

Meal Plan - 2400 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

2408 cals ● 202g protein (34%) ● 155g fat (58%) ● 26g carbs (4%) ● 24g fiber (4%)

Lunch

1180 cals, 153g protein, 9g net carbs, 58g fat



Lemon pepper chicken breast
21 1/3 oz- 790 cals



Cheesy zucchini noodles
393 cals

Dinner

1225 cals, 50g protein, 17g net carbs, 98g fat



Macadamia nuts
435 cals



Ham tacos
6 2/3 ham taco(s)- 790 cals

Day 2

2393 cals ● 182g protein (30%) ● 182g fat (68%) ● 6g carbs (1%) ● 2g fiber (0%)

Lunch

1220 cals, 96g protein, 3g net carbs, 92g fat



Cheese
2 1/2 oz- 286 cals



Low carb fried chicken
16 oz- 936 cals

Dinner

1170 cals, 85g protein, 3g net carbs, 90g fat



Buffalo drumsticks
18 2/3 oz- 1089 cals



Garlic zucchini noodles
82 cals

Day 3

2365 cals ● 175g protein (30%) ● 179g fat (68%) ● 9g carbs (1%) ● 4g fiber (1%)

Lunch

1195 cals, 90g protein, 6g net carbs, 89g fat



Buffalo chicken wings
24 oz- 1013 cals



Parmesan zucchini noodles
182 cals

Dinner

1170 cals, 85g protein, 3g net carbs, 90g fat



Buffalo drumsticks
18 2/3 oz- 1089 cals



Garlic zucchini noodles
82 cals

Day 4

2371 cals ● 191g protein (32%) ● 164g fat (62%) ● 23g carbs (4%) ● 9g fiber (2%)

Lunch

1190 cals, 104g protein, 4g net carbs, 83g fat



Blue cheese stuffed chicken thighs
2 1/2 thigh- 1130 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Dinner

1180 cals, 86g protein, 19g net carbs, 81g fat



Garlic parmesan wings
1 1/3 lbs- 928 cals



Olive oil drizzled green beans
253 cals

Day 5

2360 cals ● 171g protein (29%) ● 167g fat (64%) ● 30g carbs (5%) ● 13g fiber (2%)

Lunch

1180 cals, 85g protein, 11g net carbs, 86g fat



Baked chicken thighs
12 oz- 770 cals



Parmesan zucchini noodles
408 cals

Dinner

1180 cals, 86g protein, 19g net carbs, 81g fat



Garlic parmesan wings
1 1/3 lbs- 928 cals



Olive oil drizzled green beans
253 cals

Day 6

2405 cals ● 144g protein (24%) ● 188g fat (70%) ● 25g carbs (4%) ● 10g fiber (2%)

Lunch

1180 cals, 85g protein, 11g net carbs, 86g fat



Baked chicken thighs
12 oz- 770 cals



Parmesan zucchini noodles
408 cals

Dinner

1225 cals, 59g protein, 14g net carbs, 102g fat



Salmon with avocado sauce
9 oz- 718 cals



Strawberries and cream
508 cals

Day 7

2378 cals ● 186g protein (31%) ● 167g fat (63%) ● 27g carbs (5%) ● 5g fiber (1%)

Lunch

1150 cals, 127g protein, 13g net carbs, 66g fat



Ranch chicken
20 oz- 1151 cals

Dinner

1225 cals, 59g protein, 14g net carbs, 102g fat



Salmon with avocado sauce
9 oz- 718 cals



Strawberries and cream
508 cals

Nut and Seed Products

- Macadamia nuts, shelled, roasted
2 oz (57g)
- coconut milk, canned
1/6 can (86mL)

Sausages and Luncheon Meats

- ham cold cuts
6 2/3 slice (153g)

Other

- guacamole, store-bought
13 1/3 tbsp (206g)
- Chicken, drumsticks, with skin
3 1/3 lbs (1512g)
- pork rinds
1/2 oz (14g)
- ranch dressing mix
5/8 packet (1 oz) (18g)

Soups, Sauces, and Gravies

- salsa
6 2/3 tbsp (120g)
- Frank's Red Hot sauce
10 1/4 tbsp (154mL)
- hot sauce
1 tbsp (15mL)

