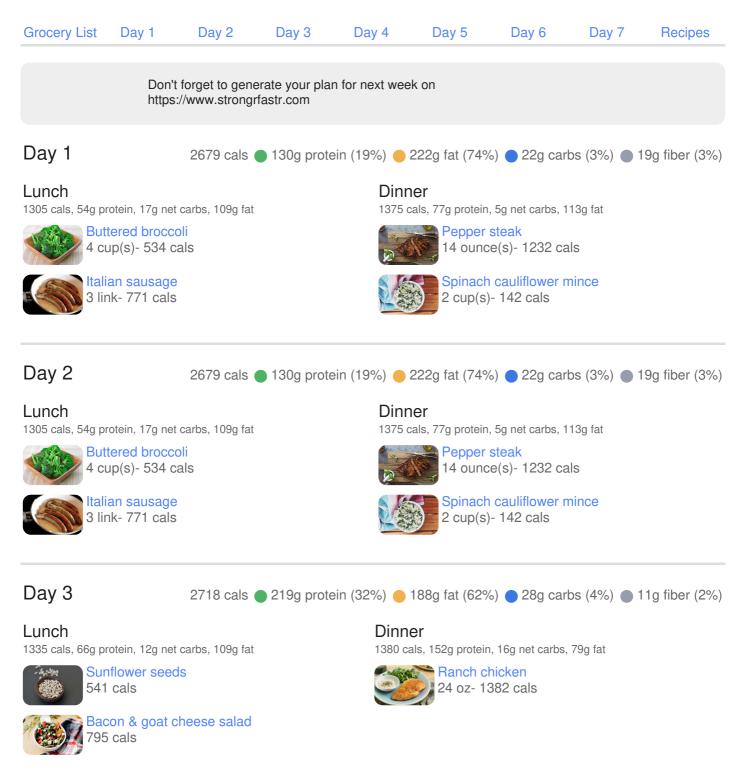
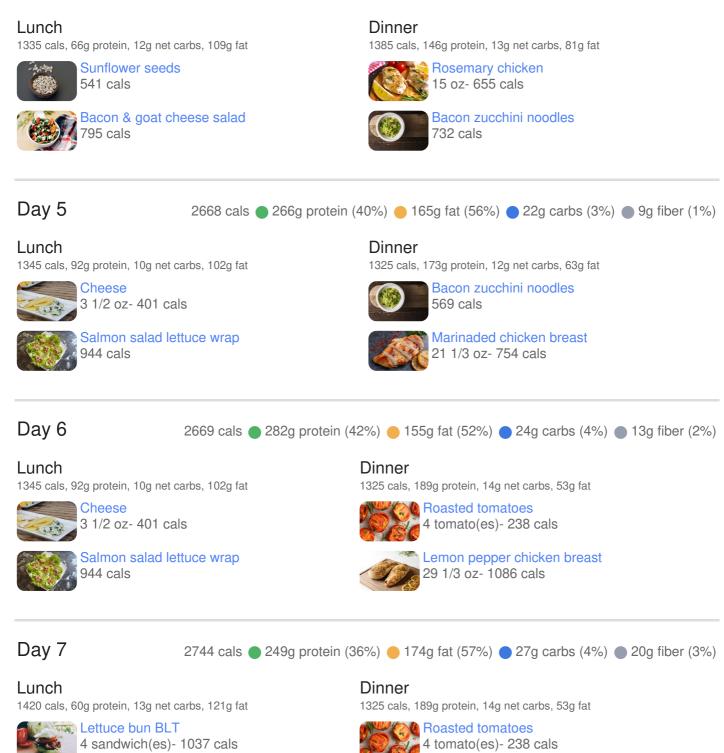
Meal Plan - 2700 calorie keto and intermittent fasting meal plan





Day	4
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Roasted peanuts 3/8 cup(s)- 383 cals Lemon pepper chicken breast 29 1/3 oz- 1086 cals



Spices and Herbs



Dairy and Egg Products



Other

 Italian pork sausage, raw 6 link (646g)
 frozen riced cauliflower 4 cup, frozen (424g)
 mixed greens 7 cup (210g)
 ranch dressing mix 3/4 packet (1 oz) (21g)

Beef Products

ri	beye	ə, ra	aw
1	3/4	lbs	(794g)

Fats and Oils

oil 2 2/3 oz (81mL)
olive oil 2 1/2 oz (81mL)
ranch dressing 6 tbsp (90mL)
mayonnaise 1 cup (240mL)
marinade sauce 2/3 cup (161mL)

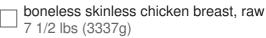
Nut and Seed Products

sunflower kernels 7 oz (198g)

Pork Products

- bacon 19 slice(s) (190g) bacon, raw
- 8 slice(s) (227g)

Poultry Products



Fruits and Fruit Juices

lemon juice 1 1/4 tbsp (19mL)

Finfish and Shellfish Products

canned salmon 6 5oz can(s) (undrained) (852g)

Legumes and Legume Products

\square	roasted peanuts	S
	roasted peanuts 6 3/4 tbsp (61g))

Recipes



Lunch 1 🗹

Eat on day 1, day 2

Buttered broccoli

4 cup(s) - 534 cals
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.

Italian sausage

3 link - 771 cals
42g protein
63g fat
9g carbs
0g fiber

For single meal:

Italian pork sausage, raw 3 link (323g) For all 2 meals:

Italian pork sausage, raw 6 link (646g)



 Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" 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.

