

# Meal Plan - 3300 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

3340 cals ● 238g protein (29%) ● 252g fat (68%) ● 16g carbs (2%) ● 14g fiber (2%)

### Lunch

1640 cals, 98g protein, 12g net carbs, 127g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Salmon salad lettuce wrap](#)

1259 cals



[Pecans](#)

1/2 cup- 366 cals

### Dinner

1700 cals, 140g protein, 4g net carbs, 125g fat



[Low carb fried chicken](#)

28 oz- 1638 cals



[Sautéed garlic & herb tomatoes](#)

64 cals

## Day 2

3256 cals ● 264g protein (32%) ● 226g fat (62%) ● 33g carbs (4%) ● 7g fiber (1%)

### Lunch

1555 cals, 124g protein, 30g net carbs, 102g fat



[Honey dijon salmon](#)

13 1/2 oz- 904 cals



[Bacon zucchini noodles](#)

651 cals

### Dinner

1700 cals, 140g protein, 4g net carbs, 125g fat



[Low carb fried chicken](#)

28 oz- 1638 cals



[Sautéed garlic & herb tomatoes](#)

64 cals

## Day 3

3253 cals ● 269g protein (33%) ● 221g fat (61%) ● 24g carbs (3%) ● 23g fiber (3%)

### Lunch

1620 cals, 123g protein, 9g net carbs, 119g fat



[Green beans](#)

63 cals



[Buffalo drumsticks](#)

26 2/3 oz- 1556 cals

### Dinner

1635 cals, 146g protein, 15g net carbs, 102g fat



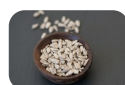
[Buffalo chicken lettuce wrap](#)

4 wrap(s)- 878 cals



[Cheese](#)

2 2/3 oz- 305 cals



[Sunflower seeds](#)

451 cals

## Day 4

3290 cals ● 319g protein (39%) ● 201g fat (55%) ● 29g carbs (4%) ● 23g fiber (3%)

### Lunch

1655 cals, 173g protein, 15g net carbs, 98g fat



[Bacon cauliflower rice](#)

1 cup(s)- 163 cals



[Caprese chicken](#)

20 oz- 1492 cals

### Dinner

1635 cals, 146g protein, 15g net carbs, 102g fat



[Buffalo chicken lettuce wrap](#)

4 wrap(s)- 878 cals



[Cheese](#)

2 2/3 oz- 305 cals



[Sunflower seeds](#)

451 cals

## Day 5

3318 cals ● 283g protein (34%) ● 223g fat (60%) ● 28g carbs (3%) ● 18g fiber (2%)

### Lunch

1670 cals, 96g protein, 11g net carbs, 134g fat



[Cauliflower rice](#)

1 cup(s)- 61 cals



[Almond beef and spinach skillet](#)

1610 cals

### Dinner

1650 cals, 187g protein, 17g net carbs, 89g fat



[Balsamic chicken breast](#)

28 oz- 1105 cals



[Garlic zucchini noodles](#)

543 cals

## Day 6

3301 cals ● 257g protein (31%) ● 230g fat (63%) ● 32g carbs (4%) ● 17g fiber (2%)

### Lunch

1670 cals, 96g protein, 11g net carbs, 134g fat



[Cauliflower rice](#)

1 cup(s)- 61 cals



[Almond beef and spinach skillet](#)

1610 cals

### Dinner

1630 cals, 161g protein, 22g net carbs, 97g fat



[Simple sauteed spinach](#)

249 cals



[Ranch chicken](#)

24 oz- 1382 cals

## Day 7

3255 cals ● 337g protein (41%) ● 193g fat (53%) ● 34g carbs (4%) ● 8g fiber (1%)

### Lunch

1625 cals, 176g protein, 12g net carbs, 96g fat



[Bacon cauliflower rice](#)

1 1/2 cup(s)- 245 cals



[Ranch pork chops](#)

4 chop(s)- 1380 cals

### Dinner

1630 cals, 161g protein, 22g net carbs, 97g fat



[Simple sauteed spinach](#)

249 cals



[Ranch chicken](#)

24 oz- 1382 cals

## Other

- ☐ Chicken, drumsticks, with skin  
5 lbs (2343g)
- ☐ pork rinds  
1 3/4 oz (50g)
- ☐ italian seasoning  
1/2 container (.75 oz) (10g)
- ☐ frozen cauliflower  
4 1/2 cup (510g)
- ☐ ground beef (20% fat)  
2 lbs (907g)
- ☐ ranch dressing mix  
2 packet (1 oz) (57g)

## Spices and Herbs

- ☐ cajun seasoning  
3/4 tbsp (5g)
- ☐ black pepper  
4 1/2 g (4g)
- ☐ salt  
1/2 oz (13g)
- ☐ dijon mustard  
2 1/4 tbsp (34g)
- ☐ fresh basil  
5 tbsp, chopped (13g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
1/4 cup (53mL)
- ☐ Frank's Red Hot sauce  
1 cup (226mL)
- ☐ pesto sauce  
5 tbsp (80g)

