

Meal Plan - 1700 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

1660 cals ● 135g protein (32%) ● 116g fat (63%) ● 9g carbs (2%) ● 10g fiber (2%)

Lunch

865 cals, 48g protein, 7g net carbs, 69g fat



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



[Almond beef and spinach skillet](#)
805 cals

Dinner

795 cals, 86g protein, 2g net carbs, 47g fat



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



[Basic ground turkey](#)
14 2/3 oz- 688 cals

Day 2

1656 cals ● 209g protein (51%) ● 78g fat (42%) ● 16g carbs (4%) ● 13g fiber (3%)

Lunch

835 cals, 82g protein, 9g net carbs, 51g fat



[Cheese](#)
3 oz- 343 cals



[Roast beef lettuce wrap](#)
2 1/2 wrap(s)- 493 cals

Dinner

820 cals, 127g protein, 7g net carbs, 27g fat



[Broccoli](#)
3 1/2 cup(s)- 102 cals



[Curried pork chops](#)
3 chop(s)- 718 cals

Day 3

1676 cals ● 213g protein (51%) ● 82g fat (44%) ● 14g carbs (3%) ● 8g fiber (2%)

Lunch

835 cals, 82g protein, 9g net carbs, 51g fat



[Cheese](#)
3 oz- 343 cals



[Roast beef lettuce wrap](#)
2 1/2 wrap(s)- 493 cals

Dinner

840 cals, 131g protein, 6g net carbs, 31g fat



[Simple sauteed spinach](#)
100 cals



[Lemon pepper chicken breast](#)
20 oz- 740 cals

Day 4

1697 cals ● 165g protein (39%) ● 101g fat (53%) ● 16g carbs (4%) ● 18g fiber (4%)

Lunch

860 cals, 34g protein, 11g net carbs, 70g fat



[Cheese and guac tacos](#)
3 taco(s)- 525 cals



[Roasted almonds](#)
3/8 cup(s)- 333 cals

Dinner

840 cals, 131g protein, 6g net carbs, 31g fat



[Simple sauteed spinach](#)
100 cals



[Lemon pepper chicken breast](#)
20 oz- 740 cals

Day 5

1665 cals ● 192g protein (46%) ● 92g fat (50%) ● 15g carbs (4%) ● 2g fiber (1%)

Lunch

810 cals, 116g protein, 9g net carbs, 34g fat



[Buttery cauliflower rice](#)
2 cup(s)- 172 cals



[Marinated chicken breast](#)
18 oz- 636 cals

Dinner

860 cals, 77g protein, 6g net carbs, 59g fat



[Roasted pepper stuffed chicken](#)
12 oz- 858 cals

Day 6

1665 cals ● 192g protein (46%) ● 92g fat (50%) ● 15g carbs (4%) ● 2g fiber (1%)

Lunch

810 cals, 116g protein, 9g net carbs, 34g fat



[Buttery cauliflower rice](#)
2 cup(s)- 172 cals



[Marinated chicken breast](#)
18 oz- 636 cals

Dinner

860 cals, 77g protein, 6g net carbs, 59g fat



[Roasted pepper stuffed chicken](#)
12 oz- 858 cals

Day 7

1705 cals ● 170g protein (40%) ● 105g fat (55%) ● 15g carbs (3%) ● 5g fiber (1%)

Lunch

810 cals, 73g protein, 8g net carbs, 53g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Sugar-free bbq chicken wings](#)
20 oz- 768 cals

Dinner

895 cals, 97g protein, 7g net carbs, 52g fat



[Caprese chicken](#)
12 oz- 895 cals

Fats and Oils

- ☐ oil
1 1/2 oz (47mL)
- ☐ olive oil
1 1/3 oz (41mL)
- ☐ marinade sauce
1 cup (271mL)

Other

- ☐ frozen cauliflower
5 cup (567g)
- ☐ ground beef (20% fat)
1/2 lbs (227g)
- ☐ frozen riced cauliflower
1 1/2 cup, frozen (159g)
- ☐ guacamole, store-bought
6 tbsp (93g)
- ☐ roasted red peppers
2 pepper(s) (140g)
- ☐ sugar-free barbecue sauce
2 1/2 tbsp (38g)
- ☐ italian seasoning
1/4 tbsp (3g)

Vegetables and Vegetable Products

- ☐ mushrooms
1/2 cup, chopped (35g)
- ☐ fresh spinach
1 10oz package (305g)
- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (436g)
- ☐ romaine lettuce
5 leaf outer (140g)
- ☐ frozen broccoli
3 1/2 cup (319g)

Nut and Seed Products

- ☐ almonds
2 1/2 oz (67g)
- ☐ almond butter
1 tbsp (16g)

Poultry Products

- ☐ ground turkey, raw
14 2/3 oz (416g)

Dairy and Egg Products

- ☐ cheese
1/2 lbs (240g)
- ☐ cheddar cheese
3/4 cup, shredded (85g)
- ☐ butter
2 2/3 tbsp (36g)
- ☐ fresh mozzarella cheese
3 oz (85g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1 1/4 lbs (567g)

Spices and Herbs

- ☐ mustard
5 tsp (25g)
- ☐ curry powder
1/4 tbsp (2g)
- ☐ salt
5 dash (4g)
- ☐ black pepper
5 dash, ground (1g)
- ☐ lemon pepper
2 1/2 tbsp (17g)
- ☐ paprika
1 tsp (2g)
- ☐ fresh basil
3 tbsp, chopped (8g)

Pork Products

- ☐ pork chop, bone-in
3 chop (534g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
3 tbsp (48g)

