak with herb butter**  
707 cals



**Garlic zucchini noodles**  
163 cals

### Dinner

800 cals, 58g protein, 3g net carbs, 61g fat



**Buffalo drumsticks**  
12 oz- 700 cals



**Simple sautéed spinach**  
100 cals



## Dairy and Egg Products

- ☐ cheese  
2/3 lbs (298g)
- ☐ blue cheese  
4 oz (111g)
- ☐ eggs  
2 2/3 medium (117g)
- ☐ butter  
3 1/4 tbsp (47g)

## Sausages and Luncheon Meats

- ☐ pepperoni  
16 slices (32g)
- ☐ ham cold cuts  
1/2 lbs (227g)

## Vegetables and Vegetable Products

- ☐ onion  
4 tbsp minced (60g)
- ☐ tomatoes  
3 1/4 medium whole (2-3/5" dia) (397g)
- ☐ garlic  
5 1/2 clove(s) (17g)
- ☐ zucchini  
2 1/2 large (813g)
- ☐ cabbage  
1/2 head, small (about 4-1/2" dia) (357g)
- ☐ romaine lettuce  
8 cup shredded (376g)
- ☐ fresh parsley  
4 tsp (5g)
- ☐ fresh spinach  
8 cup(s) (240g)

## Fruits and Fruit Juices

- ☐ black olives  
16 large olives (70g)
- ☐ lemon juice  
2 1/3 tbsp (35mL)

## Other

- ☐ italian seasoning  
1 container (.75 oz) (22g)
- ☐ chicken bone broth  
4 cup(s) (mL)
- ☐ Chicken, drumsticks, with skin  
1 1/2 lbs (680g)

## Spices and Herbs

- ☐ black pepper  
2 1/2 tsp, ground (6g)
- ☐ salt  
1 tbsp (17g)
- ☐ thyme, dried  
3 1/4 dash, ground (1g)
- ☐ paprika  
1 1/2 dash (0g)
- ☐ dijon mustard  
1/2 tbsp (7g)

## Fats and Oils

- ☐ olive oil  
1/4 lbs (140mL)
- ☐ ranch dressing  
2 tbsp (30mL)
- ☐ oil  
2 oz (66mL)
- ☐ balsamic vinaigrette  
1/3 cup (79mL)

## Poultry Products

- ☐ chicken thighs, with bone and skin, raw  
1 1/3 lbs (595g)

## Pork Products

- ☐ bacon, raw  
1 slice(s) (28g)

## Nut and Seed Products

- ☐ pecans  
1/2 cup, halves (50g)
- ☐ walnuts  
13 1/4 tbsp, shelled (83g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
2 1/3 lbs (1045g)

## Beef Products

- ☐ sirloin steak, raw  
10 oz (283g)
- ☐ ribeye, raw  
13 1/3 oz (378g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)



## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Cheesy skillet pizza

2 pizza - 361 cal ● 16g protein ● 29g fat ● 7g carbs ● 2g fiber



For single meal:

**cheese**  
1/2 cup, shredded (54g)  
**pepperoni**  
8 slices (16g)  
**onion**  
2 tbsp minced (30g)  
**black olives**  
8 large olives (35g)  
**italian seasoning**  
2 tsp (7g)

For all 2 meals:

**cheese**  
1 cup, shredded (108g)  
**pepperoni**  
16 slices (32g)  
**onion**  
4 tbsp minced (60g)  
**black olives**  
16 large olives (70g)  
**italian seasoning**  
4 tsp (14g)

1. Spray a skillet with non-stick spray and place over medium low heat.
2. Sprinkle the cheese in the skillet in the shape of a circle. Use a spatula to clean up the edges by scraping any stray shreds into the circle.
3. Add all the toppings.
4. Watch closely and cook for about 5 minutes. The time will vary depending on how high the heat is, but cheese should be bubbly and soft on top but crispy on the bottom and easy to lift off in one piece.
5. When done, move to a plate and slice immediately.
6. Serve!

### Cheese

3 1/3 oz - 382 cal ● 22g protein ● 32g fat ● 3g carbs ● 0g fiber



For single meal:

**cheese**  
1/4 lbs (95g)

For all 2 meals:

**cheese**  
6 2/3 oz (189g)

1. The recipe has no instructions.

### Bone broth

2 cup(s) - 81 cal ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

**chicken bone broth**  
2 cup(s) (mL)

For all 2 meals:

**chicken bone broth**  
4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

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## Lunch 2 [🔗](#)

Eat on day 3

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### Roasted cabbage steaks with dressing

427 cals ● 5g protein ● 35g fat ● 14g carbs ● 9g fiber



**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**italian seasoning**  
4 dash (2g)  
**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1 1/2 tbsp (23mL)  
**cabbage**  
1/2 head, small (about 4-1/2" dia)  
(357g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

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## 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.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**  
6 2/3 tbsp, shelled (42g)

For all 2 meals:

**walnuts**  
13 1/3 tbsp, shelled (83g)

1. The recipe has no instructions.

Simple cobb salad

519 cals ● 39g protein ● 34g fat ● 10g carbs ● 5g fiber



For single meal:

**romaine lettuce**  
4 cup shredded (188g)  
**blue cheese**  
1/3 cup, crumbled, not packed (45g)  
**tomatoes**  
1/3 cup cherry tomatoes (50g)  
**balsamic vinaigrette**  
2 2/3 tbsp (40mL)  
**ham cold cuts, shredded**  
4 oz (113g)  
**eggs, hard boiled and quartered**  
1 1/3 medium (59g)

For all 2 meals:

