

# Meal Plan - 2400 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

2417 cals ● 148g protein (25%) ● 191g fat (71%) ● 19g carbs (3%) ● 8g fiber (1%)

### Lunch

1170 cals, 43g protein, 14g net carbs, 103g fat



[Bangers and cauliflower mash](#)  
2 1/2 sausage link(s)- 1170 cals

### Dinner

1245 cals, 105g protein, 5g net carbs, 88g fat



[Tomato and avocado salad](#)  
117 cals



[Blue cheese stuffed chicken thighs](#)  
2 1/2 thigh- 1130 cals

## Day 2

2392 cals ● 216g protein (36%) ● 153g fat (57%) ● 25g carbs (4%) ● 14g fiber (2%)

### Lunch

1170 cals, 43g protein, 14g net carbs, 103g fat



[Bangers and cauliflower mash](#)  
2 1/2 sausage link(s)- 1170 cals

### Dinner

1220 cals, 172g protein, 11g net carbs, 50g fat



[Tomato and avocado salad](#)  
235 cals



[Lemon pepper chicken breast](#)  
26 2/3 oz- 987 cals

## Day 3

2358 cals ● 249g protein (42%) ● 133g fat (51%) ● 24g carbs (4%) ● 17g fiber (3%)

### Lunch

1135 cals, 77g protein, 13g net carbs, 84g fat



[Pumpkin seeds](#)  
366 cals



[Rotisserie chicken & tomato salad](#)  
771 cals

### Dinner

1220 cals, 172g protein, 11g net carbs, 50g fat



[Tomato and avocado salad](#)  
235 cals



[Lemon pepper chicken breast](#)  
26 2/3 oz- 987 cals

## Day 4

2419 cals ● 191g protein (32%) ● 162g fat (60%) ● 22g carbs (4%) ● 28g fiber (5%)

### Lunch

1165 cals, 111g protein, 14g net carbs, 66g fat



Avocado  
351 cals



Basic chicken & spinach salad  
812 cals

### Dinner

1255 cals, 80g protein, 9g net carbs, 96g fat



Buffalo chicken lettuce wrap  
2 wrap(s)- 439 cals



Cheese  
3 1/3 oz- 382 cals



Macadamia nuts  
435 cals

## Day 5

2431 cals ● 249g protein (41%) ● 148g fat (55%) ● 12g carbs (2%) ● 15g fiber (2%)

### Lunch

1175 cals, 169g protein, 3g net carbs, 52g fat



Tomato and avocado salad  
117 cals



Basic chicken breast  
26 2/3 oz- 1058 cals

### Dinner

1255 cals, 80g protein, 9g net carbs, 96g fat



Buffalo chicken lettuce wrap  
2 wrap(s)- 439 cals



Cheese  
3 1/3 oz- 382 cals



Macadamia nuts  
435 cals

## Day 6

2355 cals ● 206g protein (35%) ● 157g fat (60%) ● 13g carbs (2%) ● 15g fiber (3%)

### Lunch

1125 cals, 161g protein, 5g net carbs, 48g fat



Spinach cauliflower mince  
2 1/2 cup(s)- 178 cals



Balsamic chicken breast  
24 oz- 947 cals

### Dinner

1230 cals, 45g protein, 8g net carbs, 110g fat



Bacon & goat cheese salad  
795 cals



Macadamia nuts  
435 cals

## Day 7

2355 cals ● 206g protein (35%) ● 157g fat (60%) ● 13g carbs (2%) ● 15g fiber (3%)

### Lunch

1125 cals, 161g protein, 5g net carbs, 48g fat



Spinach cauliflower mince  
2 1/2 cup(s)- 178 cals



Balsamic chicken breast  
24 oz- 947 cals

### Dinner

1230 cals, 45g protein, 8g net carbs, 110g fat



Bacon & goat cheese salad  
795 cals



Macadamia nuts  
435 cals



## Sausages and Luncheon Meats

- ☐ pork sausage, raw  
5 link (4oz ea) (565g)

## Vegetables and Vegetable Products

- ☐ onion  
2 medium (2-1/2" dia) (220g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (371g)
- ☐ cucumber  
3/8 cucumber (8-1/4") (113g)
- ☐ fresh spinach  
8 cup(s) (235g)
- ☐ romaine lettuce  
4 leaf outer (112g)
- ☐ garlic  
5 clove(s) (15g)

## Dairy and Egg Products

- ☐ butter  
2 1/2 tbsp (36g)
- ☐ blue cheese  
1 1/4 oz (35g)
- ☐ cheese  
6 2/3 oz (189g)
- ☐ goat cheese  
1/2 lbs (198g)

