

# Meal Plan - 3000 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

2971 cals ● 210g protein (28%) ● 216g fat (65%) ● 33g carbs (4%) ● 14g fiber (2%)

### Lunch

1450 cals, 138g protein, 15g net carbs, 89g fat



[Macadamia nuts](#)

435 cals



[Basic chicken & spinach salad](#)

1014 cals

### Dinner

1520 cals, 72g protein, 19g net carbs, 127g fat



[Cheesy zucchini noodles](#)

1178 cals



[Cheese](#)

3 oz- 343 cals

## Day 2

2980 cals ● 195g protein (26%) ● 223g fat (67%) ● 29g carbs (4%) ● 21g fiber (3%)

### Lunch

1460 cals, 123g protein, 10g net carbs, 96g fat



[Ham, bacon, avocado lettuce wrap](#)

4 wrap(s)- 1459 cals

### Dinner

1520 cals, 72g protein, 19g net carbs, 127g fat



[Cheesy zucchini noodles](#)

1178 cals



[Cheese](#)

3 oz- 343 cals

## Day 3

2957 cals ● 267g protein (36%) ● 187g fat (57%) ● 24g carbs (3%) ● 28g fiber (4%)

### Lunch

1455 cals, 99g protein, 16g net carbs, 99g fat



[Macadamia nuts](#)

435 cals



[Avocado tuna salad](#)

1018 cals

### Dinner

1505 cals, 168g protein, 8g net carbs, 87g fat



[Simple roasted cod](#)

32 oz- 1187 cals



[Parmesan zucchini noodles](#)

318 cals

## Day 4

2957 cals ● 267g protein (36%) ● 187g fat (57%) ● 24g carbs (3%) ● 28g fiber (4%)

### Lunch

1455 cals, 99g protein, 16g net carbs, 99g fat



**Macadamia nuts**  
435 cals



**Avocado tuna salad**  
1018 cals

### Dinner

1505 cals, 168g protein, 8g net carbs, 87g fat



**Simple roasted cod**  
32 oz- 1187 cals



**Parmesan zucchini noodles**  
318 cals

## Day 5

2997 cals ● 238g protein (32%) ● 187g fat (56%) ● 37g carbs (5%) ● 53g fiber (7%)

### Lunch

1545 cals, 125g protein, 30g net carbs, 87g fat



**Tomato and avocado salad**  
176 cals



**Avocado tuna salad stuffed pepper**  
6 half pepper(s)- 1367 cals

### Dinner

1455 cals, 113g protein, 7g net carbs, 100g fat



**Simple sauteed spinach**  
299 cals



**Indian chicken wings**  
28 oz- 1155 cals

## Day 6

2997 cals ● 238g protein (32%) ● 187g fat (56%) ● 37g carbs (5%) ● 53g fiber (7%)

### Lunch

1545 cals, 125g protein, 30g net carbs, 87g fat



**Tomato and avocado salad**  
176 cals



**Avocado tuna salad stuffed pepper**  
6 half pepper(s)- 1367 cals

### Dinner

1455 cals, 113g protein, 7g net carbs, 100g fat



**Simple sauteed spinach**  
299 cals



**Indian chicken wings**  
28 oz- 1155 cals

## Day 7

2974 cals ● 332g protein (45%) ● 164g fat (50%) ● 31g carbs (4%) ● 12g fiber (2%)

### Lunch

1525 cals, 143g protein, 17g net carbs, 95g fat



**Cheesy cauliflower mashed 'potatoes'**  
807 cals



**Curried pork chops**  
3 chop(s)- 718 cals

### Dinner

1450 cals, 189g protein, 14g net carbs, 69g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cals



**Bacon zucchini noodles**  
542 cals



**Marinaded chicken breast**  
24 oz- 848 cals

# Grocery List



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## Nut and Seed Products

- Macadamia nuts, shelled, roasted  
6 oz (170g)

## Vegetables and Vegetable Products

- fresh spinach  
30 2/3 cup(s) (920g)
- zucchini  
9 2/3 medium (1895g)
- romaine lettuce  
4 leaf outer (112g)
- tomatoes  
3 medium whole (2-3/5" dia) (393g)
- onion  
2 medium (2-1/2" dia) (209g)
- bell pepper  
6 large (984g)
- garlic  
3 clove (9g)
- cauliflower  
2 2/3 cup chopped (285g)

