

Meal Plan - 2600 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

2565 cals ● 224g protein (35%) ● 169g fat (59%) ● 22g carbs (3%) ● 15g fiber (2%)

Lunch

1270 cals, 98g protein, 10g net carbs, 88g fat



[Buttered broccoli](#)
4 cup(s)- 534 cals



[Thyme & lime chicken thighs](#)
735 cals

Dinner

1295 cals, 126g protein, 12g net carbs, 81g fat



[Pork rinds and salsa](#)
477 cals



[Sugar-free bbq chicken wings](#)
21 1/3 oz- 819 cals

Day 2

2565 cals ● 224g protein (35%) ● 169g fat (59%) ● 22g carbs (3%) ● 15g fiber (2%)

Lunch

1270 cals, 98g protein, 10g net carbs, 88g fat



[Buttered broccoli](#)
4 cup(s)- 534 cals



[Thyme & lime chicken thighs](#)
735 cals

Dinner

1295 cals, 126g protein, 12g net carbs, 81g fat



[Pork rinds and salsa](#)
477 cals



[Sugar-free bbq chicken wings](#)
21 1/3 oz- 819 cals

Day 3

2641 cals ● 316g protein (48%) ● 140g fat (48%) ● 24g carbs (4%) ● 5g fiber (1%)

Lunch

1260 cals, 163g protein, 8g net carbs, 61g fat



[Parmesan zucchini noodles](#)
303 cals



[Curried pork chops](#)
4 chop(s)- 957 cals

Dinner

1380 cals, 152g protein, 16g net carbs, 79g fat



[Ranch chicken](#)
24 oz- 1382 cals

Day 4

2641 cals ● 316g protein (48%) ● 140g fat (48%) ● 24g carbs (4%) ● 5g fiber (1%)

Lunch

1260 cals, 163g protein, 8g net carbs, 61g fat



[Parmesan zucchini noodles](#)
303 cals



[Curried pork chops](#)
4 chop(s)- 957 cals

Dinner

1380 cals, 152g protein, 16g net carbs, 79g fat



[Ranch chicken](#)
24 oz- 1382 cals

Day 5

2622 cals ● 239g protein (37%) ● 170g fat (58%) ● 22g carbs (3%) ● 11g fiber (2%)

Lunch

1365 cals, 141g protein, 15g net carbs, 79g fat



[Basic chicken & spinach salad](#)
1014 cals



[Walnuts](#)
1/2 cup(s)- 350 cals

Dinner

1260 cals, 98g protein, 7g net carbs, 92g fat



[Baked pesto salmon](#)
16 oz- 1077 cals



[Parmesan zucchini noodles](#)
182 cals

Day 6

2558 cals ● 183g protein (29%) ● 189g fat (66%) ● 21g carbs (3%) ● 10g fiber (2%)

Lunch

1300 cals, 85g protein, 15g net carbs, 97g fat



[Garlic zucchini noodles](#)
530 cals



[Baked chicken thighs](#)
12 oz- 770 cals

Dinner

1260 cals, 98g protein, 7g net carbs, 92g fat



[Baked pesto salmon](#)
16 oz- 1077 cals



[Parmesan zucchini noodles](#)
182 cals

Day 7

2569 cals ● 148g protein (23%) ● 202g fat (71%) ● 25g carbs (4%) ● 16g fiber (2%)

Lunch

1300 cals, 85g protein, 15g net carbs, 97g fat



[Garlic zucchini noodles](#)
530 cals



[Baked chicken thighs](#)
12 oz- 770 cals

Dinner

1270 cals, 63g protein, 11g net carbs, 104g fat



[Bacon & goat cheese salad](#)
908 cals



[Sunflower seeds](#)
361 cals

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/4 oz (8g)
- ☐ thyme, dried
1 1/2 g (1g)
- ☐ curry powder
2 tsp (4g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
8 cup (728g)
- ☐ zucchini
12 medium (2319g)
- ☐ fresh spinach
6 2/3 cup(s) (200g)
- ☐ garlic
3 1/4 clove (10g)

Dairy and Egg Products

- ☐ butter
1/2 cup (114g)
- ☐ parmesan cheese
1/3 cup (27g)
- ☐ goat cheese
4 oz (113g)

Fats and Oils

- ☐ oil
3 oz (91mL)
- ☐ olive oil
7 oz (218mL)
- ☐ ranch dressing
3/4 cup (180mL)
- ☐ salad dressing
5 tbsp (75mL)

Fruits and Fruit Juices

- ☐ lime juice
4 tbsp (60mL)

Poultry Products

- ☐ boneless skinless chicken thighs
2 lb (907g)
- ☐ chicken wings, with skin, raw
2 2/3 lbs (1211g)
- ☐ boneless skinless chicken breast, raw
4 1/4 lbs (1911g)
- ☐ chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)

Soups, Sauces, and Gravies

- ☐ salsa
1 1/2 cup (396g)
- ☐ pesto sauce
1/3 cup (85g)

Other

- ☐ pork rinds
1/3 lbs (156g)
- ☐ sugar-free barbecue sauce
1/3 cup (80g)
- ☐ ranch dressing mix
1 1/2 packet (1 oz) (43g)
- ☐ mixed greens
4 cup (120g)

