

Meal Plan - 2300 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 2256 cals ● 216g protein (38%) ● 144g fat (57%) ● 16g carbs (3%) ● 9g fiber (2%)

Lunch

1095 cals, 157g protein, 2g net carbs, 48g fat



Spinach cauliflower mince
2 cup(s)- 142 cals



Basic chicken breast
24 oz- 952 cals

Dinner

1160 cals, 59g protein, 14g net carbs, 96g fat



Buttered broccoli
1 cup(s)- 134 cals



Italian sausage
4 link- 1028 cals

Day 2 2316 cals ● 145g protein (25%) ● 179g fat (70%) ● 22g carbs (4%) ● 10g fiber (2%)

Lunch

1155 cals, 86g protein, 8g net carbs, 83g fat



Slow cooker carnitas
16 oz- 820 cals



Asparagus
334 cals

Dinner

1160 cals, 59g protein, 14g net carbs, 96g fat



Buttered broccoli
1 cup(s)- 134 cals



Italian sausage
4 link- 1028 cals

Day 3 2281 cals ● 183g protein (32%) ● 156g fat (62%) ● 14g carbs (2%) ● 22g fiber (4%)

Lunch

1110 cals, 83g protein, 14g net carbs, 71g fat



Avocado
176 cals



Cheese
1 1/2 oz- 172 cals



Avocado tuna salad
764 cals

Dinner

1170 cals, 100g protein, 1g net carbs, 85g fat



Low carb fried chicken
20 oz- 1170 cals

Day 4

2272 cals ● 261g protein (46%) ● 128g fat (51%) ● 8g carbs (1%) ● 12g fiber (2%)

Lunch

1100 cals, 162g protein, 7g net carbs, 42g fat



Spinach cauliflower mince
3 cup(s)- 214 cals



Lemon pepper chicken breast
24 oz- 888 cals

Dinner

1170 cals, 100g protein, 1g net carbs, 85g fat



Low carb fried chicken
20 oz- 1170 cals

Day 5

2251 cals ● 254g protein (45%) ● 123g fat (49%) ● 16g carbs (3%) ● 16g fiber (3%)

Lunch

1120 cals, 167g protein, 10g net carbs, 45g fat



Marinated chicken breast
26 oz- 918 cals



Garlic zucchini noodles
204 cals

Dinner

1130 cals, 87g protein, 6g net carbs, 78g fat



Indian chicken wings
21 1/3 oz- 880 cals



Simple sauteed spinach
249 cals

Day 6

2287 cals ● 154g protein (27%) ● 169g fat (67%) ● 17g carbs (3%) ● 19g fiber (3%)

Lunch

1160 cals, 67g protein, 11g net carbs, 91g fat



Chicken thighs and mushrooms
9 oz- 886 cals



Garlic zucchini noodles
272 cals

Dinner

1130 cals, 87g protein, 6g net carbs, 78g fat



Indian chicken wings
21 1/3 oz- 880 cals



Simple sauteed spinach
249 cals

Day 7

2300 cals ● 163g protein (28%) ● 170g fat (66%) ● 21g carbs (4%) ● 9g fiber (2%)

Lunch

1160 cals, 67g protein, 11g net carbs, 91g fat



Chicken thighs and mushrooms
9 oz- 886 cals



Garlic zucchini noodles
272 cals

Dinner

1140 cals, 96g protein, 9g net carbs, 78g fat



Cheesy cauliflower mashed 'potatoes'
454 cals



Basic ground turkey
14 2/3 oz- 688 cals

Fats and Oils

- ☐ oil
2 oz (66mL)
- ☐ olive oil
13 tbsp (192mL)
- ☐ marinade sauce
13 tbsp (194mL)

Other

- ☐ frozen riced cauliflower
5 cup, frozen (530g)
- ☐ Italian pork sausage, raw
8 link (861g)
- ☐ mixed greens
1 3/4 cup (53g)
- ☐ Chicken, drumsticks, with skin
2 1/2 lbs (1134g)
- ☐ pork rinds
1 1/4 oz (35g)

Vegetables and Vegetable Products

- ☐ fresh spinach
22 1/2 cup(s) (675g)
- ☐ garlic
9 3/4 clove(s) (29g)
- ☐ frozen broccoli
2 cup (182g)
- ☐ asparagus
2/3 lbs (302g)
- ☐ onion
1/2 small (31g)
- ☐ tomatoes
1/2 cup, chopped (79g)
- ☐ zucchini
4 1/2 medium (898g)
- ☐ mushrooms
3/4 lbs (340g)
- ☐ cauliflower
1 1/2 cup chopped (161g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/2 lbs (2072g)
- ☐ chicken wings, with skin, raw
2 2/3 lbs (1211g)
- ☐ chicken thighs, with bone and skin, raw
3 thigh (6 oz ea) (510g)
- ☐ ground turkey, raw
14 2/3 oz (416g)

Spices and Herbs

- ☐ black pepper
4 g (4g)
- ☐ salt
1 oz (28g)
- ☐ cajun seasoning
1/2 tbsp (4g)
- ☐ lemon pepper
1 1/2 tbsp (10g)
- ☐ curry powder
4 tbsp (25g)

Dairy and Egg Products

- ☐ butter
1/4 cup (66g)
- ☐ cheese
3 oz (85g)
- ☐ heavy cream
2 tbsp (29mL)

Pork Products

- ☐ pork shoulder
1 lbs (453g)

Fruits and Fruit Juices

- ☐ lemon juice
1 fl oz (33mL)
- ☐ avocados
1 1/2 avocado(s) (276g)
- ☐ lime juice
1 3/4 tsp (9mL)

Finfish and Shellfish Products

- ☐ canned tuna
1 3/4 can (301g)

Soups, Sauces, and Gravies

- ☐ hot sauce
2 1/2 tbsp (38mL)

Beverages

- ☐ water
3/4 cup(s) (178mL)
-

Lunch 1 [↗](#)

Eat on day 1

Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



Makes 2 cup(s)

oil

2 tsp (10mL)

frozen riced cauliflower

2 cup, frozen (212g)

fresh spinach, chopped

1 cup(s) (30g)

garlic, diced

2 clove(s) (6g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



Makes 24 oz

oil

1 1/2 tbsp (23mL)

**boneless skinless chicken breast,
raw**

1 1/2 lbs (672g)

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

Slow cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



Makes 16 oz

pork shoulder

1 lbs (453g)

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.

