

Meal Plan - 3200 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 3173 cals ● 246g protein (31%) ● 224g fat (64%) ● 33g carbs (4%) ● 10g fiber (1%)

Lunch

1565 cals, 115g protein, 17g net carbs, 113g fat



[Buttered lima beans](#)
165 cals



[Buffalo drumsticks](#)
24 oz- 1400 cals

Dinner

1610 cals, 130g protein, 16g net carbs, 112g fat



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



[Roasted tomatoes](#)
3 tomato(es)- 179 cals

Day 2 3207 cals ● 214g protein (27%) ● 240g fat (67%) ● 28g carbs (3%) ● 20g fiber (3%)

Lunch

1555 cals, 97g protein, 10g net carbs, 120g fat



[Spinach cauliflower mince](#)
1 1/2 cup(s)- 107 cals



[Salmon with avocado sauce](#)
15 oz- 1449 cals

Dinner

1650 cals, 117g protein, 18g net carbs, 120g fat



[Rotisserie chicken & tomato salad](#)
1285 cals



[Pumpkin seeds](#)
366 cals

Day 3 3207 cals ● 225g protein (28%) ● 223g fat (62%) ● 33g carbs (4%) ● 43g fiber (5%)

Lunch

1555 cals, 97g protein, 10g net carbs, 120g fat



[Spinach cauliflower mince](#)
1 1/2 cup(s)- 107 cals



[Salmon with avocado sauce](#)
15 oz- 1449 cals

Dinner

1650 cals, 128g protein, 23g net carbs, 103g fat



[Avocado](#)
703 cals



[Buffalo chicken salad](#)
949 cals

Day 4

3166 cals ● 287g protein (36%) ● 201g fat (57%) ● 30g carbs (4%) ● 21g fiber (3%)

Lunch

1565 cals, 165g protein, 12g net carbs, 92g fat



Caprese chicken
20 oz- 1492 cals



Spinach cauliflower mince
1 cup(s)- 71 cals

Dinner

1605 cals, 122g protein, 18g net carbs, 110g fat



Pepper strips and guacamole (keto)
375 cals



Sugar-free bbq chicken wings
32 oz- 1228 cals

Day 5

3166 cals ● 287g protein (36%) ● 201g fat (57%) ● 30g carbs (4%) ● 21g fiber (3%)

Lunch

1565 cals, 165g protein, 12g net carbs, 92g fat



Caprese chicken
20 oz- 1492 cals



Spinach cauliflower mince
1 cup(s)- 71 cals

Dinner

1605 cals, 122g protein, 18g net carbs, 110g fat



Pepper strips and guacamole (keto)
375 cals



Sugar-free bbq chicken wings
32 oz- 1228 cals

Day 6

3247 cals ● 304g protein (37%) ● 211g fat (59%) ● 23g carbs (3%) ● 8g fiber (1%)

Lunch

1685 cals, 141g protein, 6g net carbs, 120g fat



Simple salmon
24 oz- 1540 cals



Buttered green beans
147 cals

Dinner

1560 cals, 163g protein, 17g net carbs, 91g fat



Olive oil drizzled green beans
181 cals



Ranch pork chops
4 chop(s)- 1380 cals

Day 7

3247 cals ● 304g protein (37%) ● 211g fat (59%) ● 23g carbs (3%) ● 8g fiber (1%)

Lunch

1685 cals, 141g protein, 6g net carbs, 120g fat



Simple salmon
24 oz- 1540 cals



Buttered green beans
147 cals

Dinner

1560 cals, 163g protein, 17g net carbs, 91g fat



Olive oil drizzled green beans
181 cals



Ranch pork chops
4 chop(s)- 1380 cals

Fats and Oils

- oil
6 3/4 oz (205mL)
- olive oil
2 oz (62mL)
- mayonnaise
3 tbsp (45mL)

Spices and Herbs

- paprika
1/4 tbsp (2g)
- salt
5 g (5g)
- black pepper
1 1/2 g (1g)
- fresh basil
1 oz (34g)

Poultry Products

- boneless chicken thighs, with skin
1 1/4 lbs (568g)
- boneless skinless chicken breast, raw
3 1/2 lbs (1574g)
- chicken wings, with skin, raw
4 lbs (1816g)