## Fats and Oils

- ☐ olive oil  
1/4 lbs (110mL)
- ☐ mayonnaise  
1/2 cup (120mL)
- ☐ oil  
1/3 lbs (161mL)
- ☐ balsamic vinaigrette  
1/2 cup (106mL)
- ☐ ranch dressing  
3/4 cup (180mL)

## Vegetables and Vegetable Products

## Finfish and Shellfish Products

- ☐ canned salmon  
4 5oz can(s) (undrained) (568g)
- ☐ salmon  
2 1/4 fillet/s (6 oz each) (383g)

## Nut and Seed Products

- ☐ pecans  
1/2 cup, halves (50g)
- ☐ sunflower kernels  
5 oz (142g)
- ☐ almonds  
1/2 cup, slivered (54g)
- ☐ almond butter  
4 tbsp (64g)

## Sweets

- ☐ honey  
1 tbsp (24g)

## Pork Products

- ☐ bacon, raw  
6 1/2 slice(s) (184g)
- ☐ pork loin chops, boneless, raw  
4 chop (740g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
8 lbs (3605g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/3 avocado(s) (268g)

## Dairy and Egg Products

- ☐ cheese  
1/3 lbs (151g)
- ☐ fresh mozzarella cheese  
5 oz (142g)

- ☐ garlic  
5 3/4 clove(s) (17g)
  - ☐ tomatoes  
3 medium whole (2-3/5" dia) (376g)
  - ☐ raw celery  
1/4 bunch (148g)
  - ☐ romaine lettuce  
16 leaf outer (448g)
  - ☐ onion  
4 tbsp minced (60g)
  - ☐ zucchini  
5 1/3 medium (1045g)
  - ☐ frozen green beans  
1 1/3 cup (161g)
  - ☐ mushrooms  
2 cup, chopped (140g)
  - ☐ fresh spinach  
2 3/4 10oz package (770g)
-

## Lunch 1 [↗](#)

Eat on day 1

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



Makes 2 celery stalk

#### raw celery

2 stalk, medium (7-1/2" - 8" long) (80g)

1. Slice celery into sticks and serve.

### Salmon salad lettuce wrap

1259 cals ● 93g protein ● 92g fat ● 9g carbs ● 7g fiber



#### romaine lettuce

8 leaf outer (224g)

#### black pepper

4 dash (0g)

#### salt

4 dash (2g)

#### canned salmon

4 5oz can(s) (undrained) (568g)

#### mayonnaise

1/2 cup (120mL)

#### raw celery, diced

4 stalk, small (5" long) (68g)

#### onion

4 tbsp minced (60g)

1. Drain salmon and discard any liquid.
2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
4. Roll up to create the wrap.
5. Serve.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

#### pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2

---

### Honey dijon salmon

13 1/2 oz - 904 cals ● 80g protein ● 55g fat ● 21g carbs ● 2g fiber



Makes 13 1/2 oz

**salmon**

2 1/4 fillet/s (6 oz each) (383g)

**dijon mustard**

2 1/4 tbsp (34g)

**honey**

1 tbsp (24g)

**garlic, minced**

1 clove (3g)

**olive oil**

3/4 tbsp (11mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

---

### Bacon zucchini noodles

651 cals ● 44g protein ● 47g fat ● 9g carbs ● 4g fiber



**zucchini**

2 medium (392g)

**bacon, raw**

4 slice(s) (113g)

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.
-



## Lunch 3 [🔗](#)

Eat on day 3

---

### Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



#### frozen green beans

1 1/3 cup (161g)

1. Prepare according to instructions on package.

---

### Buffalo drumsticks

26 2/3 oz - 1556 cals ● 120g protein ● 119g fat ● 1g carbs ● 0g fiber



Makes 26 2/3 oz

#### Frank's Red Hot sauce

1/4 cup (67mL)

#### oil

2 1/2 tsp (12mL)

#### salt

3 1/3 dash (2g)

#### black pepper

3 1/3 dash, ground (1g)

#### Chicken, drumsticks, with skin

1 2/3 lbs (756g)

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 4 [↗](#)

Eat on day 4

---

### Bacon cauliflower rice

1 cup(s) - 163 cals ● 11g protein ● 11g fat ● 3g carbs ● 1g fiber



Makes 1 cup(s)

**frozen cauliflower**

1 cup (113g)

**bacon, raw**

1 slice(s) (28g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

---

### Caprese chicken

20 oz - 1492 cals ● 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 5 [↗](#)

Eat on day 5, day 6

---

### Cauliflower rice

1 cup(s) - 61 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**frozen cauliflower**  
1 cup (113g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**frozen cauliflower**  
2 cup (227g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

---

### Almond beef and spinach skillet

1610 cal ● 95g protein ● 129g fat ● 8g carbs ● 9g fiber



For single meal:

**ground beef (20% fat)**  
1 lbs (454g)  
**oil**  
1/2 tbsp (8mL)  
**mushrooms**  
1 cup, chopped (70g)  
**fresh spinach**  
3 oz (85g)  
**almonds**  
4 tbsp, slivered (27g)  
**almond butter**  
2 tbsp (32g)

For all 2 meals:

**ground beef (20% fat)**  
2 lbs (907g)  
**oil**  
1 tbsp (15mL)  
**mushrooms**  
2 cup, chopped (140g)  
**fresh spinach**  
6 oz (170g)  
**almonds**  
1/2 cup, slivered (54g)  
**almond butter**  
4 tbsp (64g)

1. In a skillet over medium heat, add the oil and mushrooms.
  2. Cook for a few minutes until mushrooms are soft, then add in the slivered almonds and cook for another minute or so until toasted.
  3. Add in the ground beef and cook fully until there is no more pink.
  4. Add in the almond butter and spinach and cook a couple more minutes, stirring frequently, until spinach has melted and almond butter has fully incorporated with the meat.
  5. Serve.
-

## Lunch 6 [↗](#)

Eat on day 7

---

### Bacon cauliflower rice

1 1/2 cup(s) - 245 cals ● 16g protein ● 17g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

**frozen cauliflower**

1 1/2 cup (170g)

**bacon, raw**

1 1/2 slice(s) (43g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

---

### Ranch pork chops

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



Makes 4 chop(s)

**ranch dressing mix**

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

**oil**

2 tbsp (30mL)

**pork loin chops, boneless, raw**

4 chop (740g)

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!
-

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Low carb fried chicken

28 oz - 1638 cals ● 140g protein ● 119g fat ● 1g carbs ● 0g fiber



For single meal:

**Chicken, drumsticks, with skin**  
1 3/4 lbs (794g)  
**pork rinds, crushed**  
1 oz (25g)  
**cajun seasoning**  
1 tsp (3g)  
**hot sauce**  
1 3/4 tbsp (26mL)

For all 2 meals:

**Chicken, drumsticks, with skin**  
3 1/2 lbs (1588g)  
**pork rinds, crushed**  
1 3/4 oz (50g)  
**cajun seasoning**  
3/4 tbsp (5g)  
**hot sauce**  
1/4 cup (53mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

### Sauteed garlic & herb tomatoes

64 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/4 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**garlic, minced**  
1/4 clove(s) (1g)  
**tomatoes**  
1/4 pint, cherry tomatoes (75g)  
**italian seasoning**  
3 dash (1g)  
**salt**  
1 dash (1g)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Buffalo chicken lettuce wrap

4 wrap(s) - 878 cals ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**romaine lettuce**  
4 leaf outer (112g)  
**boneless skinless chicken breast, raw, cubed**  
16 oz (454g)  
**Frank's Red Hot sauce**  
1/3 cup (80mL)  
**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**romaine lettuce**  
8 leaf outer (224g)  
**boneless skinless chicken breast, raw, cubed**  
32 oz (907g)  
**Frank's Red Hot sauce**  
2/3 cup (160mL)  
**black pepper**  
1/4 tbsp, ground (2g)  
**salt**  
1/4 tbsp (4g)  
**avocados, chopped**  
1 1/3 avocado(s) (268g)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)

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.

### Cheese

2 2/3 oz - 305 cals ● 17g protein ● 25g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
2 2/3 oz (76g)

For all 2 meals:

**cheese**  
1/3 lbs (151g)

1. This recipe has no instructions.

### Sunflower seeds

451 cals ● 21g protein ● 36g fat ● 6g carbs ● 6g fiber





For single meal:

**sunflower kernels**

2 1/2 oz (71g)

For all 2 meals:

**sunflower kernels**

5 oz (142g)

1. This recipe has no instructions.

---

## Dinner 3 [🔗](#)

Eat on day 5

---

### Balsamic chicken breast

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



Makes 28 oz

**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)

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.

---

### Garlic zucchini noodles

543 cals ● 8g protein ● 47g fat ● 14g carbs ● 7g fiber



**olive oil**  
3 1/3 tbsp (50mL)  
**zucchini**  
3 1/3 medium (653g)  
**garlic, minced**  
1 2/3 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.

---

## Dinner 4 [🔗](#)

Eat on day 6, day 7

---

### Simple sauteed spinach

249 cal ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



For single meal:

**garlic, diced**  
1 1/4 clove (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**fresh spinach**  
10 cup(s) (300g)

For all 2 meals:

**garlic, diced**  
2 1/2 clove (8g)  
**black pepper**  
5 dash, ground (1g)  
**salt**  
5 dash (4g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**fresh spinach**  
20 cup(s) (600g)

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.

---

### Ranch chicken

24 oz - 1382 cal ● 152g protein ● 79g fat ● 16g carbs ● 0g fiber





For single meal:

**ranch dressing mix**

3/4 packet (1 oz) (21g)

**oil**

1 1/2 tbsp (23mL)

**boneless skinless chicken breast,  
raw**

1 1/2 lbs (672g)

**ranch dressing**

6 tbsp (90mL)

For all 2 meals:

**ranch dressing mix**

1 1/2 packet (1 oz) (43g)

**oil**

3 tbsp (45mL)

**boneless skinless chicken breast,  
raw**

3 lbs (1344g)

**ranch dressing**

3/4 cup (180mL)

1. Preheat oven to 350 F (180 C).
  2. Spread oil evenly over all chicken.
  3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
  4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
  5. Serve with a side of ranch dressing.
-