

Meal Plan - 3100 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 3077 cals ● 370g protein (48%) ● 139g fat (41%) ● 29g carbs (4%) ● 57g fiber (7%)

Lunch

1535 cals, 187g protein, 11g net carbs, 73g fat



[Buffalo chicken lettuce wrap](#)
7 wrap(s)- 1537 cals

Dinner

1540 cals, 183g protein, 18g net carbs, 66g fat



[Garlic collard greens](#)
584 cals



[Curried pork chops](#)
4 chop(s)- 957 cals

Day 2 3066 cals ● 306g protein (40%) ● 175g fat (51%) ● 24g carbs (3%) ● 43g fiber (6%)

Lunch

1525 cals, 123g protein, 6g net carbs, 109g fat



[Buttered broccoli](#)
2 3/4 cup(s)- 367 cals



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

Dinner

1540 cals, 183g protein, 18g net carbs, 66g fat



[Garlic collard greens](#)
584 cals



[Curried pork chops](#)
4 chop(s)- 957 cals

Day 3 3048 cals ● 252g protein (33%) ● 212g fat (63%) ● 22g carbs (3%) ● 11g fiber (1%)

Lunch

1525 cals, 123g protein, 6g net carbs, 109g fat



[Buttered broccoli](#)
2 3/4 cup(s)- 367 cals



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

Dinner

1525 cals, 130g protein, 16g net carbs, 103g fat



[Roasted pepper stuffed chicken](#)
20 oz- 1429 cals



[Sautéed peppers and onions](#)
94 cals

Day 4

3149 cals ● 295g protein (37%) ● 202g fat (58%) ● 29g carbs (4%) ● 10g fiber (1%)

Lunch

1625 cals, 165g protein, 13g net carbs, 99g fat



Buttered broccoli
1 cup(s)- 134 cals



Caprese chicken
20 oz- 1492 cals

Dinner

1525 cals, 130g protein, 16g net carbs, 103g fat



Roasted pepper stuffed chicken
20 oz- 1429 cals



Sautéed peppers and onions
94 cals

Day 5

3087 cals ● 335g protein (43%) ● 162g fat (47%) ● 32g carbs (4%) ● 39g fiber (5%)

Lunch

1580 cals, 147g protein, 24g net carbs, 86g fat



Bone broth
2 cup(s)- 81 cals



Chicken avocado salad
1501 cals

Dinner

1505 cals, 188g protein, 8g net carbs, 77g fat



Buttered broccoli
3 cup(s)- 401 cals



Balsamic chicken breast
28 oz- 1105 cals

Day 6

3030 cals ● 301g protein (40%) ● 187g fat (56%) ● 21g carbs (3%) ● 14g fiber (2%)

Lunch

1525 cals, 113g protein, 13g net carbs, 111g fat



Bacon zucchini noodles
868 cals



Steak Bites
9 1/3 oz(s)- 657 cals

Dinner

1505 cals, 188g protein, 8g net carbs, 77g fat



Buttered broccoli
3 cup(s)- 401 cals



Balsamic chicken breast
28 oz- 1105 cals

Day 7

3081 cals ● 241g protein (31%) ● 217g fat (63%) ● 30g carbs (4%) ● 12g fiber (2%)

Lunch

1525 cals, 113g protein, 13g net carbs, 111g fat



Bacon zucchini noodles
868 cals



Steak Bites
9 1/3 oz(s)- 657 cals

Dinner

1555 cals, 128g protein, 16g net carbs, 106g fat



Caprese salad
426 cals



Blue cheese stuffed chicken thighs
2 1/2 thigh- 1130 cals

Grocery List



Vegetables and Vegetable Products

- collard greens
3 2/3 lbs (1663g)
- garlic
13 1/3 clove(s) (40g)
- romaine lettuce
7 leaf outer (196g)
- tomatoes
3 medium whole (2-3/5" dia) (363g)
- frozen broccoli
12 1/2 cup (1138g)
- onion
1 medium (2-1/2" dia) (113g)
- bell pepper
1 1/2 large (246g)
- brussels sprouts
15 sprouts (285g)
- zucchini
5 1/3 medium (1045g)

Fats and Oils

- oil
6 1/2 oz (201mL)
- olive oil
3/4 oz (25mL)
- balsamic vinaigrette
1/2 lbs (240mL)

Spices and Herbs

- salt
1 oz (27g)
- curry powder
2 tsp (4g)
- black pepper
1/4 oz (6g)
- thyme, dried
1 tsp, ground (1g)
- paprika
2 tsp (5g)
- fresh basil
1 oz (25g)

Pork Products

- pork chop, bone-in
8 chop (1424g)
- bacon, raw
10 2/3 slice(s) (302g)

Poultry Products

- boneless skinless chicken breast, raw
7 2/3 lbs (3452g)
- chicken thighs, with bone and skin, raw
8 1/2 thigh (6 oz ea) (1445g)
- boneless chicken thighs, with skin
2 1/2 lbs (1135g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
9 1/4 tbsp (139mL)
- pesto sauce
5 tbsp (80g)

Fruits and Fruit Juices

- avocados
2 2/3 avocado(s) (536g)
- lime juice
2 tbsp (30mL)

Dairy and Egg Products

- butter
3/4 cup (194g)
- fresh mozzarella cheese
1/2 lbs (227g)
- blue cheese
1 1/4 oz (35g)

Other

- roasted red peppers
3 1/3 pepper(s) (233g)
- italian seasoning
1 tbsp (11g)
- chicken bone broth
2 cup(s) (mL)
- mixed greens
1 package (5.5 oz) (155g)

Beef Products

- sirloin steak, raw
18 3/4 oz (529g)
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Lunch 1 [↗](#)

