

Meal Plan - 1400 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

1352 cals ● 131g protein (39%) ● 85g fat (57%) ● 9g carbs (3%) ● 6g fiber (2%)

Lunch

650 cals, 43g protein, 6g net carbs, 50g fat



[Chicken thighs and mushrooms](#)
6 oz- 591 cals



[Cauliflower rice](#)
1 cup(s)- 61 cals

Dinner

700 cals, 88g protein, 4g net carbs, 36g fat



[Buttered broccoli](#)
1 1/4 cup(s)- 167 cals



[Simple chicken breast](#)
13 1/3 oz- 534 cals

Day 2

1366 cals ● 126g protein (37%) ● 88g fat (58%) ● 10g carbs (3%) ● 8g fiber (2%)

Lunch

650 cals, 43g protein, 6g net carbs, 50g fat



[Chicken thighs and mushrooms](#)
6 oz- 591 cals



[Cauliflower rice](#)
1 cup(s)- 61 cals

Dinner

715 cals, 83g protein, 4g net carbs, 38g fat



[Basic ground turkey](#)
14 oz- 657 cals



[Broccoli](#)
2 cup(s)- 58 cals

Day 3

1360 cals ● 104g protein (31%) ● 96g fat (64%) ● 11g carbs (3%) ● 8g fiber (2%)

Lunch

700 cals, 63g protein, 4g net carbs, 46g fat



[Simple salmon](#)
10 oz- 642 cals



[Broccoli](#)
2 cup(s)- 58 cals

Dinner

660 cals, 41g protein, 7g net carbs, 51g fat



[Cheese](#)
2 1/2 oz- 286 cals



[Macadamia nuts](#)
109 cals



[Simple sardine salad](#)
265 cals

Day 4

1360 cals ● 104g protein (31%) ● 96g fat (64%) ● 11g carbs (3%) ● 8g fiber (2%)

Lunch

700 cals, 63g protein, 4g net carbs, 46g fat



Simple salmon
10 oz- 642 cals



Broccoli
2 cup(s)- 58 cals

Dinner

660 cals, 41g protein, 7g net carbs, 51g fat



Cheese
2 1/2 oz- 286 cals



Macadamia nuts
109 cals



Simple sardine salad
265 cals

Day 5

1334 cals ● 159g protein (48%) ● 71g fat (48%) ● 10g carbs (3%) ● 6g fiber (2%)

Lunch

680 cals, 67g protein, 6g net carbs, 43g fat



Buttery cauliflower rice
2 cup(s)- 172 cals



Basic chicken thighs
12 oz- 510 cals

Dinner

650 cals, 92g protein, 4g net carbs, 28g fat



Lemon pepper chicken breast
14 oz- 518 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 6

1385 cals ● 136g protein (39%) ● 87g fat (56%) ● 11g carbs (3%) ● 3g fiber (1%)

Lunch

680 cals, 67g protein, 6g net carbs, 43g fat



Buttery cauliflower rice
2 cup(s)- 172 cals



Basic chicken thighs
12 oz- 510 cals

Dinner

705 cals, 70g protein, 5g net carbs, 44g fat



Cheesy cauliflower mashed 'potatoes'
151 cals



Thyme & lime chicken thighs
551 cals

Day 7

1351 cals ● 114g protein (34%) ● 89g fat (59%) ● 12g carbs (4%) ● 11g fiber (3%)

Lunch

650 cals, 45g protein, 7g net carbs, 44g fat



Baked pesto salmon
6 oz- 404 cals



Olive oil drizzled broccoli
3 1/2 cup(s)- 244 cals

Dinner

705 cals, 70g protein, 5g net carbs, 44g fat



Cheesy cauliflower mashed 'potatoes'
151 cals



Thyme & lime chicken thighs
551 cals

Fats and Oils

- ☐ olive oil
2 oz (66mL)
- ☐ oil
2 1/2 oz (72mL)

Vegetables and Vegetable Products

- ☐ mushrooms
1/2 lbs (227g)
- ☐ frozen broccoli
11 3/4 cup (1069g)
- ☐ cauliflower
1 cup chopped (1/2" pieces) (107g)

Spices and Herbs

- ☐ salt
1/3 oz (8g)
- ☐ black pepper
2 1/2 g (3g)
- ☐ garlic powder
1/4 tsp (1g)
- ☐ lemon pepper
2 1/2 tsp (6g)
- ☐ thyme, dried
1/4 tbsp, leaves (1g)

Beverages

- ☐ water
1/2 cup(s) (119mL)

Dairy and Egg Products

- ☐ butter
5/6 stick (93g)
- ☐ cheese
6 oz (170g)
- ☐ heavy cream
4 tsp (19mL)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)
- ☐ boneless skinless chicken breast, raw
1 3/4 lbs (765g)
- ☐ ground turkey, raw
14 oz (397g)
- ☐ boneless skinless chicken thighs
3 lbs (1361g)

Other

- ☐ frozen cauliflower
6 cup (680g)
- ☐ vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- ☐ mixed greens
3 cup (90g)

Finfish and Shellfish Products

- ☐ salmon
1 1/2 lbs (737g)
- ☐ sardines, canned in oil
2 can (184g)

Nut and Seed Products

- ☐ Macadamia nuts, shelled, roasted
1 oz (10-12 kernels) (28g)