Pork Products

- ☐ pork chop, bone-in
8 chop (1424g)
- ☐ bacon
4 slice(s) (40g)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ sunflower kernels
2 1/2 oz (73g)

Finfish and Shellfish Products

- ☐ salmon
5 1/3 fillet/s (6 oz each) (907g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Buttered broccoli

4 cup(s) - 534 cal ● 12g protein ● 46g fat ● 8g carbs ● 11g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
butter
4 tbsp (57g)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen broccoli
8 cup (728g)
butter
1/2 cup (114g)

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

Thyme & lime chicken thighs

735 cal ● 86g protein ● 42g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
lime juice
2 tbsp (30mL)
thyme, dried
4 dash, leaves (1g)
boneless skinless chicken thighs
1 lb (454g)

For all 2 meals:

oil
2 tbsp (30mL)
lime juice
4 tbsp (60mL)
thyme, dried
1 tsp, leaves (1g)
boneless skinless chicken thighs
2 lb (907g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Parmesan zucchini noodles

303 cals ● 6g protein ● 26g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 2/3 medium (327g)
olive oil
5 tsp (25mL)
parmesan cheese
5 tsp (8g)

For all 2 meals:

zucchini
3 1/3 medium (653g)
olive oil
1/4 cup (50mL)
parmesan cheese
1/4 cup (17g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Curried pork chops

4 chop(s) - 957 cals ● 157g protein ● 36g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
4 chop (712g)
curry powder
1 tsp (2g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

For all 2 meals:

pork chop, bone-in
8 chop (1424g)
curry powder
2 tsp (4g)
olive oil
4 tsp (20mL)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)

1. Season pork chops with salt and pepper.
 2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
 3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
 4. Serve.
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Lunch 3 [🔗](#)

Eat on day 5

Basic chicken & spinach salad

1014 cals ● 134g protein ● 46g fat ● 12g carbs ● 4g fiber



salad dressing

5 tbsp (75mL)

oil

1 tbsp (17mL)

boneless skinless chicken breast, raw, chopped, cooked

1 1/4 lbs (567g)

fresh spinach

6 2/3 cup(s) (200g)

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.

Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)

walnuts

1/2 cup, shelled (50g)



1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Garlic zucchini noodles

530 cals ● 8g protein ● 46g fat ● 14g carbs ● 7g fiber



For single meal:

olive oil
3 1/4 tbsp (49mL)
zucchini
3 1/4 medium (637g)
garlic, minced
1 1/2 clove (5g)

For all 2 meals:

olive oil
6 1/2 tbsp (98mL)
zucchini
6 1/2 medium (1274g)
garlic, minced
3 1/4 clove (10g)

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.

Baked chicken thighs

12 oz - 770 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



For single meal:

chicken thighs, with bone and skin, raw
3/4 lbs (340g)
thyme, dried
1 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)
thyme, dried
2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Pork rinds and salsa

477 cal ● 50g protein ● 25g fat ● 9g carbs ● 4g fiber



For single meal:

salsa
2/3 cup (198g)
pork rinds
2 3/4 oz (78g)

For all 2 meals:

salsa
1 1/2 cup (396g)
pork rinds
1/3 lbs (156g)

1. This recipe has no instructions.

Sugar-free bbq chicken wings

21 1/3 oz - 819 cal ● 76g protein ● 56g fat ● 3g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
1 1/3 lbs (605g)
sugar-free barbecue sauce
2 2/3 tbsp (40g)

For all 2 meals:

chicken wings, with skin, raw
2 2/3 lbs (1211g)
sugar-free barbecue sauce
1/3 cup (80g)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Ranch chicken

24 oz - 1382 cals ● 152g protein ● 79g fat ● 16g carbs ● 0g fiber



For single meal:

ranch dressing mix

3/4 packet (1 oz) (21g)

oil

1 1/2 tbsp (23mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

ranch dressing

6 tbsp (90mL)

For all 2 meals:

ranch dressing mix

1 1/2 packet (1 oz) (43g)

oil

3 tbsp (45mL)

boneless skinless chicken breast, raw

3 lbs (1344g)

ranch dressing

3/4 cup (180mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 3 [↗](#)

Eat on day 5, day 6

Baked pesto salmon

16 oz - 1077 cals ● 94g protein ● 76g fat ● 2g carbs ● 1g fiber



For single meal:

salmon

2 2/3 fillet/s (6 oz each) (453g)

pesto sauce

2 2/3 tbsp (43g)

For all 2 meals:

salmon

5 1/3 fillet/s (6 oz each) (907g)

pesto sauce

1/3 cup (85g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Parmesan zucchini noodles

182 cals ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
1 medium (196g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tbsp (5g)

For all 2 meals:

zucchini
2 medium (392g)
olive oil
2 tbsp (30mL)
parmesan cheese
2 tbsp (10g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Dinner 4 [↗](#)

Eat on day 7

Bacon & goat cheese salad

908 cals ● 46g protein ● 76g fat ● 6g carbs ● 4g fiber



sunflower kernels
4 tsp (16g)
bacon
4 slice(s) (40g)
olive oil
4 tsp (20mL)
goat cheese
4 oz (113g)
mixed greens
4 cup (120g)

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.

Sunflower seeds

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



sunflower kernels
2 oz (57g)

1. This recipe has no instructions.
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