

# Meal Plan - 3500 calorie keto and intermittent fasting meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

3469 cals ● 337g protein (39%) ● 208g fat (54%) ● 42g carbs (5%) ● 21g fiber (2%)

### Lunch

1765 cals, 167g protein, 17g net carbs, 109g fat



**Pecans**  
3/4 cup- 549 cals



**Basic chicken & spinach salad**  
1217 cals

### Dinner

1700 cals, 169g protein, 24g net carbs, 99g fat



**Walnuts**  
5/8 cup(s)- 437 cals



**Buffalo chicken salad**  
1265 cals

## Day 2

3528 cals ● 319g protein (36%) ● 215g fat (55%) ● 39g carbs (4%) ● 39g fiber (4%)

### Lunch

1765 cals, 167g protein, 17g net carbs, 109g fat



**Pecans**  
3/4 cup- 549 cals



**Basic chicken & spinach salad**  
1217 cals

### Dinner

1760 cals, 151g protein, 22g net carbs, 107g fat



**Avocado tuna salad**  
1418 cals



**Cheese**  
3 oz- 343 cals

## Day 3

3486 cals ● 290g protein (33%) ● 225g fat (58%) ● 35g carbs (4%) ● 41g fiber (5%)

### Lunch

1750 cals, 215g protein, 10g net carbs, 90g fat



**Balsamic chicken breast**  
32 oz- 1262 cals



**Buttered broccoli**  
3 2/3 cup(s)- 490 cals

### Dinner

1735 cals, 75g protein, 25g net carbs, 135g fat



**Pecans**  
3/4 cup- 549 cals



**Ham tacos**  
10 ham taco(s)- 1185 cals

## Day 4

3509 cals ● 256g protein (29%) ● 242g fat (62%) ● 39g carbs (4%) ● 37g fiber (4%)

### Lunch

1775 cals, 181g protein, 14g net carbs, 107g fat



**Caprese chicken**  
22 oz- 1641 cals



**Buttered broccoli**  
1 cup(s)- 134 cals

### Dinner

1735 cals, 75g protein, 25g net carbs, 135g fat



**Pecans**  
3/4 cup- 549 cals



**Ham tacos**  
10 ham taco(s)- 1185 cals

## Day 5

3538 cals ● 389g protein (44%) ● 193g fat (49%) ● 23g carbs (3%) ● 38g fiber (4%)

### Lunch

1835 cals, 178g protein, 17g net carbs, 104g fat



**Roasted almonds**  
5/8 cup(s)- 517 cals



**Buffalo chicken lettuce wrap**  
6 wrap(s)- 1317 cals

### Dinner

1705 cals, 211g protein, 6g net carbs, 89g fat



**Basic chicken breast**  
32 oz- 1270 cals



**Buttered broccoli**  
3 1/4 cup(s)- 434 cals

## Day 6

3475 cals ● 347g protein (40%) ● 208g fat (54%) ● 36g carbs (4%) ● 18g fiber (2%)

### Lunch

1715 cals, 210g protein, 16g net carbs, 87g fat



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



**Bacon zucchini noodles**  
868 cals

### Dinner

1760 cals, 136g protein, 20g net carbs, 121g fat



**Roasted almonds**  
1/2 cup(s)- 443 cals



**Pulled pork lettuce wrap**  
6 wrap(s) (4 oz pork each)- 1316 cals

## Day 7

3475 cals ● 347g protein (40%) ● 208g fat (54%) ● 36g carbs (4%) ● 18g fiber (2%)

### Lunch

1715 cals, 210g protein, 16g net carbs, 87g fat



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



**Bacon zucchini noodles**  
868 cals

### Dinner

1760 cals, 136g protein, 20g net carbs, 121g fat



**Roasted almonds**  
1/2 cup(s)- 443 cals



**Pulled pork lettuce wrap**  
6 wrap(s) (4 oz pork each)- 1316 cals

## Nut and Seed Products

- ☐ pecans  
3 cup, halves (297g)
- ☐ walnuts  
10 tbsp, shelled (63g)
- ☐ almonds  
1 1/2 cup, whole (226g)

