

# Meal Plan - 2800 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

2828 cals ● 254g protein (36%) ● 190g fat (61%) ● 15g carbs (2%) ● 9g fiber (1%)

### Lunch

1425 cals, 135g protein, 14g net carbs, 88g fat



Macadamia nuts

435 cals



Basic chicken & spinach salad

989 cals

### Dinner

1405 cals, 120g protein, 1g net carbs, 102g fat



Low carb fried chicken

24 oz- 1404 cals

## Day 2

2765 cals ● 203g protein (29%) ● 181g fat (59%) ● 35g carbs (5%) ● 47g fiber (7%)

### Lunch

1425 cals, 135g protein, 14g net carbs, 88g fat



Macadamia nuts

435 cals



Basic chicken & spinach salad

989 cals

### Dinner

1340 cals, 69g protein, 20g net carbs, 93g fat



Pepper steak

8 ounce(s)- 704 cals



Garlic collard greens

637 cals

## Day 3

2794 cals ● 143g protein (20%) ● 229g fat (74%) ● 17g carbs (2%) ● 23g fiber (3%)

### Lunch

1365 cals, 49g protein, 7g net carbs, 122g fat



Lettuce bun BLT

4 sandwich(es)- 1037 cals



Macadamia nuts

326 cals

### Dinner

1430 cals, 94g protein, 9g net carbs, 107g fat



Spinach cauliflower mince

3 1/2 cup(s)- 249 cals



Chicken thighs and mushrooms

12 oz- 1182 cals

## Day 4

2769 cals ● 157g protein (23%) ● 216g fat (70%) ● 31g carbs (4%) ● 19g fiber (3%)

### Lunch

1365 cals, 49g protein, 7g net carbs, 122g fat



#### Lettuce bun BLT

4 sandwich(es)- 1037 cals



#### Macadamia nuts

326 cals

### Dinner

1405 cals, 109g protein, 24g net carbs, 93g fat



#### Roasted peanuts

3/8 cup(s)- 345 cals



#### Simple sardine salad

1061 cals

## Day 5

2754 cals ● 140g protein (20%) ● 225g fat (74%) ● 27g carbs (4%) ● 15g fiber (2%)

### 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

1365 cals, 102g protein, 15g net carbs, 97g fat



#### Chicken thighs with lemon & olives

15 oz- 1096 cals



#### Garlic zucchini noodles

272 cals

## Day 6

2772 cals ● 220g protein (32%) ● 195g fat (63%) ● 24g carbs (3%) ● 10g fiber (1%)

### Lunch

1405 cals, 118g protein, 9g net carbs, 98g fat



#### Cheesy zucchini noodles

655 cals



#### Simple plain turkey burger

4 burger(s)- 750 cals

### Dinner

1365 cals, 102g protein, 15g net carbs, 97g fat



#### Chicken thighs with lemon & olives

15 oz- 1096 cals



#### Garlic zucchini noodles

272 cals

## Day 7

2758 cals ● 307g protein (45%) ● 160g fat (52%) ● 16g carbs (2%) ● 6g fiber (1%)

### Lunch

1405 cals, 118g protein, 9g net carbs, 98g fat



#### Cheesy zucchini noodles

655 cals



#### Simple plain turkey burger

4 burger(s)- 750 cals

### Dinner

1355 cals, 189g protein, 7g net carbs, 62g fat



#### Balsamic chicken breast

28 oz- 1105 cals



#### Broccoli with cheese sauce

1 cup(s)- 248 cals

## Nut and Seed Products

- Macadamia nuts, shelled, roasted  
10 oz (284g)

## Vegetables and Vegetable Products

- fresh spinach  
14 3/4 cup(s) (443g)
- collard greens  
2 lbs (907g)
- garlic  
15 clove(s) (45g)
- iceberg lettuce  
16 slice(s) (560g)
- tomatoes  
16 slice, medium (1/4" thick) (320g)
- pickles  
8 spear (280g)
- mushrooms  
1/2 lbs (227g)
- zucchini  
6 medium (1143g)
- frozen broccoli  
1 cup (91g)

## Fats and Oils

- oil  
1/4 lbs (115mL)
- salad dressing  
9 3/4 tbsp (146mL)
- mayonnaise  
1/2 cup (120mL)
- olive oil  
1/2 cup (127mL)
- balsamic vinaigrette  
1/2 cup (106mL)

## Poultry Products

- boneless skinless chicken breast, raw  
4 lbs (1899g)
- chicken thighs, with bone and skin, raw  
7 thigh(s) (1190g)
- ground turkey, raw  
2 lbs (907g)

## Soups, Sauces, and Gravies

- hot sauce  
1 1/2 tbsp (23mL)

## Other

- chicken, drumsticks, with skin  
1 1/2 lbs (680g)
- pork rinds  
3/4 oz (21g)
- frozen riced cauliflower  
3 1/2 cup, frozen (371g)
- mixed greens  
6 cup (180g)
- vinaigrette, store-bought, any flavor  
6 tbsp (90mL)
- italian seasoning  
1 tsp (3g)

