

# Meal Plan - 2300 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

2277 cals ● 171g protein (30%) ● 166g fat (66%) ● 16g carbs (3%) ● 9g fiber (2%)

### Lunch

1100 cals, 86g protein, 11g net carbs, 76g fat



[Olive oil drizzled sugar snap peas](#)

82 cals



[Classic steak](#)

8 oz steak- 475 cals



[Bacon zucchini noodles](#)

542 cals

### Dinner

1180 cals, 85g protein, 5g net carbs, 90g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Buffalo drumsticks](#)

18 2/3 oz- 1089 cals

## Day 2

2321 cals ● 222g protein (38%) ● 145g fat (56%) ● 20g carbs (3%) ● 13g fiber (2%)

### Lunch

1145 cals, 136g protein, 16g net carbs, 55g fat



[Bacon zucchini noodles](#)

244 cals



[Baked chicken with tomatoes & olives](#)

18 oz- 899 cals

### Dinner

1180 cals, 85g protein, 5g net carbs, 90g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Buffalo drumsticks](#)

18 2/3 oz- 1089 cals

## Day 3

2307 cals ● 316g protein (55%) ● 101g fat (40%) ● 21g carbs (4%) ● 12g fiber (2%)

### Lunch

1145 cals, 136g protein, 16g net carbs, 55g fat



[Bacon zucchini noodles](#)

244 cals



[Baked chicken with tomatoes & olives](#)

18 oz- 899 cals

### Dinner

1165 cals, 180g protein, 5g net carbs, 47g fat



[Balsamic chicken breast](#)

28 oz- 1105 cals



[Roasted tomatoes](#)

1 tomato(es)- 60 cals

## Day 4

2348 cals ● 293g protein (50%) ● 117g fat (45%) ● 14g carbs (2%) ● 16g fiber (3%)

### Lunch

1185 cals, 114g protein, 9g net carbs, 70g fat



**Walnuts**  
1/2 cup(s)- 306 cals



**Buffalo chicken lettuce wrap**  
4 wrap(s)- 878 cals

### Dinner

1165 cals, 180g protein, 5g net carbs, 47g fat



**Balsamic chicken breast**  
28 oz- 1105 cals



**Roasted tomatoes**  
1 tomato(es)- 60 cals

## Day 5

2290 cals ● 195g protein (34%) ● 152g fat (60%) ● 17g carbs (3%) ● 18g fiber (3%)

### Lunch

1185 cals, 114g protein, 9g net carbs, 70g fat



**Walnuts**  
1/2 cup(s)- 306 cals



**Buffalo chicken lettuce wrap**  
4 wrap(s)- 878 cals

### Dinner

1105 cals, 82g protein, 7g net carbs, 82g fat



**Low carb fried chicken**  
16 oz- 936 cals



**Sautéed garlic & herb tomatoes**  
170 cals

## Day 6

2228 cals ● 219g protein (39%) ● 144g fat (58%) ● 9g carbs (2%) ● 5g fiber (1%)

### Lunch

1120 cals, 138g protein, 2g net carbs, 61g fat



**Simple roasted cod**  
26 2/3 oz- 989 cals



**Buttered broccoli**  
1 cup(s)- 134 cals

### Dinner

1105 cals, 82g protein, 7g net carbs, 82g fat



**Low carb fried chicken**  
16 oz- 936 cals



**Sautéed garlic & herb tomatoes**  
170 cals

## Day 7

2271 cals ● 196g protein (35%) ● 148g fat (59%) ● 20g carbs (4%) ● 20g fiber (3%)

### Lunch

1120 cals, 138g protein, 2g net carbs, 61g fat



**Simple roasted cod**  
26 2/3 oz- 989 cals



**Buttered broccoli**  
1 cup(s)- 134 cals

### Dinner

1150 cals, 59g protein, 18g net carbs, 86g fat



**Salmon avocado salad**  
6 oz salmon- 783 cals



**Pumpkin seeds**  
366 cals



## Spices and Herbs

- ☐ black pepper  
4 1/2 g (5g)
- ☐ salt  
3/4 oz (21g)
- ☐ chili powder  
2 tbsp (16g)
- ☐ fresh basil  
36 leaves (18g)
- ☐ cajun seasoning  
1/2 tbsp (3g)
- ☐ dijon mustard  
1 tsp (6g)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
2/3 cup (96g)
- ☐ zucchini  
3 medium (621g)
- ☐ tomatoes  
13 medium whole (2-3/5" dia) (1619g)
- ☐ romaine lettuce  
8 leaf outer (224g)
- ☐ garlic  
1 1/3 clove(s) (4g)
- ☐ frozen broccoli  
2 cup (182g)