## Other

- ☐ frozen cauliflower  
3 3/4 cup (425g)
- ☐ rotisserie chicken, cooked  
1/2 lbs (255g)
- ☐ frozen riced cauliflower  
5 cup, frozen (530g)
- ☐ italian seasoning  
1/2 tbsp (5g)
- ☐ mixed greens  
7 cup (210g)

## Fruits and Fruit Juices

- ☐ lime juice  
3 tbsp (45mL)
- ☐ avocados  
3 avocado(s) (637g)
- ☐ lemon juice  
2 1/2 tsp (13mL)

## Fats and Oils

- ☐ olive oil  
3 oz (98mL)
- ☐ salad dressing  
4 tbsp (60mL)
- ☐ oil  
1/4 lbs (102mL)
- ☐ balsamic vinaigrette  
3/4 cup (180mL)

## Spices and Herbs

- ☐ garlic powder  
1/4 tbsp (2g)
- ☐ salt  
1 tsp (7g)
- ☐ black pepper  
1 tsp, ground (2g)
- ☐ paprika  
1/3 tsp (1g)
- ☐ thyme, dried  
1/2 tsp, ground (1g)
- ☐ lemon pepper  
3 1/3 tbsp (23g)

## Poultry Products

- ☐ chicken thighs, with bone and skin, raw  
2 1/2 thigh (6 oz ea) (425g)
- ☐ boneless skinless chicken breast, raw  
10 lbs (4508g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ Macadamia nuts, shelled, roasted  
1/2 lbs (227g)
- ☐ sunflower kernels  
2 1/3 tbsp (28g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/3 cup (79mL)

## Pork Products

- ☐ bacon  
7 slice(s) (70g)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Bangers and cauliflower mash

2 1/2 sausage link(s) - 1170 cals ● 43g protein ● 103g fat ● 14g carbs ● 3g fiber



For single meal:

**pork sausage, raw**  
2 1/2 link (4oz ea) (283g)  
**onion, thinly sliced**  
1 1/4 small (88g)  
**butter**  
1 1/4 tbsp (18g)  
**frozen cauliflower**  
2 cup (213g)

For all 2 meals:

**pork sausage, raw**  
5 link (4oz ea) (565g)  
**onion, thinly sliced**  
2 1/2 small (175g)  
**butter**  
2 1/2 tbsp (36g)  
**frozen cauliflower**  
3 3/4 cup (425g)

1. Heat a skillet over medium low heat. Add the onion and half of the butter. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining butter. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Lunch 2 [↗](#)

Eat on day 3

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.

### Rotisserie chicken & tomato salad

771 cals ● 59g protein ● 55g fat ● 8g carbs ● 2g fiber



**lemon juice**  
1/2 tbsp (8mL)  
**olive oil**  
1 1/2 tbsp (23mL)  
**cucumber, sliced**  
3/8 cucumber (8-1 1/4") (113g)  
**tomatoes, cut into wedges**  
3/4 large whole (3" dia) (137g)  
**rotisserie chicken, cooked**  
1/2 lbs (255g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

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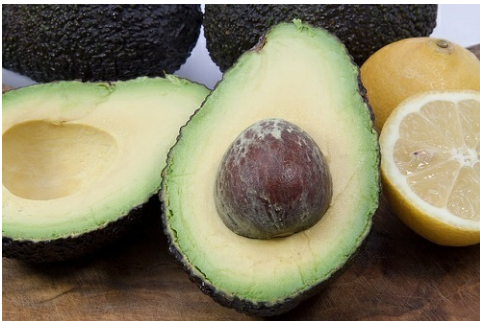
## Lunch 3 [🔗](#)

Eat on day 4

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### Avocado

351 cals ● 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.

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### Basic chicken & spinach salad

812 cals ● 107g protein ● 37g fat ● 10g carbs ● 3g fiber



**salad dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (13mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
16 oz (454g)  
**fresh spinach**  
5 1/3 cup(s) (160g)

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.
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## Lunch 4 [🔗](#)

Eat on day 5

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### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



#### **onion**

1/2 tbsp minced (8g)

#### **lime juice**

1/2 tbsp (8mL)

#### **avocados, cubed**

1/4 avocado(s) (50g)

#### **tomatoes, diced**

1/4 medium whole (2-3/5" dia) (31g)

#### **olive oil**

3/8 tsp (2mL)

#### **garlic powder**

1 dash (0g)

#### **salt**

1 dash (1g)

#### **black pepper**

1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Basic chicken breast

26 2/3 oz - 1058 cals ● 168g protein ● 43g fat ● 0g carbs ● 0g fiber



Makes 26 2/3 oz

**oil**

5 tsp (25mL)

**boneless skinless chicken breast,  
raw**

1 2/3 lbs (747g)

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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## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Spinach cauliflower mince

2 1/2 cup(s) - 178 cals ● 8g protein ● 12g fat ● 3g carbs ● 7g fiber



For single meal:

**oil**  
2 1/2 tsp (12mL)  
**frozen riced cauliflower**  
2 1/2 cup, frozen (265g)  
**fresh spinach, chopped**  
1 1/4 cup(s) (37g)  
**garlic, diced**  
2 1/2 clove(s) (7g)

For all 2 meals:

**oil**  
5 tsp (25mL)  
**frozen riced cauliflower**  
5 cup, frozen (530g)  
**fresh spinach, chopped**  
2 1/2 cup(s) (75g)  
**garlic, diced**  
5 clove(s) (15g)

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.

