

Meal Plan - 2200 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 2217 cals ● 163g protein (29%) ● 157g fat (64%) ● 20g carbs (4%) ● 19g fiber (4%)

Lunch

1110 cals, 75g protein, 8g net carbs, 85g fat



Buffalo drumsticks
16 oz- 934 cals



Roasted tomatoes
3 tomato(es)- 179 cals

Dinner

1105 cals, 88g protein, 12g net carbs, 71g fat



Avocado
351 cals



Thai chicken lettuce wraps
6 lettuce wrap(s)- 753 cals

Day 2 2158 cals ● 154g protein (28%) ● 160g fat (67%) ● 17g carbs (3%) ● 8g fiber (1%)

Lunch

1110 cals, 75g protein, 8g net carbs, 85g fat



Buffalo drumsticks
16 oz- 934 cals



Roasted tomatoes
3 tomato(es)- 179 cals

Dinner

1045 cals, 79g protein, 9g net carbs, 75g fat



Buffalo chicken wings
21 1/3 oz- 901 cals



Olive oil drizzled green beans
145 cals

Day 3 2210 cals ● 174g protein (31%) ● 150g fat (61%) ● 21g carbs (4%) ● 21g fiber (4%)

Lunch

1095 cals, 72g protein, 12g net carbs, 76g fat



Avocado tuna salad
727 cals



Pecans
1/2 cup- 366 cals

Dinner

1115 cals, 102g protein, 9g net carbs, 74g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Sugar-free bbq chicken wings
28 oz- 1075 cals

Day 4

2158 cals ● 153g protein (28%) ● 159g fat (66%) ● 20g carbs (4%) ● 11g fiber (2%)

Lunch

1040 cals, 51g protein, 11g net carbs, 85g fat



Pecans
1/2 cup- 366 cals



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



Lettuce bun BLT
2 sandwich(es)- 518 cals

Dinner

1115 cals, 102g protein, 9g net carbs, 74g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Sugar-free bbq chicken wings
28 oz- 1075 cals

Day 5

2195 cals ● 184g protein (34%) ● 147g fat (60%) ● 22g carbs (4%) ● 11g fiber (2%)

Lunch

1065 cals, 81g protein, 13g net carbs, 74g fat



Buttered green beans
293 cals



Baked chicken thighs
12 oz- 772 cals

Dinner

1130 cals, 103g protein, 9g net carbs, 73g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Coriander and cumin rubbed pork chops
2 1/2 chop(s)- 1071 cals

Day 6

2174 cals ● 96g protein (18%) ● 183g fat (76%) ● 21g carbs (4%) ● 17g fiber (3%)

Lunch

1115 cals, 39g protein, 7g net carbs, 100g fat



Bacon & goat cheese salad
681 cals



Macadamia nuts
435 cals

Dinner

1055 cals, 57g protein, 13g net carbs, 82g fat



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



Sunflower seeds
301 cals



Cheese
4 oz- 458 cals

Day 7

2174 cals ● 96g protein (18%) ● 183g fat (76%) ● 21g carbs (4%) ● 17g fiber (3%)

Lunch

1115 cals, 39g protein, 7g net carbs, 100g fat



Bacon & goat cheese salad
681 cals



Macadamia nuts
435 cals

Dinner

1055 cals, 57g protein, 13g net carbs, 82g fat



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



Sunflower seeds
301 cals



Cheese
4 oz- 458 cals

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
1/2 cup (134mL)

Fats and Oils

- oil
2 1/2 oz (79mL)
- olive oil
2 1/2 oz (77mL)
- mayonnaise
2 tbsp (30mL)
- salad dressing
2 tbsp (30mL)

Spices and Herbs

- salt
1/2 oz (13g)
- black pepper
3 g (3g)
- ground coriander
1/4 oz (7g)
- thyme, dried
1 dash, ground (0g)
- ground cumin
1 1/4 tbsp (8g)

