

Meal Plan - 2600 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

2562 cals ● 177g protein (28%) ● 188g fat (66%) ● 29g carbs (5%) ● 13g fiber (2%)

Lunch

1265 cals, 68g protein, 14g net carbs, 102g fat



Buffalo drumsticks
13 1/3 oz- 778 cals



Garlic zucchini noodles
489 cals

Dinner

1295 cals, 110g protein, 15g net carbs, 86g fat



Caesar chicken breasts
14 2/3 oz- 842 cals



Parmesan zucchini noodles
454 cals

Day 2

2607 cals ● 174g protein (27%) ● 192g fat (66%) ● 29g carbs (4%) ● 17g fiber (3%)

Lunch

1265 cals, 68g protein, 14g net carbs, 102g fat



Buffalo drumsticks
13 1/3 oz- 778 cals



Garlic zucchini noodles
489 cals

Dinner

1340 cals, 107g protein, 16g net carbs, 90g fat



Buffalo chicken salad
791 cals



Pecans
3/4 cup- 549 cals

Day 3

2607 cals ● 265g protein (41%) ● 152g fat (53%) ● 29g carbs (4%) ● 16g fiber (2%)

Lunch

1265 cals, 158g protein, 13g net carbs, 62g fat



Buttery garlic cauliflower mashed 'potatoes'
379 cals



Lemon pepper chicken breast
24 oz- 888 cals

Dinner

1340 cals, 107g protein, 16g net carbs, 90g fat



Buffalo chicken salad
791 cals



Pecans
3/4 cup- 549 cals

Day 4

2581 cals ● 317g protein (49%) ● 130g fat (45%) ● 25g carbs (4%) ● 11g fiber (2%)

Lunch

1265 cals, 158g protein, 13g net carbs, 62g fat



Buttery garlic cauliflower mashed 'potatoes'
379 cals



Lemon pepper chicken breast
24 oz- 888 cals

Dinner

1315 cals, 159g protein, 12g net carbs, 68g fat



Garlic zucchini noodles
367 cals



Balsamic chicken breast
24 oz- 947 cals

Day 5

2627 cals ● 235g protein (36%) ● 161g fat (55%) ● 25g carbs (4%) ● 33g fiber (5%)

Lunch

1315 cals, 76g protein, 13g net carbs, 93g fat



Pecans
1/2 cup- 366 cals



Roast beef lettuce wrap with avocado
3 wrap(s)- 947 cals

Dinner

1315 cals, 159g protein, 12g net carbs, 68g fat



Garlic zucchini noodles
367 cals



Balsamic chicken breast
24 oz- 947 cals

Day 6

2577 cals ● 250g protein (39%) ● 166g fat (58%) ● 13g carbs (2%) ● 9g fiber (1%)

Lunch

1300 cals, 170g protein, 4g net carbs, 65g fat



Buttered broccoli
2 cup(s)- 267 cals



Basic chicken breast
26 oz- 1032 cals

Dinner

1280 cals, 80g protein, 10g net carbs, 101g fat



Chicken thighs and mushrooms
9 oz- 886 cals



Cheesy zucchini noodles
393 cals

Day 7

2577 cals ● 250g protein (39%) ● 166g fat (58%) ● 13g carbs (2%) ● 9g fiber (1%)

Lunch

1300 cals, 170g protein, 4g net carbs, 65g fat



Buttered broccoli
2 cup(s)- 267 cals



Basic chicken breast
26 oz- 1032 cals

Dinner

1280 cals, 80g protein, 10g net carbs, 101g fat



Chicken thighs and mushrooms
9 oz- 886 cals



Cheesy zucchini noodles
393 cals

Grocery List



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Poultry Products

- boneless skinless chicken breast, raw
12 lbs (5333g)
- chicken thighs, with bone and skin, raw
3 thigh(s) (510g)

Fats and Oils

- caesar salad dressing
1/4 cup (54g)
- olive oil
1 1/3 cup (285mL)
- oil
3 oz (90mL)
- mayonnaise
5 tbsp (75mL)
- balsamic vinaigrette
3/4 cup (180mL)

Dairy and Egg Products

- parmesan cheese
1/2 cup (38g)
- nonfat greek yogurt, plain
13 1/4 tbsp (233g)
- butter
1/2 cup (121g)
- heavy cream
6 tbsp (91mL)
- cheese
1 cup, shredded (127g)

