Meal Plan - 1300 calorie keto and intermittent fasting meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1241 cals · 96g protein (31%) · 87g fat (63%) · 11g carbs (3%) · 7g fiber (2%)

Lunch

610 cals, 30g protein, 6g net carbs, 50g fat

Bacon & goat cheese salad
341 cals

Sunflower seeds
271 cals

Dinner

630 cals, 66g protein, 5g net carbs, 37g fat

Roasted tomatoes
2 tomato(es)- 119 cals

Basic chicken thighs
12 oz- 510 cals

Day 2

1315 cals · 120g protein (37%) · 85g fat (58%) · 11g carbs (3%) · 5g fiber (2%)

Lunch

685 cals, 54g protein, 6g net carbs, 48g fat

Simple salmon
9 oz- 577 cals

Olive oil drizzled green beans
108 cals

Dinner

630 cals, 66g protein, 5g net carbs, 37g fat

Roasted tomatoes
2 tomato(es)- 119 cals

Basic chicken thighs
12 oz- 510 cals

Day 3

1260 cals · 176g protein (56%) · 54g fat (38%) · 10g carbs (3%) · 9g fiber (3%)

Lunch

635 cals, 90g protein, 6g net carbs, 25g fat

Olive oil drizzled broccoli
2 cup(s)- 140 cals

Lemon pepper chicken breast
13 1/3 oz- 494 cals

Dinner

625 cals, 86g protein, 4g net carbs, 29g fat

Basic chicken breast
13 1/3 oz- 529 cals

Buttered green beans
98 cals

Day 4

1260 cals 176g protein (56%) 54g fat (38%) 10g carbs (3%) 9g fiber (3%)

Lunch

635 cals, 90g protein, 6g net carbs, 25g fat

Olive oil drizzled broccoli
2 cup(s)- 140 cals

Lemon pepper chicken breast
13 1/3 oz- 494 cals

Dinner

625 cals, 86g protein, 4g net carbs, 29g fat

Basic chicken breast
13 1/3 oz- 529 cals

Buttered green beans
98 cals

Day 5

1306 cals 157g protein (48%) 68g fat (47%) 11g carbs (3%) 5g fiber (1%)

Lunch

635 cals, 104g protein, 5g net carbs, 21g fat

Marinaded chicken breast
16 oz- 565 cals

Olive oil drizzled broccoli
1 cup(s)- 70 cals

Dinner

670 cals, 54g protein, 6g net carbs, 47g fat

Slow-baked salmon with lemon and thyme
9 oz- 603 cals

Simple mixed greens salad
68 cals

Day 6

1250 cals 159g protein (51%) 57g fat (41%) 10g carbs (3%) 16g fiber (5%)

Lunch

635 cals, 104g protein, 5g net carbs, 21g fat

Marinaded chicken breast
16 oz- 565 cals

Olive oil drizzled broccoli
1 cup(s)- 70 cals

Dinner

615 cals, 56g protein, 5g net carbs, 36g fat

Avocado
176 cals

Buffalo chicken lettuce wrap
2 wrap(s)- 439 cals

Day 7

1288 cals 122g protein (38%) 78g fat (54%) 10g carbs (3%) 15g fiber (5%)

Lunch

675 cals, 67g protein, 5g net carbs, 42g fat

Thyme & lime chicken thighs
551 cals

Garlic zucchini noodles
122 cals

Dinner

615 cals, 56g protein, 5g net carbs, 36g fat

Avocado
176 cals

Buffalo chicken lettuce wrap
2 wrap(s)- 439 cals

Grocery List

Nut and Seed Products

- [ ] sunflower kernels
  1 3/4 oz (49g)

Pork Products

- [ ] bacon
  1 1/2 slice(s) (15g)

Fats and Oils

- [ ] olive oil
  2 oz (69mL)
- [ ] oil
  3 oz (96mL)
- [ ] marinade sauce
  1 cup (240mL)
- [ ] salad dressing
  1 1/2 tbsp (23mL)

Dairy and Egg Products

- [ ] goat cheese
  1 1/2 oz (43g)
- [ ] butter
  4 tsp (18g)

Other

- [ ] mixed greens
  3 cup (90g)

Vegetables and Vegetable Products

- [ ] tomatoes
  3 1/2 medium whole (2-3/5" dia) (414g)
- [ ] frozen green beans
  2 1/3 cup (282g)
- [ ] frozen broccoli
  6 cup (546g)
- [ ] romaine lettuce
  4 leaf outer (112g)
- [ ] zucchini
  3/4 medium (147g)
- [ ] garlic
  3/8 clove (1g)

Poultry Products

- [ ] boneless skinless chicken thighs
  2 1/4 lbs (1021g)
- [ ] boneless skinless chicken breast, raw
  6 1/3 lbs (2843g)

Finfish and Shellfish Products

- [ ] salmon
  1 lbs (510g)

Spices and Herbs

- [ ] black pepper
  1 1/4 g (1g)
- [ ] salt
  4 g (4g)
- [ ] lemon pepper
  5 tsp (12g)
- [ ] thyme, dried
  1/4 tbsp, leaves (1g)

Fruits and Fruit Juices

- [ ] lemon
  3/8 large (32g)
- [ ] avocados
  1 2/3 avocado(s) (335g)
- [ ] lemon juice
  1 tsp (5mL)
- [ ] lime juice
  1 1/2 tbsp (23mL)

Soups, Sauces, and Gravies

- [ ] Frank's Red Hot sauce
  1/3 cup (79mL)

Recipes

Lunch 1

Eat on day 1

Bacon & goat cheese salad

341 cals 17g protein 29g fat 2g carbs 2g fiber

sunflower kernels
1/2 tbsp (6g)
bacon
1 1/2 slice(s) (15g)
olive oil
1/2 tbsp (8mL)
goat cheese
1 1/2 oz (43g)
mixed greens
1 1/2 cup (45g)

1. Cook bacon according to package. Set aside.
2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
3. When bacon has cooled, crumble it on top of the greens and serve.

