

Meal Plan - 3400 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 3399 cals ● 267g protein (31%) ● 244g fat (65%) ● 20g carbs (2%) ● 14g fiber (2%)

Lunch

1700 cals, 148g protein, 12g net carbs, 115g fat



[Bacon zucchini noodles](#)
868 cals



[Rotisserie chicken](#)
14 oz- 833 cals

Dinner

1700 cals, 119g protein, 8g net carbs, 128g fat



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



[Simple sauteed spinach](#)
299 cals

Day 2 3418 cals ● 295g protein (35%) ● 223g fat (59%) ● 26g carbs (3%) ● 32g fiber (4%)

Lunch

1720 cals, 176g protein, 18g net carbs, 94g fat



[Buffalo chicken lettuce wrap](#)
6 wrap(s)- 1317 cals



[Roasted peanuts](#)
1/2 cup(s)- 403 cals

Dinner

1700 cals, 119g protein, 8g net carbs, 128g fat



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



[Simple sauteed spinach](#)
299 cals

Day 3 3363 cals ● 374g protein (44%) ● 182g fat (49%) ● 37g carbs (4%) ● 18g fiber (2%)

Lunch

1715 cals, 233g protein, 19g net carbs, 77g fat



[Marinated chicken breast](#)
30 oz- 1060 cals



[Bacon cauliflower rice](#)
4 cup(s)- 653 cals

Dinner

1650 cals, 141g protein, 19g net carbs, 106g fat



[Simple sauteed spinach](#)
398 cals



[Cheesy zucchini noodles](#)
655 cals



[Curried pork chops](#)
2 1/2 chop(s)- 598 cals

Day 4

3363 cals ● 374g protein (44%) ● 182g fat (49%) ● 37g carbs (4%) ● 18g fiber (2%)

Lunch

1715 cals, 233g protein, 19g net carbs, 77g fat



Marinated chicken breast
30 oz- 1060 cals



Bacon cauliflower rice
4 cup(s)- 653 cals

Dinner

1650 cals, 141g protein, 19g net carbs, 106g fat



Simple sauteed spinach
398 cals



Cheesy zucchini noodles
655 cals



Curried pork chops
2 1/2 chop(s)- 598 cals

Day 5

3418 cals ● 359g protein (42%) ● 206g fat (54%) ● 22g carbs (3%) ● 11g fiber (1%)

Lunch

1700 cals, 214g protein, 19g net carbs, 81g fat



Parmesan zucchini noodles
454 cals



Lemon pepper chicken breast
32 oz- 1184 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Dinner

1720 cals, 145g protein, 3g net carbs, 125g fat



Low carb fried chicken
28 oz- 1638 cals



Bacon cauliflower rice
1/2 cup(s)- 82 cals

Day 6

3399 cals ● 348g protein (41%) ● 200g fat (53%) ● 32g carbs (4%) ● 19g fiber (2%)

Lunch

1700 cals, 214g protein, 19g net carbs, 81g fat



Parmesan zucchini noodles
454 cals



Lemon pepper chicken breast
32 oz- 1184 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Dinner

1700 cals, 134g protein, 14g net carbs, 119g fat



Slow cooker carnitas
16 oz- 820 cals



Bacon zucchini noodles
732 cals



Simple sauteed spinach
149 cals

Day 7

3446 cals ● 346g protein (40%) ● 209g fat (55%) ● 28g carbs (3%) ● 17g fiber (2%)

Lunch

1745 cals, 211g protein, 15g net carbs, 90g fat



Asparagus

63 cals



Buttery cauliflower rice

3 1/2 cup(s)- 301 cals



Goat cheese & spinach hasselback chicken

28 oz- 1381 cals

Dinner

1700 cals, 134g protein, 14g net carbs, 119g fat



Slow cooker carnitas

16 oz- 820 cals



Bacon zucchini noodles

732 cals



Simple sauteed spinach

149 cals

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
1 cup (240mL)
- hot sauce
1 3/4 tbsp (26mL)

Fats and Oils

- oil
1 1/2 oz (47mL)
- olive oil
9 oz (288mL)
- marinade sauce
2 cup (451mL)

Spices and Herbs

- salt
4 tsp (25g)
- black pepper
4 tsp, ground (9g)
- curry powder
1 1/4 tsp (3g)
- cajun seasoning
1 tsp (3g)
- lemon pepper
4 tbsp (28g)
- paprika
1 3/4 tsp (4g)

