

Meal Plan - 2100 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

2087 cals ● 236g protein (45%) ● 114g fat (49%) ● 22g carbs (4%) ● 8g fiber (1%)

Lunch

1065 cals, 94g protein, 12g net carbs, 69g fat



[Roasted tomatoes](#)

1 tomato(es)- 60 cals



[Ranch pork chops](#)

1 1/2 chop(s)- 518 cals



[Bacon zucchini noodles](#)

488 cals

Dinner

1020 cals, 142g protein, 10g net carbs, 44g fat



[Garlic zucchini noodles](#)

245 cals



[Marinated chicken breast](#)

22 oz- 777 cals

Day 2

2036 cals ● 230g protein (45%) ● 111g fat (49%) ● 22g carbs (4%) ● 8g fiber (1%)

Lunch

1015 cals, 87g protein, 12g net carbs, 67g fat



[Blue cheese stuffed chicken thighs](#)

2 thigh- 904 cals



[Buttered lima beans](#)

110 cals

Dinner

1020 cals, 142g protein, 10g net carbs, 44g fat



[Garlic zucchini noodles](#)

245 cals



[Marinated chicken breast](#)

22 oz- 777 cals

Day 3

2055 cals ● 186g protein (36%) ● 131g fat (57%) ● 25g carbs (5%) ● 9g fiber (2%)

Lunch

1015 cals, 87g protein, 12g net carbs, 67g fat



[Blue cheese stuffed chicken thighs](#)

2 thigh- 904 cals



[Buttered lima beans](#)

110 cals

Dinner

1040 cals, 99g protein, 13g net carbs, 64g fat



[Caesar chicken breasts](#)

14 oz- 803 cals



[Roasted tomatoes](#)

4 tomato(es)- 238 cals

Day 4

2049 cals ● 163g protein (32%) ● 132g fat (58%) ● 25g carbs (5%) ● 27g fiber (5%)

Lunch

1010 cals, 65g protein, 12g net carbs, 68g fat



Walnuts

1/3 cup(s)- 219 cals



Roast beef lettuce wrap with avocado

2 1/2 wrap(s)- 789 cals

Dinner

1040 cals, 99g protein, 13g net carbs, 64g fat



Caesar chicken breasts

14 oz- 803 cals



Roasted tomatoes

4 tomato(es)- 238 cals

Day 5

2060 cals ● 145g protein (28%) ● 143g fat (63%) ● 21g carbs (4%) ● 26g fiber (5%)

Lunch

1010 cals, 65g protein, 12g net carbs, 68g fat



Walnuts

1/3 cup(s)- 219 cals



Roast beef lettuce wrap with avocado

2 1/2 wrap(s)- 789 cals

Dinner

1050 cals, 81g protein, 10g net carbs, 75g fat



Baked chicken thighs

12 oz- 770 cals



Garlic zucchini noodles

163 cals



Roasted tomatoes

2 tomato(es)- 119 cals

Day 6

2057 cals ● 170g protein (33%) ● 122g fat (53%) ● 25g carbs (5%) ● 44g fiber (9%)

Lunch

1055 cals, 84g protein, 13g net carbs, 66g fat



Pecans

1/4 cup- 183 cals



Avocado tuna salad

873 cals

Dinner

1000 cals, 86g protein, 13g net carbs, 56g fat



Basic ground turkey

12 oz- 563 cals



Garlic collard greens

438 cals

Day 7

2057 cals ● 170g protein (33%) ● 122g fat (53%) ● 25g carbs (5%) ● 44g fiber (9%)

Lunch

1055 cals, 84g protein, 13g net carbs, 66g fat



Pecans

1/4 cup- 183 cals



Avocado tuna salad

873 cals

Dinner

1000 cals, 86g protein, 13g net carbs, 56g fat



Basic ground turkey

12 oz- 563 cals



Garlic collard greens

438 cals

Fats and Oils

- ☐ oil
4 oz (120mL)
- ☐ olive oil
1/4 cup (68mL)
- ☐ marinade sauce
1 1/2 cup (331mL)
- ☐ caesar salad dressing
1/2 cup (103g)

Vegetables and Vegetable Products

- ☐ tomatoes
11 medium whole (2-3/5" dia) (1336g)
- ☐ zucchini
5 1/2 medium (1078g)
- ☐ garlic
10 1/4 clove(s) (31g)
- ☐ lima beans, frozen
1/2 package (10 oz) (142g)
- ☐ romaine lettuce
5 leaf outer (140g)
- ☐ onion
1 small (70g)
- ☐ collard greens
2 3/4 lbs (1247g)

Pork Products

- ☐ pork loin chops, boneless, raw
1 1/2 chop (278g)
- ☐ bacon, raw
3 slice(s) (85g)

Other

- ☐ ranch dressing mix
1/6 packet (1 oz) (5g)
- ☐ mixed greens
4 cup (120g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/2 lbs (2026g)
- ☐ chicken thighs, with bone and skin, raw
2 1/4 lbs (1020g)
- ☐ ground turkey, raw
1 1/2 lbs (680g)

Dairy and Egg Products

- ☐ blue cheese
2 oz (57g)
- ☐ butter
2 tsp (9g)
- ☐ parmesan cheese
1/2 cup (35g)

Spices and Herbs

- ☐ thyme, dried
1 tsp, ground (1g)
- ☐ paprika
4 dash (1g)
- ☐ salt
1/4 oz (7g)
- ☐ black pepper
1/2 g (1g)
- ☐ mustard
5 tsp (25g)

Nut and Seed Products

- ☐ walnuts
10 tbsp, shelled (63g)
- ☐ pecans
1/2 cup, halves (50g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1 1/4 lbs (567g)

Fruits and Fruit Juices

- ☐ avocados
4 1/2 avocado(s) (905g)
- ☐ lime juice
4 tsp (20mL)

Finfish and Shellfish Products

- ☐ canned tuna
4 can (688g)

Lunch 1 [↗](#)

Eat on day 1

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

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.