## Vegetables and Vegetable Products

- ☐ fresh spinach  
16 cup(s) (480g)
- ☐ raw celery  
2 2/3 stalk, small (5" long) (45g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (164g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (361g)
- ☐ frozen broccoli  
8 cup (720g)
- ☐ romaine lettuce  
6 leaf outer (168g)
- ☐ zucchini  
5 1/3 medium (1045g)
- ☐ iceberg lettuce  
12 leaf, medium (96g)

## Fats and Oils

- ☐ oil  
4 oz (116mL)
- ☐ salad dressing  
3/4 cup (180mL)
- ☐ mayonnaise  
4 tbsp (60mL)
- ☐ balsamic vinaigrette  
1/2 cup (120mL)
- ☐ marinade sauce  
1 1/2 cup (360mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
14 1/3 lbs (6409g)

## Other

- ☐ mixed greens  
6 cup (178g)
- ☐ italian seasoning  
2 1/2 tsp (9g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
8 fl oz (240mL)
- ☐ salsa  
1 1/4 cup (360g)
- ☐ pesto sauce  
1/3 cup (88g)
- ☐ vegetable broth  
5/8 cup(s) (mL)

## Fruits and Fruit Juices

- ☐ avocados  
2 1/2 avocado(s) (528g)
- ☐ lime juice  
1 tbsp (16mL)

## Spices and Herbs

- ☐ salt  
3/4 oz (20g)
- ☐ black pepper  
1/4 oz (7g)
- ☐ fresh basil  
1/3 cup, chopped (15g)
- ☐ onion powder  
2 1/2 tsp (6g)
- ☐ garlic powder  
2 1/2 tsp (7g)
- ☐ paprika  
2 1/2 tsp (6g)
- ☐ ground cumin  
2 1/2 tsp (5g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 1/4 can (559g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
20 slice (460g)

## Pork Products

- ☐ bacon, raw  
10 2/3 slice(s) (302g)
- ☐ pork shoulder  
3 lbs (1361g)

- ☐ **guacamole, store-bought**  
2 1/2 cup (618g)
- ☐ **sugar-free barbecue sauce**  
3/4 cup (180g)

### **Dairy and Egg Products**

- ☐ **nonfat greek yogurt, plain**  
2/3 cup (187g)
  - ☐ **cheese**  
1/2 lbs (225g)
  - ☐ **butter**  
1/2 cup (112g)
  - ☐ **fresh mozzarella cheese**  
1/3 lbs (156g)
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## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Pecans

3/4 cup - 549 cal ● 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.

### Basic chicken & spinach salad

1217 cal ● 160g protein ● 55g fat ● 14g carbs ● 5g fiber



For single meal:

**fresh spinach**  
8 cup(s) (240g)  
**oil**  
4 tsp (20mL)  
**salad dressing**  
6 tbsp (90mL)  
**boneless skinless chicken breast,  
raw, chopped, cooked**  
1 1/2 lbs (680g)

For all 2 meals:

**fresh spinach**  
16 cup(s) (480g)  
**oil**  
2 2/3 tbsp (40mL)  
**salad dressing**  
3/4 cup (180mL)  
**boneless skinless chicken breast,  
raw, chopped, cooked**  
3 lbs (1361g)

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

### Balsamic chicken breast

32 oz - 1262 cals ● 204g protein ● 48g fat ● 3g carbs ● 0g fiber



Makes 32 oz

**boneless skinless chicken breast, raw**  
2 lbs (907g)  
**balsamic vinaigrette**  
1/2 cup (120mL)  
**oil**  
4 tsp (20mL)  
**italian seasoning**  
1 tsp (4g)

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.