Other

- Chicken, drumsticks, with skin
2 lbs (907g)
- mixed greens
10 2/3 cup (320g)
- sugar-free barbecue sauce
1/2 cup (105g)
- low-sugar Greek yogurt, flavored
2 container(s) (300g)

Vegetables and Vegetable Products

- tomatoes
10 1/2 medium whole (2-3/5" dia) (1280g)
- romaine lettuce
6 leaf inner (36g)
- serrano pepper
1 pepper(s) (6g)
- fresh ginger
1 1 inch cube (5g)
- garlic
4 3/4 clove(s) (14g)

Fruits and Fruit Juices

- avocados
2 1/3 avocado(s) (469g)
- lemon juice
2/3 fl oz (20mL)
- lime juice
3/4 fl oz (23mL)

Legumes and Legume Products

- soy sauce
2 tbsp (30mL)

Poultry Products

- ground chicken, raw
1 lbs (454g)
- chicken wings, with skin, raw
5 lbs (2194g)
- chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)

Finfish and Shellfish Products

- canned tuna
1 2/3 can (287g)
- canned salmon
5 oz (142g)

Nut and Seed Products

- pecans
1 cup, halves (99g)
- sunflower kernels
4 oz (118g)
- Macadamia nuts, shelled, roasted
4 oz (10-12 kernels) (113g)

Pork Products

- bacon
12 slice(s) (120g)
- pork loin chops, boneless, raw
2 1/2 chop (463g)

Dairy and Egg Products

- butter
2 tbsp (27g)
- goat cheese
6 oz (170g)

- onion
1 small (64g)
 - frozen green beans
3 1/3 cup (403g)
 - pickles
2 spear (70g)
 - iceberg lettuce
4 slice(s) (140g)
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- eggs
1 large (50g)
- cheese
1/2 lbs (227g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Buffalo drumsticks

16 oz - 934 cal ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

oil

1/2 tbsp (8mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

Chicken, drumsticks, with skin

1 lbs (454g)

For all 2 meals:

Frank's Red Hot sauce

1/3 cup (80mL)

oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

Chicken, drumsticks, with skin

2 lbs (907g)

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.

Roasted tomatoes

3 tomato(es) - 179 cal ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

tomatoes

3 small whole (2-2/5" dia) (273g)

oil

1 tbsp (15mL)

For all 2 meals:

tomatoes

6 small whole (2-2/5" dia) (546g)

oil

2 tbsp (30mL)

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.

Lunch 2 [↗](#)

Eat on day 3

Avocado tuna salad

727 cal ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



avocados
5/6 avocado(s) (168g)
lime juice
1/2 tbsp (8mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 2/3 cup (50g)
onion, minced
3/8 small (29g)
canned tuna
1 2/3 can (287g)
tomatoes
6 2/3 tbsp, chopped (75g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Pecans

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



Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Pecans

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



Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Low-sugar Greek Yogurt

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



Makes 2 container(s)

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

1. This recipe has no instructions.

Lettuce bun BLT

2 sandwich(es) - 518 cal ● 23g protein ● 45g fat ● 3g carbs ● 3g fiber



Makes 2 sandwich(es)

pickles
2 spear (70g)
tomatoes
4 slice, medium (1/4" thick) (80g)
mayonnaise
2 tbsp (30mL)
bacon
6 slice(s) (60g)
iceberg lettuce
4 slice(s) (140g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

Lunch 4 [🔗](#)

Eat on day 5

Buttered green beans

293 cal ● 5g protein ● 23g fat ● 12g carbs ● 6g fiber



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.