Eat on day 1

Buffalo chicken lettuce wrap

7 wrap(s) - 1537 cals ● 187g protein ● 73g fat ● 11g carbs ● 22g fiber



Makes 7 wrap(s)

oil

3 1/2 tsp (18mL)

romaine lettuce

7 leaf outer (196g)

boneless skinless chicken breast, raw, cubed

1 3/4 lbs (794g)

Frank's Red Hot sauce

9 1/3 tbsp (140mL)

black pepper

1/2 tsp, ground (1g)

salt

1/2 tsp (4g)

avocados, chopped

1 1/6 avocado(s) (235g)

tomatoes, halved

9 1/3 tbsp cherry tomatoes (87g)

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 2 [↗](#)

Eat on day 2, day 3

Buttered broccoli

2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen broccoli

2 3/4 cup (250g)

butter

2 3/4 tbsp (39g)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen broccoli

5 1/2 cup (501g)

butter

1/3 cup (78g)

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

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.

Lunch 3 [↗](#)

Eat on day 4

Buttered broccoli

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



Makes 1 cup(s)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
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.

Caprese chicken

20 oz - 1492 cal ● 162g protein ● 87g fat ● 11g carbs ● 4g fiber



Makes 20 oz

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.

Lunch 4 [↗](#)

Eat on day 5

Bone broth

2 cup(s) - 81 cal ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



Makes 2 cup(s)

chicken bone broth

2 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

Chicken avocado salad

1501 cal ● 129g protein ● 85g fat ● 24g carbs ● 31g fiber



lime juice
2 tbsp (30mL)
oil
2 tbsp (30mL)
onion
3 tbsp chopped (30g)
avocados, chopped
1 1/2 avocado(s) (302g)
boneless skinless chicken breast, raw
1 lbs (510g)
brussels sprouts
15 sprouts (285g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Bacon zucchini noodles

868 cal ● 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.

Steak Bites

9 1/3 oz(s) - 657 cal ● 54g protein ● 49g fat ● 1g carbs ● 0g fiber



For single meal:

butter, room-temperature

1 3/4 tsp (8g)

oil

1 3/4 tsp (9mL)

garlic, diced

1 1/6 clove(s) (3g)

sirloin steak, raw

9 1/3 oz (264g)

For all 2 meals:

butter, room-temperature

3 1/2 tsp (17g)

oil

3 1/2 tsp (17mL)

garlic, diced

2 1/3 clove(s) (7g)

sirloin steak, raw

18 2/3 oz (529g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Garlic collard greens

584 cal ● 26g protein ● 31g fat ● 17g carbs ● 34g fiber



For single meal:

collard greens

2 lbs (832g)

oil

2 tbsp (28mL)

garlic, minced

5 1/2 clove(s) (17g)

salt

1/2 tsp (3g)

For all 2 meals:

collard greens

3 2/3 lbs (1663g)

oil

1/4 cup (55mL)

garlic, minced

11 clove(s) (33g)

salt

1 tsp (6g)

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.

Curried pork chops

4 chop(s) - 957 cal ● 157g protein ● 36g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in

4 chop (712g)

curry powder

1 tsp (2g)

olive oil

2 tsp (10mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

For all 2 meals:

pork chop, bone-in

8 chop (1424g)

curry powder

2 tsp (4g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

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 2 [↗](#)

Eat on day 3, day 4

Roasted pepper stuffed chicken

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



For single meal:

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)

For all 2 meals:

oil

5 tsp (25mL)

paprika

1/2 tbsp (4g)

boneless chicken thighs, with skin

2 1/2 lbs (1135g)

roasted red peppers, cut into thick strips

3 1/3 pepper(s) (233g)

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.

Sauteed peppers and onions

94 cal ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced into strips
3/4 large (123g)

For all 2 meals:

oil
3/4 tbsp (11mL)
onion, sliced
3/4 medium (2-1/2" dia) (83g)
bell pepper, sliced into strips
1 1/2 large (246g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Buttered broccoli

3 cup(s) - 401 cal ● 9g protein ● 35g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
butter
3 tbsp (43g)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
butter
6 tbsp (85g)

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

Balsamic chicken breast

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



For single meal:

italian seasoning
1 tsp (3g)
oil
3 1/2 tsp (18mL)
balsamic vinaigrette
1/2 cup (105mL)
boneless skinless chicken breast, raw
1 3/4 lbs (794g)

For all 2 meals:

italian seasoning
1 3/4 tsp (6g)
oil
2 1/3 tbsp (35mL)
balsamic vinaigrette
14 tbsp (210mL)
boneless skinless chicken breast, raw
3 1/2 lbs (1588g)

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.

Dinner 4 [↗](#)

Eat on day 7

Caprese salad

426 cal ● 25g protein ● 27g fat ● 15g carbs ● 6g fiber



balsamic vinaigrette

2 tbsp (30mL)

fresh basil

1/2 cup leaves, whole (12g)

tomatoes, halved

1 cup cherry tomatoes (149g)

mixed greens

1 package (5.5 oz) (155g)

fresh mozzarella cheese

3 oz (85g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Blue cheese stuffed chicken thighs

2 1/2 thigh - 1130 cal ● 104g protein ● 79g fat ● 2g carbs ● 1g fiber



Makes 2 1/2 thigh

paprika

1/3 tsp (1g)

olive oil

1 tsp (5mL)

thyme, dried

1/2 tsp, ground (1g)

blue cheese

1 1/4 oz (35g)

chicken thighs, with bone and skin, raw

2 1/2 thigh (6 oz ea) (425g)

1. Combine blue cheese and thyme in a small bowl.
 2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
 3. Sprinkle paprika on all sides of the chicken.
 4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.
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