**romaine lettuce**  
8 cup shredded (376g)  
**blue cheese**  
2/3 cup, crumbled, not packed (90g)  
**tomatoes**  
2/3 cup cherry tomatoes (99g)  
**balsamic vinaigrette**  
1/3 cup (80mL)  
**ham cold cuts, shredded**  
1/2 lbs (227g)  
**eggs, hard boiled and quartered**  
2 2/3 medium (117g)

1. Mix ingredients together in a large bowl.
2. Dress when ready to serve.



## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Steak with herb butter

707 cals ● 34g protein ● 63g fat ● 1g carbs ● 0g fiber



For single meal:

**ribeye, raw**  
6 2/3 oz (189g)  
**dijon mustard**  
1/4 tbsp (3g)  
**oil**  
1/2 tbsp (7mL)  
**fresh parsley, chopped**  
2 tsp (3g)  
**butter, softened**  
4 tsp (19g)  
**garlic, minced**  
2/3 clove (2g)

For all 2 meals:

**ribeye, raw**  
13 1/3 oz (378g)  
**dijon mustard**  
1/2 tbsp (7g)  
**oil**  
2 2/3 tsp (13mL)  
**fresh parsley, chopped**  
4 tsp (5g)  
**butter, softened**  
2 2/3 tbsp (38g)  
**garlic, minced**  
1 1/3 clove (4g)

1. If butter is not softened, place it in a small microwave-safe bowl and microwave for 3-8 seconds until it has softened somewhat. Add garlic, dijon, just half of the parsley, and some salt and pepper to the butter. Mix until combined.
2. Pat steak dry and season with some salt and pepper.
3. Heat oil in a skillet over medium-high heat. Cook steak until it reaches desired doneness, about 3-5 minutes per side. Transfer steak to a cutting board to rest.
4. Slice steak and serve topped with herb butter and remaining parsley.

### Garlic zucchini noodles

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



For single meal:

**olive oil**  
1 tbsp (15mL)  
**zucchini**  
1 medium (196g)  
**garlic, minced**  
1/2 clove (2g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**zucchini**  
2 medium (392g)  
**garlic, minced**  
1 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 1 [↗](#)

Eat on day 1

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### Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber

**black pepper**

1/2 dash, ground (0g)

**olive oil**

3/4 tbsp (11mL)

**tomatoes**

1/2 pint, cherry tomatoes (149g)

**italian seasoning**

1/4 tbsp (3g)

**salt**

2 dash (2g)

**garlic, minced**

1/2 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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### Baked chicken thighs

12 oz - 770 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



Makes 12 oz

**chicken thighs, with bone and skin, raw**

3/4 lbs (340g)

**thyme, dried**

1 dash, ground (0g)

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.
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## Dinner 2 [↗](#)

Eat on day 2

### Bacon zucchini noodles

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



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

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.

### Blue cheese stuffed chicken thighs

1 1/2 thigh - 678 cals ● 62g protein ● 47g fat ● 1g carbs ● 0g fiber



Makes 1 1/2 thigh

**blue cheese**  
3/4 oz (21g)  
**thyme, dried**  
1/4 tsp, ground (0g)  
**olive oil**  
1/2 tsp (3mL)  
**paprika**  
1 1/2 dash (0g)  
**chicken thighs, with bone and skin, raw**  
1 1/2 thigh(s) (255g)

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.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Sauteed garlic & herb tomatoes

64 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/4 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**tomatoes**  
1/4 pint, cherry tomatoes (75g)  
**italian seasoning**  
3 dash (1g)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1/4 clove(s) (1g)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)  
**garlic, minced**  
1/2 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

### Broiled tilapia

18 2/3 oz - 793 cals ● 105g protein ● 40g fat ● 2g carbs ● 0g fiber



For single meal:

**lemon juice**  
3 1/2 tsp (17mL)  
**black pepper**  
1/2 tsp, ground (1g)  
**tilapia, raw**  
18 2/3 oz (523g)  
**olive oil**  
2 1/3 tbsp (35mL)  
**salt**  
1/2 tsp (3g)

For all 2 meals:

**lemon juice**  
2 1/3 tbsp (35mL)  
**black pepper**  
1 tsp, ground (3g)  
**tilapia, raw**  
2 1/3 lbs (1045g)  
**olive oil**  
1/4 cup (70mL)  
**salt**  
1 tsp (7g)

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.



## Dinner 4 [↗](#)

Eat on day 5

### Steak Bites

10 oz(s) - 704 cal ● 58g protein ● 52g fat ● 1g carbs ● 0g fiber



Makes 10 oz(s)

**sirloin steak, raw**

10 oz (283g)

**oil**

2 tsp (9mL)

**garlic, diced**

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

**butter, room-temperature**

2 tsp (9g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

### Basic zoodles

1 zucchini - 145 cal ● 4g protein ● 10g fat ● 6g carbs ● 4g fiber



Makes 1 zucchini

**zucchini**

1 large (323g)

**oil**

2 tsp (10mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

## Dinner 5 [🔗](#)

Eat on day 6 and day 7

### Buffalo drumsticks

12 oz - 700 cal ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

2 tbsp (30mL)

**oil**

1 tsp (6mL)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**Chicken, drumsticks, with skin**

3/4 lbs (340g)

For all 2 meals:

**Frank's Red Hot sauce**

4 tbsp (60mL)

**oil**

3/4 tbsp (11mL)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

**Chicken, drumsticks, with skin**

1 1/2 lbs (680g)

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.

### Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

**garlic, diced**

1/2 clove (2g)

For all 2 meals:

**black pepper**

2 dash, ground (1g)

**salt**

2 dash (2g)

**olive oil**

1 tbsp (15mL)

**fresh spinach**

8 cup(s) (240g)

**garlic, diced**

1 clove (3g)

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.