

Meal Plan - 2000 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 1970 cals ● 146g protein (30%) ● 148g fat (67%) ● 10g carbs (2%) ● 4g fiber (1%)

Lunch


1015 cals, 65g protein, 7g net carbs, 79g fat


 **Buttery garlic cauliflower mashed 'potatoes'**
126 cals

 **Chicken thighs and mushrooms**
9 oz- 886 cals

Dinner

955 cals, 82g protein, 2g net carbs, 68g fat


 **Simple salmon**
14 oz- 898 cals


 **Roasted tomatoes**
1 tomato(es)- 60 cals

Day 2 1952 cals ● 175g protein (36%) ● 133g fat (61%) ● 9g carbs (2%) ● 4g fiber (1%)

Lunch


995 cals, 93g protein, 6g net carbs, 65g fat


 **Garlic zucchini noodles**
245 cals

 **Basic ground turkey**
16 oz- 750 cals

Dinner

955 cals, 82g protein, 2g net carbs, 68g fat


 **Simple salmon**
14 oz- 898 cals


 **Roasted tomatoes**
1 tomato(es)- 60 cals

Day 3 1969 cals ● 176g protein (36%) ● 133g fat (61%) ● 11g carbs (2%) ● 6g fiber (1%)

Lunch


995 cals, 93g protein, 6g net carbs, 65g fat


 **Garlic zucchini noodles**
245 cals

 **Basic ground turkey**
16 oz- 750 cals

Dinner

975 cals, 83g protein, 5g net carbs, 68g fat

 **Slow-baked salmon with lemon and thyme**
14 oz- 938 cals

 **Basic zoodles**
1/4 zucchini- 36 cals

Day 4

1946 cals ● 145g protein (30%) ● 134g fat (62%) ● 15g carbs (3%) ● 25g fiber (5%)

Lunch

970 cals, 62g protein, 11g net carbs, 66g fat



Pecans
1/4 cup- 183 cals



Roast beef lettuce wrap with avocado
2 1/2 wrap(s)- 789 cals

Dinner

975 cals, 83g protein, 5g net carbs, 68g fat



Slow-baked salmon with lemon and thyme
14 oz- 938 cals



Basic zoodles
1/4 zucchini- 36 cals

Day 5

1983 cals ● 216g protein (44%) ● 107g fat (49%) ● 15g carbs (3%) ● 23g fiber (5%)

Lunch

970 cals, 62g protein, 11g net carbs, 66g fat



Pecans
1/4 cup- 183 cals



Roast beef lettuce wrap with avocado
2 1/2 wrap(s)- 789 cals

Dinner

1010 cals, 154g protein, 5g net carbs, 41g fat



Sautéed garlic & herb tomatoes
64 cals



Balsamic chicken breast
24 oz- 947 cals

Day 6

2044 cals ● 285g protein (56%) ● 87g fat (38%) ● 17g carbs (3%) ● 13g fiber (3%)

Lunch

1035 cals, 131g protein, 12g net carbs, 46g fat



Buffalo chicken lettuce wrap
4 wrap(s)- 878 cals



Low-sugar Greek Yogurt
2 container(s)- 156 cals

Dinner

1010 cals, 154g protein, 5g net carbs, 41g fat



Sautéed garlic & herb tomatoes
64 cals



Balsamic chicken breast
24 oz- 947 cals

Day 7

2029 cals ● 239g protein (47%) ● 104g fat (46%) ● 20g carbs (4%) ● 15g fiber (3%)

Lunch

1035 cals, 131g protein, 12g net carbs, 46g fat



Buffalo chicken lettuce wrap
4 wrap(s)- 878 cals



Low-sugar Greek Yogurt
2 container(s)- 156 cals

Dinner

995 cals, 108g protein, 8g net carbs, 58g fat



Caprese chicken
13 1/3 oz- 995 cals

Spices and Herbs

- black pepper
2 g (2g)
- salt
1/4 oz (7g)
- thyme, dried
1 tsp, leaves (1g)
- mustard
5 tsp (25g)
- fresh basil
3 1/3 tbsp, chopped (9g)

