

# Meal Plan - 2500 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

2476 cals ● 215g protein (35%) ● 160g fat (58%) ● 21g carbs (3%) ● 22g fiber (4%)

### Lunch

1260 cals, 120g protein, 12g net carbs, 80g fat



[Bacon cauliflower rice](#)  
3 1/2 cup(s)- 571 cals



[Basic ground turkey](#)  
14 2/3 oz- 688 cals

### Dinner

1215 cals, 95g protein, 9g net carbs, 80g fat



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



[Garlic collard greens](#)  
319 cals

## Day 2

2476 cals ● 215g protein (35%) ● 160g fat (58%) ● 21g carbs (3%) ● 22g fiber (4%)

### Lunch

1260 cals, 120g protein, 12g net carbs, 80g fat



[Bacon cauliflower rice](#)  
3 1/2 cup(s)- 571 cals



[Basic ground turkey](#)  
14 2/3 oz- 688 cals

### Dinner

1215 cals, 95g protein, 9g net carbs, 80g fat



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



[Garlic collard greens](#)  
319 cals

## Day 3

2469 cals ● 282g protein (46%) ● 147g fat (53%) ● 4g carbs (1%) ● 1g fiber (0%)

### Lunch

1225 cals, 186g protein, 3g net carbs, 52g fat



[Basic chicken breast](#)  
29 1/3 oz- 1164 cals



[Cauliflower rice](#)  
1 cup(s)- 61 cals

### Dinner

1245 cals, 96g protein, 1g net carbs, 95g fat



[Buffalo drumsticks](#)  
21 1/3 oz- 1245 cals

## Day 4

2469 cals ● 282g protein (46%) ● 147g fat (53%) ● 4g carbs (1%) ● 1g fiber (0%)

### Lunch

1225 cals, 186g protein, 3g net carbs, 52g fat



[Basic chicken breast](#)

29 1/3 oz- 1164 cals



[Cauliflower rice](#)

1 cup(s)- 61 cals

### Dinner

1245 cals, 96g protein, 1g net carbs, 95g fat



[Buffalo drumsticks](#)

21 1/3 oz- 1245 cals

## Day 5

2466 cals ● 246g protein (40%) ● 148g fat (54%) ● 24g carbs (4%) ● 14g fiber (2%)

### Lunch

1220 cals, 57g protein, 14g net carbs, 100g fat



[Pepper steak](#)

10 1/2 ounce(s)- 924 cals



[Buttered green beans](#)

293 cals

### Dinner

1250 cals, 189g protein, 9g net carbs, 49g fat



[Lemon pepper chicken breast](#)

29 1/3 oz- 1086 cals



[Garlic zucchini noodles](#)

163 cals

## Day 6

2466 cals ● 246g protein (40%) ● 148g fat (54%) ● 24g carbs (4%) ● 14g fiber (2%)

### Lunch

1220 cals, 57g protein, 14g net carbs, 100g fat



[Pepper steak](#)

10 1/2 ounce(s)- 924 cals



[Buttered green beans](#)

293 cals

### Dinner

1250 cals, 189g protein, 9g net carbs, 49g fat



[Lemon pepper chicken breast](#)

29 1/3 oz- 1086 cals



[Garlic zucchini noodles](#)

163 cals

## Day 7

2492 cals ● 206g protein (33%) ● 157g fat (57%) ● 24g carbs (4%) ● 40g fiber (6%)

### Lunch

1300 cals, 76g protein, 15g net carbs, 87g fat



[Roast beef lettuce wrap with avocado](#)

3 wrap(s)- 947 cals



[Avocado](#)

351 cals

### Dinner

1195 cals, 130g protein, 9g net carbs, 70g fat



[Caprese chicken](#)

16 oz- 1194 cals

## Other

- ☐ frozen cauliflower  
9 cup (1021g)
- ☐ Chicken, drumsticks, with skin  
2 2/3 lbs (1210g)
- ☐ italian seasoning  
1 tsp (4g)

## Pork Products

- ☐ bacon, raw  
7 slice(s) (198g)

## Fats and Oils

- ☐ oil  
1/3 lbs (164mL)
- ☐ olive oil  
4 tbsp (57mL)

## Poultry Products

- ☐ ground turkey, raw  
29 1/3 oz (832g)
- ☐ boneless skinless chicken breast, raw  
8 1/3 lbs (3734g)

## Finfish and Shellfish Products

- ☐ salmon  
1 3/4 lbs (794g)

## Vegetables and Vegetable Products

- ☐ collard greens  
2 lbs (907g)
- ☐ garlic  
7 clove(s) (21g)
- ☐ frozen green beans  
4 cup (484g)
- ☐ zucchini  
2 medium (392g)
- ☐ romaine lettuce  
3 leaf outer (84g)
- ☐ tomatoes  
1 1/2 medium whole (2-3/5" dia) (195g)

## Spices and Herbs

- ☐ salt  
1/2 oz (13g)
- ☐ black pepper  
1/2 oz (14g)
- ☐ rosemary, dried  
1 tsp (1g)
- ☐ lemon pepper  
1/4 cup (25g)
- ☐ mustard  
1 tbsp (15g)
- ☐ fresh basil  
4 tbsp, chopped (11g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/2 cup (106mL)
- ☐ pesto sauce  
4 tbsp (64g)

## Beef Products

- ☐ ribeye, raw  
1 1/3 lbs (595g)

