

# Meal Plan - 2100 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

2063 cals ● 208g protein (40%) ● 128g fat (56%) ● 12g carbs (2%) ● 9g fiber (2%)

### Lunch

1010 cals, 83g protein, 8g net carbs, 71g fat



[Simple salmon](#)  
14 oz- 898 cals



[Simple mixed greens and tomato salad](#)  
113 cals

### Dinner

1050 cals, 124g protein, 4g net carbs, 57g fat



[Buttered broccoli](#)  
2 1/3 cup(s)- 311 cals



[Basic chicken breast](#)  
18 2/3 oz- 740 cals

## Day 2

2079 cals ● 173g protein (33%) ● 129g fat (56%) ● 19g carbs (4%) ● 37g fiber (7%)

### Lunch

1025 cals, 49g protein, 14g net carbs, 72g fat



[Avocado](#)  
527 cals



[Chicken avocado salad](#)  
500 cals

### Dinner

1050 cals, 124g protein, 4g net carbs, 57g fat



[Buttered broccoli](#)  
2 1/3 cup(s)- 311 cals



[Basic chicken breast](#)  
18 2/3 oz- 740 cals

## Day 3

2090 cals ● 263g protein (50%) ● 101g fat (43%) ● 20g carbs (4%) ● 14g fiber (3%)

### Lunch

1045 cals, 107g protein, 13g net carbs, 59g fat



[Basic chicken & spinach salad](#)  
685 cals



[Sunflower seeds](#)  
361 cals

### Dinner

1045 cals, 156g protein, 8g net carbs, 41g fat



[Lemon pepper chicken breast](#)  
24 oz- 888 cals



[Asparagus](#)  
157 cals

## Day 4

2090 cals ● 263g protein (50%) ● 101g fat (43%) ● 20g carbs (4%) ● 14g fiber (3%)

### Lunch

1045 cals, 107g protein, 13g net carbs, 59g fat



**Basic chicken & spinach salad**  
685 cals



**Sunflower seeds**  
361 cals

### Dinner

1045 cals, 156g protein, 8g net carbs, 41g fat



**Lemon pepper chicken breast**  
24 oz- 888 cals



**Asparagus**  
157 cals

## Day 5

2148 cals ● 131g protein (24%) ● 168g fat (70%) ● 16g carbs (3%) ● 11g fiber (2%)

### Lunch

1125 cals, 60g protein, 7g net carbs, 92g fat



**Pepper steak**  
10 1/2 ounce(s)- 924 cals



**Simple sauteed spinach**  
199 cals

### Dinner

1025 cals, 71g protein, 9g net carbs, 76g fat



**Bacon zucchini noodles**  
434 cals



**Chicken thighs and mushrooms**  
6 oz- 591 cals

## Day 6

2148 cals ● 131g protein (24%) ● 168g fat (70%) ● 16g carbs (3%) ● 11g fiber (2%)

### Lunch

1125 cals, 60g protein, 7g net carbs, 92g fat



**Pepper steak**  
10 1/2 ounce(s)- 924 cals



**Simple sauteed spinach**  
199 cals

### Dinner

1025 cals, 71g protein, 9g net carbs, 76g fat



**Bacon zucchini noodles**  
434 cals



**Chicken thighs and mushrooms**  
6 oz- 591 cals

## Day 7

2091 cals ● 79g protein (15%) ● 173g fat (74%) ● 19g carbs (4%) ● 37g fiber (7%)

### Lunch

1085 cals, 38g protein, 8g net carbs, 88g fat



**Smoked salmon stuffed avocado**  
2 avocado(s)- 1083 cals

### Dinner

1010 cals, 41g protein, 11g net carbs, 85g fat



**Salmon patty salad**  
1 patty (~3oz each)- 299 cals



**Cheese**  
3 oz- 343 cals



**Pecans**  
1/2 cup- 366 cals



## Finfish and Shellfish Products

- ☐ salmon  
14 oz (397g)
- ☐ smoked salmon  
3 oz (85g)
- ☐ canned salmon  
2 1/2 oz (71g)

## Fats and Oils

- ☐ oil  
3 oz (85mL)
- ☐ salad dressing  
10 tbsp (150mL)
- ☐ olive oil  
1/2 cup (111mL)

