

# Meal Plan - 2200 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

2201 cals ● 263g protein (48%) ● 114g fat (47%) ● 21g carbs (4%) ● 10g fiber (2%)

### Lunch

1145 cals, 125g protein, 13g net carbs, 63g fat



[Walnuts](#)

1/3 cup(s)- 233 cals



[Basic chicken & spinach salad](#)

913 cals

### Dinner

1055 cals, 137g protein, 8g net carbs, 51g fat



[Roasted tomatoes](#)

3 1/2 tomato(es)- 208 cals



[Basic chicken breast](#)

21 1/3 oz- 847 cals

## Day 2

2165 cals ● 225g protein (42%) ● 128g fat (53%) ● 20g carbs (4%) ● 9g fiber (2%)

### Lunch

1110 cals, 88g protein, 11g net carbs, 77g fat



[Basic ground turkey](#)

14 oz- 657 cals



[Parmesan zucchini noodles](#)

454 cals

### Dinner

1055 cals, 137g protein, 8g net carbs, 51g fat



[Roasted tomatoes](#)

3 1/2 tomato(es)- 208 cals



[Basic chicken breast](#)

21 1/3 oz- 847 cals

## Day 3

2171 cals ● 273g protein (50%) ● 109g fat (45%) ● 16g carbs (3%) ● 8g fiber (1%)

### Lunch

1080 cals, 171g protein, 7g net carbs, 39g fat



[Lemon pepper chicken breast](#)

26 2/3 oz- 987 cals



[Parmesan zucchini noodles](#)

91 cals

### Dinner

1095 cals, 102g protein, 9g net carbs, 70g fat



[Thyme & lime chicken thighs](#)

551 cals



[Bacon zucchini noodles](#)

542 cals

## Day 4

2182 cals ● 357g protein (66%) ● 75g fat (31%) ● 16g carbs (3%) ● 5g fiber (1%)

### Lunch

1080 cals, 171g protein, 7g net carbs, 39g fat



**Lemon pepper chicken breast**  
26 2/3 oz- 987 cals



**Parmesan zucchini noodles**  
91 cals

### Dinner

1105 cals, 186g protein, 9g net carbs, 36g fat



**Simple mixed greens salad**  
68 cals



**Marinated chicken breast**  
29 1/3 oz- 1036 cals

## Day 5

2177 cals ● 199g protein (37%) ● 138g fat (57%) ● 22g carbs (4%) ● 13g fiber (2%)

### Lunch

1080 cals, 125g protein, 10g net carbs, 58g fat



**Curried pork chops**  
3 chop(s)- 718 cals



**Parmesan zucchini noodles**  
363 cals

### Dinner

1095 cals, 74g protein, 12g net carbs, 80g fat



**Beef and cabbage skillet**  
772 cals



**Bacon zucchini noodles**  
325 cals

## Day 6

2157 cals ● 107g protein (20%) ● 174g fat (72%) ● 27g carbs (5%) ● 15g fiber (3%)

### Lunch

1060 cals, 33g protein, 15g net carbs, 93g fat



**Steak with herb butter**  
531 cals



**Garlic zucchini noodles**  
530 cals

### Dinner

1095 cals, 74g protein, 12g net carbs, 80g fat



**Beef and cabbage skillet**  
772 cals



**Bacon zucchini noodles**  
325 cals

## Day 7

2160 cals ● 122g protein (23%) ● 168g fat (70%) ● 27g carbs (5%) ● 14g fiber (3%)

### Lunch

1060 cals, 33g protein, 15g net carbs, 93g fat



**Steak with herb butter**  
531 cals



**Garlic zucchini noodles**  
530 cals

### Dinner

1100 cals, 88g protein, 12g net carbs, 75g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Pulled pork lettuce wrap**  
4 wrap(s) (4 oz pork each)- 878 cals

## Nut and Seed Products

- ☐ walnuts  
1/3 cup, shelled (33g)
- ☐ almonds  
4 tbsp, whole (36g)

## Vegetables and Vegetable Products

- ☐ fresh spinach  
6 cup(s) (180g)
- ☐ tomatoes  
7 small whole (2-2/5" dia) (637g)
- ☐ zucchini  
15 2/3 medium (3071g)
- ☐ cabbage  
5/8 head, small (about 4-1/2" dia) (446g)
- ☐ fresh parsley  
1 tbsp (4g)
- ☐ garlic  
4 1/4 clove (13g)
- ☐ iceberg lettuce  
4 leaf, medium (32g)

## Fats and Oils

- ☐ oil  
4 oz (118mL)
- ☐ salad dressing  
6 tbsp (90mL)
- ☐ olive oil  
6 3/4 oz (213mL)
- ☐ marinade sauce  
1 cup (221mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
9 lbs (4020g)
- ☐ ground turkey, raw  
14 oz (397g)
- ☐ boneless skinless chicken thighs  
3/4 lb (340g)

