

Meal Plan - 2000 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

1998 cals ● 317g protein (63%) ● 75g fat (34%) ● 11g carbs (2%) ● 2g fiber (0%)

Lunch

985 cals, 165g protein, 9g net carbs, 32g fat



[Simple mixed greens salad](#)
68 cals



[Marinated chicken breast](#)
26 oz- 918 cals

Dinner

1010 cals, 152g protein, 2g net carbs, 43g fat



[Basic chicken breast](#)
24 oz- 952 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals

Day 2

1974 cals ● 266g protein (54%) ● 87g fat (40%) ● 23g carbs (5%) ● 10g fiber (2%)

Lunch

960 cals, 114g protein, 21g net carbs, 43g fat



[Pork tenderloin](#)
13 1/3 oz- 390 cals



[Buttered lima beans](#)
165 cals



[Bacon zucchini noodles](#)
407 cals

Dinner

1010 cals, 152g protein, 2g net carbs, 43g fat



[Basic chicken breast](#)
24 oz- 952 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals

Day 3

1957 cals ● 257g protein (53%) ● 94g fat (43%) ● 14g carbs (3%) ● 7g fiber (1%)

Lunch

995 cals, 103g protein, 6g net carbs, 61g fat



[Ranch pork chops](#)
2 1/2 chop(s)- 863 cals



[Buttered broccoli](#)
1 cup(s)- 134 cals

Dinner

960 cals, 154g protein, 7g net carbs, 33g fat



[Lemon pepper chicken breast](#)
24 oz- 888 cals



[Basic zoodles](#)
1/2 zucchini- 73 cals

Day 4

1957 cals ● 257g protein (53%) ● 94g fat (43%) ● 14g carbs (3%) ● 7g fiber (1%)

Lunch

995 cals, 103g protein, 6g net carbs, 61g fat



Ranch pork chops

2 1/2 chop(s)- 863 cals



Buttered broccoli

1 cup(s)- 134 cals

Dinner

960 cals, 154g protein, 7g net carbs, 33g fat



Lemon pepper chicken breast

24 oz- 888 cals



Basic zoodles

1/2 zucchini- 73 cals

Day 5

1950 cals ● 119g protein (24%) ● 142g fat (65%) ● 23g carbs (5%) ● 27g fiber (6%)

Lunch

1000 cals, 42g protein, 7g net carbs, 85g fat



Lettuce bun BLT

3 sandwich(es)- 778 cals



Roasted almonds

1/4 cup(s)- 222 cals

Dinner

950 cals, 78g protein, 16g net carbs, 56g fat



Avocado tuna salad

764 cals



Pistachios

188 cals

Day 6

2041 cals ● 122g protein (24%) ● 160g fat (71%) ● 15g carbs (3%) ● 13g fiber (3%)

Lunch

1000 cals, 42g protein, 7g net carbs, 85g fat



Lettuce bun BLT

3 sandwich(es)- 778 cals



Roasted almonds

1/4 cup(s)- 222 cals

Dinner

1040 cals, 81g protein, 8g net carbs, 75g fat



Baked chicken thighs

12 oz- 770 cals



Garlic zucchini noodles

272 cals

Day 7

1951 cals ● 121g protein (25%) ● 153g fat (71%) ● 16g carbs (3%) ● 6g fiber (1%)

Lunch

910 cals, 40g protein, 9g net carbs, 78g fat



Steak with herb butter

796 cals



Simple mixed greens and tomato salad

113 cals

Dinner

1040 cals, 81g protein, 8g net carbs, 75g fat



Baked chicken thighs

12 oz- 770 cals



Garlic zucchini noodles

272 cals

Other

- ☐ mixed greens
5 1/2 cup (165g)
- ☐ ranch dressing mix
5/8 packet (1 oz) (18g)

Fats and Oils

- ☐ salad dressing
1/4 cup (56mL)
- ☐ marinade sauce
13 tbsp (194mL)
- ☐ oil
1/4 lbs (109mL)
- ☐ olive oil
5 tbsp (72mL)
- ☐ mayonnaise
6 tbsp (90mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
7 1/2 lbs (3416g)
- ☐ chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)

Vegetables and Vegetable Products

- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (557g)
- ☐ lima beans, frozen
3/8 package (10 oz) (107g)
- ☐ zucchini
3 3/4 large (1221g)
- ☐ frozen broccoli
2 cup (182g)
- ☐ iceberg lettuce
12 slice(s) (420g)
- ☐ pickles
6 spear (210g)
- ☐ onion
1/2 small (31g)
- ☐ garlic
2 1/2 clove (7g)
- ☐ fresh parsley
3/4 tbsp (3g)

Pork Products

- ☐ pork tenderloin, raw
13 1/3 oz (378g)
- ☐ bacon, raw
2 1/2 slice(s) (71g)
- ☐ pork loin chops, boneless, raw
5 chop (925g)
- ☐ bacon, cooked
18 slice(s) (180g)