Asparagus

334 cals ● 7g protein ● 27g fat ● 8g carbs ● 7g fiber



asparagus

2/3 lbs (302g)

lemon juice

2 tbsp (30mL)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

olive oil

2 tbsp (30mL)

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.

Lunch 3 [↗](#)

Eat on day 3

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.

Cheese

1 1/2 oz - 172 cals ● 10g protein ● 14g fat ● 1g carbs ● 0g fiber



Makes 1 1/2 oz

cheese

1 1/2 oz (43g)

1. This recipe has no instructions.

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



avocados

7/8 avocado(s) (176g)

lime juice

1 3/4 tsp (9mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

1 3/4 cup (53g)

onion, minced

1/2 small (31g)

canned tuna

1 3/4 can (301g)

tomatoes

1/2 cup, chopped (79g)

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.

Lunch 4 [↗](#)

Eat on day 4

Spinach cauliflower mince

3 cup(s) - 214 cals ● 9g protein ● 14g fat ● 3g carbs ● 9g fiber



Makes 3 cup(s)

oil

1 tbsp (15mL)

frozen riced cauliflower

3 cup, frozen (318g)

fresh spinach, chopped

1 1/2 cup(s) (45g)

garlic, diced

3 clove(s) (9g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Lemon pepper chicken breast

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



Makes 24 oz

lemon pepper

1 1/2 tbsp (10g)

olive oil

3/4 tbsp (11mL)

**boneless skinless chicken breast,
raw**

1 1/2 lbs (672g)

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.
-

Lunch 5 [🔗](#)

Eat on day 5

Marinated chicken breast

26 oz - 918 cals ● 164g protein ● 27g fat ● 5g carbs ● 0g fiber



Makes 26 oz

boneless skinless chicken breast, raw

26 oz (728g)

marinade sauce

13 tbsp (195mL)

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.

Garlic zucchini noodles

204 cals ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



olive oil

1 1/4 tbsp (19mL)

zucchini

1 1/4 medium (245g)

garlic, minced

5/8 clove (2g)

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.

Lunch 6 [↗](#)

Eat on day 6, day 7

Chicken thighs and mushrooms

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



For single meal:

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)

For all 2 meals:

olive oil
3 tbsp (45mL)
mushrooms, sliced 1/4 in thick
3/4 lbs (340g)
salt
3 dash (1g)
water
3/4 cup(s) (178mL)
butter
1 1/2 tbsp (21g)
black pepper
3 dash (0g)
chicken thighs, with bone and skin, raw
3 thigh (6 oz ea) (510g)

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.

Garlic zucchini noodles

272 cals ● 4g protein ● 24g fat ● 7g carbs ● 4g fiber



For single meal:

olive oil
5 tsp (25mL)
zucchini
1 2/3 medium (327g)
garlic, minced
5/6 clove (3g)

For all 2 meals:

olive oil
1/4 cup (50mL)
zucchini
3 1/3 medium (653g)
garlic, minced
1 2/3 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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
butter
2 tbsp (28g)

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

Italian sausage

4 link - 1028 cals ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
4 link (430g)

For all 2 meals:

Italian pork sausage, raw
8 link (861g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Dinner 2 [↗](#)

Eat on day 3, day 4

Low carb fried chicken

20 oz - 1170 cals ● 100g protein ● 85g fat ● 1g carbs ● 0g fiber



For single meal:

Chicken, drumsticks, with skin
1 1/4 lbs (567g)
pork rinds, crushed
18 g (18g)
cajun seasoning
1/4 tbsp (2g)
hot sauce
1 1/4 tbsp (19mL)

For all 2 meals:

Chicken, drumsticks, with skin
2 1/2 lbs (1134g)
pork rinds, crushed
1 1/4 oz (35g)
cajun seasoning
1/2 tbsp (4g)
hot sauce
2 1/2 tbsp (37mL)

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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Indian chicken wings

21 1/3 oz - 880 cals ● 78g protein ● 60g fat ● 0g carbs ● 7g fiber



For single meal:

curry powder
2 tbsp (13g)
salt
1/2 tbsp (8g)
chicken wings, with skin, raw
1 1/3 lbs (605g)
oil
1 tsp (5mL)

For all 2 meals:

curry powder
4 tbsp (25g)
salt
1 tbsp (16g)
chicken wings, with skin, raw
2 2/3 lbs (1211g)
oil
2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Simple sauteed spinach

249 cals ● 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.

Dinner 4 [🔗](#)

Eat on day 7

Cheesy cauliflower mashed 'potatoes'

454 cals ● 15g protein ● 38g fat ● 9g carbs ● 3g fiber



black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
cheese
1 1/2 slice (1 oz each) (42g)
heavy cream
2 tbsp (30mL)
butter
1 tbsp (16g)
cauliflower
1 1/2 cup chopped (161g)

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 ground turkey

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



Makes 14 2/3 oz

oil

2 tsp (9mL)

ground turkey, raw

14 2/3 oz (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.
-