

# Meal Plan - 2700 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

2692 cals ● 135g protein (20%) ● 228g fat (76%) ● 16g carbs (2%) ● 9g fiber (1%)

### Lunch

1385 cals, 38g protein, 12g net carbs, 129g fat



[Macadamia nuts](#)  
653 cals



[Smoked salmon roll ups](#)  
8 3/4 oz- 735 cals

### Dinner

1305 cals, 97g protein, 3g net carbs, 100g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Buffalo drumsticks](#)  
21 1/3 oz- 1245 cals

## Day 2

2712 cals ● 204g protein (30%) ● 201g fat (67%) ● 14g carbs (2%) ● 7g fiber (1%)

### Lunch

1410 cals, 107g protein, 11g net carbs, 102g fat



[Bacon zucchini noodles](#)  
732 cals



[Buffalo chicken wings](#)  
16 oz- 676 cals

### Dinner

1305 cals, 97g protein, 3g net carbs, 100g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Buffalo drumsticks](#)  
21 1/3 oz- 1245 cals

## Day 3

2688 cals ● 289g protein (43%) ● 156g fat (52%) ● 22g carbs (3%) ● 12g fiber (2%)

### Lunch

1410 cals, 107g protein, 11g net carbs, 102g fat



[Bacon zucchini noodles](#)  
732 cals



[Buffalo chicken wings](#)  
16 oz- 676 cals

### Dinner

1280 cals, 182g protein, 11g net carbs, 54g fat



[Garlic zucchini noodles](#)  
245 cals



[Lemon pepper chicken breast](#)  
28 oz- 1036 cals

## Day 4

2701 cals ● 313g protein (46%) ● 145g fat (48%) ● 24g carbs (4%) ● 12g fiber (2%)

### Lunch

1420 cals, 132g protein, 13g net carbs, 91g fat



**Caesar chicken breasts**  
12 oz- 689 cals



**Bacon zucchini noodles**  
732 cals

### Dinner

1280 cals, 182g protein, 11g net carbs, 54g fat



**Garlic zucchini noodles**  
245 cals



**Lemon pepper chicken breast**  
28 oz- 1036 cals

## Day 5

2659 cals ● 237g protein (36%) ● 178g fat (60%) ● 11g carbs (2%) ● 17g fiber (3%)

### Lunch

1355 cals, 113g protein, 3g net carbs, 92g fat



**Indian chicken wings**  
29 1/3 oz- 1210 cals



**Spinach cauliflower mince**  
2 cup(s)- 142 cals

### Dinner

1305 cals, 124g protein, 8g net carbs, 86g fat



**Sugar-free bbq chicken wings**  
28 oz- 1075 cals



**Pork rinds and salsa**  
231 cals

## Day 6

2670 cals ● 294g protein (44%) ● 151g fat (51%) ● 13g carbs (2%) ● 18g fiber (3%)

### Lunch

1355 cals, 113g protein, 3g net carbs, 92g fat



**Indian chicken wings**  
29 1/3 oz- 1210 cals



**Spinach cauliflower mince**  
2 cup(s)- 142 cals

### Dinner

1315 cals, 181g protein, 11g net carbs, 59g fat



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



**Sauteed garlic & herb tomatoes**  
212 cals

## Day 7

2658 cals ● 323g protein (49%) ● 137g fat (46%) ● 24g carbs (4%) ● 10g fiber (1%)

### Lunch

1340 cals, 142g protein, 13g net carbs, 77g fat



**Garlic zucchini noodles**  
448 cals



**Pan fried tilapia**  
24 oz- 893 cals

### Dinner

1315 cals, 181g protein, 11g net carbs, 59g fat



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



**Sauteed garlic & herb tomatoes**  
212 cals



## Nut and Seed Products

- ☐ Macadamia nuts, shelled, roasted  
3 oz (85g)

## Finfish and Shellfish Products

- ☐ smoked salmon  
1/4 lbs (106g)
- ☐ tilapia, raw  
1 1/2 lbs (672g)

## Spices and Herbs

- ☐ dried dill weed  
1 1/4 tsp (1g)
- ☐ salt  
2 1/4 tbsp (40g)
- ☐ black pepper  
2 1/2 tsp, ground (5g)
- ☐ lemon pepper  
1/4 cup (24g)
- ☐ curry powder  
1/3 cup (35g)