- ☐ boneless skinless chicken breast, raw
5 1/2 lbs (2464g)
 - ☐ boneless chicken thighs, with skin
1 1/2 lbs (681g)
 - ☐ chicken wings, with skin, raw
1 1/4 lbs (568g)
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Lunch 1 [↗](#)

Eat on day 1

Cauliflower rice

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



Makes 1 cup(s)

oil

1 tsp (5mL)

frozen cauliflower

1 cup (113g)

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

Almond beef and spinach skillet

805 cal ● 47g protein ● 65g fat ● 4g carbs ● 5g fiber



ground beef (20% fat)

1/2 lbs (227g)

oil

1/4 tbsp (4mL)

mushrooms

1/2 cup, chopped (35g)

fresh spinach

1 1/2 oz (43g)

almonds

2 tbsp, slivered (14g)

almond butter

1 tbsp (16g)

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 2 [↗](#)

Eat on day 2, day 3

Cheese

3 oz - 343 cals ● 20g protein ● 28g fat ● 3g carbs ● 0g fiber



For single meal:

cheese
3 oz (85g)

For all 2 meals:

cheese
6 oz (170g)

1. This recipe has no instructions.

Roast beef lettuce wrap

2 1/2 wrap(s) - 493 cals ● 63g protein ● 23g fat ● 6g carbs ● 3g fiber



For single meal:

roast beef cold cuts
10 oz (284g)
mustard
2 1/2 tsp (13g)
cheese
5 tbsp, shredded (35g)
tomatoes, diced
1 1/4 plum tomato (78g)
romaine lettuce
2 1/2 leaf outer (70g)

For all 2 meals:

roast beef cold cuts
1 1/4 lbs (567g)
mustard
5 tsp (25g)
cheese
10 tbsp, shredded (70g)
tomatoes, diced
2 1/2 plum tomato (155g)
romaine lettuce
5 leaf outer (140g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.
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Lunch 3 [🔗](#)

Eat on day 4

Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



Makes 3 taco(s)

cheddar cheese

3/4 cup, shredded (85g)

guacamole, store-bought

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



Makes 3/8 cup(s)

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.
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Lunch 4 [🔗](#)

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.

Marinated chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

18 oz (504g)

marinade sauce

1/2 cup (135mL)

For all 2 meals:

boneless skinless chicken breast, raw

2 1/4 lbs (1008g)

marinade sauce

1 cup (270mL)

1. Place the chicken in a ziploc bag with the marinade and mash 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.

Lunch 5 [🔗](#)

Eat on day 7

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Sugar-free bbq chicken wings

20 oz - 768 cal ● 71g protein ● 53g fat ● 3g carbs ● 0g fiber



Makes 20 oz

chicken wings, with skin, raw

1 1/4 lbs (568g)

sugar-free barbecue sauce

2 1/2 tbsp (38g)

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.
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Dinner 1 [↗](#)

Eat on day 1

Spinach cauliflower mince

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



Makes 1 1/2 cup(s)

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)

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.

Basic ground turkey

14 2/3 oz - 688 cals ● 82g protein ● 40g fat ● 0g carbs ● 0g fiber



Makes 14 2/3 oz

oil

2 tsp (9mL)

ground turkey, raw

14 2/3 oz (416g)

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.

Dinner 2 [↗](#)

Eat on day 2

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli

3 1/2 cup (319g)

1. Prepare according to instructions on package.

Curried pork chops

3 chop(s) - 718 cals ● 118g protein ● 27g fat ● 1g carbs ● 1g fiber



Makes 3 chop(s)

pork chop, bone-in

3 chop (534g)

curry powder

1/4 tbsp (2g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

black pepper

3 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 3, day 4

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

For all 2 meals:

garlic, diced

1 clove (3g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

olive oil

1 tbsp (15mL)

fresh spinach

8 cup(s) (240g)

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.

Lemon pepper chicken breast

20 oz - 740 cals ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

For all 2 meals:

lemon pepper

2 1/2 tbsp (17g)

olive oil

1 1/4 tbsp (19mL)

boneless skinless chicken breast, raw

2 1/2 lbs (1120g)

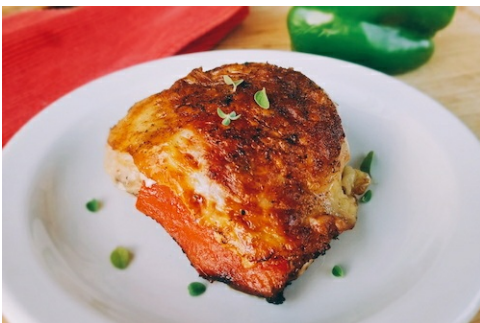
1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then 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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Roasted pepper stuffed chicken

12 oz - 858 cals ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber



For single meal:

oil

1/2 tbsp (8mL)

paprika

4 dash (1g)

boneless chicken thighs, with skin

3/4 lbs (341g)

roasted red peppers, cut into thick strips

1 pepper(s) (70g)

For all 2 meals:

oil

1 tbsp (15mL)

paprika

1 tsp (2g)

boneless chicken thighs, with skin

1 1/2 lbs (681g)

roasted red peppers, cut into thick strips

2 pepper(s) (140g)

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.
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Dinner 5 [🔗](#)

Eat on day 7

Caprese chicken

12 oz - 895 cals ● 97g protein ● 52g fat ● 7g carbs ● 2g fiber



Makes 12 oz

italian seasoning

1/4 tbsp (3g)

pesto sauce

3 tbsp (48g)

oil

1/2 tbsp (8mL)

tomatoes, quartered

4 1/2 cherry tomatoes (77g)

fresh basil

3 tbsp, chopped (8g)

fresh mozzarella cheese, sliced

3 oz (85g)

**boneless skinless chicken breast,
raw**

3/4 lbs (336g)

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.
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