### Buttered broccoli

3 2/3 cup(s) - 490 cals ● 11g protein ● 42g fat ● 7g carbs ● 10g fiber



Makes 3 2/3 cup(s)

**salt**  
2 dash (1g)  
**frozen broccoli**  
3 2/3 cup (334g)  
**black pepper**  
2 dash (0g)  
**butter**  
1/4 cup (52g)

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



## Lunch 3 [↗](#)

Eat on day 4

### Caprese chicken

22 oz - 1641 cals ● 178g protein ● 96g fat ● 12g carbs ● 4g fiber



Makes 22 oz

**boneless skinless chicken breast, raw**

22 oz (616g)

**fresh basil**

1/3 cup, chopped (15g)

**oil**

1 tbsp (14mL)

**pesto sauce**

1/3 cup (88g)

**italian seasoning**

1/2 tbsp (5g)

**fresh mozzarella cheese, sliced**

1/3 lbs (156g)

**tomatoes, quartered**

8 1/4 cherry tomatoes (140g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

### Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**salt**

1/2 dash (0g)

**frozen broccoli**

1 cup (91g)

**black pepper**

1/2 dash (0g)

**butter**

1 tbsp (14g)

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

## Lunch 4 [↗](#)

Eat on day 5

### Roasted almonds

5/8 cup(s) - 517 cals ● 18g protein ● 42g fat ● 7g carbs ● 10g fiber



Makes 5/8 cup(s)

#### almonds

9 1/3 tbsp, whole (83g)

1. The recipe has no instructions.

### Buffalo chicken lettuce wrap

6 wrap(s) - 1317 cals ● 161g protein ● 62g fat ● 10g carbs ● 19g fiber



Makes 6 wrap(s)

#### salt

4 dash (3g)

#### black pepper

4 dash, ground (1g)

#### Frank's Red Hot sauce

1/2 cup (120mL)

#### romaine lettuce

6 leaf outer (168g)

#### avocados, chopped

1 avocado(s) (201g)

#### oil

1 tbsp (15mL)

#### boneless skinless chicken breast, raw, cubed

1 1/2 lbs (680g)

#### tomatoes, halved

1/2 cup cherry tomatoes (75g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.



## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Marinated chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

**marinade sauce**

3/4 cup (180mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

3 lbs (1344g)

**marinade sauce**

1 1/2 cup (360mL)

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 marinate 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.

### Bacon zucchini noodles

868 cals ● 59g protein ● 62g fat ● 12g carbs ● 6g fiber



For single meal:

**zucchini**

2 2/3 medium (523g)

**bacon, raw**

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

For all 2 meals:

**zucchini**

5 1/3 medium (1045g)

**bacon, raw**

10 2/3 slice(s) (302g)

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.

## Dinner 1 [↗](#)

Eat on day 1

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### Walnuts

5/8 cup(s) - 437 cal ● 10g protein ● 41g fat ● 4g carbs ● 4g fiber

Makes 5/8 cup(s)

#### walnuts

10 tbsp, shelled (63g)



1. The recipe has no instructions.

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### Buffalo chicken salad

1265 cal ● 160g protein ● 58g fat ● 20g carbs ● 5g fiber



#### mixed greens

2 2/3 cup (80g)

#### boneless skinless chicken breast, raw

1 1/3 lbs (605g)

#### nonfat greek yogurt, plain

2/3 cup (187g)

#### Frank's Red Hot sauce

1/2 cup (120mL)

#### mayonnaise

4 tbsp (60mL)

#### raw celery, chopped

2 2/3 stalk, small (5" long) (45g)

#### onion, chopped

2/3 cup, chopped (107g)

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.

## Dinner 2 [↗](#)

Eat on day 2

### Avocado tuna salad

1418 cals ● 132g protein ● 78g fat ● 19g carbs ● 27g fiber



**avocados**  
1 1/2 avocado(s) (327g)  
**lime juice**  
1 tbsp (16mL)  
**salt**  
3 1/4 dash (1g)  
**black pepper**  
3 1/4 dash (0g)  
**mixed greens**  
3 1/4 cup (98g)  
**canned tuna**  
3 1/4 can (559g)  
**tomatoes**  
13 tbsp, chopped (146g)  
**onion, minced**  
5/6 small (57g)

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.

