

Meal Plan - 1800 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

1797 cals ● 146g protein (32%) ● 124g fat (62%) ● 17g carbs (4%) ● 8g fiber (2%)

Lunch

945 cals, 82g protein, 9g net carbs, 63g fat



Baked chicken thighs
12 oz- 770 cals



Roasted cauliflower
173 cals

Dinner

855 cals, 64g protein, 8g net carbs, 61g fat



Garlic parmesan wings
1 lbs- 697 cals



Asparagus
157 cals

Day 2

1767 cals ● 125g protein (28%) ● 130g fat (66%) ● 15g carbs (3%) ● 9g fiber (2%)

Lunch

865 cals, 52g protein, 11g net carbs, 66g fat



Buffalo drumsticks
10 2/3 oz- 622 cals



Buttered green beans
245 cals

Dinner

900 cals, 73g protein, 4g net carbs, 64g fat



Classic steak
12 oz steak- 713 cals



Asparagus
188 cals

Day 3

1769 cals ● 116g protein (26%) ● 135g fat (68%) ● 17g carbs (4%) ● 6g fiber (1%)

Lunch

870 cals, 44g protein, 13g net carbs, 71g fat



Italian sausage
3 link- 771 cals



Buttered green beans
98 cals

Dinner

900 cals, 73g protein, 4g net carbs, 64g fat



Classic steak
12 oz steak- 713 cals



Asparagus
188 cals

Day 4

1771 cals ● 199g protein (45%) ● 100g fat (51%) ● 13g carbs (3%) ● 6g fiber (1%)

Lunch

915 cals, 81g protein, 6g net carbs, 64g fat



Caesar chicken breasts
8 oz- 459 cals



Cheese
4 oz- 458 cals

Dinner

855 cals, 118g protein, 7g net carbs, 37g fat



Asparagus
188 cals



Lemon pepper chicken breast
18 oz- 666 cals

Day 5

1813 cals ● 184g protein (41%) ● 105g fat (52%) ● 21g carbs (5%) ● 11g fiber (3%)

Lunch

960 cals, 66g protein, 14g net carbs, 69g fat



Rotisserie chicken & tomato salad
771 cals



Pistachios
188 cals

Dinner

855 cals, 118g protein, 7g net carbs, 37g fat



Asparagus
188 cals



Lemon pepper chicken breast
18 oz- 666 cals

Day 6

1773 cals ● 184g protein (42%) ● 99g fat (50%) ● 17g carbs (4%) ● 20g fiber (4%)

Lunch

920 cals, 78g protein, 13g net carbs, 54g fat



Pork rinds and salsa
289 cals



Roast beef lettuce wrap with avocado
2 wrap(s)- 631 cals

Dinner

850 cals, 106g protein, 4g net carbs, 45g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Broiled tilapia
18 2/3 oz- 793 cals

Day 7

1773 cals ● 184g protein (42%) ● 99g fat (50%) ● 17g carbs (4%) ● 20g fiber (4%)

Lunch

920 cals, 78g protein, 13g net carbs, 54g fat



Pork rinds and salsa
289 cals



Roast beef lettuce wrap with avocado
2 wrap(s)- 631 cals

Dinner

850 cals, 106g protein, 4g net carbs, 45g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Broiled tilapia
18 2/3 oz- 793 cals

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
3/4 lbs (340g)
- ☐ chicken wings, with skin, raw
1 lbs (454g)
- ☐ boneless skinless chicken breast, raw
2 3/4 lbs (1235g)

Spices and Herbs

- ☐ thyme, dried
1/2 g (1g)
- ☐ salt
2/3 oz (20g)
- ☐ black pepper
1/4 oz (7g)
- ☐ lemon pepper
2 1/4 tbsp (16g)
- ☐ mustard
4 tsp (20g)

Fats and Oils

- ☐ oil
1 1/4 oz (37mL)
- ☐ olive oil
6 oz (191mL)
- ☐ caesar salad dressing
2 tbsp (29g)

Vegetables and Vegetable Products

- ☐ cauliflower
3/4 head small (4" dia.) (199g)
- ☐ garlic
2 clove(s) (6g)
- ☐ asparagus
29 oz (822g)
- ☐ frozen green beans
2 1/3 cup (282g)
- ☐ cucumber
3/8 cucumber (8-1/4") (113g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (443g)
- ☐ romaine lettuce
4 leaf outer (112g)

Baked Products

- ☐ baking powder
1/2 tbsp (8g)

Dairy and Egg Products

- ☐ butter
1/3 stick (35g)
- ☐ parmesan cheese
3/4 oz (23g)
- ☐ cheese
4 oz (113g)

Fruits and Fruit Juices

- ☐ lemon juice
4 fl oz (124mL)
- ☐ avocados
2 avocado(s) (402g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1 3/4 tbsp (26mL)
- ☐ salsa
13 1/3 tbsp (240g)

Other

- ☐ Chicken, drumsticks, with skin
2/3 lbs (302g)
- ☐ Italian pork sausage, raw
3 link (323g)
- ☐ rotisserie chicken, cooked
1/2 lbs (255g)
- ☐ pork rinds
3 1/3 oz (95g)

Beef Products

- ☐ sirloin steak, raw
1 1/2 lbs (680g)

Nut and Seed Products

- ☐ pistachios, shelled
4 tbsp (31g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1 lbs (454g)

Finfish and Shellfish Products

☐ tilapia, raw
2 1/3 lbs (1045g)

Lunch 1 [↗](#)

Eat on day 1

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.

