

Meal Plan - 1900 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

1856 cals ● 218g protein (47%) ● 92g fat (44%) ● 16g carbs (3%) ● 24g fiber (5%)

Lunch

905 cals, 135g protein, 2g net carbs, 39g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Basic chicken breast
21 1/3 oz- 847 cals

Dinner

950 cals, 83g protein, 13g net carbs, 53g fat



Thyme & lime chicken thighs
551 cals



Garlic collard greens
398 cals

Day 2

1876 cals ● 233g protein (50%) ● 96g fat (46%) ● 9g carbs (2%) ● 11g fiber (2%)

Lunch

905 cals, 135g protein, 2g net carbs, 39g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Basic chicken breast
21 1/3 oz- 847 cals

Dinner

970 cals, 98g protein, 6g net carbs, 57g fat



Simple plain turkey burger
4 burger(s)- 750 cals



Garlic collard greens
80 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Day 3

1861 cals ● 132g protein (28%) ● 132g fat (64%) ● 21g carbs (4%) ● 14g fiber (3%)

Lunch

870 cals, 57g protein, 10g net carbs, 65g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Buttered broccoli
1 cup(s)- 134 cals



Garlic zucchini noodles
163 cals

Dinner

995 cals, 76g protein, 11g net carbs, 68g fat



Sugar-free bbq chicken wings
20 oz- 768 cals



Pepper strips and guacamole (keto)
225 cals

Day 4

1861 cals ● 132g protein (28%) ● 132g fat (64%) ● 21g carbs (4%) ● 14g fiber (3%)

Lunch

870 cals, 57g protein, 10g net carbs, 65g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Buttered broccoli
1 cup(s)- 134 cals



Garlic zucchini noodles
163 cals

Dinner

995 cals, 76g protein, 11g net carbs, 68g fat



Sugar-free bbq chicken wings
20 oz- 768 cals



Pepper strips and guacamole (keto)
225 cals

Day 5

1868 cals ● 101g protein (22%) ● 146g fat (70%) ● 21g carbs (5%) ● 17g fiber (4%)

Lunch

970 cals, 72g protein, 8g net carbs, 67g fat



String cheese
2 stick(s)- 165 cals



Pecans
1/2 cup- 366 cals



Buffalo chicken lettuce wrap
2 wrap(s)- 439 cals

Dinner

895 cals, 29g protein, 13g net carbs, 78g fat



Steak with herb butter
398 cals



Parmesan zucchini noodles
499 cals

Day 6

1867 cals ● 103g protein (22%) ● 152g fat (73%) ● 15g carbs (3%) ● 7g fiber (2%)

Lunch

970 cals, 73g protein, 2g net carbs, 74g fat



Buffalo drumsticks
16 oz- 934 cals



Basic zoodles
1/4 zucchini- 36 cals

Dinner

895 cals, 29g protein, 13g net carbs, 78g fat



Steak with herb butter
398 cals



Parmesan zucchini noodles
499 cals

Day 7

1866 cals ● 175g protein (38%) ● 120g fat (58%) ● 14g carbs (3%) ● 7g fiber (1%)

Lunch

970 cals, 73g protein, 2g net carbs, 74g fat



Buffalo drumsticks
16 oz- 934 cals



Basic zoodles
1/4 zucchini- 36 cals

Dinner

895 cals, 102g protein, 11g net carbs, 47g fat



Buttered broccoli
1 cup(s)- 134 cals



Spicy garlic lime chicken breast
15 oz- 581 cals



Parmesan zucchini noodles
182 cals

Grocery List



Fats and Oils

- oil
1/4 lbs (135mL)
- olive oil
1/4 lbs (147mL)

Vegetables and Vegetable Products

- tomatoes
1 2/3 medium whole (2-3/5" dia) (207g)
- collard greens
1 1/2 lbs (680g)
- garlic
6 1/4 clove(s) (19g)
- frozen broccoli
5 cup (455g)
- zucchini
5 2/3 large (1828g)
- bell pepper
3 medium (357g)
- romaine lettuce
2 leaf outer (56g)
- fresh parsley
3/4 tbsp (3g)

Poultry Products

- boneless skinless chicken breast, raw
4 lbs (1842g)
- boneless skinless chicken thighs
3/4 lb (340g)
- ground turkey, raw
1 lbs (454g)
- boneless chicken thighs, with skin
1 lbs (454g)
- chicken wings, with skin, raw
2 1/2 lbs (1135g)

Spices and Herbs

- thyme, dried
1/2 g (1g)
- salt
1/3 oz (10g)
- black pepper
2 1/4 g (2g)
- paprika
1/4 tbsp (2g)
- dijon mustard
1/4 tbsp (4g)

Fruits and Fruit Juices

- lime juice
1/4 cup (51mL)
- avocados
1/3 avocado(s) (67g)

Other

- roasted red peppers
1 1/3 pepper(s) (93g)
- sugar-free barbecue sauce
5 tbsp (75g)
- guacamole, store-bought
3/4 cup (185g)
- Chicken, drumsticks, with skin
2 lbs (907g)

Dairy and Egg Products

- butter
1/4 cup (64g)
- string cheese
2 stick (56g)
- parmesan cheese
6 1/2 tbsp (33g)

Nut and Seed Products

- pecans
1/2 cup, halves (50g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
1/2 cup (120mL)

Beef Products

- ribeye, raw
1/2 lbs (213g)

cayenne pepper

1 1/4 dash (0g)

garlic powder

1 1/4 tsp (4g)

Lunch 1 ↗

Eat on day 1 and day 2

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.

