

# Meal Plan - 1800 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

1803 cals ● 226g protein (50%) ● 93g fat (46%) ● 12g carbs (3%) ● 4g fiber (1%)

### Lunch

930 cals, 97g protein, 8g net carbs, 56g fat



[Cheesy cauliflower mashed 'potatoes'](#)  
403 cals



[Basic chicken breast](#)  
13 1/3 oz- 529 cals

### Dinner

870 cals, 129g protein, 4g net carbs, 37g fat



[Balsamic chicken breast](#)  
20 oz- 789 cals



[Garlic zucchini noodles](#)  
82 cals

## Day 2

1790 cals ● 117g protein (26%) ● 141g fat (71%) ● 9g carbs (2%) ● 5g fiber (1%)

### Lunch

880 cals, 70g protein, 3g net carbs, 65g fat



[Basic zoodles](#)  
1/4 zucchini- 36 cals



[Steak Bites](#)  
12 oz(s)- 845 cals

### Dinner

910 cals, 46g protein, 6g net carbs, 76g fat



[Bacon & goat cheese salad](#)  
908 cals

## Day 3

1788 cals ● 113g protein (25%) ● 137g fat (69%) ● 14g carbs (3%) ● 12g fiber (3%)

### Lunch

920 cals, 64g protein, 7g net carbs, 68g fat



[Sunflower seeds](#)  
135 cals



[Salmon salad lettuce wrap](#)  
787 cals

### Dinner

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



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



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

## Day 4

1788 cals ● 113g protein (25%) ● 137g fat (69%) ● 14g carbs (3%) ● 12g fiber (3%)

### Lunch

920 cals, 64g protein, 7g net carbs, 68g fat



Sunflower seeds

135 cals



Salmon salad lettuce wrap

787 cals

### Dinner

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



Cauliflower rice

1 cup(s)- 61 cals



Almond beef and spinach skillet

805 cals

## Day 5

1757 cals ● 243g protein (55%) ● 76g fat (39%) ● 17g carbs (4%) ● 9g fiber (2%)

### Lunch

870 cals, 104g protein, 11g net carbs, 43g fat



Basic chicken & spinach salad

761 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Dinner

885 cals, 139g protein, 6g net carbs, 32g fat



Sautéed mushrooms

4 oz mushrooms- 95 cals



Lemon pepper chicken breast

21 1/3 oz- 790 cals

## Day 6

1747 cals ● 233g protein (53%) ● 80g fat (41%) ● 18g carbs (4%) ● 7g fiber (2%)

### Lunch

870 cals, 104g protein, 11g net carbs, 43g fat



Basic chicken & spinach salad

761 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Dinner

875 cals, 128g protein, 8g net carbs, 36g fat



Marinated chicken breast

20 oz- 707 cals



Buttery garlic cauliflower mashed 'potatoes'

168 cals

## Day 7

1792 cals ● 211g protein (47%) ● 96g fat (48%) ● 16g carbs (4%) ● 5g fiber (1%)

### Lunch

915 cals, 83g protein, 9g net carbs, 60g fat



Coriander and cumin rubbed pork chops

2 chop(s)- 857 cals



Cauliflower rice

1 cup(s)- 61 cals

### Dinner

875 cals, 128g protein, 8g net carbs, 36g fat



Marinated chicken breast

20 oz- 707 cals



Buttery garlic cauliflower mashed 'potatoes'

168 cals

## Spices and Herbs

- ☐ black pepper  
1 1/2 g (1g)
- ☐ salt  
1/3 oz (9g)
- ☐ lemon pepper  
4 tsp (9g)
- ☐ ground coriander  
1 tbsp (5g)
- ☐ ground cumin  
1 tbsp (6g)

## Dairy and Egg Products

- ☐ cheese  
1 1/3 slice (1 oz each) (37g)
- ☐ heavy cream  
1/4 cup (67mL)
- ☐ butter  
3 tbsp (44g)
- ☐ goat cheese  
4 oz (113g)