Other

- roasted red peppers
1 2/3 pepper(s) (117g)
- Chicken, drumsticks, with skin
1 1/2 lbs (680g)
- rotisserie chicken, cooked
1 lbs (425g)
- frozen riced cauliflower
5 cup, frozen (530g)
- mixed greens
2 cup (60g)
- guacamole, store-bought
1 1/4 cup (309g)
- sugar-free barbecue sauce
1/2 cup (120g)
- italian seasoning
2 1/2 tsp (9g)
- ranch dressing mix
1 packet (1 oz) (28g)

Vegetables and Vegetable Products

Dairy and Egg Products

- butter
2 1/2 tbsp (34g)
- nonfat greek yogurt, plain
1/2 cup (140g)
- fresh mozzarella cheese
10 oz (284g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
5 fl oz (150mL)
- pesto sauce
10 tbsp (160g)

Fruits and Fruit Juices

- lemon juice
1 1/3 fl oz (41mL)
- avocados
3 1/4 avocado(s) (653g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- coconut milk, canned
5/8 can (284mL)

Finfish and Shellfish Products

- salmon
5 lbs (2211g)

Pork Products

- pork loin chops, boneless, raw
8 chop (1480g)

- tomatoes
6 medium whole (2-3/5" dia) (756g)
 - lima beans, frozen
3/8 package (10 oz) (107g)
 - cucumber
5/8 cucumber (8-1/4") (188g)
 - fresh spinach
2 1/2 cup(s) (75g)
 - garlic
7 1/2 clove(s) (23g)
 - onion
1/2 cup, chopped (80g)
 - raw celery
2 stalk, small (5" long) (34g)
 - bell pepper
5 medium (595g)
 - frozen green beans
5 1/3 cup (645g)
-

Lunch 1 [↗](#)

Eat on day 1

Buttered lima beans

165 cal ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



lima beans, frozen
3/8 package (10 oz) (107g)
salt
1 1/2 dash (1g)
butter
1/2 tbsp (7g)
black pepper
3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Buffalo drumsticks

24 oz - 1400 cal ● 108g protein ● 107g fat ● 1g carbs ● 0g fiber



Makes 24 oz
Frank's Red Hot sauce
4 tbsp (60mL)
oil
3/4 tbsp (11mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
Chicken, drumsticks, with skin
1 1/2 lbs (680g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Spinach cauliflower mince

1 1/2 cup(s) - 107 cals ● 5g protein ● 7g fat ● 2g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
frozen riced cauliflower
1 1/2 cup, frozen (159g)
fresh spinach, chopped
3/4 cup(s) (23g)
garlic, diced
1 1/2 clove(s) (5g)

For all 2 meals:

oil
1 tbsp (15mL)
frozen riced cauliflower
3 cup, frozen (318g)
fresh spinach, chopped
1 1/2 cup(s) (45g)
garlic, diced
3 clove(s) (9g)

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.

Salmon with avocado sauce

15 oz - 1449 cals ● 93g protein ● 113g fat ● 8g carbs ● 9g fiber



For single meal:

fresh basil
2 1/2 tbsp leaves, whole (4g)
lemon juice
2 tsp (9mL)
garlic
1 1/4 clove(s) (4g)
coconut milk, canned
1/3 can (141mL)
avocados
5/8 avocado(s) (126g)
oil
2 tsp (9mL)
salmon
1 lbs (425g)

For all 2 meals:

fresh basil
5 tbsp leaves, whole (8g)
lemon juice
1 1/4 tbsp (19mL)
garlic
2 1/2 clove(s) (8g)
coconut milk, canned
5/8 can (282mL)
avocados
1 1/4 avocado(s) (251g)
oil
1 1/4 tbsp (19mL)
salmon
2 lbs (851g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Lunch 3 [↗](#)

Eat on day 4, day 5

Caprese chicken

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



For single meal:

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)

For all 2 meals:

italian seasoning

2 1/2 tsp (9g)

pesto sauce

10 tbsp (160g)

oil

5 tsp (25mL)

tomatoes, quartered

15 cherry tomatoes (255g)

fresh basil

10 tbsp, chopped (27g)

fresh mozzarella cheese, sliced

10 oz (284g)

boneless skinless chicken breast, raw

2 1/2 lbs (1120g)

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.

Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



For single meal:

oil

1 tsp (5mL)

frozen riced cauliflower

1 cup, frozen (106g)

fresh spinach, chopped

1/2 cup(s) (15g)

garlic, diced

1 clove(s) (3g)

For all 2 meals:

oil

2 tsp (10mL)

frozen riced cauliflower

2 cup, frozen (212g)

fresh spinach, chopped

1 cup(s) (30g)

garlic, diced

2 clove(s) (6g)

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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Simple salmon

24 oz - 1540 cal ● 139g protein ● 109g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
1 1/2 lbs (680g)
oil
4 tsp (20mL)

For all 2 meals:

salmon
3 lbs (1361g)
oil
2 2/3 tbsp (40mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: **PAN FRY:** Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. **BAKING:** Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

frozen green beans
1 cup (121g)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

frozen green beans
2 cup (242g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
butter
2 tbsp (27g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
-

Dinner 1 [↗](#)

Eat on day 1

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.

Roasted tomatoes

3 tomato(es) - 179 cal ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



Makes 3 tomato(es)

tomatoes

3 small whole (2-2/5" dia) (273g)

oil

1 tbsp (15mL)

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.
-

Dinner 2 [↗](#)

Eat on day 2

Rotisserie chicken & tomato salad

1285 cal ● 99g protein ● 91g fat ● 14g carbs ● 4g fiber



lemon juice

2 1/2 tsp (13mL)

olive oil

2 1/2 tbsp (38mL)

cucumber, sliced

5/8 cucumber (8-1/4") (188g)

tomatoes, cut into wedges

1 1/4 large whole (3" dia) (228g)

rotisserie chicken, cooked

1 lbs (425g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3

Avocado

703 cal ● 8g protein ● 59g fat ● 8g carbs ● 27g fiber



avocados

2 avocado(s) (402g)

lemon juice

2 tsp (10mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Buffalo chicken salad

949 cal ● 120g protein ● 44g fat ● 15g carbs ● 4g fiber



mayonnaise
3 tbsp (45mL)
onion, chopped
1/2 cup, chopped (80g)
Frank's Red Hot sauce
6 tbsp (90mL)
nonfat greek yogurt, plain
1/2 cup (140g)
raw celery, chopped
2 stalk, small (5" long) (34g)
boneless skinless chicken breast, raw
1 lbs (454g)
mixed greens
2 cup (60g)

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 4 [↗](#)

Eat on day 4, day 5

Pepper strips and guacamole (keto)

375 cal ● 8g protein ● 26g fat ● 14g carbs ● 15g fiber



For single meal:

bell pepper, sliced
2 1/2 medium (298g)
guacamole, store-bought
10 tbsp (155g)

For all 2 meals:

bell pepper, sliced
5 medium (595g)
guacamole, store-bought
1 1/4 cup (309g)

1. Slice the peppers and remove the seeds.
2. Spread the guacamole over the sliced peppers or just use them to dip into it.

Sugar-free bbq chicken wings

32 oz - 1228 cal ● 114g protein ● 84g fat ● 4g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
2 lbs (908g)
sugar-free barbecue sauce
4 tbsp (60g)

For all 2 meals:

chicken wings, with skin, raw
4 lbs (1816g)
sugar-free barbecue sauce
1/2 cup (120g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
4. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
6. Serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Olive oil drizzled green beans

181 cal ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen green beans
1 2/3 cup (202g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen green beans
3 1/3 cup (403g)
olive oil
5 tsp (25mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Ranch pork chops

4 chop(s) - 1380 cal ● 160g protein ● 79g fat ● 7g carbs ● 0g fiber



For single meal:

ranch dressing mix

1/2 packet (1 oz) (14g)

oil

2 tbsp (30mL)

pork loin chops, boneless, raw

4 chop (740g)

For all 2 meals:

ranch dressing mix

1 packet (1 oz) (28g)

oil

4 tbsp (60mL)

pork loin chops, boneless, raw

8 chop (1480g)

1. Preheat oven to 400 F (200 C).
 2. Spread oil evenly over all pork chops.
 3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
 4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
 5. Serve!
-