Dairy and Egg Products

- cheese
6 1/2 oz (181g)
- parmesan cheese
2 1/4 oz (65g)
- butter
2 tsp (9g)
- blue cheese
1 1/4 oz (35g)
- heavy cream
1 cup (266mL)

Poultry Products

- boneless skinless chicken breast, raw
2 1/2 lbs (1157g)
- chicken wings, with skin, raw
4 lbs (1891g)

Spices and Herbs

- lemon pepper
4 tsp (9g)
- salt
1/4 oz (7g)
- black pepper
2 1/2 g (3g)
- cajun seasoning
1/4 tbsp (1g)
- thyme, dried
1/4 tbsp, ground (1g)
- paprika
1/3 tsp (1g)
- fresh basil
3 tbsp leaves, whole (5g)

Vegetables and Vegetable Products

- zucchini
7 1/4 medium (1421g)
- garlic
6 1/2 clove(s) (20g)
- frozen green beans
4 2/3 cup (565g)
- tomatoes
1 small whole (2-2/5" dia) (91g)

Baked Products

- baking powder
4 tsp (20g)

Fruits and Fruit Juices

- avocados
3/8 avocado(s) (75g)
- lemon juice
3/4 tbsp (11mL)
- strawberries
1 2/3 cup, sliced (277g)

Finfish and Shellfish Products

- salmon
18 oz (510g)

chicken thighs, with bone and skin, raw
2 1/2 lbs (1105g)

Fats and Oils

olive oil
5 oz (158mL)

oil
2 oz (63mL)

ranch dressing
5 tbsp (75mL)

Lunch 1 ↗

Eat on day 1

Lemon pepper chicken breast

21 1/3 oz - 790 cals ● 135g protein ● 25g fat ● 3g carbs ● 2g fiber



Makes 21 1/3 oz

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

olive oil

2 tsp (10mL)

lemon pepper

4 tsp (9g)

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.

Cheesy zucchini noodles

393 cals ● 17g protein ● 33g fat ● 5g carbs ● 2g fiber



zucchini
3/4 medium (147g)
olive oil
3/4 tbsp (11mL)
parmesan cheese
3/4 tbsp (4g)
cheese
1/2 cup, shredded (64g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

Lunch 2 ↗

Eat on day 2

Cheese

2 1/2 oz - 286 cals ● 16g protein ● 24g fat ● 2g carbs ● 0g fiber



Makes 2 1/2 oz

cheese
2 1/2 oz (71g)

1. The recipe has no instructions.

Low carb fried chicken

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



Makes 16 oz

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)

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.

Lunch 3 ↗

Eat on day 3

Buffalo chicken wings

24 oz - 1013 cals ● 86g protein ● 74g fat ● 1g carbs ● 0g fiber



Makes 24 oz

oil

3/4 tbsp (11mL)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

chicken wings, with skin, raw

1 1/2 lbs (681g)

Frank's Red Hot sauce

4 tbsp (60mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, 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. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

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 sauté 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 4

Blue cheese stuffed chicken thighs

2 1/2 thigh - 1130 cals ● 104g protein ● 79g fat ● 2g carbs ● 1g fiber



Makes 2 1/2 thigh

blue cheese
1 1/4 oz (35g)
thyme, dried
1/2 tsp, ground (1g)
olive oil
1 tsp (5mL)
paprika
1/3 tsp (1g)
chicken thighs, with bone and skin, raw
2 1/2 thigh(s) (425g)

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.

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.

Lunch 5 ↗

Eat on day 5 and day 6

Baked chicken thighs

12 oz - 770 cals ● 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.

Parmesan zucchini noodles

408 cals ● 9g protein ● 35g fat ● 10g carbs ● 5g fiber



For single meal:

zucchini
2 1/4 medium (441g)
olive oil
2 1/4 tbsp (34mL)
parmesan cheese
2 1/4 tbsp (11g)

For all 2 meals:

zucchini
4 1/2 medium (882g)
olive oil
1/4 cup (68mL)
parmesan cheese
1/4 cup (23g)

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 sauté the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Lunch 6 ↗