Vegetables and Vegetable Products

- zucchini
14 1/2 medium (2842g)
- garlic
6 3/4 clove (20g)
- raw celery
3 1/3 stalk, small (5" long) (57g)
- onion
13 1/4 tbsp, chopped (133g)
- cauliflower
3 cup chopped (321g)
- romaine lettuce
3 leaf outer (84g)
- tomatoes
1 1/2 plum tomato (93g)
- mushrooms
3/4 lbs (340g)
- frozen broccoli
4 cup (364g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
7 1/3 fl oz (217mL)

Spices and Herbs

- salt
1/3 oz (9g)
- black pepper
2 1/4 g (2g)
- lemon pepper
3 tbsp (21g)
- mustard
1 tbsp (15g)

Other

- Chicken, drumsticks, with skin
1 2/3 lbs (756g)
- mixed greens
3 1/3 cup (100g)
- italian seasoning
1/2 tbsp (5g)

Nut and Seed Products

- pecans
2 cup, halves (198g)

Sausages and Luncheon Meats

- roast beef cold cuts
3/4 lbs (340g)

Fruits and Fruit Juices

- avocados
1 1/2 avocado(s) (302g)

Beverages

- water
3/4 cup(s) (178mL)

Lunch 1 ↗

Eat on day 1 and day 2

Buffalo drumsticks

13 1/3 oz - 778 cals ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
2 1/4 tbsp (33mL)
oil
1 1/4 tsp (6mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp, ground (0g)
Chicken, drumsticks, with skin
13 1/3 oz (378g)

For all 2 meals:

Frank's Red Hot sauce
1/4 cup (67mL)
oil
2 1/2 tsp (13mL)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
Chicken, drumsticks, with skin
1 2/3 lbs (756g)

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

489 cals ● 8g protein ● 42g fat ● 13g carbs ● 7g fiber



For single meal:

olive oil
3 tbsp (45mL)
zucchini
3 medium (588g)
garlic, minced
1 1/2 clove (5g)

For all 2 meals:

olive oil
6 tbsp (90mL)
zucchini
6 medium (1176g)
garlic, minced
3 clove (9g)

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.

Lunch 2 ↗

Eat on day 3 and day 4

Buttery garlic cauliflower mashed 'potatoes'

379 cals ● 6g protein ● 34g fat ● 9g carbs ● 3g fiber



For single meal:

salt
3 dash (2g)
butter
1 1/2 tbsp (21g)
cauliflower
1 1/2 cup chopped (161g)
heavy cream
3 tbsp (45mL)
black pepper
1 1/2 dash, ground (0g)
garlic, minced
3/4 clove (2g)

For all 2 meals:

salt
1/4 tbsp (5g)
butter
3 tbsp (43g)
cauliflower
3 cup chopped (321g)
heavy cream
6 tbsp (90mL)
black pepper
3 dash, ground (1g)
garlic, minced
1 1/2 clove (5g)

1. Combine all ingredients in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash and mix with a fork.
4. Serve.

Lemon pepper chicken breast

24 oz - 888 cals ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
olive oil
3/4 tbsp (11mL)
lemon pepper
1 1/2 tbsp (10g)

For all 2 meals:

boneless skinless chicken breast, raw
3 lbs (1344g)
olive oil
1 1/2 tbsp (23mL)
lemon pepper
3 tbsp (21g)

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.

Lunch 3

Eat on day 5

Pecans

1/2 cup - 366 cals  5g protein  36g fat  2g carbs  5g fiber



Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Roast beef lettuce wrap with avocado

3 wrap(s) - 947 cals  72g protein  58g fat  11g carbs  24g fiber



Makes 3 wrap(s)

romaine lettuce
3 leaf outer (84g)
mustard
1 tbsp (15g)
roast beef cold cuts
3/4 lbs (340g)
avocados, sliced
1 1/2 avocado(s) (302g)
tomatoes, diced
1 1/2 plum tomato (93g)

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

Lunch 4 ↗

Eat on day 6 and day 7

Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

salt
1 dash (0g)
frozen broccoli
2 cup (182g)
black pepper
1 dash (0g)
butter
2 tbsp (28g)

