

# Meal Plan - 2900 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** 2885 cals ● 302g protein (42%) ● 166g fat (52%) ● 33g carbs (5%) ● 13g fiber (2%)

## Lunch

1405 cals, 171g protein, 17g net carbs, 70g fat



[Marinated chicken breast](#)  
26 oz- 918 cals



[Garlic zucchini noodles](#)  
489 cals

## Dinner

1480 cals, 131g protein, 16g net carbs, 96g fat



[Caprese chicken](#)  
10 oz- 746 cals



[Bacon zucchini noodles](#)  
732 cals

**Day 2** 2880 cals ● 250g protein (35%) ● 194g fat (61%) ● 23g carbs (3%) ● 10g fiber (1%)

## Lunch

1400 cals, 119g protein, 7g net carbs, 98g fat



[Garlic zucchini noodles](#)  
245 cals



[Baked chicken thighs](#)  
18 oz- 1158 cals

## Dinner

1480 cals, 131g protein, 16g net carbs, 96g fat



[Caprese chicken](#)  
10 oz- 746 cals



[Bacon zucchini noodles](#)  
732 cals

**Day 3** 2859 cals ● 221g protein (31%) ● 203g fat (64%) ● 28g carbs (4%) ● 10g fiber (1%)

## Lunch

1400 cals, 119g protein, 7g net carbs, 98g fat



[Garlic zucchini noodles](#)  
245 cals



[Baked chicken thighs](#)  
18 oz- 1158 cals

## Dinner

1455 cals, 103g protein, 20g net carbs, 105g fat



[Pork rinds and salsa](#)  
347 cals



[Keto cheese tacos](#)  
8 taco(s)- 1110 cals

## Day 4

2886 cals ● 231g protein (32%) ● 202g fat (63%) ● 30g carbs (4%) ● 7g fiber (1%)

### Lunch

1430 cals, 128g protein, 9g net carbs, 98g fat



**Roasted pepper stuffed chicken**  
20 oz- 1429 cals

### Dinner

1455 cals, 103g protein, 20g net carbs, 105g fat



**Pork rinds and salsa**  
347 cals



**Keto cheese tacos**  
8 taco(s)- 1110 cals

## Day 5

2843 cals ● 264g protein (37%) ● 184g fat (58%) ● 26g carbs (4%) ● 7g fiber (1%)

### Lunch

1410 cals, 201g protein, 3g net carbs, 65g fat



**Basic chicken breast**  
29 1/3 oz- 1164 cals



**Bacon zucchini noodles**  
244 cals

### Dinner

1435 cals, 62g protein, 23g net carbs, 119g fat



**Garlic zucchini noodles**  
408 cals



**Italian sausage**  
4 link- 1028 cals

## Day 6

2945 cals ● 267g protein (36%) ● 191g fat (58%) ● 26g carbs (4%) ● 13g fiber (2%)

### Lunch

1430 cals, 162g protein, 17g net carbs, 75g fat



**Sunflower seeds**  
316 cals



**Basic chicken & spinach salad**  
1116 cals

### Dinner

1515 cals, 106g protein, 9g net carbs, 116g fat



**Chicken thighs and mushrooms**  
15 oz- 1477 cals



**Basic zoodles**  
1/4 zucchini- 36 cals

## Day 7

2945 cals ● 267g protein (36%) ● 191g fat (58%) ● 26g carbs (4%) ● 13g fiber (2%)

### Lunch

1430 cals, 162g protein, 17g net carbs, 75g fat



**Sunflower seeds**  
316 cals



**Basic chicken & spinach salad**  
1116 cals

### Dinner

1515 cals, 106g protein, 9g net carbs, 116g fat



**Chicken thighs and mushrooms**  
15 oz- 1477 cals



**Basic zoodles**  
1/4 zucchini- 36 cals

## Other

- italian seasoning  
1 1/4 tsp (5g)
- pork rinds  
4 oz (113g)
- mixed greens  
1/2 cup (15g)
- ground beef (20% fat)  
1 lbs (454g)
- roasted red peppers  
1 2/3 pepper(s) (117g)
- Italian pork sausage, raw  
4 link (430g)

## Soups, Sauces, and Gravies

- pesto sauce  
5 tbsp (80g)
- salsa  
1 1/3 cup (342g)

## Fats and Oils

- oil  
3 oz (92mL)
- marinade sauce  
13 tbsp (194mL)
- olive oil  
13 1/2 tbsp (203mL)
- salad dressing  
2/3 cup (165mL)

## Vegetables and Vegetable Products

- tomatoes  
7 1/2 cherry tomatoes (128g)
- zucchini  
9 large (2857g)
- garlic  
4 1/4 clove (13g)
- mushrooms  
1 1/4 lbs (567g)
- fresh spinach  
14 2/3 cup(s) (440g)

## Spices and Herbs

- fresh basil  
5 tbsp, chopped (13g)
- salt  
11 g (11g)
- black pepper  
2 1/4 g (2g)
- thyme, dried  
3 dash, ground (1g)
- taco seasoning mix  
1 packet (35g)
- paprika  
1/4 tbsp (2g)