## Dairy and Egg Products

- ☐ parmesan cheese  
1/3 cup (28g)
- ☐ butter  
2 tbsp (28g)

## Spices and Herbs

## Fruits and Fruit Juices

- ☐ lime juice  
1 1/2 tbsp (23mL)

## Pork Products

- ☐ bacon, raw  
7 1/3 slice(s) (208g)
- ☐ pork chop, bone-in  
3 chop (534g)
- ☐ pork shoulder  
1 lbs (454g)

## Other

- ☐ mixed greens  
1 1/2 cup (45g)
- ☐ ground beef (20% fat)  
1 1/4 lbs (567g)
- ☐ sugar-free barbecue sauce  
4 tbsp (60g)

## Soups, Sauces, and Gravies

- ☐ chicken bouillon  
5/8 cube (3g)
- ☐ vegetable broth  
1/6 cup(s) (mL)

## Beef Products

- ☐ ribeye, raw  
10 oz (284g)

- ☐ **lemon pepper**  
3 1/3 tbsp (23g)
  - ☐ **thyme, dried**  
3 dash, leaves (0g)
  - ☐ **curry powder**  
1/4 tbsp (2g)
  - ☐ **salt**  
1 tsp (7g)
  - ☐ **black pepper**  
1 tsp, ground (3g)
  - ☐ **yellow mustard**  
2 tsp (9g)
  - ☐ **dijon mustard**  
1 tsp (5g)
  - ☐ **onion powder**  
1/4 tbsp (2g)
  - ☐ **garlic powder**  
1/4 tbsp (2g)
  - ☐ **paprika**  
1/4 tbsp (2g)
  - ☐ **ground cumin**  
1/4 tbsp (2g)
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## Lunch 1 [↗](#)

Eat on day 1

### Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



Makes 1/3 cup(s)

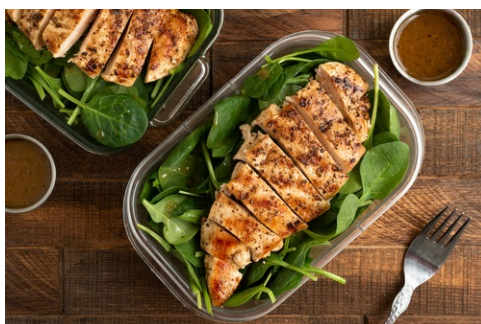
#### walnuts

1/3 cup, shelled (33g)

1. The recipe has no instructions.

### Basic chicken & spinach salad

913 cals ● 120g protein ● 41g fat ● 11g carbs ● 4g fiber



#### fresh spinach

6 cup(s) (180g)

#### oil

1 tbsp (15mL)

#### salad dressing

1/4 cup (68mL)

boneless skinless chicken breast, raw,  
chopped, cooked

18 oz (510g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

## Lunch 2 [↗](#)

Eat on day 2

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### Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

**ground turkey, raw**  
14 oz (397g)  
**oil**  
1 3/4 tsp (9mL)

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.

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### Parmesan zucchini noodles

454 cals ● 10g protein ● 39g fat ● 11g carbs ● 6g fiber



**zucchini**  
2 1/2 medium (490g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**parmesan cheese**  
2 1/2 tbsp (13g)

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.
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## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Lemon pepper chicken breast

26 2/3 oz - 987 cals ● 169g protein ● 31g fat ● 4g carbs ● 3g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 2/3 lbs (747g)

**olive oil**

2 1/2 tsp (12mL)

**lemon pepper**

5 tsp (11g)

For all 2 meals:

**boneless skinless chicken breast, raw**

3 1/3 lbs (1493g)

**olive oil**

5 tsp (25mL)

**lemon pepper**

3 1/3 tbsp (23g)

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.

### Parmesan zucchini noodles

91 cals ● 2g protein ● 8g fat ● 2g carbs ● 1g fiber



For single meal:

**zucchini**

1/2 medium (98g)

**olive oil**

1/2 tbsp (8mL)

**parmesan cheese**

1/2 tbsp (3g)

For all 2 meals:

**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.



## Lunch 4 [↗](#)

Eat on day 5

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### Curried pork chops

3 chop(s) - 718 cal ● 118g protein ● 27g fat ● 1g carbs ● 1g fiber



Makes 3 chop(s)

**pork chop, bone-in**

3 chop (534g)

**curry powder**

1/4 tbsp (2g)

**olive oil**

1/2 tbsp (8mL)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

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### Parmesan zucchini noodles

363 cal ● 8g protein ● 31g fat ● 9g carbs ● 4g fiber



**zucchini**

2 medium (392g)

**olive oil**

2 tbsp (30mL)