## Fats and Oils

- oil  
1 oz (34mL)
- salad dressing  
5 tbsp (75mL)
- olive oil  
9 1/2 oz (298mL)
- marinade sauce  
3/4 cup (180mL)

## Poultry Products

- boneless skinless chicken breast, raw  
2 3/4 lbs (1239g)
- chicken wings, with skin, raw  
3 1/2 lbs (1589g)

## Dairy and Egg Products

- parmesan cheese  
1/2 cup (40g)
- cheese  
1 1/2 lbs (682g)
- butter  
2 tbsp (28g)
- heavy cream  
1/4 cup (53mL)

## Sausages and Luncheon Meats

- ham cold cuts  
1 lbs (454g)

## Pork Products

- bacon, cooked  
8 slice(s) (80g)
- pork chop, bone-in  
3 chop (534g)
- bacon, raw  
3 1/3 slice(s) (94g)

## Fruits and Fruit Juices

- avocados  
7 avocado(s) (1424g)
- lime juice  
2 1/2 fl oz (76mL)

## Spices and Herbs

- salt  
1 1/3 oz (38g)
- black pepper  
5 1/2 g (5g)
- garlic powder  
3 dash (1g)
- curry powder  
1 1/4 oz (35g)

## Other

- mixed greens  
4 2/3 cup (140g)

## Finfish and Shellfish Products

- canned tuna  
10 2/3 can (1835g)
- cod, raw  
4 lbs (1814g)

## Lunch 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.

### Basic chicken & spinach salad

1014 cals ● 134g protein ● 46g fat ● 12g carbs ● 4g fiber



**fresh spinach**  
6 2/3 cup(s) (200g)  
**oil**  
1 tbsp (17mL)  
**salad dressing**  
5 tbsp (75mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
1 1/4 lbs (567g)

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 2

### Ham, bacon, avocado lettuce wrap

4 wrap(s) - 1459 cals ● 123g protein ● 96g fat ● 10g carbs ● 16g fiber



Makes 4 wrap(s)

**ham cold cuts**

1 lbs (454g)

**bacon, cooked**

8 slice(s) (80g)

**romaine lettuce**

4 leaf outer (112g)

**cheese**

1/2 cup, shredded (56g)

**avocados, sliced**

1 avocado(s) (201g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, avocado, and cheese in the center of the lettuce leaf. Wrap it up. Serve.

## Lunch 3 ↗

Eat on day 3 and day 4

### 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.

### Avocado tuna salad

1018 cals ● 95g protein ● 56g fat ● 14g carbs ● 19g fiber



For single meal:

**avocados**  
1 1/6 avocado(s) (234g)  
**lime juice**  
3/4 tbsp (12mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
2 1/3 cup (70g)  
**canned tuna**  
2 1/3 can (401g)  
**tomatoes**  
9 1/3 tbsp, chopped (105g)  
**onion, minced**  
5/8 small (41g)

For all 2 meals:

**avocados**  
2 1/3 avocado(s) (469g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**salt**  
1/2 tsp (2g)  
**black pepper**  
1/2 tsp (0g)  
**mixed greens**  
4 2/3 cup (140g)  
**canned tuna**  
4 2/3 can (803g)  
**tomatoes**  
56 tsp, chopped (210g)  
**onion, minced**  
1 1/6 small (82g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia) (46g)

For all 2 meals:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Avocado tuna salad stuffed pepper

6 half pepper(s) - 1367 cals ● 122g protein ● 73g fat ● 25g carbs ● 30g fiber



For single meal:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

For all 2 meals:

**avocados**  
3 avocado(s) (603g)  
**lime juice**  
2 tbsp (30mL)  
**salt**  
1/4 tbsp (2g)  
**black pepper**  
1/4 tbsp (1g)  
**bell pepper**  
6 large (984g)  
**onion**  
1 1/2 small (105g)  
**canned tuna, drained**  
6 can (1032g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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## Lunch 5 ↗

Eat on day 7

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### Cheesy cauliflower mashed 'potatoes'

807 cals ● 26g protein ● 68g fat ● 17g carbs ● 6g fiber



**cauliflower**  
2 2/3 cup chopped (285g)  
**butter**  
2 tbsp (28g)  
**heavy cream**  
1/4 cup (53mL)  
**cheese**  
2 2/3 slice (1 oz each) (75g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)

1. Combine all ingredients (besides the cheese) 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 with a fork.
4. Lay cheese slices on top and microwave a couple more minutes until melted.
5. Serve.

