

# Meal Plan - 2500 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

2507 cals ● 211g protein (34%) ● 171g fat (61%) ● 22g carbs (4%) ● 9g fiber (1%)

### Lunch

1270 cals, 84g protein, 7g net carbs, 99g fat



[Chicken thighs and mushrooms](#)  
9 oz- 886 cals



[Cheese](#)  
3 1/3 oz- 382 cals

### Dinner

1240 cals, 126g protein, 15g net carbs, 71g fat



[Ranch pork chops](#)  
3 chop(s)- 1035 cals



[Olive oil drizzled sugar snap peas](#)  
204 cals

## Day 2

2445 cals ● 224g protein (37%) ● 156g fat (57%) ● 25g carbs (4%) ● 12g fiber (2%)

### Lunch

1205 cals, 97g protein, 10g net carbs, 84g fat



[Cheesy zucchini noodles](#)  
349 cals



[Coriander and cumin rubbed pork chops](#)  
2 chop(s)- 857 cals

### Dinner

1240 cals, 126g protein, 15g net carbs, 71g fat



[Ranch pork chops](#)  
3 chop(s)- 1035 cals



[Olive oil drizzled sugar snap peas](#)  
204 cals

## Day 3

2478 cals ● 175g protein (28%) ● 181g fat (66%) ● 28g carbs (4%) ● 10g fiber (2%)

### Lunch

1205 cals, 97g protein, 10g net carbs, 84g fat



[Cheesy zucchini noodles](#)  
349 cals



[Coriander and cumin rubbed pork chops](#)  
2 chop(s)- 857 cals

### Dinner

1270 cals, 77g protein, 17g net carbs, 97g fat



[Cheesy zucchini noodles w/ bacon](#)  
1272 cals

Day 4

2476 calsgreen247g protein (40%)orange149g fat (54%)blue21g carbs (3%)grey15g fiber (2%)

Lunch

1200 calsgreen135g protein, 6g net carbs, 69g fat



Simple roasted cod

21 1/3 oz- 791 calsgreen



Bacon zucchini noodles

407 calsgreen

Dinner

1280 calsgreen112g protein, 16g net carbs, 80g fat



Rotisserie chicken

16 oz- 952 calsgreen



Olive oil drizzled sugar snap peas

326 calsgreen

Day 5

2476 calsgreen247g protein (40%)orange149g fat (54%)blue21g carbs (3%)grey15g fiber (2%)

Lunch

1200 calsgreen135g protein, 6g net carbs, 69g fat



Simple roasted cod

21 1/3 oz- 791 calsgreen



Bacon zucchini noodles

407 calsgreen

Dinner

1280 calsgreen112g protein, 16g net carbs, 80g fat



Rotisserie chicken

16 oz- 952 calsgreen



Olive oil drizzled sugar snap peas

326 calsgreen

Day 6

2452 calsgreen218g protein (36%)orange165g fat (60%)blue18g carbs (3%)grey7g fiber (1%)

Lunch

1255 calsgreen97g protein, 8g net carbs, 91g fat



Parmesan zucchini noodles

182 calsgreen



Slow-baked salmon with lemon and thyme

16 oz- 1072 calsgreen

Dinner

1200 calsgreen121g protein, 10g net carbs, 74g fat



Caesar chicken breasts

13 1/3 oz- 765 calsgreen



Bacon zucchini noodles

434 calsgreen

Day 7

2452 calsgreen218g protein (36%)orange165g fat (60%)blue18g carbs (3%)grey7g fiber (1%)

Lunch

1255 calsgreen97g protein, 8g net carbs, 91g fat



Parmesan zucchini noodles

182 calsgreen



Slow-baked salmon with lemon and thyme

16 oz- 1072 calsgreen

Dinner

1200 calsgreen121g protein, 10g net carbs, 74g fat



Caesar chicken breasts

13 1/3 oz- 765 calsgreen



Bacon zucchini noodles

434 calsgreen

## Pork Products

- ☐ pork loin chops, boneless, raw  
10 chop (1850g)
- ☐ bacon, raw  
12 2/3 slice(s) (359g)

## Fats and Oils

- ☐ oil  
5 tbsp (75mL)
- ☐ olive oil  
1/2 lbs (278mL)
- ☐ caesar salad dressing  
6 3/4 tbsp (98g)