Other

- Chicken, drumsticks, with skin
4 3/4 lbs (2155g)
- rotisserie chicken, cooked
14 oz (397g)
- frozen cauliflower
12 cup (1361g)
- pork rinds
1 oz (25g)

Vegetables and Vegetable Products

- garlic
8 1/2 clove (26g)
- fresh spinach
70 1/2 cup(s) (2119g)
- zucchini
14 2/3 medium (2875g)
- romaine lettuce
6 leaf outer (168g)

Pork Products

- bacon, raw
23 slice(s) (647g)
- pork chop, bone-in
5 chop (890g)
- pork shoulder
2 lbs (907g)

Poultry Products

- boneless skinless chicken breast, raw
11 lbs (4936g)

Fruits and Fruit Juices

- avocados
1 avocado(s) (201g)
- lemon juice
1 tsp (6mL)

Legumes and Legume Products

- roasted peanuts
1/2 cup (64g)

Dairy and Egg Products

- parmesan cheese
1/2 cup (38g)
- cheese
1/2 lbs (236g)
- butter
2 1/3 tbsp (32g)
- goat cheese
1/4 lbs (99g)

tomatoes
2 medium whole (2-3/5" dia) (257g)

asparagus
2 oz (57g)

Lunch 1 [↗](#)

Eat on day 1

Bacon zucchini noodles

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



zucchini

2 2/3 medium (523g)

bacon, raw

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

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.

Rotisserie chicken

14 oz - 833 cals ● 89g protein ● 53g fat ● 0g carbs ● 0g fiber



Makes 14 oz

rotisserie chicken, cooked

14 oz (397g)

1. Pull chicken off of bones.
2. Serve.

Lunch 2 [↗](#)

Eat on day 2

Buffalo chicken lettuce wrap

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



Makes 6 wrap(s)

oil

1 tbsp (15mL)

romaine lettuce

6 leaf outer (168g)

boneless skinless chicken breast, raw, cubed

1 1/2 lbs (680g)

Frank's Red Hot sauce

1/2 cup (120mL)

black pepper

4 dash, ground (1g)

salt

4 dash (3g)

avocados, chopped

1 avocado(s) (201g)

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.

Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



Makes 1/2 cup(s)

roasted peanuts

1/2 cup (64g)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 3, day 4

Marinated chicken breast

30 oz - 1060 cals ● 189g protein ● 32g fat ● 5g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

2 lbs (840g)

marinade sauce

1 cup (225mL)

For all 2 meals:

boneless skinless chicken breast, raw

3 3/4 lbs (1680g)

marinade sauce

2 cup (450mL)

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 cauliflower rice

4 cup(s) - 653 cals ● 44g protein ● 45g fat ● 14g carbs ● 4g fiber



For single meal:

frozen cauliflower

4 cup (454g)

bacon, raw

4 slice(s) (113g)

For all 2 meals:

frozen cauliflower

8 cup (907g)

bacon, raw

8 slice(s) (227g)

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.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Parmesan zucchini noodles

454 cal ● 10g protein ● 39g fat ● 11g carbs ● 6g fiber



For single meal:

zucchini
2 1/2 medium (490g)
olive oil
2 1/2 tbsp (38mL)
parmesan cheese
2 1/2 tbsp (13g)

For all 2 meals:

zucchini
5 medium (980g)
olive oil
5 tbsp (75mL)
parmesan cheese
5 tbsp (25g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Lemon pepper chicken breast

32 oz - 1184 cal ● 203g protein ● 38g fat ● 5g carbs ● 4g fiber



For single meal:

lemon pepper
2 tbsp (14g)
olive oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
2 lbs (896g)

For all 2 meals:

lemon pepper
4 tbsp (28g)
olive oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
4 lbs (1792g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

For all 2 meals:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

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.