Basic chicken breast

21 1/3 oz - 847 cals ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
oil
4 tsp (20mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 2/3 lbs (1195g)
oil
2 2/3 tbsp (40mL)

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 3 and day 4

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



For single meal:

boneless chicken thighs, with skin
1/2 lbs (227g)
paprika
1/3 tsp (1g)
oil
1 tsp (5mL)
roasted red peppers, cut into thick strips
2/3 pepper(s) (47g)

For all 2 meals:

boneless chicken thighs, with skin
16 oz (454g)
paprika
1/4 tbsp (2g)
oil
2 tsp (10mL)
roasted red peppers, cut into thick strips
1 1/3 pepper(s) (93g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
black pepper
1/2 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

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

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

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.

Lunch 3 ↗

Eat on day 5

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

string cheese
2 stick (56g)

1. The recipe has no instructions.

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.

Buffalo chicken lettuce wrap

2 wrap(s) - 439 cals ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



Makes 2 wrap(s)

salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
Frank's Red Hot sauce
2 2/3 tbsp (40mL)
romaine lettuce
2 leaf outer (56g)
avocados, chopped
1/3 avocado(s) (67g)
oil
1 tsp (5mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (227g)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

Lunch 4 ↗

Eat on day 6 and day 7

Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
2 2/3 tbsp (40mL)
oil
1/2 tbsp (8mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
Chicken, drumsticks, with skin
1 lbs (454g)

For all 2 meals:

Frank's Red Hot sauce
1/3 cup (80mL)
oil
1 tbsp (15mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
Chicken, drumsticks, with skin
2 lbs (907g)

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.

Basic zoodles

1/4 zucchini - 36 cals ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

zucchini
1/4 large (81g)
oil
1/2 tsp (3mL)

For all 2 meals:

zucchini
1/2 large (162g)
oil
1 tsp (5mL)

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 1 ↗

Eat on day 1

Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



boneless skinless chicken thighs
3/4 lb (340g)
thyme, dried
3 dash, leaves (0g)
lime juice
1 1/2 tbsp (23mL)
oil
3/4 tbsp (11mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
salt
1/3 tsp (2g)
garlic, minced
3 3/4 clove(s) (11g)

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 2 ↗

Eat on day 2

Simple plain turkey burger

4 burger(s) - 750 cals ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



Makes 4 burger(s)

ground turkey, raw
1 lbs (454g)
oil
2 tsp (10mL)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
salt
1/2 dash (0g)
garlic, minced
3/4 clove(s) (2g)

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.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

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

Dinner 3 ↗

Eat on day 3 and day 4

Sugar-free bbq chicken wings

20 oz - 768 cals ● 71g protein ● 53g fat ● 3g carbs ● 0g fiber



For single meal:

sugar-free barbecue sauce
2 1/2 tbsp (38g)
chicken wings, with skin, raw
1 1/4 lbs (568g)

For all 2 meals:

sugar-free barbecue sauce
5 tbsp (75g)
chicken wings, with skin, raw
2 1/2 lbs (1135g)

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.

Pepper strips and guacamole (keto)

225 cals ● 5g protein ● 15g fat ● 8g carbs ● 9g fiber



For single meal:

guacamole, store-bought
6 tbsp (93g)
bell pepper, sliced
1 1/2 medium (179g)

For all 2 meals:

guacamole, store-bought
3/4 cup (185g)
bell pepper, sliced
3 medium (357g)

1. Slice the peppers and remove the seeds.
2. Spread the guacamole over the sliced peppers or just use them to dip into it.

Dinner 4 ↗

Eat on day 5 and day 6

Steak with herb butter

398 cals ● 19g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

ribeye, raw
1/4 lbs (106g)
dijon mustard
3 dash (2g)
oil
1/4 tbsp (4mL)
fresh parsley, chopped
1 tsp (1g)
butter, softened
3/4 tbsp (11g)
garlic, minced
3/8 clove (1g)

For all 2 meals:

ribeye, raw
1/2 lbs (213g)
dijon mustard
1/4 tbsp (4g)
oil
1/2 tbsp (8mL)
fresh parsley, chopped
3/4 tbsp (3g)
butter, softened
1 1/2 tbsp (21g)
garlic, minced
3/4 clove (2g)

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.

Parmesan zucchini noodles

499 cals ● 10g protein ● 43g fat ● 12g carbs ● 6g fiber



For single meal:

zucchini
2 3/4 medium (539g)
olive oil
2 3/4 tbsp (41mL)
parmesan cheese
2 3/4 tbsp (14g)

For all 2 meals:

zucchini
5 1/2 medium (1078g)
olive oil
1/3 cup (83mL)
parmesan cheese
1/3 cup (28g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Dinner 5 ↗

Eat on day 7

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
black pepper
1/2 dash (0g)
butter
1 tbsp (14g)

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

Spicy garlic lime chicken breast

15 oz - 581 cals ● 96g protein ● 20g fat ● 5g carbs ● 1g fiber



Makes 15 oz

salt
1/2 tsp (3g)
black pepper
1 1/4 dash, ground (0g)
cayenne pepper
1 1/4 dash (0g)
paprika
5/8 dash (0g)
thyme, dried
1 1/4 dash, ground (0g)
boneless skinless chicken breast, raw
15 oz (420g)
lime juice
2 tbsp (28mL)
garlic powder
1 1/4 tsp (4g)
olive oil
2 tsp (9mL)

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.

Parmesan zucchini noodles

182 cals ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



zucchini
1 medium (196g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tbsp (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 and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