Vegetables and Vegetable Products

- garlic
2 1/4 clove(s) (7g)
- cauliflower
1/2 cup chopped (1/2" pieces) (54g)
- mushrooms
6 oz (170g)
- tomatoes
5 1/2 medium whole (2-3/5" dia) (670g)
- zucchini
2 1/3 large (750g)
- romaine lettuce
13 leaf outer (364g)

Dairy and Egg Products

- butter
1 1/4 tbsp (18g)
- heavy cream
1 tbsp (14mL)
- fresh mozzarella cheese
3 1/3 oz (95g)

Fats and Oils

- olive oil
1/3 cup (79mL)
- oil
1/4 lbs (139mL)
- balsamic vinaigrette
3/4 cup (180mL)

Beverages

- water
3/8 cup(s) (90mL)

Poultry Products

- chicken thighs, with bone and skin, raw
1 1/2 thigh (6 oz ea) (255g)
- ground turkey, raw
2 lbs (907g)
- boneless skinless chicken breast, raw
6 lbs (2641g)

Finfish and Shellfish Products

- salmon
3 1/2 lbs (1587g)

Fruits and Fruit Juices

- lemon
1 1/6 large (98g)
- avocados
4 avocado(s) (770g)

Nut and Seed Products

- pecans
1/2 cup, halves (50g)

Sausages and Luncheon Meats

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

Other

- italian seasoning
1/2 container (.75 oz) (11g)
- low-sugar Greek yogurt, flavored
4 container(s) (600g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
2/3 cup (161mL)
- pesto sauce
3 1/3 tbsp (53g)

Lunch 1 [↗](#)

Eat on day 1

Buttery garlic cauliflower mashed 'potatoes'

126 cals ● 2g protein ● 11g fat ● 3g carbs ● 1g fiber



black pepper

1/2 dash, ground (0g)

garlic, minced

1/4 clove (1g)

cauliflower

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

salt

1 dash (1g)

butter

1/2 tbsp (7g)

heavy cream

1 tbsp (15mL)

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.

Chicken thighs and mushrooms

9 oz - 886 cals ● 63g protein ● 68g fat ● 4g carbs ● 2g fiber



Makes 9 oz

olive oil

1 1/2 tbsp (23mL)

mushrooms, sliced 1/4 in thick

6 oz (170g)

salt

1 1/2 dash (1g)

water

3/8 cup(s) (89mL)

butter

3/4 tbsp (11g)

black pepper

1 1/2 dash (0g)

chicken thighs, with bone and skin, raw

1 1/2 thigh (6 oz ea) (255g)

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.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Garlic zucchini noodles

245 cal ● 4g protein ● 21g fat ● 6g carbs ● 3g fiber



For single meal:

olive oil
1 1/2 tbsp (23mL)
zucchini
1 1/2 medium (294g)
garlic, minced
3/4 clove (2g)

For all 2 meals:

olive oil
3 tbsp (45mL)
zucchini
3 medium (588g)
garlic, minced
1 1/2 clove (5g)

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.
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Basic ground turkey

16 oz - 750 cal ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



For single meal:

oil
2 tsp (10mL)
ground turkey, raw
1 lbs (454g)

For all 2 meals:

oil
4 tsp (20mL)
ground turkey, raw
2 lbs (907g)

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.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Pecans

1/4 cup - 183 cal● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

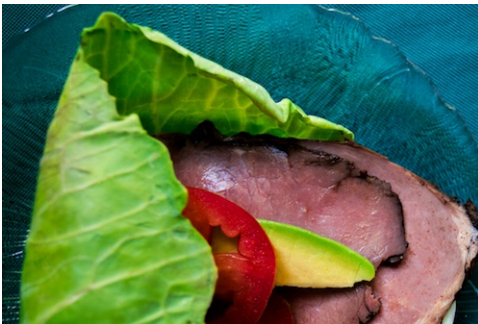
For all 2 meals:

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.
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Roast beef lettuce wrap with avocado