## Dairy and Egg Products

- fresh mozzarella cheese  
5 oz (142g)
- sour cream  
3 tbsp (36g)
- cheddar cheese  
2 cup, shredded (226g)
- butter  
2 1/2 tbsp (36g)

## Poultry Products

- boneless skinless chicken breast, raw  
7 1/2 lbs (3357g)
- chicken thighs, with bone and skin, raw  
11 thigh (6 oz ea) (1870g)
- boneless chicken thighs, with skin  
1 1/4 lbs (568g)

## Pork Products

- bacon, raw  
10 1/2 slice(s) (298g)

## Beverages

- water  
1 1/4 cup(s) (296mL)

## Nut and Seed Products

- sunflower kernels  
1/4 lbs (99g)

## Lunch 1 [↗](#)

Eat on day 1

### Marinated chicken breast

26 oz - 918 cal ● 164g protein ● 27g fat ● 5g carbs ● 0g fiber



Makes 26 oz

#### **boneless skinless chicken breast, raw**

1 1/2 lbs (728g)

#### **marinade sauce**

13 tbsp (195mL)

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.

### Garlic zucchini noodles

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



**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.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Garlic zucchini noodles

245 cal ● 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.

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### Baked chicken thighs

18 oz - 1158 cal ● 115g protein ● 77g fat ● 1g carbs ● 0g fiber



For single meal:

**salt**

1/4 tbsp (5g)

**black pepper**

3 dash, ground (1g)

**chicken thighs, with bone and skin, raw, bone and skin**

3 thigh (6 oz ea) (510g)

**thyme, dried**

1 1/2 dash, ground (0g)

For all 2 meals:

**salt**

1/2 tbsp (9g)

**black pepper**

1/4 tbsp, ground (2g)

**chicken thighs, with bone and skin, raw, bone and skin**

6 thigh (6 oz ea) (1020g)

**thyme, dried**

3 dash, ground (1g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

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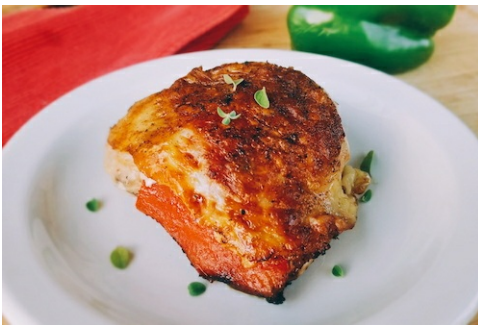
## Lunch 3 [↗](#)

Eat on day 4

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### Roasted pepper stuffed chicken

20 oz - 1429 cal ● 128g protein ● 98g fat ● 9g carbs ● 1g fiber



Makes 20 oz

**oil**

2 1/2 tsp (13mL)

**paprika**

1/4 tbsp (2g)

**boneless chicken thighs, with skin**

1 1/4 lbs (568g)

**roasted red peppers, cut into thick strips**

1 2/3 pepper(s) (117g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
  2. Season chicken with paprika and salt/pepper (to taste).
  3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.
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## Lunch 4 [↗](#)

Eat on day 5

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### Basic chicken breast

29 1/3 oz - 1164 cals ● 185g protein ● 47g fat ● 0g carbs ● 0g fiber



Makes 29 1/3 oz

#### oil

2 tbsp (28mL)

#### boneless skinless chicken breast, raw

2 lbs (821g)

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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### Bacon zucchini noodles

244 cals ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



**zucchini**  
3/4 medium (147g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

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.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 3/4 oz (50g)

For all 2 meals:

**sunflower kernels**  
1/4 lbs (99g)

1. This recipe has no instructions.

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### Basic chicken & spinach salad

1116 cals ● 147g protein ● 51g fat ● 13g carbs ● 5g fiber





For single meal:

**salad dressing**  
1/3 cup (83mL)  
**oil**  
1 1/4 tbsp (18mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
1 1/2 lbs (624g)  
**fresh spinach**  
7 1/3 cup(s) (220g)

For all 2 meals:

**salad dressing**  
2/3 cup (165mL)  
**oil**  
2 1/2 tbsp (37mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
2 3/4 lbs (1248g)  
**fresh spinach**  
14 2/3 cup(s) (440g)

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.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Caprese chicken

10 oz - 746 cal ● 81g protein ● 44g fat ● 6g carbs ● 2g fiber



For single meal:

**italian seasoning**  
5 dash (2g)  
**pesto sauce**  
2 1/2 tbsp (40g)  
**oil**  
1 1/4 tsp (6mL)  
**tomatoes, quartered**  
3 3/4 cherry tomatoes (64g)  
**fresh basil**  
2 1/2 tbsp, chopped (7g)  
**fresh mozzarella cheese, sliced**  
2 1/2 oz (71g)  
**boneless skinless chicken breast, raw**  
10 oz (280g)

For all 2 meals:

**italian seasoning**  
1 1/4 tsp (5g)  
**pesto sauce**  
5 tbsp (80g)  
**oil**  
2 1/2 tsp (13mL)  
**tomatoes, quartered**  
7 1/2 cherry tomatoes (128g)  
**fresh basil**  
5 tbsp, chopped (13g)  
**fresh mozzarella cheese, sliced**  
5 oz (142g)  
**boneless skinless chicken breast, raw**  
1 1/4 lbs (560g)

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.