Baked chicken thighs

12 oz - 772 cal ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



Makes 12 oz

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

chicken thighs, with bone and skin, raw, bone and skin

2 thigh (6 oz ea) (340g)

thyme, dried

1 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

Lunch 5 [↗](#)

Eat on day 6, day 7

Bacon & goat cheese salad

681 cal ● 35g protein ● 57g fat ● 5g carbs ● 3g fiber



For single meal:

sunflower kernels

1 tbsp (12g)

bacon

3 slice(s) (30g)

olive oil

1 tbsp (15mL)

goat cheese

3 oz (85g)

mixed greens

3 cup (90g)

For all 2 meals:

sunflower kernels

2 tbsp (24g)

bacon

6 slice(s) (60g)

olive oil

2 tbsp (30mL)

goat cheese

6 oz (170g)

mixed greens

6 cup (180g)

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.

Macadamia nuts

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Avocado

351 cal ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

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

Thai chicken lettuce wraps

6 lettuce wrap(s) - 753 cal ● 84g protein ● 42g fat ● 8g carbs ● 2g fiber



Makes 6 lettuce wrap(s)

romaine lettuce

6 leaf inner (36g)

ground coriander

2 dash (0g)

soy sauce

2 tbsp (30mL)

lime juice

1 tbsp (15mL)

serrano pepper, chopped

1 pepper(s) (6g)

fresh ginger, minced

1 1 inch cube (5g)

garlic, minced

1 clove (3g)

onion, chopped

1/2 small (35g)

oil

1 tsp (5mL)

ground chicken, raw

1 lbs (454g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
 2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
 3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
 4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.
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Dinner 2 [↗](#)

Eat on day 2

Buffalo chicken wings

21 1/3 oz - 901 cal ● 76g protein ● 66g fat ● 1g carbs ● 0g fiber



Makes 21 1/3 oz

Frank's Red Hot sauce

1/4 cup (53mL)

chicken wings, with skin, raw

1 1/3 lbs (605g)

black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

oil

2 tsp (10mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Olive oil drizzled green beans

145 cal ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



black pepper

1 dash (0g)

salt

1 dash (0g)

frozen green beans

1 1/3 cup (161g)

olive oil

2 tsp (10mL)

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

Eat on day 3, day 4

Cherry tomatoes

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



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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Sugar-free bbq chicken wings

28 oz - 1075 cal ● 100g protein ● 74g fat ● 4g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw

1 3/4 lbs (795g)

sugar-free barbecue sauce

1/4 cup (53g)

For all 2 meals:

chicken wings, with skin, raw

3 1/2 lbs (1589g)

sugar-free barbecue sauce

1/2 cup (105g)

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 4 [↗](#)

Eat on day 5

Roasted tomatoes

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



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

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.

Coriander and cumin rubbed pork chops

2 1/2 chop(s) - 1071 cal ● 103g protein ● 69g fat ● 7g carbs ● 4g fiber



Makes 2 1/2 chop(s)

salt

5 dash (4g)

ground cumin

1 1/4 tbsp (8g)

ground coriander

1 1/4 tbsp (6g)

garlic, minced

3 3/4 clove(s) (11g)

olive oil, divided

2 1/2 tbsp (38mL)

pork loin chops, boneless, raw

2 1/2 chop (463g)

black pepper

1/3 tsp (0g)

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).
 4. Serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Salmon patty salad

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



For single meal:

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)

For all 2 meals:

oil
1 tbsp (15mL)
lemon juice
1 tbsp (15mL)
salad dressing
2 tbsp (30mL)
tomatoes, chopped
1 roma tomato (80g)
avocados, sliced
1/2 avocado(s) (101g)
mixed greens
3 cup (90g)
eggs
1 large (50g)
canned salmon
5 oz (142g)

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.

Sunflower seeds

301 cal ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels
1 2/3 oz (47g)

For all 2 meals:

sunflower kernels
1/4 lbs (94g)

1. This recipe has no instructions.

Cheese

4 oz - 458 cal ● 26g protein ● 38g fat ● 4g carbs ● 0g fiber



For single meal:

cheese
4 oz (113g)

For all 2 meals:

cheese
1/2 lbs (227g)

1. This recipe has no instructions.
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