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## Curried pork chops

3 chop(s) - 718 cals ● 118g protein ● 27g fat ● 1g carbs ● 1g fiber



Makes 3 chop(s)  
**pork chop, bone-in**  
3 chop (534g)  
**curry powder**  
1/4 tbsp (2g)  
**olive oil**  
1/2 tbsp (8mL)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Cheesy zucchini noodles

1178 cals ● 52g protein ● 98g fat ● 16g 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)  
**cheese**  
1 2/3 cup, shredded (191g)

For all 2 meals:

**zucchini**  
4 1/2 medium (882g)  
**olive oil**  
1/4 cup (68mL)  
**parmesan cheese**  
1/4 cup (23g)  
**cheese**  
3 1/2 cup, shredded (381g)

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.

### Cheese

3 oz - 343 cals ● 20g protein ● 28g fat ● 3g carbs ● 0g fiber



For single meal:

**cheese**  
3 oz (85g)

For all 2 meals:

**cheese**  
6 oz (170g)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple roasted cod

32 oz - 1187 cals ● 162g protein ● 60g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
4 tbsp (60mL)  
**cod, raw**  
2 lbs (907g)

For all 2 meals:

**olive oil**  
1/2 cup (120mL)  
**cod, raw**  
4 lbs (1814g)

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.

### Parmesan zucchini noodles

318 cals ● 7g protein ● 27g fat ● 8g carbs ● 4g fiber



For single meal:

**zucchini**  
1 3/4 medium (343g)  
**olive oil**  
1 3/4 tbsp (26mL)  
**parmesan cheese**  
1 3/4 tbsp (9g)

For all 2 meals:

**zucchini**  
3 1/2 medium (686g)  
**olive oil**  
1/4 cup (53mL)  
**parmesan cheese**  
1/4 cup (18g)

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.

## Dinner 3 ↗

Eat on day 5 and day 6

### Simple sauteed spinach

299 cals ● 11g protein ● 22g fat ● 7g carbs ● 8g fiber



For single meal:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)  
**garlic, diced**  
1 1/2 clove (5g)

For all 2 meals:

**black pepper**  
1/4 tbsp, ground (2g)  
**salt**  
1/4 tbsp (5g)  
**olive oil**  
3 tbsp (45mL)  
**fresh spinach**  
24 cup(s) (720g)  
**garlic, diced**  
3 clove (9g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### Indian chicken wings

28 oz - 1155 cals ● 102g protein ● 79g fat ● 0g carbs ● 9g fiber



For single meal:

**oil**  
1/2 tbsp (7mL)  
**chicken wings, with skin, raw**  
1 3/4 lbs (795g)  
**salt**  
1 3/4 tsp (11g)  
**curry powder**  
2 1/2 tbsp (17g)

For all 2 meals:

**oil**  
2 1/2 tsp (13mL)  
**chicken wings, with skin, raw**  
3 1/2 lbs (1589g)  
**salt**  
3 1/2 tsp (21g)  
**curry powder**  
1/3 cup (33g)

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.

## Dinner 4 ↗

Eat on day 7

### 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.

### Bacon zucchini noodles

542 cals ● 37g protein ● 39g fat ● 8g carbs ● 4g fiber



zucchini

1 2/3 medium (327g)

bacon, raw

3 1/3 slice(s) (94g)

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.

### Marinaded chicken breast

24 oz - 848 cals ● 151g protein ● 25g fat ● 4g carbs ● 0g fiber



Makes 24 oz

**boneless skinless chicken breast, raw**

**1 1/2 lbs (672g)**

**marinade sauce**

**3/4 cup (180mL)**

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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