

Meal Plan - 1900 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 1890 cals ● 133g protein (28%) ● 140g fat (67%) ● 13g carbs (3%) ● 12g fiber (2%)

Lunch

950 cals, 69g protein, 6g net carbs, 69g fat



Low carb fried chicken
12 oz- 702 cals



Simple sauteed spinach
249 cals

Dinner

940 cals, 64g protein, 7g net carbs, 71g fat



Buttered sugar snap peas
161 cals



Buffalo drumsticks
13 1/3 oz- 778 cals

Day 2 1917 cals ● 96g protein (20%) ● 152g fat (71%) ● 17g carbs (4%) ● 25g fiber (5%)

Lunch

950 cals, 69g protein, 6g net carbs, 69g fat



Low carb fried chicken
12 oz- 702 cals



Simple sauteed spinach
249 cals

Dinner

965 cals, 27g protein, 11g net carbs, 82g fat



Avocado
176 cals



Ham tacos
3 ham taco(s)- 356 cals



Macadamia nuts
435 cals

Day 3 1906 cals ● 161g protein (34%) ● 131g fat (62%) ● 15g carbs (3%) ● 7g fiber (1%)

Lunch

965 cals, 81g protein, 6g net carbs, 67g fat



Slow cooker carnitas
16 oz- 820 cals



Buttered green beans
147 cals

Dinner

940 cals, 80g protein, 9g net carbs, 63g fat



Roasted pepper stuffed chicken
12 oz- 858 cals



Olive oil drizzled sugar snap peas
82 cals

Day 4

1906 cals ● 161g protein (34%) ● 131g fat (62%) ● 15g carbs (3%) ● 7g fiber (1%)

Lunch

965 cals, 81g protein, 6g net carbs, 67g fat



Slow cooker carnitas
16 oz- 820 cals



Buttered green beans
147 cals

Dinner

940 cals, 80g protein, 9g net carbs, 63g fat



Roasted pepper stuffed chicken
12 oz- 858 cals



Olive oil drizzled sugar snap peas
82 cals

Day 5

1853 cals ● 141g protein (30%) ● 131g fat (63%) ● 16g carbs (3%) ● 12g fiber (3%)

Lunch

885 cals, 89g protein, 5g net carbs, 54g fat



Simple sauteed spinach
199 cals



Basic ground turkey
14 2/3 oz- 688 cals

Dinner

965 cals, 52g protein, 11g net carbs, 76g fat



Macadamia nuts
435 cals



Simple sardine salad
531 cals

Day 6

1865 cals ● 213g protein (46%) ● 98g fat (47%) ● 18g carbs (4%) ● 13g fiber (3%)

Lunch

910 cals, 73g protein, 6g net carbs, 63g fat



Buttered broccoli
3 cup(s)- 401 cals



Basic chicken thighs
12 oz- 510 cals

Dinner

955 cals, 140g protein, 13g net carbs, 36g fat



Seasoned broiled pork chops
3 1/2 chop(s)- 816 cals



Carrot fries
138 cals

Day 7

1865 cals ● 213g protein (46%) ● 98g fat (47%) ● 18g carbs (4%) ● 13g fiber (3%)

Lunch

910 cals, 73g protein, 6g net carbs, 63g fat



Buttered broccoli
3 cup(s)- 401 cals



Basic chicken thighs
12 oz- 510 cals

Dinner

955 cals, 140g protein, 13g net carbs, 36g fat



Seasoned broiled pork chops
3 1/2 chop(s)- 816 cals



Carrot fries
138 cals

Other

- Chicken, drumsticks, with skin
2 1/3 lbs (1058g)
- pork rinds
3/4 oz (21g)
- guacamole, store-bought
6 tbsp (93g)
- roasted red peppers
2 pepper(s) (140g)
- vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- mixed greens
3 cup (90g)

Spices and Herbs

- cajun seasoning
1 tsp (2g)
- black pepper
3 g (3g)
- salt
10 1/2 g (11g)
- paprika
1 tsp (2g)
- sage
1/4 tsp (0g)
- rosemary
2 tsp (3g)
- seasoning salt
1/2 tsp (4g)
- garlic powder
1/4 tsp (1g)
- thyme, dried
1/4 tsp, leaves (0g)

Soups, Sauces, and Gravies

- hot sauce
1 1/2 tbsp (23mL)
- Frank's Red Hot sauce
2 1/4 tbsp (34mL)
- salsa
3 tbsp (54g)

Vegetables and Vegetable Products

- garlic
3 1/2 clove (11g)
- fresh spinach
28 cup(s) (840g)

Fats and Oils

- olive oil
2 1/2 oz (77mL)
- oil
2 oz (56mL)

Dairy and Egg Products

- butter
1 stick (126g)
- cheese
3 tbsp, shredded (21g)

Fruits and Fruit Juices

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

Sausages and Luncheon Meats

- ham cold cuts
3 slice (69g)

Nut and Seed Products

- Macadamia nuts, shelled, roasted
4 oz (10-12 kernels) (113g)

Pork Products

- pork shoulder
2 lbs (907g)
- pork chop, bone-in
7 chop (1246g)

Poultry Products

- boneless chicken thighs, with skin
1 1/2 lbs (681g)
- ground turkey, raw
1 lbs (416g)
- boneless skinless chicken thighs
1 1/2 lbs (680g)

Finfish and Shellfish Products

- sardines, canned in oil
2 can (184g)

Legumes and Legume Products

frozen sugar snap peas
2 1/3 cup (336g)

frozen green beans
2 cup (242g)

frozen broccoli
6 cup (546g)

carrots
3/4 lbs (340g)

soy sauce
3 1/2 tsp (18mL)

Lunch 1 [↗](#)

Eat on day 1, day 2

Low carb fried chicken

12 oz - 702 cal ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

Chicken, drumsticks, with skin
3/4 lbs (340g)
pork rinds, crushed
10 3/4 g (11g)
cajun seasoning
4 dash (1g)
hot sauce
3/4 tbsp (11mL)

For all 2 meals:

Chicken, drumsticks, with skin
1 1/2 lbs (680g)
pork rinds, crushed
3/4 oz (21g)
cajun seasoning
1 tsp (2g)
hot sauce
1 1/2 tbsp (23mL)

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.