## Fats and Oils

- ☐ olive oil  
1/3 lbs (165mL)
- ☐ oil  
3 1/4 oz (99mL)
- ☐ balsamic vinaigrette  
1/2 lbs (255mL)

## Beef Products

- ☐ sirloin steak, raw  
1/2 lbs (227g)

## Pork Products

- ☐ bacon, raw  
6 1/3 slice(s) (180g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1 cup (254mL)
- ☐ hot sauce  
2 tbsp (30mL)

## Other

- ☐ Chicken, drumsticks, with skin  
4 1/3 lbs (1965g)
- ☐ italian seasoning  
2/3 container (.75 oz) (15g)
- ☐ pork rinds  
1 oz (28g)
- ☐ mixed greens  
3 cup (90g)

## Fruits and Fruit Juices

- ☐ green olives  
36 large (158g)
- ☐ avocados  
2 avocado(s) (419g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 3/4 lbs (3515g)

## Nut and Seed Products

- ☐ walnuts  
14 tbsp, shelled (88g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Finfish and Shellfish Products

- ☐ cod, raw  
3 1/3 lbs (1511g)
- ☐ salmon  
6 oz (170g)

## Dairy and Egg Products

- ☐ butter  
2 tbsp (28g)
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## Lunch 1 [↗](#)

Eat on day 1

### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen sugar snap peas**

2/3 cup (96g)

**olive oil**

1 tsp (5mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Classic steak

8 oz steak - 475 cals ● 46g protein ● 32g fat ● 0g carbs ● 0g fiber



Makes 8 oz steak

**oil**

1/4 tbsp (4mL)

**sirloin steak, raw**

1/2 lbs (227g)

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.

### 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.

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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Bacon zucchini noodles

244 cals ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



For single meal:

**zucchini**  
3/4 medium (147g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

For all 2 meals:

**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.

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### Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

**tomatoes**  
18 cherry tomatoes (306g)  
**olive oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (5g)  
**green olives**  
18 large (79g)  
**black pepper**  
1/4 tbsp (1g)  
**chili powder**  
1 tbsp (8g)  
**boneless skinless chicken breast, raw**  
18 oz (510g)  
**fresh basil, shredded**  
18 leaves (9g)

For all 2 meals:

**tomatoes**  
36 cherry tomatoes (612g)  
**olive oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (9g)  
**green olives**  
36 large (158g)  
**black pepper**  
1/2 tbsp (1g)  
**chili powder**  
2 tbsp (16g)  
**boneless skinless chicken breast, raw**  
2 1/4 lbs (1021g)  
**fresh basil, shredded**  
36 leaves (18g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

### Lunch 3 [↗](#)

Eat on day 4 and day 5

#### Walnuts

1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**  
1/2 cup, shelled (44g)

For all 2 meals:

**walnuts**  
14 tbsp, shelled (88g)

1. The recipe has no instructions.

### Buffalo chicken lettuce wrap

4 wrap(s) - 878 cals ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber





For single meal:

**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**Frank's Red Hot sauce**  
1/3 cup (80mL)  
**romaine lettuce**  
4 leaf outer (112g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw, cubed**  
16 oz (454g)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

For all 2 meals:

**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**Frank's Red Hot sauce**  
2/3 cup (160mL)  
**romaine lettuce**  
8 leaf outer (224g)  
**avocados, chopped**  
1 1/3 avocado(s) (268g)  
**oil**  
4 tsp (20mL)  
**boneless skinless chicken breast, raw, cubed**  
32 oz (907g)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)

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

### Simple roasted cod

26 2/3 oz - 989 cals ● 135g protein ● 50g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
3 1/3 tbsp (50mL)  
**cod, raw**  
1 2/3 lbs (756g)

For all 2 meals:

**olive oil**  
6 2/3 tbsp (100mL)  
**cod, raw**  
3 1/3 lbs (1511g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. 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.