Sunflower seeds

271 cals 13g protein 21g fat 3g carbs 4g fiber

sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Lunch 2

Eat on day 2

Simple salmon

9 oz - 577 cals 52g protein 41g fat 0g carbs 0g fiber

Makes 9 oz

salmon
1/2 lbs (255g)
oil
1/2 tbsp (8mL)

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.

Olive oil drizzled green beans

108 cals 2g protein 7g fat 6g carbs 3g fiber

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen green beans
1 cup (121g)
olive oil
1/2 tbsp (8mL)

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

Lunch 3

Eat on day 3, day 4

Olive oil drizzled broccoli

2 cup(s) - 140 cals 5g protein 9g fat 4g carbs 5g fiber

For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lemon pepper chicken breast

13 1/3 oz - 494 cals 85g protein 16g fat 2g carbs 2g fiber

For single meal:

lemon pepper
2 1/2 tsp (6g)
olive oil
1 1/4 tsp (6mL)
boneless skinless chicken breast, raw
13 1/3 oz (373g)

For all 2 meals:

lemon pepper
5 tsp (12g)
olive oil
2 1/2 tsp (13mL)
boneless skinless chicken breast, raw
1 2/3 lbs (747g)

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.

Lunch 4

Eat on day 5, day 6

Marinaded chicken breast

16 oz - 565 cals 101g protein 17g fat 3g carbs 0g fiber

For single meal:

boneless skinless chicken breast, raw
1 lbs (448g)
marinade sauce
1/2 cup (120mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 lbs (896g)
marinade sauce
1 cup (240mL)

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 marinade 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.

Olive oil drizzled broccoli

1 cup(s) - 70 cals 3g protein 5g fat 2g carbs 3g fiber

For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lunch 5

Eat on day 7

Thyme & lime chicken thighs

551 cals 65g protein 32g fat 2g carbs 0g fiber

oil
3/4 tbsp (11mL)
lime juice
1 1/2 tbsp (23mL)
thyme, dried
3 dash, leaves (0g)
boneless skinless chicken thighs
3/4 lb (340g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Garlic zucchini noodles

122 cals 2g protein 11g fat 3g carbs 2g fiber

olive oil
3/4 tbsp (11mL)
zucchini
3/4 medium (147g)
garlic, minced
3/8 clove (1g)

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 1

Eat on day 1, day 2

Roasted tomatoes

2 tomato(es) - 119 cals 2g protein 9g fat 5g carbs 2g fiber

For single meal:

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

For all 2 meals:

tomatoes
4 small whole (2-2/5" dia) (364g)
oil
4 tsp (20mL)

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.

Basic chicken thighs

12 oz - 510 cals 65g protein 28g fat 0g carbs 0g fiber

For single meal:

oil
1/2 tbsp (8mL)
boneless skinless chicken thighs
3/4 lbs (340g)

For all 2 meals:

oil
1 tbsp (15mL)
boneless skinless chicken thighs
1 1/2 lbs (680g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Dinner 2

Eat on day 3, day 4

Basic chicken breast

13 1/3 oz - 529 cals 84g protein 22g fat 0g carbs 0g fiber

For single meal:

oil
2 1/2 tsp (13mL)
boneless skinless chicken breast, raw
13 1/3 oz (373g)

For all 2 meals:

oil
5 tsp (25mL)
boneless skinless chicken breast, raw
1 2/3 lbs (747g)

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.

Buttered green beans

98 cals 2g protein 8g fat 4g carbs 2g fiber

For single meal:

frozen green beans
2/3 cup (81g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
butter
2 tsp (9g)

For all 2 meals:

frozen green beans
1 1/3 cup (161g)
salt
1 dash (0g)
black pepper
1 dash (0g)
butter
4 tsp (18g)

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

Dinner 3

Eat on day 5

Slow-baked salmon with lemon and thyme

9 oz - 603 cals 53g protein 42g fat 2g carbs 1g fiber

Makes 9 oz

salmon, skin on
1/2 lbs (255g)
oil
1/2 tbsp (8mL)
thyme, dried
3 dash, leaves (0g)
lemon, cut into wedges
3/8 large (32g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Simple mixed greens salad

68 cals 1g protein 5g fat 4g carbs 1g fiber

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 4

Eat on day 6, day 7

Avocado

176 cals 2g protein 15g fat 2g carbs 7g fiber

For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Buffalo chicken lettuce wrap

2 wrap(s) - 439 cals 54g protein 21g fat 3g carbs 6g fiber

For single meal:

oil
1 tsp (5mL)
romaine lettuce
2 leaf outer (56g)
boneless skinless chicken breast, raw, cubed
1/2 lbs (227g)
Frank's Red Hot sauce
2 2/3 tbsp (40mL)
black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)
avocados, chopped
1/3 avocado(s) (67g)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

oil
2 tsp (10mL)
romaine lettuce
4 leaf outer (112g)
boneless skinless chicken breast, raw, cubed
1 lbs (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)

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.