Lunch 5 [↗](#)

Eat on day 7

Asparagus

63 cals ● 1g protein ● 5g fat ● 1g carbs ● 1g fiber



asparagus

2 oz (57g)

lemon juice

1 tsp (6mL)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1 tsp (6mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Buttery cauliflower rice

3 1/2 cup(s) - 301 cals ● 4g protein ● 26g fat ● 11g carbs ● 4g fiber



Makes 3 1/2 cup(s)

frozen cauliflower

3 1/2 cup (397g)

butter

2 1/3 tbsp (32g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Goat cheese & spinach hasselback chicken

28 oz - 1381 cals ● 206g protein ● 59g fat ● 3g carbs ● 3g fiber



Makes 28 oz

**boneless skinless chicken breast,
raw**

1 3/4 lbs (784g)

fresh spinach

2 1/2 cup(s) (79g)

cheese

1/4 cup, shredded (25g)

paprika

1 3/4 tsp (4g)

goat cheese

1/4 lbs (99g)

1. Preheat oven to 350°F (180°C) and line walled baking sheet with foil.
 2. In a small saucepan over low heat, add the goat cheese and spinach and mix until spinach has wilted, about a minute. Set aside.
 3. Place chicken on baking sheet and cut slits all down the breast, cutting deep but not all the way through.
 4. Stuff slits with spinach mixture.
 5. Sprinkle paprika, a pinch of salt and pepper, and shredded cheese on top and bake for 20-25 minutes or until done.
 6. Optional: Broil for a minute or two to brown the cheese.
 7. Serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Buffalo drumsticks

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



For single meal:

Frank's Red Hot sauce

4 tbsp (60mL)

oil

3/4 tbsp (11 mL)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

Chicken, drumsticks, with skin

1 1/2 lbs (680g)

For all 2 meals:

Frank's Red Hot sauce

1/2 cup (120mL)

oil

1 1/2 tbsp (23mL)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

Chicken, drumsticks, with skin

3 lbs (1361g)

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.

Simple sauteed spinach

299 cal ● 11g protein ● 22g fat ● 7g carbs ● 8g fiber



For single meal:

garlic, diced

1 1/2 clove (5g)

black pepper

3 dash, ground (1g)

salt

3 dash (2g)

olive oil

1 1/2 tbsp (23mL)

fresh spinach

12 cup(s) (360g)

For all 2 meals:

garlic, diced

3 clove (9g)

black pepper

1/4 tbsp, ground (2g)

salt

1/4 tbsp (5g)

olive oil

3 tbsp (45mL)

fresh spinach

24 cup(s) (720g)

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.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Simple sauteed spinach

398 cal ● 14g protein ● 29g fat ● 9g carbs ● 11g fiber



For single meal:

garlic, diced
2 clove (6g)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
olive oil
2 tbsp (30mL)
fresh spinach
16 cup(s) (480g)

For all 2 meals:

garlic, diced
4 clove (12g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
olive oil
4 tbsp (60mL)
fresh spinach
32 cup(s) (960g)

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.

Cheesy zucchini noodles

655 cal ● 29g protein ● 55g fat ● 9g carbs ● 3g fiber



For single meal:

zucchini
1 1/4 medium (245g)
olive oil
1 1/4 tbsp (19mL)
parmesan cheese
1 1/4 tbsp (6g)
cheese
1 cup, shredded (106g)

For all 2 meals:

zucchini
2 1/2 medium (490g)
olive oil
2 1/2 tbsp (38mL)
parmesan cheese
2 1/2 tbsp (13g)
cheese
2 cup, shredded (212g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

Curried pork chops

2 1/2 chop(s) - 598 cal ● 98g protein ● 22g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in

2 1/2 chop (445g)

curry powder

5 dash (1g)

olive oil

1 1/4 tsp (6mL)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

pork chop, bone-in

5 chop (890g)

curry powder

1 1/4 tsp (3g)

olive oil

2 1/2 tsp (13mL)

salt

5 dash (4g)

black pepper

5 dash, ground (1g)

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 3 [↗](#)

Eat on day 5

Low carb fried chicken

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



Makes 28 oz

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 tbs (26mL)

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.

Bacon cauliflower rice

1/2 cup(s) - 82 cal ● 5g protein ● 6g fat ● 2g carbs ● 1g fiber



Makes 1/2 cup(s)

frozen cauliflower

1/2 cup (57g)

bacon, raw

1/2 slice(s) (14g)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Slow cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



For single meal:

pork shoulder

1 lbs (453g)

For all 2 meals:

pork shoulder

2 lbs (907g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Bacon zucchini noodles

732 cals ● 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.

Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)

For all 2 meals:

garlic, diced
1 1/2 clove (5g)
black pepper
3 dash, ground (1g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
12 cup(s) (360g)

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.
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