## Dairy and Egg Products

- ☐ butter  
5/6 stick (91g)
- ☐ fresh mozzarella cheese  
4 oz (113g)

## Sausages and Luncheon Meats

- ☐ roast beef cold cuts  
3/4 lbs (340g)

## Fruits and Fruit Juices

- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ lemon juice  
1 tsp (5mL)

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Bacon cauliflower rice

3 1/2 cup(s) - 571 cals ● 38g protein ● 40g fat ● 12g carbs ● 4g fiber



For single meal:

**frozen cauliflower**

3 1/2 cup (397g)

**bacon, raw**

3 1/2 slice(s) (99g)

For all 2 meals:

**frozen cauliflower**

7 cup (794g)

**bacon, raw**

7 slice(s) (198g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

### Basic ground turkey

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



For single meal:

**oil**

2 tsp (9mL)

**ground turkey, raw**

14 2/3 oz (416g)

For all 2 meals:

**oil**

1 1/4 tbsp (18mL)

**ground turkey, raw**

29 1/3 oz (832g)

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.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Basic chicken breast

29 1/3 oz - 1164 cals ● 185g protein ● 47g fat ● 0g carbs ● 0g fiber



For single meal:

#### oil

2 tbsp (28mL)

**boneless skinless chicken breast, raw**

29 1/3 oz (821g)

For all 2 meals:

#### oil

1/4 cup (55mL)

**boneless skinless chicken breast, raw**

3 2/3 lbs (1643g)

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.

### Cauliflower rice

1 cup(s) - 61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

#### oil

1 tsp (5mL)

**frozen cauliflower**

1 cup (113g)

For all 2 meals:

#### oil

2 tsp (10mL)

**frozen cauliflower**

2 cup (227g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

## Lunch 3 [🔗](#)

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.

### Buttered green beans

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



For single meal:

**frozen green beans**  
2 cup (242g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**butter**  
2 tbsp (27g)

For all 2 meals:

**frozen green beans**  
4 cup (484g)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**butter**  
4 tbsp (54g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

## Lunch 4 [↗](#)

Eat on day 7

### Roast beef lettuce wrap with avocado

3 wrap(s) - 947 cals ● 72g protein ● 58g fat ● 11g carbs ● 24g fiber



Makes 3 wrap(s)

#### **romaine lettuce**

3 leaf outer (84g)

#### **tomatoes, diced**

1 1/2 plum tomato (93g)

#### **mustard**

1 tbsp (15g)

#### **roast beef cold cuts**

3/4 lbs (340g)

#### **avocados, sliced**

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

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.

### 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.

## 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.

## Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

### **collard greens**

1 lbs (454g)

### **oil**

1 tbsp (15mL)

### **garlic, minced**

3 clove(s) (9g)

### **salt**

2 dash (2g)

For all 2 meals:

### **collard greens**

2 lbs (907g)

### **oil**

2 tbsp (30mL)

### **garlic, minced**

6 clove(s) (18g)

### **salt**

4 dash (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Buffalo drumsticks

21 1/3 oz - 1245 cals ● 96g protein ● 95g fat ● 1g carbs ● 0g fiber



For single meal:

### **Frank's Red Hot sauce**

1/4 cup (53mL)

### **oil**

2 tsp (10mL)

### **salt**

1/3 tsp (2g)

### **black pepper**

1/3 tsp, ground (1g)

### **Chicken, drumsticks, with skin**

1 1/3 lbs (605g)

For all 2 meals:

### **Frank's Red Hot sauce**

1/2 cup (107mL)

### **oil**

4 tsp (20mL)

### **salt**

1/4 tbsp (4g)

### **black pepper**

1/4 tbsp, ground (2g)

### **Chicken, drumsticks, with skin**

2 2/3 lbs (1210g)

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.
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## Dinner 3 [↗](#)

Eat on day 5, day 6

### Lemon pepper chicken breast

29 1/3 oz - 1086 cals ● 186g protein ● 34g fat ● 5g carbs ● 3g fiber



For single meal:

**lemon pepper**

2 tbsp (13g)

**olive oil**

1 tbsp (14mL)

**boneless skinless chicken breast, raw**

29 1/3 oz (821g)

For all 2 meals:

**lemon pepper**

1/4 cup (25g)

**olive oil**

2 tbsp (28mL)

**boneless skinless chicken breast, raw**

3 2/3 lbs (1643g)

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.

### Garlic zucchini noodles

163 cals ● 3g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

**olive oil**

1 tbsp (15mL)

**zucchini**

1 medium (196g)

**garlic, minced**

1/2 clove (2g)

For all 2 meals:

**olive oil**

2 tbsp (30mL)

**zucchini**

2 medium (392g)

**garlic, minced**

1 clove (3g)

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 4 [↗](#)

Eat on day 7

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### Caprese chicken

16 oz - 1194 cals ● 130g protein ● 70g fat ● 9g carbs ● 3g fiber



Makes 16 oz

**italian seasoning**

1 tsp (4g)

**pesto sauce**

4 tbsp (64g)

**oil**

2 tsp (10mL)

**tomatoes, quartered**

6 cherry tomatoes (102g)

**fresh basil**

4 tbsp, chopped (11g)

**fresh mozzarella cheese, sliced**

4 oz (113g)

**boneless skinless chicken breast,  
raw**

1 lbs (448g)

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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