## Other

- ☐ ranch dressing mix  
3/4 packet (1 oz) (21g)
- ☐ rotisserie chicken, cooked  
2 lbs (907g)

## Spices and Herbs

- ☐ black pepper  
1/2 tbsp (1g)
- ☐ salt  
1/3 oz (9g)
- ☐ ground cumin  
2 tbsp (12g)
- ☐ ground coriander  
2 tbsp (10g)
- ☐ thyme, dried  
1/2 tbsp, leaves (1g)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
8 2/3 cup (1248g)
- ☐ mushrooms  
6 oz (170g)
- ☐ zucchini  
11 medium (2123g)
- ☐ garlic  
6 clove(s) (18g)

## Beverages

- ☐ water  
3/8 cup(s) (90mL)

## Dairy and Egg Products

- ☐ butter  
3/4 tbsp (11g)
- ☐ cheese  
14 1/3 oz (405g)
- ☐ parmesan cheese  
3/4 cup (62g)

## Poultry Products

- ☐ chicken thighs, with bone and skin, raw  
1 1/2 thigh(s) (255g)
- ☐ boneless skinless chicken breast, raw  
1 2/3 lbs (756g)

## Finfish and Shellfish Products

- ☐ cod, raw  
2 2/3 lbs (1209g)
- ☐ salmon  
2 lbs (907g)

## Fruits and Fruit Juices

- ☐ lemon  
1 1/3 large (112g)

# Recipes



## Lunch 1 [↗](#)

Eat on day 1

---

### Chicken thighs and mushrooms

9 oz - 886 cals ● 63g protein ● 68g fat ● 4g carbs ● 2g fiber



Makes 9 oz

**olive oil**

1 1/2 tbsp (23mL)

**salt**

1 1/2 dash (1g)

**water**

3/8 cup(s) (89mL)

**butter**

3/4 tbsp (11g)

**black pepper**

1 1/2 dash (0g)

**chicken thighs, with bone and skin, raw**

1 1/2 thigh(s) (255g)

**mushrooms, sliced 1/4 in thick**

6 oz (170g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

## Cheese

3 1/3 oz - 382 cals ● 22g protein ● 32g fat ● 3g carbs ● 0g fiber



Makes 3 1/3 oz

**cheese**  
1/4 lbs (95g)

1. The recipe has no instructions.

---

## Lunch 2 [↗](#)

Eat on day 2 and day 3

---

### Cheesy zucchini noodles

349 cals ● 15g protein ● 29g fat ● 5g carbs ● 1g fiber



For single meal:

**zucchini**  
2/3 medium (131g)  
**olive oil**  
2 tsp (10mL)  
**parmesan cheese**  
2 tsp (3g)  
**cheese**  
1/2 cup, shredded (57g)

For all 2 meals:

**zucchini**  
1 1/3 medium (261g)  
**olive oil**  
4 tsp (20mL)  
**parmesan cheese**  
4 tsp (7g)  
**cheese**  
1 cup, shredded (113g)

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.

---

## Coriander and cumin rubbed pork chops

2 chop(s) - 857 cals ● 82g protein ● 55g fat ● 6g carbs ● 3g fiber



For single meal:

**salt**  
4 dash (3g)  
**ground cumin**  
1 tbsp (6g)  
**ground coriander**  
1 tbsp (5g)  
**pork loin chops, boneless, raw**  
2 chop (370g)  
**black pepper**  
2 dash (0g)  
**garlic, minced**  
3 clove(s) (9g)  
**olive oil, divided**  
2 tbsp (30mL)

For all 2 meals:

**salt**  
1 tsp (6g)  
**ground cumin**  
2 tbsp (12g)  
**ground coriander**  
2 tbsp (10g)  
**pork loin chops, boneless, raw**  
4 chop (740g)  
**black pepper**  
4 dash (0g)  
**garlic, minced**  
6 clove(s) (18g)  
**olive oil, divided**  
4 tbsp (60mL)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

---

## Lunch 3 [🔗](#)

Eat on day 4 and day 5

---

### Simple roasted cod

21 1/3 oz - 791 cal ● 108g protein ● 40g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
2 2/3 tbsp (40mL)  
**cod, raw**  
1 1/3 lbs (605g)

For all 2 meals:

**olive oil**  
1/3 cup (80mL)  
**cod, raw**  
2 2/3 lbs (1209g)

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.