## Vegetables and Vegetable Products

- ☐ cauliflower  
2 2/3 cup chopped (285g)
- ☐ zucchini  
1/2 large (179g)
- ☐ garlic  
5 1/2 clove(s) (16g)
- ☐ romaine lettuce  
10 leaf outer (280g)
- ☐ raw celery  
5 stalk, small (5" long) (85g)
- ☐ onion  
5 tbsp minced (75g)
- ☐ mushrooms  
6 1/2 oz (183g)
- ☐ fresh spinach  
1 1/2 10oz package (385g)

## Fats and Oils

- ☐ oil  
3 oz (92mL)
- ☐ balsamic vinaigrette  
5 tbsp (74mL)
- ☐ olive oil  
2 oz (67mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
8 lbs (3508g)

## Other

- ☐ italian seasoning  
5 dash (2g)
- ☐ mixed greens  
4 cup (120g)
- ☐ frozen cauliflower  
3 cup (340g)
- ☐ ground beef (20% fat)  
1 lbs (454g)

## Beef Products

- ☐ sirloin steak, raw  
3/4 lbs (340g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (59g)
- ☐ almonds  
2 1/4 oz (63g)
- ☐ almond butter  
2 tbsp (32g)

## Pork Products

- ☐ bacon  
4 slice(s) (40g)
- ☐ pork loin chops, boneless, raw  
2 chop (370g)

## Finfish and Shellfish Products

- ☐ canned salmon  
5 5oz can(s) (undrained) (710g)

- ☐ mayonnaise  
10 tbsp (150mL)
  - ☐ salad dressing  
1/2 cup (113mL)
  - ☐ marinade sauce  
1 1/4 cup (300mL)
-

## Lunch 1 [↗](#)

Eat on day 1

### Cheesy cauliflower mashed 'potatoes'

403 cals ● 13g protein ● 34g fat ● 8g carbs ● 3g fiber

**black pepper**

1 1/3 dash, ground (0g)

**salt**

1/3 tsp (2g)

**cheese**

1 1/3 slice (1 oz each) (37g)

**heavy cream**

1 3/4 tbsp (27mL)

**butter**

1 tbsp (14g)

**cauliflower**

1 1/3 cup chopped (143g)

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.

### Basic chicken breast

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



Makes 13 1/3 oz

**oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast,  
raw**

13 1/3 oz (373g)

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.
-

## Lunch 2 [🔗](#)

Eat on day 2

---

### Basic zoodles

1/4 zucchini - 36 cal ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



Makes 1/4 zucchini

**zucchini**

1/4 large (81g)

**oil**

1/2 tsp (3mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

---

### Steak Bites

12 oz(s) - 845 cal ● 69g protein ● 62g fat ● 2g carbs ● 0g fiber



Makes 12 oz(s)

**butter, room-temperature**

3/4 tbsp (11g)

**oil**

3/4 tbsp (11mL)

**garlic, diced**

1 1/2 clove(s) (5g)

**sirloin steak, raw**

3/4 lbs (340g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
  2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
  3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
  4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.
-



## Lunch 3 [↗](#)

Eat on day 3, day 4

---

### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

3/4 oz (21g)

For all 2 meals:

**sunflower kernels**

1 1/2 oz (43g)

1. This recipe has no instructions.

---

### Salmon salad lettuce wrap

787 cals ● 58g protein ● 57g fat ● 6g carbs ● 4g fiber



For single meal:

**romaine lettuce**

5 leaf outer (140g)

**black pepper**

1/3 tsp (0g)

**salt**

1/3 tsp (1g)

**canned salmon**

2 1/2 5oz can(s) (undrained) (355g)

**mayonnaise**

5 tbsp (75mL)

**raw celery, diced**

2 1/2 stalk, small (5" long) (43g)

**onion**

2 1/2 tbsp minced (38g)

For all 2 meals:

**romaine lettuce**

10 leaf outer (280g)

**black pepper**

5 dash (1g)

**salt**

5 dash (2g)

**canned salmon**

5 5oz can(s) (undrained) (710g)

**mayonnaise**

10 tbsp (150mL)

**raw celery, diced**

5 stalk, small (5" long) (85g)

**onion**

5 tbsp minced (75g)