Ranch pork chops

1 1/2 chop(s) - 518 cals ● 60g protein ● 30g fat ● 3g carbs ● 0g fiber



Makes 1 1/2 chop(s)

pork loin chops, boneless, raw

1 1/2 chop (278g)

oil

3/4 tbsp (11mL)

ranch dressing mix

1/6 packet (1 oz) (5g)

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!

Bacon zucchini noodles

488 cals ● 33g protein ● 35g fat ● 7g carbs ● 3g fiber



zucchini
1 1/2 medium (294g)
bacon, raw
3 slice(s) (85g)

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 2 [↗](#)

Eat on day 2 and day 3

Blue cheese stuffed chicken thighs

2 thigh - 904 cals ● 83g protein ● 63g fat ● 1g carbs ● 0g fiber



For single meal:

blue cheese
1 oz (28g)
thyme, dried
3 dash, ground (1g)
olive oil
1/4 tbsp (4mL)
paprika
2 dash (1g)
chicken thighs, with bone and skin, raw
2 thigh(s) (340g)

For all 2 meals:

blue cheese
2 oz (57g)
thyme, dried
1/4 tbsp, ground (1g)
olive oil
1/2 tbsp (8mL)
paprika
4 dash (1g)
chicken thighs, with bone and skin, raw
4 thigh(s) (680g)

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.

Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

salt
1 dash (1g)
lima beans, frozen
1/4 package (10 oz) (71g)
butter
1 tsp (5g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

salt
2 dash (2g)
lima beans, frozen
1/2 package (10 oz) (142g)
butter
2 tsp (9g)
black pepper
1 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.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
5 tbsp, shelled (31g)

For all 2 meals:

walnuts
10 tbsp, shelled (63g)

1. The recipe has no instructions.

Roast beef lettuce wrap with avocado

2 1/2 wrap(s) - 789 cals ● 60g protein ● 48g fat ● 10g carbs ● 20g fiber



For single meal:

romaine lettuce
2 1/2 leaf outer (70g)
mustard
2 1/2 tsp (13g)
roast beef cold cuts
10 oz (284g)
avocados, sliced
1 1/4 avocado(s) (251g)
tomatoes, diced
1 1/4 plum tomato (78g)

For all 2 meals:

romaine lettuce
5 leaf outer (140g)
mustard
5 tsp (25g)
roast beef cold cuts
1 1/4 lbs (567g)
avocados, sliced
2 1/2 avocado(s) (503g)
tomatoes, diced
2 1/2 plum tomato (155g)

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

Lunch 4 [↗](#)

Eat on day 6 and day 7

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.
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Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

For all 2 meals:

avocados
2 avocado(s) (402g)
lime juice
4 tsp (20mL)
salt
4 dash (2g)
black pepper
4 dash (0g)
mixed greens
4 cup (120g)
canned tuna
4 can (688g)
tomatoes
1 cup, chopped (180g)
onion, minced
1 small (70g)

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.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Garlic zucchini noodles

245 cals ● 4g protein ● 21g fat ● 6g carbs ● 3g fiber



For single meal:

olive oil
1 1/2 tbsp (23mL)
zucchini
1 1/2 medium (294g)
garlic, minced
3/4 clove (2g)

For all 2 meals:

olive oil
3 tbsp (45mL)
zucchini
3 medium (588g)
garlic, minced
1 1/2 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.

Marinated chicken breast

22 oz - 777 cals ● 139g protein ● 23g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
22 oz (616g)
marinade sauce
2/3 cup (165mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 3/4 lbs (1232g)
marinade sauce
1 1/2 cup (330mL)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Caesar chicken breasts

14 oz - 803 cals ● 96g protein ● 45g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
14 oz (397g)
caesar salad dressing
1/4 cup (51g)
parmesan cheese
1/4 cup (18g)

For all 2 meals:

boneless skinless chicken breast, raw
1 3/4 lbs (794g)
caesar salad dressing
1/2 cup (103g)
parmesan cheese
1/2 cup (35g)

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.

Roasted tomatoes

4 tomato(es) - 238 cals ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



For single meal:

oil
4 tsp (20mL)
tomatoes
4 small whole (2-2/5" dia) (364g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tomatoes
8 small whole (2-2/5" dia) (728g)

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 3 [↗](#)

Eat on day 5

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.

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.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

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 4 [↗](#)

Eat on day 6 and day 7

Basic ground turkey

12 oz - 563 cals ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



For single meal:

ground turkey, raw

3/4 lbs (340g)

oil

1/2 tbsp (8mL)

For all 2 meals:

ground turkey, raw

1 1/2 lbs (680g)

oil

1 tbsp (15mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Garlic collard greens

438 cals ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



For single meal:

collard greens

22 oz (624g)

oil

4 tsp (21mL)

salt

1/3 tsp (2g)

garlic, minced

4 clove(s) (12g)

For all 2 meals:

collard greens

2 3/4 lbs (1247g)

oil

2 3/4 tbsp (41mL)

salt

1/4 tbsp (4g)

garlic, minced

8 1/4 clove(s) (25g)

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.