Fruits and Fruit Juices

- ☐ lime juice
3 tbsp (45mL)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 tbsp (16g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Chicken thighs and mushrooms

6 oz - 591 cals ● 42g protein ● 45g fat ● 3g carbs ● 1g fiber



For single meal:

olive oil
1 tbsp (15mL)
mushrooms, sliced 1/4 in thick
4 oz (113g)
salt
1 dash (0g)
water
1/4 cup(s) (59mL)
butter
1/2 tbsp (7g)
black pepper
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)

For all 2 meals:

olive oil
2 tbsp (30mL)
mushrooms, sliced 1/4 in thick
1/2 lbs (227g)
salt
2 dash (1g)
water
1/2 cup(s) (119mL)
butter
1 tbsp (14g)
black pepper
2 dash (0g)
chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Cauliflower rice

1 cup(s) - 61 cals ● 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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple salmon

10 oz - 642 cals ● 58g protein ● 46g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
10 oz (284g)
oil
1/2 tbsp (8mL)

For all 2 meals:

salmon
1 1/4 lbs (567g)
oil
1 tbsp (17mL)

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.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli
2 cup (182g)

For all 2 meals:

frozen broccoli
4 cup (364g)

1. Prepare according to instructions on package.

Lunch 3 [↗](#)

Eat on day 5, day 6

Buttery cauliflower rice

2 cup(s) - 172 cals ● 2g protein ● 15g fat ● 6g carbs ● 2g fiber



For single meal:

frozen cauliflower

2 cup (227g)

butter

4 tsp (18g)

For all 2 meals:

frozen cauliflower

4 cup (454g)

butter

2 2/3 tbsp (36g)

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.
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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.
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Lunch 4 [↗](#)

Eat on day 7

Baked pesto salmon

6 oz - 404 cals ● 35g protein ● 29g fat ● 1g carbs ● 0g fiber



Makes 6 oz

salmon

1 fillet/s (6 oz each) (170g)

pesto sauce

1 tbsp (16g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Olive oil drizzled broccoli

3 1/2 cup(s) - 244 cals ● 9g protein ● 16g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen broccoli

3 1/2 cup (319g)

olive oil

3 1/2 tsp (18mL)

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

Dinner 1 [↗](#)

Eat on day 1

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

black pepper

5/8 dash (0g)

salt

5/8 dash (0g)

frozen broccoli

1 1/4 cup (114g)

butter

1 1/4 tbsp (18g)

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

Simple chicken breast

13 1/3 oz - 534 cals ● 84g protein ● 21g fat ● 1g carbs ● 1g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (373g)

salt

1 tsp (5g)

black pepper

1 tsp, ground (2g)

olive oil

2 1/2 tsp (13mL)

garlic powder

1/4 tsp (1g)

1. First, rub the chicken with olive oil and seasonings. 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.
13. ALL
14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.

Dinner 2 [↗](#)

Eat on day 2

Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

oil

1 3/4 tsp (9mL)

ground turkey, raw

14 oz (397g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.

Dinner 3 [↗](#)

Eat on day 3, day 4

Cheese

2 1/2 oz - 286 cals ● 16g protein ● 24g fat ● 2g carbs ● 0g fiber



For single meal:

cheese

2 1/2 oz (71g)

For all 2 meals:

cheese

5 oz (142g)

1. This recipe has no instructions.

Macadamia nuts

109 cals ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

Macadamia nuts, shelled, roasted
1/2 oz (10-12 kernels) (14g)

For all 2 meals:

Macadamia nuts, shelled, roasted
1 oz (10-12 kernels) (28g)

1. This recipe has no instructions.

Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



For single meal:

vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)
mixed greens
1 1/2 cup (45g)

For all 2 meals:

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Dinner 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

14 oz - 518 cals ● 89g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 14 oz

lemon pepper

2 1/2 tsp (6g)

olive oil

1/2 tbsp (7mL)

boneless skinless chicken breast, raw

14 oz (392g)

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.

Buttered broccoli

1 cup(s) - 134 cals ● 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.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Cheesy cauliflower mashed 'potatoes'

151 cals ● 5g protein ● 13g fat ● 3g carbs ● 1g fiber



For single meal:

black pepper

1/2 dash, ground (0g)

salt

1 dash (1g)

cheese

1/2 slice (1 oz each) (14g)

heavy cream

2 tsp (10mL)

butter

1 tsp (5g)

cauliflower

1/2 cup chopped (1/2" pieces) (54g)

For all 2 meals:

black pepper

1 dash, ground (0g)

salt

2 dash (2g)

cheese

1 slice (1 oz each) (28g)

heavy cream

4 tsp (20mL)

butter

3/4 tbsp (11g)

cauliflower

1 cup chopped (1/2" pieces) (107g)

1. Combine all ingredients (besides the cheese) in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash with a fork.
4. Lay cheese slices on top and microwave a couple more minutes until melted.
5. Serve.

Thyme & lime chicken thighs

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



For single meal:

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)

For all 2 meals:

oil

1 1/2 tbsp (23mL)

lime juice

3 tbsp (45mL)

thyme, dried

1/4 tbsp, leaves (1g)

boneless skinless chicken thighs

1 1/2 lb (680g)

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.