Simple sauteed spinach

249 cal ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



For single meal:

garlic, diced
1 1/4 clove (4g)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
olive oil
1 1/4 tbsp (19mL)
fresh spinach
10 cup(s) (300g)

For all 2 meals:

garlic, diced
2 1/2 clove (8g)
black pepper
5 dash, ground (1g)
salt
5 dash (4g)
olive oil
2 1/2 tbsp (38mL)
fresh spinach
20 cup(s) (600g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Slow cooker carnitas

16 oz - 820 cal ● 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.
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Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

frozen green beans
1 cup (121g)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

frozen green beans
2 cup (242g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
butter
2 tbsp (27g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Lunch 3 [↗](#)

Eat on day 5

Simple sauteed spinach

199 cal ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



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.

Basic ground turkey

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



Makes 14 2/3 oz

oil
2 tsp (9mL)
ground turkey, raw
1 lbs (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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Buttered broccoli

3 cup(s) - 401 cal ● 9g protein ● 35g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
butter
3 tbsp (43g)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
butter
6 tbsp (85g)

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

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 1 [↗](#)

Eat on day 1

Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen sugar snap peas
1 cup (144g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Buffalo drumsticks

13 1/3 oz - 778 cals ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



Makes 13 1/3 oz

Frank's Red Hot sauce

2 1/4 tbsp (33mL)

oil

1 1/4 tsp (6mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

Chicken, drumsticks, with skin

13 1/3 oz (378g)

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.

Dinner 2 [↗](#)

Eat on day 2

Avocado

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



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Ham tacos

3 ham taco(s) - 356 cals ● 20g protein ● 24g fat ● 7g carbs ● 7g fiber



Makes 3 ham taco(s)

ham cold cuts

3 slice (69g)

guacamole, store-bought

6 tbsp (93g)

salsa

3 tbsp (54g)

cheese

3 tbsp, shredded (21g)

1. Use tin foil to prop up the ham into a taco shell shape.
2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
3. Add in the guacamole, salsa, and cheese to the shells.
4. Serve

Macadamia nuts

435 cal ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



Macadamia nuts, shelled, roasted

2 oz (10-12 kernels) (57g)

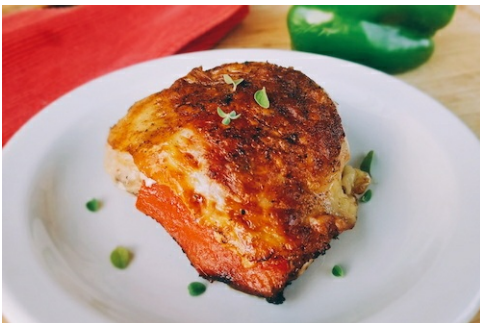
1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Roasted pepper stuffed chicken

12 oz - 858 cal ● 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.

Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen sugar snap peas
2/3 cup (96g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen sugar snap peas
1 1/3 cup (192g)
olive oil
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Dinner 4 [↗](#)

Eat on day 5

Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



Macadamia nuts, shelled, roasted
2 oz (10-12 kernels) (57g)

1. This recipe has no instructions.

Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



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.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Seasoned broiled pork chops

3 1/2 chop(s) - 816 cal ● 138g protein ● 28g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1 tsp (6mL)
sage
1 dash (0g)
rosemary
1/2 tsp (1g)
soy sauce
1 3/4 tsp (9mL)
seasoning salt
1/4 tsp (2g)
garlic powder
1 dash (0g)
pork chop, bone-in
3 1/2 chop (623g)
thyme, dried
1 dash, leaves (0g)

For all 2 meals:

oil
3/4 tbsp (12mL)
sage
1/3 tsp (0g)
rosemary
1 tsp (1g)
soy sauce
3 1/2 tsp (18mL)
seasoning salt
1/2 tsp (4g)
garlic powder
1/3 tsp (1g)
pork chop, bone-in
7 chop (1246g)
thyme, dried
1/3 tsp, leaves (0g)

1. Combine all ingredients except the chops, and mix well with small whisk.
2. Brush mixture on chops and either:
3. GRILL: by searing on both sides and then cooking more slowly for 30 minutes or until done, brushing chops occasionally with the sauce.
4. OR BROIL: place chops on a broiler rack 5" from heat and broil about 12 minutes per side or until done.

Carrot fries

138 cal ● 2g protein ● 7g fat ● 12g carbs ● 5g fiber



For single meal:

carrots, peeled
6 oz (170g)
olive oil
1/2 tbsp (8mL)
rosemary
4 dash (1g)
salt
1 dash (1g)

For all 2 meals:

carrots, peeled
3/4 lbs (340g)
olive oil
1 tbsp (15mL)
rosemary
1 tsp (1g)
salt
2 dash (2g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.