Eat on day 7

Ranch chicken

20 oz - 1151 cals ● 127g protein ● 66g fat ● 13g carbs ● 0g fiber



Makes 20 oz

ranch dressing

5 tbsp (75mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

oil

1 1/4 tbsp (19mL)

ranch dressing mix

5/8 packet (1 oz) (18g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 1 ↗

Eat on day 1

Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



Macadamia nuts, shelled, roasted
2 oz (57g)

1. The recipe has no instructions.

Ham tacos

6 2/3 ham taco(s) - 790 cals ● 45g protein ● 54g fat ● 15g carbs ● 16g fiber



Makes 6 2/3 ham taco(s)

ham cold cuts

6 2/3 slice (153g)

guacamole, store-bought

13 1/3 tbsp (206g)

salsa

6 2/3 tbsp (120g)

cheese

6 2/3 tbsp, shredded (47g)

1. Use tin foil to prop up the ham into a taco shell shape.

2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.

3. Add in the guacamole, salsa, and cheese to the shells.

4. Serve

Dinner 2 ↗

Eat on day 2 and day 3

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.

Garlic zucchini noodles

82 cals ● 1g protein ● 7g fat ● 2g carbs ● 1g fiber



For single meal:

olive oil
1/2 tbsp (8mL)
zucchini
1/2 medium (98g)
garlic, minced
1/4 clove (1g)

For all 2 meals:

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.
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Dinner 3 ↗

Eat on day 4 and day 5

Garlic parmesan wings

1 1/3 lbs - 928 cals ● 81g protein ● 65g fat ● 5g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
1 1/3 lbs (605g)
baking powder
2 tsp (10g)
butter
1 tsp (5g)
parmesan cheese
2 2/3 tbsp (17g)
garlic, diced
2 2/3 clove(s) (8g)

For all 2 meals:

chicken wings, with skin, raw
2 2/3 lbs (1210g)
baking powder
4 tsp (20g)
butter
2 tsp (9g)
parmesan cheese
1/3 cup (33g)
garlic, diced
5 1/3 clove(s) (16g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. **FAST VERSION**
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. **CRISPY SKIN VERSION**
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Olive oil drizzled green beans

253 cals ● 5g protein ● 16g fat ● 14g carbs ● 7g fiber



For single meal:

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
frozen green beans
2 1/3 cup (282g)
olive oil
3 1/2 tsp (18mL)

For all 2 meals:

black pepper
1/2 tsp (0g)
salt
1/2 tsp (1g)
frozen green beans
4 2/3 cup (565g)
olive oil
2 1/3 tbsp (35mL)

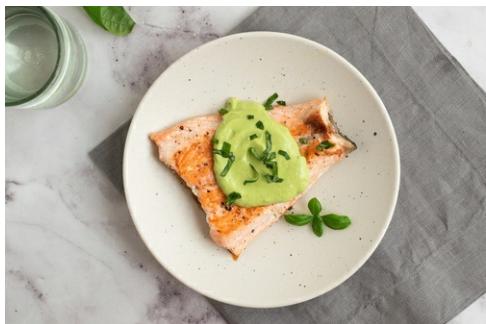
1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Dinner 4 ↗

Eat on day 6 and day 7

Salmon with avocado sauce

9 oz - 718 cals ● 54g protein ● 54g fat ● 3g carbs ● 3g fiber



For single meal:

avocados
1/6 avocado(s) (38g)
salmon
1/2 lbs (255g)
oil
1 tsp (6mL)
coconut milk, canned
1/8 can (42mL)
garlic
3/8 clove(s) (1g)
lemon juice
1 tsp (6mL)
fresh basil
1 1/2 tbsp leaves, whole (2g)

For all 2 meals:

avocados
3/8 avocado(s) (75g)
salmon
18 oz (510g)
oil
3/4 tbsp (11mL)
coconut milk, canned
1/6 can (85mL)
garlic
3/4 clove(s) (2g)
lemon juice
3/4 tbsp (11mL)
fresh basil
3 tbsp leaves, whole (5g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Strawberries and cream

508 cals ● 5g protein ● 48g fat ● 11g carbs ● 3g fiber



For single meal:

strawberries
13 1/3 tbsp, sliced (138g)
heavy cream
1/2 cup (133mL)

For all 2 meals:

strawberries
1 2/3 cup, sliced (277g)
heavy cream
1 cup (266mL)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.