Spices and Herbs

- ☐ salt
2 1/4 g (2g)
- ☐ black pepper
1/2 g (0g)
- ☐ lemon pepper
3 tbsp (21g)
- ☐ thyme, dried
2 dash, ground (0g)
- ☐ dijon mustard
1/4 tbsp (4g)

Dairy and Egg Products

- ☐ butter
1/2 stick (56g)

Nut and Seed Products

- ☐ almonds
1/2 cup, whole (72g)
- ☐ pistachios, shelled
4 tbsp (31g)

Fruits and Fruit Juices

- ☐ avocados
7/8 avocado(s) (176g)
- ☐ lime juice
1 3/4 tsp (9mL)

Finfish and Shellfish Products

- ☐ canned tuna
1 3/4 can (301g)

Beef Products

- ☐ ribeye, raw
1/2 lbs (213g)
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Lunch 1 [↗](#)

Eat on day 1

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Marinated chicken breast

26 oz - 918 cals ● 164g protein ● 27g fat ● 5g carbs ● 0g fiber



Makes 26 oz

boneless skinless chicken breast, raw

26 oz (728g)

marinade sauce

13 tbsp (195mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Lunch 2 [↗](#)

Eat on day 2

Pork tenderloin

13 1/3 oz - 390 cal ● 79g protein ● 8g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

pork tenderloin, raw
13 1/3 oz (378g)

1. Preheat oven to 350°F (180°C).
2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
4. Remove from oven and let rest for about 5 minutes. Slice and serve.

Buttered lima beans

165 cal ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



salt
1 1/2 dash (1g)
lima beans, frozen
3/8 package (10 oz) (107g)
butter
1/2 tbsp (7g)
black pepper
3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Bacon zucchini noodles

407 cal ● 28g protein ● 29g fat ● 6g carbs ● 3g fiber



zucchini
1 1/4 medium (245g)
bacon, raw
2 1/2 slice(s) (71g)

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.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Ranch pork chops

2 1/2 chop(s) - 863 cals ● 100g protein ● 50g fat ● 5g carbs ● 0g fiber



For single meal:

pork loin chops, boneless, raw
2 1/2 chop (463g)
oil
1 1/4 tbsp (19mL)
ranch dressing mix
1/3 packet (1 oz) (9g)

For all 2 meals:

pork loin chops, boneless, raw
5 chop (925g)
oil
2 1/2 tbsp (38mL)
ranch dressing mix
5/8 packet (1 oz) (18g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. 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.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Lettuce bun BLT

3 sandwich(es) - 778 cals ● 34g protein ● 68g fat ● 4g carbs ● 5g fiber



For single meal:

iceberg lettuce
6 slice(s) (210g)
bacon, cooked
9 slice(s) (90g)
mayonnaise
3 tbsp (45mL)
tomatoes
6 slice, medium (1/4" thick) (120g)
pickles
3 spear (105g)

For all 2 meals:

iceberg lettuce
12 slice(s) (420g)
bacon, cooked
18 slice(s) (180g)
mayonnaise
6 tbsp (90mL)
tomatoes
12 slice, medium (1/4" thick) (240g)
pickles
6 spear (210g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 2 meals:

almonds

1/2 cup, whole (72g)

1. The recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Steak with herb butter

796 cals ● 38g protein ● 71g fat ● 1g carbs ● 0g fiber



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.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

Dinner 1 [↗](#)

Eat on day 1 and day 2

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
oil
1 1/2 tbsp (23mL)

For all 2 meals:

boneless skinless chicken breast, raw
3 lbs (1344g)
oil
3 tbsp (45mL)

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.

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Lemon pepper chicken breast

24 oz - 888 cals ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
olive oil
3/4 tbsp (11mL)
lemon pepper
1 1/2 tbsp (10g)

For all 2 meals:

boneless skinless chicken breast, raw
3 lbs (1344g)
olive oil
1 1/2 tbsp (23mL)
lemon pepper
3 tbsp (21g)

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.

Basic zoodles

1/2 zucchini - 73 cals ● 2g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

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 3 [↗](#)

Eat on day 5

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



avocados
7/8 avocado(s) (176g)
lime juice
1 3/4 tsp (9mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 3/4 cup (53g)
canned tuna
1 3/4 can (301g)
tomatoes
1/2 cup, chopped (79g)
onion, minced
1/2 small (31g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Pistachios

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



pistachios, shelled
4 tbsp (31g)

1. The recipe has no instructions.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Baked chicken thighs

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



For single meal:

chicken thighs, with bone and skin, raw

3/4 lbs (340g)

thyme, dried

1 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw

1 1/2 lbs (680g)

thyme, dried

2 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.

Garlic zucchini noodles

272 cal ● 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.