2 1/2 wrap(s) - 789 cal● 60g protein ● 48g fat ● 10g carbs ● 20g fiber



For single meal:

romaine lettuce
2 1/2 leaf outer (70g)
tomatoes, diced
1 1/4 plum tomato (78g)
mustard
2 1/2 tsp (13g)
roast beef cold cuts
10 oz (284g)
avocados, sliced
1 1/4 avocado(s) (251g)

For all 2 meals:

romaine lettuce
5 leaf outer (140g)
tomatoes, diced
2 1/2 plum tomato (155g)
mustard
5 tsp (25g)
roast beef cold cuts
1 1/4 lbs (567g)
avocados, sliced
2 1/2 avocado(s) (503g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Buffalo chicken lettuce wrap

4 wrap(s) - 878 cal ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber



For single meal:

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)

For all 2 meals:

oil
4 tsp (20mL)
romaine lettuce
8 leaf outer (224g)
boneless skinless chicken breast, raw, cubed
2 lbs (907g)
Frank's Red Hot sauce
2/3 cup (160mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
avocados, chopped
1 1/3 avocado(s) (268g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

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.

Low-sugar Greek Yogurt

2 container(s) - 156 cal ● 24g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored
2 container(s) (300g)

For all 2 meals:

low-sugar Greek yogurt, flavored
4 container(s) (600g)

1. This recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Simple salmon

14 oz - 898 cals ● 81g protein ● 64g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
14 oz (397g)
oil
3/4 tbsp (12mL)

For all 2 meals:

salmon
1 3/4 lbs (794g)
oil
1 1/2 tbsp (23mL)

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.
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Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes
1 small whole (2-2/5" dia) (91g)
oil
1 tsp (5mL)

For all 2 meals:

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

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.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Slow-baked salmon with lemon and thyme

14 oz - 938 cal ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



For single meal:

salmon, skin on
14 oz (397g)
oil
2 1/2 tsp (13mL)
thyme, dried
1/2 tsp, leaves (1g)
lemon, cut into wedges
5/8 large (49g)

For all 2 meals:

salmon, skin on
1 3/4 lbs (794g)
oil
1 3/4 tbsp (26mL)
thyme, dried
1 tsp, leaves (1g)
lemon, cut into wedges
1 1/6 large (98g)

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.

Basic zoodles

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



For single meal:

zucchini
1/4 large (81g)
oil
1/2 tsp (3mL)

For all 2 meals:

zucchini
1/2 large (162g)
oil
1 tsp (5mL)

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.
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Dinner 3 [↗](#)

Eat on day 5, day 6

Sauteed garlic & herb tomatoes

64 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

black pepper
1/4 dash, ground (0g)
olive oil
1 tsp (6mL)
garlic, minced
1/4 clove(s) (1g)
tomatoes
1/4 pint, cherry tomatoes (75g)
italian seasoning
3 dash (1g)
salt
1 dash (1g)

For all 2 meals:

black pepper
1/2 dash, ground (0g)
olive oil
3/4 tbsp (11mL)
garlic, minced
1/2 clove(s) (2g)
tomatoes
1/2 pint, cherry tomatoes (149g)
italian seasoning
1/4 tbsp (3g)
salt
2 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Balsamic chicken breast

24 oz - 947 cal ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



For single meal:

italian seasoning
1/4 tbsp (3g)
oil
1 tbsp (15mL)
balsamic vinaigrette
6 tbsp (90mL)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)

For all 2 meals:

italian seasoning
1/2 tbsp (5g)
oil
2 tbsp (30mL)
balsamic vinaigrette
3/4 cup (180mL)
boneless skinless chicken breast, raw
3 lbs (1361g)

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.
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Dinner 4 [↗](#)

Eat on day 7

Caprese chicken

13 1/3 oz - 995 cal ● 108g protein ● 58g fat ● 8g carbs ● 2g fiber



Makes 13 1/3 oz

italian seasoning

1 tsp (3g)

pesto sauce

1/4 cup (53g)

oil

1/2 tbsp (8mL)

tomatoes, quartered

5 cherry tomatoes (85g)

fresh basil

1/4 cup, chopped (9g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

**boneless skinless chicken breast,
raw**

13 1/3 oz (373g)

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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