Lunch 2 🗹

Eat on day 3, day 4

Sunflower seeds

541 cals
26g protein
43g fat
7g carbs
7g fiber



For single meal:

sunflower kernels 3 oz (85g) For all 2 meals:

sunflower kernels 6 oz (170g)

1. This recipe has no instructions.

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.

Lunch 3 🗹

Eat on day 5, day 6

Cheese

3 1/2 oz - 401 cals 🔵 23g protein 🔴 33g fat 🔵 3g carbs 🌑 0g fiber



For single meal: cheese

1/4 lbs (99g)

For all 2 meals:

cheese 1/2 lbs (198g)

1. This recipe has no instructions.

Salmon salad lettuce wrap

944 cals
70g protein
69g fat
7g carbs
5g fiber



For single meal:

romaine lettuce 6 leaf outer (168g) black pepper 3 dash (0g) salt 3 dash (1g) canned salmon 3 5oz can(s) (undrained) (426g) mayonnaise 6 tbsp (90mL) raw celery, diced 3 stalk, small (5" long) (51g) onion 3 tbsp minced (45g) For all 2 meals:

romaine lettuce 12 leaf outer (336g) black pepper 1/4 tbsp (1g) salt 1/4 tbsp (2g) canned salmon 6 5oz can(s) (undrained) (852g) mayonnaise 3/4 cup (180mL) raw celery, diced 6 stalk, small (5" long) (102g) onion 6 tbsp minced (90g)

- 1. Drain salmon and discard any liquid.
- 2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
- 3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
- 4. Roll up to create the wrap.
- 5. Serve.

Lunch 4 🗹

Eat on day 7

Lettuce bun BLT

4 sandwich(es) - 1037 cals
45g protein
90g fat
5g carbs
7g fiber



Makes 4 sandwich(es)

pickles 4 spear (140g) tomatoes 8 slice, medium (1/4" thick) (160g) mayonnaise 4 tbsp (60mL) bacon 12 slice(s) (120g) iceberg lettuce 8 slice(s) (280g)

- 1. Cook bacon according to package.
- 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.
- Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

Roasted peanuts 3/8 cup(s) - 383 cals • 15g protein • 31g fat • 8g carbs • 5g fiber

Makes 3/8 cup(s)

roasted peanuts 6 2/3 tbsp (61g) 1. This recipe has no instructions.



Dinner 1 🗹

Eat on day 1, day 2

Pepper steak

14 ounce(s) - 1232 cals
70g protein
103g fat
3g carbs
2g fiber



For single meal: ribeye, raw 14 oz (397g) salt 1/2 tsp (3g) butter 1 3/4 tbsp (25g) rosemary, dried 1/2 tsp (1g)black pepper 3 1/2 tsp, ground (8g) For all 2 meals:

ribeye, raw 1 3/4 lbs (794g) salt 1 tsp (7g) butter 1/4 cup (50g) rosemary, dried 1 tsp (1g) black pepper 2 1/3 tbsp, ground (16g)

- 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.

Spinach cauliflower mince

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



For single meal:

oil 2 tsp (10mL) frozen riced cauliflower 2 cup, frozen (212g) fresh spinach, chopped 1 cup(s) (30g) garlic, diced 2 clove(s) (6g)

For all 2 meals:

oil 4 tsp (20mL) frozen riced cauliflower 4 cup, frozen (424g) fresh spinach, chopped 2 cup(s) (60g)garlic, diced 4 clove(s) (12g)

- 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.

Dinner 2 🗹

Eat on day 3

Ranch chicken

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



Makes 24 oz

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)

- 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 4

Rosemary chicken

15 oz - 655 cals
96g protein
29g fat
3g carbs
1g fiber



Makes 15 oz

boneless skinless chicken breast, raw 15 oz (425g) garlic, minced 1 1/4 clove(s) (4g) salt 1 1/4 dash (1g) lemon juice 1 1/4 tbsp (19mL) olive oil 1 1/4 tbsp (19mL) rosemary, dried 2 tsp (2g)

- In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
- 2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
- Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.

Bacon zucchini noodles 732 cals • 50g protein • 52g fat • 10g carbs • 5g fiber



zucchini 2 1/4 medium (441g) **bacon, raw** 4 1/2 slice(s) (128g)

- 1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
- 2. Cook the bacon in a skillet over medium heat.
- 3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
- 4. Remove from heat and serve.

Dinner 4 🗹

Eat on day 5

Bacon zucchini noodles 569 cals • 39g protein • 41g fat • 8g carbs • 4g fiber



zucchini 1 3/4 medium (343g) **bacon, raw** 3 1/2 slice(s) (99g)

- 1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
- 2. Cook the bacon in a skillet over medium heat.
- Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
- 4. Remove from heat and serve.

Marinaded chicken breast

21 1/3 oz - 754 cals
134g protein
22g fat
4g carbs
0g fiber



Makes 21 1/3 oz

2/3 cup (160mL)

boneless skinless chicken breast, raw 1 1/3 lbs (597g) marinade sauce

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 marinade 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.

Dinner 5 🗹

Eat on day 6, day 7

Roasted tomatoes

4 tomato(es) - 238 cals
3g protein
19g fat
10g carbs
4g fiber



For single meal:

tomatoes 4 small whole (2-2/5" dia) (364g) oil 4 tsp (20mL)

For all 2 meals:

tomatoes 8 small whole (2-2/5" dia) (728g) oil 2 2/3 tbsp (40mL)

- 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.

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) 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, 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.