## Other

- ☐ mixed greens  
3 3/4 cup (113g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
3/4 medium whole (2-3/5" dia) (96g)
- ☐ frozen broccoli  
4 2/3 cup (425g)
- ☐ onion  
1 tbsp chopped (10g)
- ☐ brussels sprouts  
5 sprouts (95g)
- ☐ fresh spinach  
25 cup(s) (750g)
- ☐ asparagus  
10 oz (284g)
- ☐ garlic  
2 clove (6g)
- ☐ zucchini  
2 2/3 medium (523g)
- ☐ mushrooms  
1/2 lbs (227g)

## Spices and Herbs

- ☐ black pepper  
1/2 oz (15g)
- ☐ salt  
1/2 oz (14g)
- ☐ lemon pepper  
3 tbsp (21g)
- ☐ rosemary, dried  
1 tsp (1g)

## Dairy and Egg Products

- ☐ butter  
1/2 cup (118g)
- ☐ goat cheese  
2 oz (57g)
- ☐ eggs  
1/2 large (25g)
- ☐ cheese  
3 oz (85g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 1/2 lbs (3325g)
- ☐ chicken thighs, with bone and skin, raw  
2 thigh (6 oz ea) (340g)

## Fruits and Fruit Juices

- ☐ avocados  
4 1/4 avocado(s) (854g)
- ☐ lemon juice  
1 1/2 fl oz (48mL)
- ☐ lime juice  
2 tsp (10mL)

## Nut and Seed Products

- ☐ sunflower kernels  
4 oz (113g)
- ☐ pecans  
1/2 cup, halves (50g)

## Beef Products

- ☐ ribeye, raw  
1 1/3 lbs (595g)

## Pork Products

- ☐ bacon, raw  
5 1/3 slice(s) (151g)

## Beverages

- ☐ water  
1/2 cup(s) (119mL)
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## Lunch 1 [↗](#)

Eat on day 1

### Simple salmon

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



Makes 14 oz

#### **salmon**

14 oz (397g)

#### **oil**

3/4 tbsp (12mL)

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.

### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



#### **salad dressing**

2 1/4 tbsp (34mL)

#### **mixed greens**

2 1/4 cup (68g)

#### **tomatoes**

6 tbsp cherry tomatoes (56g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

## Lunch 2 [↗](#)

Eat on day 2

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### Avocado

527 cal ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



#### **avocados**

1 1/2 avocado(s) (302g)

#### **lemon juice**

1/2 tbsp (8mL)

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

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### Chicken avocado salad

500 cal ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



#### **lime juice**

2 tsp (10mL)

#### **oil**

2 tsp (10mL)

#### **onion**

1 tbsp chopped (10g)

#### **avocados, chopped**

1/2 avocado(s) (101g)

#### **boneless skinless chicken breast, raw**

6 oz (170g)

#### **brussels sprouts**

5 sprouts (95g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
  2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
  3. When done, remove chicken, let cool then shred.
  4. In a bowl, combine all of the ingredients. Serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

### Basic chicken & spinach salad

685 cals ● 90g protein ● 31g fat ● 8g carbs ● 3g fiber



For single meal:

**salad dressing**

1/4 cup (51mL)

**oil**

3/4 tbsp (11mL)

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

13 1/2 oz (383g)

**fresh spinach**

4 1/2 cup(s) (135g)

For all 2 meals:

**salad dressing**

6 3/4 tbsp (101mL)

**oil**

1 1/2 tbsp (23mL)

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

1 2/3 lbs (765g)

**fresh spinach**

9 cup(s) (270g)

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.

### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**

2 oz (57g)

For all 2 meals:

**sunflower kernels**

4 oz (113g)

1. This recipe has no instructions.



## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Pepper steak

10 1/2 ounce(s) - 924 cals ● 53g protein ● 77g fat ● 2g carbs ● 2g fiber



For single meal:

**ribeye, raw**  
2/3 lbs (298g)  
**salt**  
1/2 tsp (3g)  
**butter**  
4 tsp (19g)  
**rosemary, dried**  
1/2 tsp (1g)  
**black pepper**  
2 1/2 tsp, ground (6g)

For all 2 meals:

**ribeye, raw**  
1 1/3 lbs (595g)  
**salt**  
1 tsp (5g)  
**butter**  
2 1/2 tbsp (37g)  
**rosemary, dried**  
1 tsp (1g)  
**black pepper**  
1 3/4 tbsp, ground (12g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.

