

# Meal Plan - 2700 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

2679 cals ● 130g protein (19%) ● 222g fat (74%) ● 22g carbs (3%) ● 19g fiber (3%)

### Lunch

1305 cals, 54g protein, 17g net carbs, 109g fat



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



[Italian sausage](#)  
3 link- 771 cals

### Dinner

1375 cals, 77g protein, 5g net carbs, 113g fat



[Pepper steak](#)  
14 ounce(s)- 1232 cals



[Spinach cauliflower mince](#)  
2 cup(s)- 142 cals

## Day 2

2679 cals ● 130g protein (19%) ● 222g fat (74%) ● 22g carbs (3%) ● 19g fiber (3%)

### Lunch

1305 cals, 54g protein, 17g net carbs, 109g fat



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



[Italian sausage](#)  
3 link- 771 cals

### Dinner

1375 cals, 77g protein, 5g net carbs, 113g fat



[Pepper steak](#)  
14 ounce(s)- 1232 cals



[Spinach cauliflower mince](#)  
2 cup(s)- 142 cals

## Day 3

2718 cals ● 219g protein (32%) ● 188g fat (62%) ● 28g carbs (4%) ● 11g fiber (2%)

### Lunch

1335 cals, 66g protein, 12g net carbs, 109g fat



[Sunflower seeds](#)  
541 cals



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

### Dinner

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



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

## Day 4

2723 cal ● 212g protein (31%) ● 190g fat (63%) ● 25g carbs (4%) ● 17g fiber (2%)

### Lunch

1335 cal, 66g protein, 12g net carbs, 109g fat



Sunflower seeds

541 cal



Bacon & goat cheese salad

795 cal

### Dinner

1385 cal, 146g protein, 13g net carbs, 81g fat



Rosemary chicken

15 oz- 655 cal



Bacon zucchini noodles

732 cal

## Day 5

2668 cal ● 266g protein (40%) ● 165g fat (56%) ● 22g carbs (3%) ● 9g fiber (1%)

### Lunch

1345 cal, 92g protein, 10g net carbs, 102g fat



Cheese

3 1/2 oz- 401 cal



Salmon salad lettuce wrap

944 cal

### Dinner

1325 cal, 173g protein, 12g net carbs, 63g fat



Bacon zucchini noodles

569 cal



Marinated chicken breast

21 1/3 oz- 754 cal

## Day 6

2668 cal ● 282g protein (42%) ● 155g fat (52%) ● 24g carbs (4%) ● 13g fiber (2%)

### Lunch

1345 cal, 92g protein, 10g net carbs, 102g fat



Cheese

3 1/2 oz- 401 cal



Salmon salad lettuce wrap

944 cal

### Dinner

1325 cal, 189g protein, 14g net carbs, 53g fat



Roasted tomatoes

4 tomato(es)- 238 cal



Lemon pepper chicken breast

29 1/3 oz- 1086 cal

## Day 7

2744 cal ● 249g protein (36%) ● 174g fat (57%) ● 27g carbs (4%) ● 20g fiber (3%)

### Lunch

1420 cal, 60g protein, 13g net carbs, 121g fat



Lettuce bun BLT

4 sandwich(es)- 1037 cal



Roasted peanuts

3/8 cup(s)- 383 cal

### Dinner

1325 cal, 189g protein, 14g net carbs, 53g fat



Roasted tomatoes

4 tomato(es)- 238 cal



Lemon pepper chicken breast

29 1/3 oz- 1086 cal

# Grocery List

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## Spices and Herbs

- black pepper  
1/2 oz (17g)
- salt  
1/2 oz (12g)
- rosemary  
3 1/2 g (3g)
- lemon pepper  
1/4 cup (25g)

## Vegetables and Vegetable Products

- frozen broccoli  
8 cup (728g)
- fresh spinach  
2 cup(s) (60g)
- garlic  
5 1/4 clove(s) (16g)
- zucchini  
4 medium (784g)
- romaine lettuce  
12 leaf outer (336g)
- raw celery  
6 stalk, small (5" long) (102g)
- onion  
6 tbsp minced (90g)
- tomatoes  
7 1/4 medium whole (2-3/5" dia) (888g)
- pickles  
4 spear (140g)
- iceberg lettuce  
8 slice(s) (280g)

## Dairy and Egg Products

- butter  
3/4 cup (163g)
- goat cheese  
1/2 lbs (198g)
- cheese  
1/2 lbs (198g)

## 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

- ribeye, raw  
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

- boneless skinless chicken breast, raw  
7 1/2 lbs (3337g)

## 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

- roasted peanuts  
6 3/4 tbsp (61g)
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## 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.

### Italian sausage

3 link - 771 cal ● 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)

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.

## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Sunflower seeds

541 cal ● 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.
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### Bacon & goat cheese salad

795 cal ● 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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## Lunch 3 [↗](#)

Eat on day 5, day 6

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### Cheese

3 1/2 oz - 401 cal ● 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.
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### Salmon salad lettuce wrap

944 cal ● 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.
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## Lunch 4 [↗](#)

Eat on day 7

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### 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.
2. 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.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

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### 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.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Pepper steak

14 ounce(s) - 1232 cal ● 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**  
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**  
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.

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### Spinach cauliflower mince

2 cup(s) - 142 cal ● 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.
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## Dinner 2 [↗](#)

Eat on day 3

### Ranch chicken

24 oz - 1382 cal ● 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 cal ● 96g protein ● 29g fat ● 3g carbs ● 1g fiber



Makes 15 oz

**boneless skinless chicken breast, raw**

1 lbs (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**

2 tsp (2g)

1. 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.
3. 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 cal ● 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.

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## Dinner 4 [↗](#)

Eat on day 5

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### Bacon zucchini noodles

569 cal ● 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.
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.

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### Marinated chicken breast

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



Makes 21 1/3 oz

**boneless skinless chicken breast, raw**

1 1/3 lbs (597g)

**marinade sauce**

2/3 cup (160mL)

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.

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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Roasted tomatoes

4 tomato(es) - 238 cal ● 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.
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## Lemon pepper chicken breast

29 1/3 oz - 1086 cal ● 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**

2 lbs (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.
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