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## Dinner 1 [🔗](#)

Eat on day 1 and day 2

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia)  
(137g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**tomatoes**  
3 small whole (2-2/5" dia) (273g)

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.

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### Buffalo drumsticks

18 2/3 oz - 1089 cals ● 84g protein ● 83g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

3 tbsp (47mL)

**oil**

1 3/4 tsp (9mL)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (1g)

**Chicken, drumsticks, with skin**

18 2/3 oz (529g)

For all 2 meals:

**Frank's Red Hot sauce**

6 1/4 tbsp (93mL)

**oil**

3 1/2 tsp (17mL)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**Chicken, drumsticks, with skin**

2 1/3 lbs (1058g)

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.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Balsamic chicken breast

28 oz - 1105 cals ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 3/4 lbs (794g)

**balsamic vinaigrette**

1/2 cup (105mL)

**oil**

3 1/2 tsp (18mL)

**italian seasoning**

1 tsp (3g)

For all 2 meals:

**boneless skinless chicken breast, raw**

3 1/2 lbs (1588g)

**balsamic vinaigrette**

14 tbsp (210mL)

**oil**

2 1/3 tbsp (35mL)

**italian seasoning**

1 3/4 tsp (6g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. 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.

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## Dinner 3 [↗](#)

Eat on day 5 and day 6

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### Low carb fried chicken

16 oz - 936 cals ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



For single meal:

**hot sauce**  
3 tsp (15mL)  
**cajun seasoning**  
1/4 tbsp (1g)  
**Chicken, drumsticks, with skin**  
16 oz (454g)  
**pork rinds, crushed**  
1/2 oz (14g)

For all 2 meals:

**hot sauce**  
2 tbsp (30mL)  
**cajun seasoning**  
1/2 tbsp (3g)  
**Chicken, drumsticks, with skin**  
32 oz (907g)  
**pork rinds, crushed**  
1 oz (28g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

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### Sauteed garlic & herb tomatoes

170 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

**black pepper**  
2/3 dash, ground (0g)  
**olive oil**  
1 tbsp (15mL)  
**tomatoes**  
2/3 pint, cherry tomatoes (199g)  
**italian seasoning**  
1 tsp (4g)  
**salt**  
1/3 tsp (2g)  
**garlic, minced**  
2/3 clove(s) (2g)

For all 2 meals:

**black pepper**  
1 1/3 dash, ground (0g)  
**olive oil**  
2 tbsp (30mL)  
**tomatoes**  
1 1/3 pint, cherry tomatoes (397g)  
**italian seasoning**  
2 tsp (7g)  
**salt**  
1/4 tbsp (4g)  
**garlic, minced**  
1 1/3 clove(s) (4g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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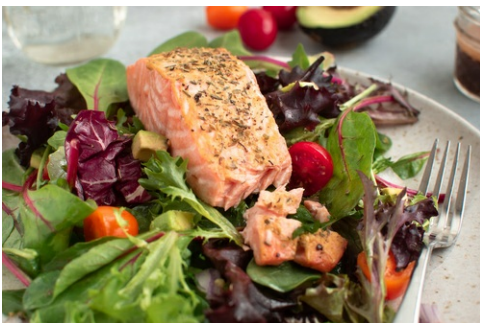
## Dinner 4 [↗](#)

Eat on day 7

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### Salmon avocado salad

6 oz salmon - 783 cal ● 41g protein ● 57g fat ● 13g carbs ● 13g fiber



Makes 6 oz salmon

**salmon**  
6 oz (170g)  
**dijon mustard**  
1 tsp (6g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**mixed greens**  
3 cup (90g)  
**italian seasoning**  
3 dash (1g)  
**avocados, chopped**  
3/4 avocado(s) (151g)  
**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)

1. Preheat oven to 350°F (180°C).
2. Season salmon with the italian seasoning and some salt and pepper. Spread the dijon on top.
3. Put salmon on a lined baking sheet and cook for 15-20 minutes or until salmon is flaky and opaque. Set aside.
4. Toss remaining ingredients in a bowl. Add salmon on top and serve.

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### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

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