### Simple sauteed spinach

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



For single meal:

**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)

For all 2 meals:

**garlic, diced**  
2 clove (6g)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**olive oil**  
2 tbsp (30mL)  
**fresh spinach**  
16 cup(s) (480g)

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 5 [↗](#)

Eat on day 7

### Smoked salmon stuffed avocado

2 avocado(s) - 1083 cals ● 38g protein ● 88g fat ● 8g carbs ● 27g fiber



Makes 2 avocado(s)

#### lemon juice

1 tsp (5mL)

#### goat cheese

2 oz (57g)

#### smoked salmon

3 oz (85g)

#### avocados, halved, de-seeded, and de-skinned

2 avocado(s) (402g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Buttered broccoli

2 1/3 cup(s) - 311 cals ● 7g protein ● 27g fat ● 4g carbs ● 6g fiber



For single meal:

#### black pepper

1 dash (0g)

#### salt

1 dash (0g)

#### frozen broccoli

2 1/3 cup (212g)

#### butter

2 1/3 tbsp (33g)

For all 2 meals:

#### black pepper

1/4 tsp (0g)

#### salt

1/4 tsp (1g)

#### frozen broccoli

4 2/3 cup (425g)

#### butter

1/4 cup (66g)

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

### Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
3 1/2 tsp (17mL)  
**boneless skinless chicken breast, raw**  
18 2/3 oz (523g)

For all 2 meals:

**oil**  
2 1/3 tbsp (35mL)  
**boneless skinless chicken breast, raw**  
2 1/3 lbs (1045g)

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.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Lemon pepper chicken breast

24 oz - 888 cals ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



For single meal:

**lemon pepper**

1 1/2 tbsp (10g)

**olive oil**

3/4 tbsp (11mL)

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

For all 2 meals:

**lemon pepper**

3 tbsp (21g)

**olive oil**

1 1/2 tbsp (23mL)

**boneless skinless chicken breast, raw**

3 lbs (1344g)

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.

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## Asparagus

157 cals ● 3g protein ● 13g fat ● 4g carbs ● 3g fiber



For single meal:

**asparagus**

5 oz (142g)

**lemon juice**

1 tbsp (14mL)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**olive oil**

1 tbsp (14mL)

For all 2 meals:

**asparagus**

10 oz (284g)

**lemon juice**

2 tbsp (28mL)

**salt**

5 dash (4g)

**black pepper**

5 dash, ground (1g)

**olive oil**

2 tbsp (28mL)

1. Heat olive oil in a pan over medium-high heat.
  2. Add asparagus and cook for 5 minutes, until tender.
  3. Add in lemon juice and seasoning; stir.
  4. Remove from heat and serve.
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## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Bacon zucchini noodles

434 cals ● 30g protein ● 31g fat ● 6g carbs ● 3g fiber



For single meal:

#### **zucchini**

1 1/3 medium (261g)

#### **bacon, raw**

2 2/3 slice(s) (76g)

For all 2 meals:

#### **zucchini**

2 2/3 medium (523g)

#### **bacon, raw**

5 1/3 slice(s) (151g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
  2. Cook the bacon in a skillet over medium heat.
  3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
  4. Remove from heat and serve.
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### 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.
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## Dinner 4 [🔗](#)

Eat on day 7

### Salmon patty salad

1 patty (~3oz each) - 299 cals ● 17g protein ● 21g fat ● 6g carbs ● 5g fiber



Makes 1 patty (~3oz each)

#### oil

1/2 tbsp (8mL)

#### lemon juice

1/2 tbsp (8mL)

#### salad dressing

1 tbsp (15mL)

#### tomatoes, chopped

1/2 roma tomato (40g)

#### avocados, sliced

1/4 avocado(s) (50g)

#### mixed greens

1 1/2 cup (45g)

#### eggs

1/2 large (25g)

#### canned salmon

2 1/2 oz (71g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

### Cheese

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



Makes 3 oz

#### cheese

3 oz (85g)

1. This recipe has no instructions.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

#### pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.