### Balsamic chicken breast

24 oz - 947 cals ● 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.

## Dinner 1 [↗](#)

Eat on day 1

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### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber

**onion**

1/2 tbsp minced (8g)

**lime juice**

1/2 tbsp (8mL)

**avocados, cubed**

1/4 avocado(s) (50g)

**tomatoes, diced**

1/4 medium whole (2-3/5" dia) (31g)

**olive oil**

3/8 tsp (2mL)

**garlic powder**

1 dash (0g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Blue cheese stuffed chicken thighs

2 1/2 thigh - 1130 cals ● 104g protein ● 79g fat ● 2g carbs ● 1g fiber



Makes 2 1/2 thigh

**paprika**

1/3 tsp (1g)

**olive oil**

1 tsp (5mL)

**thyme, dried**

1/2 tsp, ground (1g)

**blue cheese**

1 1/4 oz (35g)

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

2 1/2 thigh (6 oz ea) (425g)

1. Combine blue cheese and thyme in a small bowl.
  2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
  3. Sprinkle paprika on all sides of the chicken.
  4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**

1 tbsp minced (15g)

**lime juice**

1 tbsp (15mL)

**avocados, cubed**

1/2 avocado(s) (101g)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**olive oil**

1/4 tbsp (4mL)

**garlic powder**

2 dash (1g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

For all 2 meals:

**onion**

2 tbsp minced (30g)

**lime juice**

2 tbsp (30mL)

**avocados, cubed**

1 avocado(s) (201g)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (123g)

**olive oil**

1/2 tbsp (8mL)

**garlic powder**

4 dash (2g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Lemon pepper chicken breast

26 2/3 oz - 987 cals ● 169g protein ● 31g fat ● 4g carbs ● 3g fiber



For single meal:

**lemon pepper**

5 tsp (11g)

**olive oil**

2 1/2 tsp (12mL)

**boneless skinless chicken breast, raw**

1 2/3 lbs (747g)

For all 2 meals:

**lemon pepper**

3 1/3 tbsp (23g)

**olive oil**

5 tsp (25mL)

**boneless skinless chicken breast, raw**

3 1/3 lbs (1493g)

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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## Dinner 3 [↗](#)

Eat on day 4, day 5

### Buffalo chicken lettuce wrap

2 wrap(s) - 439 cals ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**romaine lettuce**  
2 leaf outer (56g)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (227g)  
**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)  
**black pepper**  
1 1/3 dash, ground (0g)  
**salt**  
1 1/3 dash (1g)  
**avocados, chopped**  
1/3 avocado(s) (67g)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**romaine lettuce**  
4 leaf outer (112g)  
**boneless skinless chicken breast, raw, cubed**  
16 oz (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)

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.

### Cheese

3 1/3 oz - 382 cals ● 22g protein ● 32g fat ● 3g carbs ● 0g fiber



For single meal:

**cheese**  
1/4 lbs (95g)

For all 2 meals:

**cheese**  
6 2/3 oz (189g)

1. This recipe has no instructions.

### Macadamia nuts

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



For single meal:

**Macadamia nuts, shelled, roasted**  
2 oz (57g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
4 oz (113g)

1. This recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Bacon & goat cheese salad

795 cals ● 41g protein ● 67g fat ● 5g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
3 1/2 tsp (14g)  
**bacon**  
3 1/2 slice(s) (35g)  
**olive oil**  
3 1/2 tsp (18mL)  
**goat cheese**  
1/4 lbs (99g)  
**mixed greens**  
3 1/2 cup (105g)

For all 2 meals:

**sunflower kernels**  
2 1/3 tbsp (28g)  
**bacon**  
7 slice(s) (70g)  
**olive oil**  
2 1/3 tbsp (35mL)  
**goat cheese**  
1/2 lbs (198g)  
**mixed greens**  
7 cup (210g)

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.

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### Macadamia nuts

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



For single meal:

**Macadamia nuts, shelled, roasted**  
2 oz (57g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
4 oz (113g)

1. This recipe has no instructions.
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