### Cheese

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



Makes 3 oz

**cheese**  
3 oz (85g)

1. The recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### 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.

## Ham tacos

10 ham taco(s) - 1185 cals ● 68g protein ● 82g fat ● 22g carbs ● 24g fiber



For single meal:

**ham cold cuts**  
10 slice (230g)  
**guacamole, store-bought**  
1 1/4 cup (309g)  
**salsa**  
10 tbsp (180g)  
**cheese**  
10 tbsp, shredded (70g)

For all 2 meals:

**ham cold cuts**  
20 slice (460g)  
**guacamole, store-bought**  
2 1/2 cup (618g)  
**salsa**  
1 1/4 cup (360g)  
**cheese**  
1 1/4 cup, shredded (140g)

1. Use tin foil to prop up the ham into a taco shell shape.
2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
3. Add in the guacamole, salsa, and cheese to the shells.
4. Serve

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## Dinner 4 [🔗](#)

Eat on day 5

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### Basic chicken breast

32 oz - 1270 cals ● 202g protein ● 52g fat ● 0g carbs ● 0g fiber



Makes 32 oz

**boneless skinless chicken breast, raw**  
2 lbs (896g)  
**oil**  
2 tbsp (30mL)

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.

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## Buttered broccoli

3 1/4 cup(s) - 434 cals ● 9g protein ● 37g fat ● 6g carbs ● 9g fiber



Makes 3 1/4 cup(s)

**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 1/4 cup (296g)  
**black pepper**  
1 1/2 dash (0g)  
**butter**  
3 1/4 tbsp (46g)

1. Prepare broccoli according to instructions on package.
  2. Mix in butter until melted and season with salt and pepper to taste.
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## Dinner 5 [🔗](#)

Eat on day 6 and day 7

### Roasted almonds

1/2 cup(s) - 443 cal ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

**almonds**  
1/2 cup, whole (72g)

For all 2 meals:

**almonds**  
1 cup, whole (143g)

1. The recipe has no instructions.

### Pulled pork lettuce wrap

6 wrap(s) (4 oz pork each) - 1316 cal ● 121g protein ● 85g fat ● 13g carbs ● 3g fiber



For single meal:

**pork shoulder**  
1 1/2 lbs (680g)  
**black pepper**  
1 tsp, ground (3g)  
**salt**  
1 tsp (7g)  
**onion powder**  
1 tsp (3g)  
**garlic powder**  
1 tsp (4g)  
**paprika**  
1 tsp (3g)  
**ground cumin**  
1 tsp (3g)  
**vegetable broth**  
1/3 cup(s) (mL)  
**iceberg lettuce**  
6 leaf, medium (48g)  
**sugar-free barbecue sauce**  
6 tbsp (90g)

For all 2 meals:

**pork shoulder**  
3 lbs (1361g)  
**black pepper**  
2 1/2 tsp, ground (6g)  
**salt**  
2 1/2 tsp (14g)  
**onion powder**  
2 1/2 tsp (6g)  
**garlic powder**  
2 1/2 tsp (7g)  
**paprika**  
2 1/2 tsp (6g)  
**ground cumin**  
2 1/2 tsp (5g)  
**vegetable broth**  
5/8 cup(s) (mL)  
**iceberg lettuce**  
12 leaf, medium (96g)  
**sugar-free barbecue sauce**  
3/4 cup (180g)

1. Rub the seasonings on all sides of the meat.
2. Place pork in a slow cooker and pour the broth around it.
3. Cook in the slow cooker for 4 hours on high or 8 hours on low. When done, pork should shred relatively easily with two forks. If it doesn't, it needs more time.
4. When pork is done, transfer to a bowl and shred with two forks. Add in the broth and mix well.
5. Serve pork inside lettuce leaves and top with bbq sauce (1 tbsp per wrap).