## Dairy and Egg Products

- butter  
2 tbsp (28g)
- cream cheese  
5 oz (142g)
- parmesan cheese  
2 1/2 tbsp (13g)
- cheese  
2 cup, shredded (240g)
- heavy cream  
2 tbsp (29mL)

## Beef Products

- ribeye, raw  
1/2 lbs (227g)

## Pork Products

- bacon, cooked  
24 slice(s) (240g)

## Beverages

- water  
1/2 cup(s) (119mL)

## Legumes and Legume Products

- roasted peanuts  
6 tbsp (55g)

## Finfish and Shellfish Products

- sardines, canned in oil  
4 can (368g)

**chicken broth**  
5/8 cup(s) (mL)

**smoked salmon**  
1/4 lbs (106g)

## Spices and Herbs

- cajun seasoning**  
1 tsp (2g)
- salt**  
1/3 oz (10g)
- rosemary, dried**  
2 1/2 g (2g)
- black pepper**  
1/4 oz (8g)
- dried dill weed**  
1 1/4 tsp (1g)
- garlic powder**  
4 dash (2g)
- yellow mustard**  
4 dash or 1 packet (3g)

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## Fruits and Fruit Juices

- lemon**  
1 1/4 large (105g)
- green olives**  
1 1/4 small can (~2 oz) (80g)

## Lunch 1 ↗

Eat on day 1 and day 2

### Macadamia nuts

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



For single meal:

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

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
4 oz (113g)

1. The recipe has no instructions.

### Basic chicken & spinach salad

989 cals ● 130g protein ● 45g fat ● 12g carbs ● 4g fiber



For single meal:

**fresh spinach**  
6 1/2 cup(s) (195g)  
**oil**  
1 tbsp (16mL)  
**salad dressing**  
5 tbsp (73mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
1 1/4 lbs (553g)

For all 2 meals:

**fresh spinach**  
13 cup(s) (390g)  
**oil**  
2 tbsp (33mL)  
**salad dressing**  
9 3/4 tbsp (146mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
2 1/2 lbs (1106g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

## Lunch 2 ↗

Eat on day 3 and day 4

### Lettuce bun BLT

4 sandwich(es) - 1037 cals ● 45g protein ● 90g fat ● 5g carbs ● 7g fiber



For single meal:

**iceberg lettuce**  
8 slice(s) (280g)  
**bacon, cooked**  
12 slice(s) (120g)  
**mayonnaise**  
4 tbsp (60mL)  
**tomatoes**  
8 slice, medium (1/4" thick) (160g)  
**pickles**  
4 spear (140g)

For all 2 meals:

**iceberg lettuce**  
16 slice(s) (560g)  
**bacon, cooked**  
24 slice(s) (240g)  
**mayonnaise**  
1/2 cup (120mL)  
**tomatoes**  
16 slice, medium (1/4" thick) (320g)  
**pickles**  
8 spear (280g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

### Macadamia nuts

326 cals ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



For single meal:

**Macadamia nuts, shelled, roasted**  
1 1/2 oz (43g)

For all 2 meals:

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

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 5

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### Macadamia nuts

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



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

1. The recipe has no instructions.

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### Smoked salmon roll ups

8 3/4 oz - 735 cals ● 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 4 ↗

Eat on day 6 and day 7

### Cheesy zucchini noodles

655 cals ● 29g protein ● 55g fat ● 9g carbs ● 3g fiber



For single meal:

**zucchini**  
1 1/4 medium (245g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**parmesan cheese**  
1 1/4 tbsp (6g)  
**cheese**  
1 cup, shredded (106g)

For all 2 meals:

**zucchini**  
2 1/2 medium (490g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**parmesan cheese**  
2 1/2 tbsp (13g)  
**cheese**  
2 cup, shredded (212g)

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.

### Simple plain turkey burger

4 burger(s) - 750 cals ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



For single meal:

**ground turkey, raw**  
1 lbs (454g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**ground turkey, raw**  
2 lbs (907g)  
**oil**  
4 tsp (20mL)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

## Dinner 1 ↗

Eat on day 1

### Low carb fried chicken

24 oz - 1404 cals ● 120g protein ● 102g fat ● 1g carbs ● 0g fiber



Makes 24 oz

**hot sauce**

1 1/2 tbsp (23mL)

**cajun seasoning**

1 tsp (2g)

**Chicken, drumsticks, with skin**

1 1/2 lbs (680g)

**pork rinds, crushed**

3/4 oz (21g)

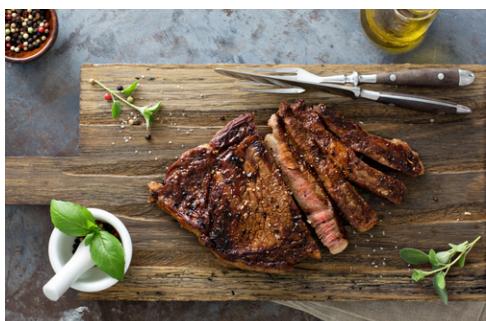
1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes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

## Dinner 2 ↗

Eat on day 2

### Pepper steak

8 ounce(s) - 704 cals ● 40g protein ● 59g fat ● 2g carbs ● 1g fiber



Makes 8 ounce(s)

**butter**

1 tbsp (14g)

**salt**

1/3 tsp (2g)

**ribeye, raw**

1/2 lbs (227g)

**rosemary, dried**

1/3 tsp (0g)

**black pepper**

2 tsp, ground (5g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.