## Dairy and Egg Products

- ☐ cream cheese  
5 oz (142g)
- ☐ parmesan cheese  
3 tbsp (15g)

## Fats and Oils

- ☐ oil  
1/4 lbs (112mL)
- ☐ olive oil  
3/4 cup (180mL)
- ☐ caesar salad dressing  
3 tbsp (44g)
- ☐ balsamic vinaigrette  
14 tbsp (211mL)

## Vegetables and Vegetable Products

- ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (679g)
- ☐ zucchini  
12 1/2 medium (2450g)
- ☐ garlic  
8 1/2 clove(s) (26g)
- ☐ fresh spinach  
2 cup(s) (60g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
3/4 cup (187mL)
- ☐ salsa  
1/3 cup (96g)

## Other

- ☐ Chicken, drumsticks, with skin  
2 2/3 lbs (1210g)
- ☐ frozen riced cauliflower  
4 cup, frozen (424g)
- ☐ sugar-free barbecue sauce  
1/4 cup (53g)
- ☐ pork rinds  
1 1/3 oz (38g)
- ☐ italian seasoning  
3/4 container (.75 oz) (15g)

## Pork Products

- ☐ bacon, raw  
13 1/2 slice(s) (383g)

## Poultry Products

- ☐ chicken wings, with skin, raw  
7 1/2 lbs (3367g)
- ☐ boneless skinless chicken breast, raw  
8 lbs (3496g)

## Lunch 1 [↗](#)

Eat on day 1

### Macadamia nuts

653 cal ● 7g protein ● 65g fat ● 4g carbs ● 7g fiber



**Macadamia nuts, shelled, roasted**  
3 oz (85g)

1. The recipe has no instructions.

### Smoked salmon roll ups

8 3/4 oz - 735 cal ● 32g protein ● 64g fat ● 8g carbs ● 0g fiber



Makes 8 3/4 oz

**smoked salmon**

1/4 lbs (106g)

**dried dill weed**

1 1/4 tsp (1g)

**cream cheese**

5 oz (142g)

1. Place cream cheese in between two sheets of plastic wrap.
  2. Using a rolling pin, roll the cream cheese flat into a thin rectangular shape.
  3. Remove the top sheet of plastic wrap and sprinkle the dill on top.
  4. Then cover the cream cheese with an even layer of smoked salmon, gently pressing it in.
  5. Add a new piece of plastic wrap on top to cover the salmon.
  6. Flip everything so that the cream cheese side is on top, and remove the top layer of plastic wrap.
  7. Gently roll up one edge (of one of the longer sides) to the other side, pulling back the plastic wrap on the way.
  8. Once it's rolled up, wrap it in plastic wrap and store in the fridge until ready to eat. Slice and serve. (Although you can slice immediately, it's recommended it stays in the fridge a couple of hours to make it easier to slice)
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## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Bacon zucchini noodles

732 cals ● 50g protein ● 52g fat ● 10g carbs ● 5g fiber



For single meal:

**zucchini**  
2 1/4 medium (441g)  
**bacon, raw**  
4 1/2 slice(s) (128g)

For all 2 meals:

**zucchini**  
4 1/2 medium (882g)  
**bacon, raw**  
9 slice(s) (255g)

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.

### Buffalo chicken wings

16 oz - 676 cals ● 57g protein ● 49g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**chicken wings, with skin, raw**  
1 lbs (454g)  
**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**chicken wings, with skin, raw**  
2 lbs (908g)  
**Frank's Red Hot sauce**  
1/3 cup (80mL)

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 it's 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.

## Lunch 3 [↗](#)

Eat on day 4

### Caesar chicken breasts

12 oz - 689 cals ● 82g protein ● 39g fat ● 3g carbs ● 0g fiber



Makes 12 oz

**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**caesar salad dressing**  
3 tbsp (44g)  
**parmesan cheese**  
3 tbsp (15g)

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

732 cals ● 50g protein ● 52g fat ● 10g carbs ● 5g fiber



**zucchini**  
2 1/4 medium (441g)  
**bacon, raw**  
4 1/2 slice(s) (128g)

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 5 and day 6

### Indian chicken wings

29 1/3 oz - 1210 cals ● 107g protein ● 83g fat ● 0g carbs ● 9g fiber



For single meal:

**oil**

1/2 tbsp (7mL)

**chicken wings, with skin, raw**

29 1/3 oz (832g)