Roasted cauliflower

173 cals ● 5g protein ● 11g fat ● 9g carbs ● 4g fiber



oil
3/4 tbsp (11mL)
thyme, dried
3 dash, leaves (0g)
cauliflower, cut into florets
3/4 head small (4" dia.) (199g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

Lunch 2 [↗](#)

Eat on day 2

Buffalo drumsticks

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



Makes 10 2/3 oz

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)

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.

Buttered green beans

245 cal ● 4g protein ● 19g fat ● 10g carbs ● 5g fiber



butter

5 tsp (23g)

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen green beans

1 2/3 cup (202g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 3 [↗](#)

Eat on day 3

Italian sausage

3 link - 771 cals ● 42g protein ● 63g fat ● 9g carbs ● 0g fiber



Makes 3 link

Italian pork sausage, raw
3 link (323g)

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 green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



butter
2 tsp (9g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Lunch 4 [↗](#)

Eat on day 4

Caesar chicken breasts

8 oz - 459 cal ● 55g protein ● 26g fat ● 2g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (227g)
caesar salad dressing
2 tbsp (29g)
parmesan cheese
2 tbsp (10g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

Cheese

4 oz - 458 cal ● 26g protein ● 38g fat ● 4g carbs ● 0g fiber



Makes 4 oz

cheese
4 oz (113g)

1. The recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 5

Rotisserie chicken & tomato salad

771 cals ● 59g protein ● 55g fat ● 8g carbs ● 2g fiber



rotisserie chicken, cooked

1/2 lbs (255g)

olive oil

1 1/2 tbsp (23mL)

lemon juice

1/2 tbsp (8mL)

cucumber, sliced

3/8 cucumber (8-1/4") (113g)

tomatoes, cut into wedges

3/4 large whole (3" dia) (137g)

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.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, shelled

4 tbsp (31g)

1. The recipe has no instructions.

Lunch 6 [↗](#)

Eat on day 6 and day 7

Pork rinds and salsa

289 cals ● 30g protein ● 15g fat ● 6g carbs ● 2g fiber



For single meal:

salsa

6 2/3 tbsp (120g)

pork rinds

1 2/3 oz (47g)

For all 2 meals:

salsa

13 1/3 tbsp (240g)

pork rinds

1/4 lbs (95g)

1. The recipe has no instructions.

Roast beef lettuce wrap with avocado

2 wrap(s) - 631 cals ● 48g protein ● 38g fat ● 8g carbs ● 16g fiber



For single meal:

- romaine lettuce**
2 leaf outer (56g)
- mustard**
2 tsp (10g)
- roast beef cold cuts**
1/2 lbs (227g)
- avocados, sliced**
1 avocado(s) (201g)
- tomatoes, diced**
1 plum tomato (62g)

For all 2 meals:

- romaine lettuce**
4 leaf outer (112g)
- mustard**
4 tsp (20g)
- roast beef cold cuts**
1 lbs (454g)
- avocados, sliced**
2 avocado(s) (402g)
- tomatoes, diced**
2 plum tomato (124g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.

Dinner 1 [↗](#)

Eat on day 1

Garlic parmesan wings
1 lbs - 697 cals ● 61g protein ● 48g fat ● 4g carbs ● 0g fiber



Makes 1 lbs

chicken wings, with skin, raw

1 lbs (454g)

baking powder

1/2 tbsp (8g)

butter

1/4 tbsp (4g)

parmesan cheese

2 tbsp (13g)

garlic, diced

2 clove(s) (6g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. **FAST VERSION**
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. **CRISPY SKIN VERSION**
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Asparagus

157 cal ● 3g protein ● 13g fat ● 4g carbs ● 3g fiber



asparagus
5 oz (142g)
lemon juice
1 tbsp (14mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1 tbsp (14mL)

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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Classic steak

12 oz steak - 713 cal ● 69g protein ● 49g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 tsp (6mL)
sirloin steak, raw
3/4 lbs (340g)

For all 2 meals:

oil
3/4 tbsp (11mL)
sirloin steak, raw
1 1/2 lbs (680g)

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.

Asparagus

188 cal ● 4g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

- asparagus
6 oz (170g)
- lemon juice
1 tbsp (17mL)
- salt
3 dash (2g)
- black pepper
3 dash, ground (1g)
- olive oil
1 tbsp (17mL)

For all 2 meals:

- asparagus
3/4 lbs (340g)
- lemon juice
2 1/4 tbsp (34mL)
- salt
1/4 tbsp (5g)
- black pepper
1/4 tbsp, ground (2g)
- olive oil
2 1/4 tbsp (34mL)

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.

Dinner 3

Eat on day 4 and day 5

Asparagus

188 cals 4g protein 15g fat 4g carbs 4g fiber



For single meal:

- asparagus
6 oz (170g)
- lemon juice
1 tbsp (17mL)
- salt
3 dash (2g)
- black pepper
3 dash, ground (1g)
- olive oil
1 tbsp (17mL)

For all 2 meals:

- asparagus
3/4 lbs (340g)
- lemon juice
2 1/4 tbsp (34mL)
- salt
1/4 tbsp (5g)
- black pepper
1/4 tbsp, ground (2g)
- olive oil
2 1/4 tbsp (34mL)

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.

Lemon pepper chicken breast

18 oz - 666 cals 114g protein 21g fat 3g carbs 2g fiber



For single meal:

boneless skinless chicken breast, raw
18 oz (504g)
olive oil
1/2 tbsp (8mL)
lemon pepper
1 tbsp (8g)

For all 2 meals:

boneless skinless chicken breast, raw
2 1/4 lbs (1008g)
olive oil
1 tbsp (17mL)
lemon pepper
2 1/4 tbsp (16g)

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.

Dinner 4 [↗](#)

Eat on day 6 and day 7

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.

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.
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