**parmesan cheese**

2 tbsp (10g)

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.
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Steak with herb butter

531 cals ● 25g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

**ribeye, raw**  
5 oz (142g)  
**dijon mustard**  
4 dash (3g)  
**oil**  
1 tsp (5mL)  
**fresh parsley, chopped**  
1/2 tbsp (2g)  
**butter, softened**  
1 tbsp (14g)  
**garlic, minced**  
1/2 clove (2g)

For all 2 meals:

**ribeye, raw**  
10 oz (284g)  
**dijon mustard**  
1 tsp (5g)  
**oil**  
2 tsp (10mL)  
**fresh parsley, chopped**  
1 tbsp (4g)  
**butter, softened**  
2 tbsp (28g)  
**garlic, minced**  
1 clove (3g)

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

530 cals ● 8g protein ● 46g fat ● 14g carbs ● 7g fiber



For single meal:

**olive oil**  
3 1/4 tbsp (49mL)  
**zucchini**  
3 1/4 medium (637g)  
**garlic, minced**  
1 1/2 clove (5g)

For all 2 meals:

**olive oil**  
6 1/2 tbsp (98mL)  
**zucchini**  
6 1/2 medium (1274g)  
**garlic, minced**  
3 1/4 clove (10g)

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 and day 2

### Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

#### oil

3 1/2 tsp (18mL)

#### tomatoes

3 1/2 small whole (2-2/5" dia)  
(319g)

For all 2 meals:

#### oil

2 1/3 tbsp (35mL)

#### tomatoes

7 small whole (2-2/5" dia) (637g)

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.

## Dinner 2 [↗](#)

Eat on day 3

### 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.

### Bacon zucchini noodles

542 cals ● 37g protein ● 39g fat ● 8g carbs ● 4g fiber



#### zucchini

1 2/3 medium (327g)

#### bacon, raw

3 1/3 slice(s) (94g)

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.

## Dinner 3 [↗](#)

Eat on day 4

### 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

29 1/3 oz - 1036 cals ● 185g protein ● 31g fat ● 5g carbs ● 0g fiber



Makes 29 1/3 oz

**boneless skinless chicken breast, raw**

29 1/3 oz (821g)

**marinade sauce**

1 cup (220mL)

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 4 [↗](#)

Eat on day 5 and day 6

### Beef and cabbage skillet

772 cals ● 52g protein ● 57g fat ● 8g carbs ● 6g fiber



For single meal:

**yellow mustard**  
1 tsp (5g)  
**chicken bouillon**  
1/3 cube (1g)  
**ground beef (20% fat)**  
10 oz (284g)  
**cabbage, sliced**  
1/3 head, small (about 4-1/2" dia)  
(223g)

For all 2 meals:

**yellow mustard**  
2 tsp (9g)  
**chicken bouillon**  
5/8 cube (3g)  
**ground beef (20% fat)**  
1 1/4 lbs (567g)  
**cabbage, sliced**  
5/8 head, small (about 4-1/2" dia)  
(446g)

1. Heat a large, walled skillet over medium heat.
2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
3. Cook until beef is browned and mostly done.
4. Add in the mustard and mix.
5. Add the cabbage and mix.
6. Cook until cabbage is soft, but still firm, about 5 minutes.
7. Serve.

### Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

For all 2 meals:

**zucchini**  
2 medium (392g)  
**bacon, raw**  
4 slice(s) (113g)

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.

## Dinner 5 [↗](#)

Eat on day 7

### Roasted almonds

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



Makes 1/4 cup(s)

#### almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

### Pulled pork lettuce wrap

4 wrap(s) (4 oz pork each) - 878 cal ● 81g protein ● 57g fat ● 9g carbs ● 2g fiber



Makes 4 wrap(s) (4 oz pork each)

#### pork shoulder

1 lbs (454g)

#### black pepper

1/4 tbsp, ground (2g)

#### salt

1/4 tbsp (5g)

#### onion powder

1/4 tbsp (2g)

#### garlic powder

1/4 tbsp (2g)

#### paprika

1/4 tbsp (2g)

#### ground cumin

1/4 tbsp (2g)

#### vegetable broth

1/6 cup(s) (mL)

#### iceberg lettuce

4 leaf, medium (32g)

#### sugar-free barbecue sauce

4 tbsp (60g)

1. Rub the seasonings on all sides of the meat.
2. Place pork in a slow cooker and pour the broth around it.
3. Cook in the slow cooker for 4 hours on high or 8 hours on low. When done, pork should shred relatively easily with two forks. If it doesn't, it needs more time.
4. When pork is done, transfer to a bowl and shred with two forks. Add in the broth and mix well.
5. Serve pork inside lettuce leaves and top with bbq sauce (1 tbsp per wrap).