For all 2 meals:

salt
2 dash (1g)
frozen broccoli
4 cup (364g)
black pepper
2 dash (0g)
butter
4 tbsp (57g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic chicken breast

26 oz - 1032 cals ● 164g protein ● 42g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
26 oz (728g)
oil
5 tsp (24mL)

For all 2 meals:

boneless skinless chicken breast, raw
3 1/4 lbs (1456g)
oil
3 1/4 tbsp (49mL)

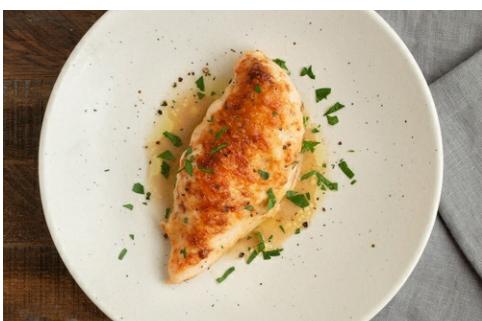
1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. STOVETOP: Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other 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 1 ↗

Eat on day 1

Caesar chicken breasts

14 2/3 oz - 842 cals ● 100g protein ● 47g fat ● 4g carbs ● 0g fiber



Makes 14 2/3 oz

boneless skinless chicken breast, raw
14 2/3 oz (416g)
caesar salad dressing
1/4 cup (54g)
parmesan cheese
1/4 cup (18g)

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.

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.

Dinner 2 ↗

Eat on day 2 and day 3

Buffalo chicken salad

791 cals ● 100g protein ● 37g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens
1 2/3 cup (50g)
boneless skinless chicken breast, raw
13 1/3 oz (378g)
nonfat greek yogurt, plain
6 2/3 tbsp (117g)
Frank's Red Hot sauce
5 tbsp (75mL)
mayonnaise
2 1/2 tbsp (38mL)
raw celery, chopped
1 2/3 stalk, small (5" long) (28g)
onion, chopped
6 2/3 tbsp, chopped (67g)

For all 2 meals:

mixed greens
3 1/3 cup (100g)
boneless skinless chicken breast, raw
1 2/3 lbs (756g)
nonfat greek yogurt, plain
13 1/3 tbsp (233g)
Frank's Red Hot sauce
10 tbsp (150mL)
mayonnaise
5 tbsp (75mL)
raw celery, chopped
3 1/3 stalk, small (5" long) (57g)
onion, chopped
13 1/3 tbsp, chopped (133g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

Pecans

3/4 cup - 549 cals ● 7g protein ● 53g fat ● 3g carbs ● 7g fiber



For single meal:

pecans

3/4 cup, halves (74g)

For all 2 meals:

pecans

1 1/2 cup, halves (149g)

1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 4 and day 5

Garlic zucchini noodles

367 cals ● 6g protein ● 32g fat ● 10g carbs ● 5g fiber



For single meal:

olive oil

2 1/4 tbsp (34mL)

zucchini

2 1/4 medium (441g)

garlic, minced

1 clove (3g)

For all 2 meals:

olive oil

1/4 cup (68mL)

zucchini

4 1/2 medium (882g)

garlic, minced

2 1/4 clove (7g)

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.

Balsamic chicken breast

24 oz - 947 cals ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
balsamic vinaigrette
6 tbsp (90mL)
oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)

For all 2 meals:

boneless skinless chicken breast, raw
3 lbs (1361g)
balsamic vinaigrette
3/4 cup (180mL)
oil
2 tbsp (30mL)
italian seasoning
1/2 tbsp (5g)

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.

Dinner 4 ↗

Eat on day 6 and day 7

Chicken thighs and mushrooms

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



For single meal:

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)

For all 2 meals:

olive oil
3 tbsp (45mL)
salt
3 dash (1g)
water
3/4 cup(s) (178mL)
butter
1 1/2 tbsp (21g)
black pepper
3 dash (0g)
chicken thighs, with bone and skin, raw
3 thigh(s) (510g)
mushrooms, sliced 1/4 in thick
3/4 lbs (340g)

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.

Cheesy zucchini noodles

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



For single meal:

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

For all 2 meals:

zucchini
1 1/2 medium (294g)
olive oil
1 1/2 tbsp (23mL)
parmesan cheese
1 1/2 tbsp (8g)
cheese
1 cup, shredded (127g)

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.