**salt**

2 tsp (11g)

**curry powder**

2 3/4 tbsp (17g)

For all 2 meals:

**oil**

1 tbsp (14mL)

**chicken wings, with skin, raw**

3 2/3 lbs (1665g)

**salt**

1 1/4 tbsp (22g)

**curry powder**

1/3 cup (35g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

### Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



For single meal:

**frozen riced cauliflower**

2 cup, frozen (212g)

**oil**

2 tsp (10mL)

**garlic, diced**

2 clove(s) (6g)

**fresh spinach, chopped**

1 cup(s) (30g)

For all 2 meals:

**frozen riced cauliflower**

4 cup, frozen (424g)

**oil**

4 tsp (20mL)

**garlic, diced**

4 clove(s) (12g)

**fresh spinach, chopped**

2 cup(s) (60g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### Garlic zucchini noodles

448 cals ● 7g protein ● 39g fat ● 12g carbs ● 6g fiber



**olive oil**  
2 3/4 tbsp (41mL)  
**zucchini**  
2 3/4 medium (539g)  
**garlic, minced**  
1 1/2 clove (4g)

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.

### Pan fried tilapia

24 oz - 893 cals ● 135g protein ● 38g fat ● 1g carbs ● 0g fiber



Makes 24 oz

**olive oil**  
2 tbsp (30mL)  
**black pepper**  
1 tsp, ground (2g)  
**salt**  
1 tsp (6g)  
**tilapia, raw**  
1 1/2 lbs (672g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Roasted tomatoes

1 tomato(es) - 60 cal ● 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.

### Buffalo drumsticks

21 1/3 oz - 1245 cal ● 96g protein ● 95g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

1/4 cup (53mL)

**oil**

2 tsp (10mL)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**Chicken, drumsticks, with skin**

1 1/3 lbs (605g)

For all 2 meals:

**Frank's Red Hot sauce**

1/2 cup (107mL)

**oil**

4 tsp (20mL)

**salt**

1/4 tbsp (4g)

**black pepper**

1/4 tbsp, ground (2g)

**Chicken, drumsticks, with skin**

2 2/3 lbs (1210g)

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

### Garlic zucchini noodles

245 cals ● 4g protein ● 21g fat ● 6g carbs ● 3g fiber



For single meal:

**olive oil**  
1 1/2 tbsp (23mL)  
**zucchini**  
1 1/2 medium (294g)  
**garlic, minced**  
3/4 clove (2g)

For all 2 meals:

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

### Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 3/4 lbs (784g)  
**olive oil**  
2 1/2 tsp (13mL)  
**lemon pepper**  
1 3/4 tbsp (12g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3 1/2 lbs (1568g)  
**olive oil**  
1 3/4 tbsp (26mL)  
**lemon pepper**  
1/4 cup (24g)

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.



## Dinner 3 [↗](#)

Eat on day 5

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### Sugar-free bbq chicken wings

28 oz - 1075 cals ● 100g protein ● 74g fat ● 4g carbs ● 0g fiber



Makes 28 oz

**sugar-free barbecue sauce**

1/4 cup (53g)

**chicken wings, with skin, raw**

1 3/4 lbs (795g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, 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. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
6. Serve.

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### Pork rinds and salsa

231 cals ● 24g protein ● 12g fat ● 5g carbs ● 2g fiber



**salsa**

1/3 cup (96g)

**pork rinds**

1 1/3 oz (38g)

1. The recipe has no instructions.
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## Dinner 4 [🔗](#)

Eat on day 6 and day 7

### 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.

### Sauteed garlic & herb tomatoes

212 cals ● 2g protein ● 17g fat ● 8g carbs ● 3g fiber



For single meal:

**black pepper**

1 dash, ground (0g)

**olive oil**

1 1/4 tbsp (19mL)

**tomatoes**

5/6 pint, cherry tomatoes (248g)

**italian seasoning**

1 1/4 tsp (5g)

**salt**

1/2 tsp (3g)

**garlic, minced**

5/6 clove(s) (3g)

For all 2 meals:

**black pepper**

1/4 tsp, ground (0g)

**olive oil**

2 1/2 tbsp (38mL)

**tomatoes**

1 2/3 pint, cherry tomatoes (497g)

**italian seasoning**

2 1/2 tsp (9g)

**salt**

1 tsp (5g)

**garlic, minced**

1 2/3 clove(s) (5g)

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.