### Bacon zucchini noodles

732 cal ● 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.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Pork rinds and salsa

347 cals ● 36g protein ● 18g fat ● 7g carbs ● 3g fiber



For single meal:

**salsa**  
1/2 cup (144g)  
**pork rinds**  
2 oz (57g)

For all 2 meals:

**salsa**  
1 cup (288g)  
**pork rinds**  
4 oz (113g)

1. This recipe has no instructions.

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### Keto cheese tacos

8 taco(s) - 1110 cals ● 66g protein ● 86g fat ● 14g carbs ● 3g fiber



For single meal:

**salsa**  
1 1/2 tbsp (27g)  
**sour cream**  
1 1/2 tbsp (18g)  
**mixed greens**  
4 tbsp (8g)  
**taco seasoning mix**  
1/2 packet (18g)  
**ground beef (20% fat)**  
1/2 lbs (227g)  
**cheddar cheese**  
1 cup, shredded (113g)

For all 2 meals:

**salsa**  
3 tbsp (54g)  
**sour cream**  
3 tbsp (36g)  
**mixed greens**  
1/2 cup (15g)  
**taco seasoning mix**  
1 packet (35g)  
**ground beef (20% fat)**  
1 lbs (454g)  
**cheddar cheese**  
2 cup, shredded (226g)

1. Optional: preheat oven to 350 F (180 C). See step 7 for more info.
  2. Heat a large skillet over medium heat.
  3. Add the meat and cook until browned.
  4. Add the taco seasoning and a splash of water.
  5. When done, cover and move to back burner to keep warm.
  6. For each taco shell you'll be making, take 2 cups and place them upside down about 4-5 inches apart from each other and balance a large spoon between them. The cheese will be draped across the spoon and hang down so that it hardens in place.
  7. There are two methods to making the taco shells (oven or skillet). Pick whichever suits your needs better.
  8. **OVEN:** On a baking sheet lined with parchment paper or a silicone pad, add the cheese in small tortilla-sized circles (about 1/4 cup cheese per taco). Give a couple inches of space in between each taco. Cook in the oven for about 5-7 minutes until the edges brown. **SKILLET:** Heat a small non-stick skillet over medium heat. Make each taco separately by sprinkling the cheese (about 1/4 cup cheese per taco) in a small tortilla-sized circle. Cook for a couple minutes until edges are browning but cheese is still bubbling. Continue to the next step before making more taco shells.
  9. No matter which method you used, let the shell(s) cool for about a minute.
  10. Working quickly, remove a cheese circle with a spatula and drape it over a spoon you had set up. Repeat for each shell. Be careful as the cheese will be very hot.
  11. Let each taco shell firm and cool completely.
  12. Stuff taco shells with beef and top with salsa, sour cream, and lettuce.
  13. Leftover note: While they won't be as crispy, you can store leftover taco shells in the fridge by stacking them with paper towels in between each shell and storing in an airtight container. Do not reheat as they will melt.
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## Dinner 3 [↗](#)

Eat on day 5

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### Garlic zucchini noodles

408 cal ● 6g protein ● 35g fat ● 11g carbs ● 6g fiber



**olive oil**

2 1/2 tbsp (38mL)

**zucchini**

2 1/2 medium (490g)

**garlic, minced**

1 1/4 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.

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### Italian sausage

4 link - 1028 cal ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



Makes 4 link

**Italian pork sausage, raw**

4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Chicken thighs and mushrooms

15 oz - 1477 cal ● 105g protein ● 113g fat ● 7g carbs ● 3g fiber



For single meal:

**olive oil**  
2 1/2 tbsp (38mL)  
**mushrooms, sliced 1/4 in thick**  
10 oz (284g)  
**salt**  
1/3 tsp (1g)  
**water**  
5/8 cup(s) (148mL)  
**butter**  
1 1/4 tbsp (18g)  
**black pepper**  
1/3 tsp (0g)  
**chicken thighs, with bone and skin, raw**  
2 1/2 thigh (6 oz ea) (425g)

For all 2 meals:

**olive oil**  
5 tbsp (75mL)  
**mushrooms, sliced 1/4 in thick**  
1 1/4 lbs (567g)  
**salt**  
5 dash (2g)  
**water**  
1 1/4 cup(s) (296mL)  
**butter**  
2 1/2 tbsp (36g)  
**black pepper**  
5 dash (1g)  
**chicken thighs, with bone and skin, raw**  
5 thigh (6 oz ea) (850g)

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.

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### Basic zoodles

1/4 zucchini - 36 cal ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber





For single meal:

**zucchini**

1/4 large (81g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**zucchini**

1/2 large (162g)

**oil**

1 tsp (5mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
  2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.
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