---

### Bacon zucchini noodles

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





For single meal:

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

For all 2 meals:

**zucchini**  
2 1/2 medium (490g)  
**bacon, raw**  
5 slice(s) (142g)

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 4 [↗](#)

Eat on day 6 and day 7

---

### Parmesan zucchini noodles

182 cals ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



For single meal:

**zucchini**  
1 medium (196g)  
**olive oil**  
1 tbsp (15mL)  
**parmesan cheese**  
1 tbsp (5g)

For all 2 meals:

**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.

---

## Slow-baked salmon with lemon and thyme

16 oz - 1072 cals ● 93g protein ● 75g fat ● 4g carbs ● 2g fiber





For single meal:

**thyme, dried**  
1/4 tbsp, leaves (1g)  
**oil**  
1 tbsp (15mL)  
**salmon, skin on**  
16 oz (454g)  
**lemon, cut into wedges**  
2/3 large (56g)

For all 2 meals:

**thyme, dried**  
1/2 tbsp, leaves (1g)  
**oil**  
2 tbsp (30mL)  
**salmon, skin on**  
2 lbs (907g)  
**lemon, cut into wedges**  
1 1/3 large (112g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

---

## Dinner 1 [↗](#)

Eat on day 1 and day 2

---

### Ranch pork chops

3 chop(s) - 1035 cal ● 120g protein ● 59g fat ● 5g carbs ● 0g fiber



For single meal:

**pork loin chops, boneless, raw**  
3 chop (555g)  
**oil**  
1 1/2 tbsp (23mL)  
**ranch dressing mix**  
3/8 packet (1 oz) (11g)

For all 2 meals:

**pork loin chops, boneless, raw**  
6 chop (1110g)  
**oil**  
3 tbsp (45mL)  
**ranch dressing mix**  
3/4 packet (1 oz) (21g)

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!

---

### Olive oil drizzled sugar snap peas

204 cal ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen sugar snap peas**  
1 2/3 cup (240g)  
**olive oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen sugar snap peas**  
3 1/3 cup (480g)  
**olive oil**  
5 tsp (25mL)

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

---

## Dinner 2 [↗](#)

Eat on day 3

---

### Cheesy zucchini noodles w/ bacon

1272 cals ● 77g protein ● 97g fat ● 17g carbs ● 5g fiber



**cheese**  
1 3/4 cup, shredded (198g)  
**parmesan cheese**  
2 1/3 tbsp (12g)  
**zucchini**  
2 1/3 medium (457g)  
**bacon, raw**  
2 1/3 slice(s) (66g)

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 cheese and bacon bits and heat through until the cheese is melted.
  4. Remove from heat, top with parmesan, and serve.
-

## Dinner 3 [🔗](#)

Eat on day 4 and day 5

### Rotisserie chicken

16 oz - 952 cal ● 101g protein ● 61g fat ● 0g carbs ● 0g fiber



For single meal:

**rotisserie chicken, cooked**  
1 lbs (454g)

For all 2 meals:

**rotisserie chicken, cooked**  
2 lbs (907g)

1. Pull chicken off of bones.
2. Serve.

### Olive oil drizzled sugar snap peas

326 cal ● 11g protein ● 19g fat ● 16g carbs ● 12g fiber



For single meal:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)  
**olive oil**  
4 tsp (20mL)

For all 2 meals:

**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**frozen sugar snap peas**  
5 1/3 cup (768g)  
**olive oil**  
2 2/3 tbsp (40mL)

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

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Caesar chicken breasts

13 1/3 oz - 765 cal ● 91g protein ● 43g fat ● 4g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

13 1/3 oz (378g)

**caesar salad dressing**

3 1/3 tbsp (49g)

**parmesan cheese**

3 1/3 tbsp (17g)

For all 2 meals:

**boneless skinless chicken breast, raw**

1 2/3 lbs (756g)

**caesar salad dressing**

6 2/3 tbsp (98g)

**parmesan cheese**

6 2/3 tbsp (33g)

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.

### Bacon zucchini noodles

434 cal ● 30g protein ● 31g fat ● 6g carbs ● 3g fiber



For single meal:

**zucchini**

1 1/3 medium (261g)

**bacon, raw**

2 2/3 slice(s) (76g)

For all 2 meals:

**zucchini**

2 2/3 medium (523g)

**bacon, raw**

5 1/3 slice(s) (151g)

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.