### Garlic collard greens

637 cals ● 28g protein ● 34g fat ● 18g carbs ● 37g fiber



**collard greens**  
2 lbs (907g)  
**oil**  
2 tbsp (30mL)  
**salt**  
4 dash (3g)  
**garlic, minced**  
6 clove(s) (18g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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## Dinner 3 ↗

Eat on day 3

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### Spinach cauliflower mince

3 1/2 cup(s) - 249 cals ● 11g protein ● 16g fat ● 4g carbs ● 10g fiber



Makes 3 1/2 cup(s)

**frozen riced cauliflower**  
3 1/2 cup, frozen (371g)  
**oil**  
3 1/2 tsp (18mL)  
**garlic, diced**  
3 1/2 clove(s) (11g)  
**fresh spinach, chopped**  
1 3/4 cup(s) (53g)

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.

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### Chicken thighs and mushrooms

12 oz - 1182 cals ● 84g protein ● 91g fat ● 6g carbs ● 2g fiber



Makes 12 oz

**olive oil**  
2 tbsp (30mL)  
**salt**  
2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**butter**  
1 tbsp (14g)  
**black pepper**  
2 dash (0g)  
**chicken thighs, with bone and skin, raw**  
2 thigh(s) (340g)  
**mushrooms, sliced 1/4 in thick**  
1/2 lbs (227g)

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.

## Dinner 4 ↗

Eat on day 4

### Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber

Makes 3/8 cup(s)



#### roasted peanuts

6 tbsp (55g)

1. The recipe has no instructions.

### Simple sardine salad

1061 cals ● 96g protein ● 66g fat ● 17g carbs ● 4g fiber



#### mixed greens

6 cup (180g)

#### vinaigrette, store-bought, any flavor

6 tbsp (90mL)

#### sardines, canned in oil, drained

4 can (368g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

## Dinner 5 ↗

Eat on day 5 and day 6

### Chicken thighs with lemon & olives

15 oz - 1096 cals ● 98g protein ● 73g fat ● 8g carbs ● 4g fiber



For single meal:

**chicken thighs, with bone and skin, raw**  
2 1/2 thigh(s) (425g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
5 dash, ground (1g)  
**rosemary, dried**  
1 tsp (1g)  
**olive oil**  
1 tsp (5mL)  
**lemon**  
5/8 large (53g)  
**green olives**  
5/8 small can (~2 oz) (40g)  
**chicken broth**  
1/3 cup(s) (mL)  
**garlic, minced**  
2 clove(s) (6g)

For all 2 meals:

**chicken thighs, with bone and skin, raw**  
5 thigh(s) (850g)  
**salt**  
5 dash (4g)  
**black pepper**  
1 1/4 tsp, ground (3g)  
**rosemary, dried**  
2 tsp (2g)  
**olive oil**  
2 tsp (9mL)  
**lemon**  
1 1/4 large (105g)  
**green olives**  
1 1/4 small can (~2 oz) (80g)  
**chicken broth**  
5/8 cup(s) (mL)  
**garlic, minced**  
3 3/4 clove(s) (11g)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

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## Garlic zucchini noodles

272 cals ● 4g protein ● 24g fat ● 7g carbs ● 4g fiber



For single meal:

**olive oil**  
5 tsp (25mL)  
**zucchini**  
1 2/3 medium (327g)  
**garlic, minced**  
5/6 clove (3g)

For all 2 meals:

**olive oil**  
1/4 cup (50mL)  
**zucchini**  
3 1/3 medium (653g)  
**garlic, minced**  
1 2/3 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.

## Dinner 6 ↗

Eat on day 7

### Balsamic chicken breast

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



Makes 28 oz

**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)

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.

### Broccoli with cheese sauce

1 cup(s) - 248 cals ● 10g protein ● 20g fat ● 4g carbs ● 3g fiber



Makes 1 cup(s)

**cheese**

4 tbsp, shredded (28g)

**garlic powder**

4 dash (2g)

**yellow mustard**

4 dash or 1 packet (3g)

**heavy cream**

2 tbsp (29mL)

**frozen broccoli**

1 cup (91g)

1. Prepare broccoli according to package.
2. Meanwhile, in a small saucepan over medium low heat mix together the heavy cream, mustard, and garlic powder until it starts to bubble.
3. Mix in the cheese in batches until fully melted and combined with cream mixture.
4. Top broccoli with cheese mixture and serve!