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.
-



## Lunch 4 [↗](#)

Eat on day 5, day 6

### Basic chicken & spinach salad

761 cals ● 100g protein ● 35g fat ● 9g carbs ● 3g fiber



For single meal:

**salad dressing**

1/4 cup (56mL)

**oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

15 oz (425g)

**fresh spinach**

5 cup(s) (150g)

For all 2 meals:

**salad dressing**

1/2 cup (113mL)

**oil**

5 tsp (25mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

30 oz (851g)

**fresh spinach**

10 cup(s) (300g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**

2 tbsp, whole (18g)

For all 2 meals:

**almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

## Lunch 5 [🔗](#)

Eat on day 7

---

### Coriander and cumin rubbed pork chops

2 chop(s) - 857 cals ● 82g protein ● 55g fat ● 6g carbs ● 3g fiber



Makes 2 chop(s)

**black pepper**

2 dash (0g)

**pork loin chops, boneless, raw**

2 chop (370g)

**olive oil, divided**

2 tbsp (30mL)

**ground coriander**

1 tbsp (5g)

**ground cumin**

1 tbsp (6g)

**salt**

4 dash (3g)

**garlic, minced**

3 clove(s) (9g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

---

### Cauliflower rice

1 cup(s) - 61 cals ● 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.
-

## Dinner 1 [🔗](#)

Eat on day 1

---

### Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



Makes 20 oz

**italian seasoning**

5 dash (2g)

**oil**

2 1/2 tsp (13mL)

**balsamic vinaigrette**

5 tbs (75mL)

**boneless skinless chicken breast, raw**

1 1/4 lbs (567g)

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

82 cals ● 1g protein ● 7g fat ● 2g carbs ● 1g fiber



**olive oil**

1/2 tbsp (8mL)

**zucchini**

1/2 medium (98g)

**garlic, minced**

1/4 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 2 [↗](#)

Eat on day 2

### Bacon & goat cheese salad

908 cals ● 46g protein ● 76g fat ● 6g carbs ● 4g fiber



#### sunflower kernels

4 tsp (16g)

#### bacon

4 slice(s) (40g)

#### olive oil

4 tsp (20mL)

#### goat cheese

4 oz (113g)

#### mixed greens

4 cup (120g)

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.

## Dinner 3 [↗](#)

Eat on day 3, day 4

### 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.

### Almond beef and spinach skillet

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



For single meal:

**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)

For all 2 meals:

**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)

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.

---

## Dinner 4 [🔗](#)

Eat on day 5

---

### Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

**oil**  
1/2 tbsp (8mL)  
**mushrooms, sliced**  
4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

---

### Lemon pepper chicken breast

21 1/3 oz - 790 cal ● 135g protein ● 25g fat ● 3g carbs ● 2g fiber





Makes 21 1/3 oz

**lemon pepper**

4 tsp (9g)

**olive oil**

2 tsp (10mL)

**boneless skinless chicken breast,  
raw**

1 1/3 lbs (597g)

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 5 [↗](#)

Eat on day 6, day 7

### Marinated chicken breast

20 oz - 707 cal ● 126g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 1/4 lbs (560g)

**marinade sauce**

10 tbsp (150mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 1/2 lbs (1120g)

**marinade sauce**

1 1/4 cup (300mL)

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.

### Buttery garlic cauliflower mashed 'potatoes'

168 cal ● 2g protein ● 15g fat ● 4g carbs ● 1g fiber



For single meal:

**black pepper**

2/3 dash, ground (0g)

**garlic, minced**

1/3 clove (1g)

**cauliflower**

2/3 cup chopped (71g)

**salt**

1 1/3 dash (1g)

**butter**

2 tsp (9g)

**heavy cream**

4 tsp (20mL)

For all 2 meals:

**black pepper**

1 1/3 dash, ground (0g)

**garlic, minced**

2/3 clove (2g)

**cauliflower**

1 1/3 cup chopped (143g)

**salt**

1/3 tsp (2g)

**butter**

4 tsp (19g)

**heavy cream**

2 2/3 tbsp (40mL)

1. Combine all ingredients 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 and mix with a fork.
4. Serve.



