

Meal Plan - 2800 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 2753 cals ● 168g protein (24%) ● 206g fat (67%) ● 23g carbs (3%) ● 35g fiber (5%)

Lunch

1390 cals, 50g protein, 14g net carbs, 112g fat



[Smoked salmon stuffed avocado](#)
2 avocado(s)- 1083 cals



[Roasted peanuts](#)
1/3 cup(s)- 307 cals

Dinner

1365 cals, 118g protein, 9g net carbs, 94g fat



[Baked chicken thighs](#)
18 oz- 1155 cals



[Roasted tomatoes](#)
3 1/2 tomato(es)- 208 cals

Day 2 2776 cals ● 195g protein (28%) ● 198g fat (64%) ● 25g carbs (4%) ● 29g fiber (4%)

Lunch

1355 cals, 107g protein, 10g net carbs, 96g fat



[Slow-baked salmon with lemon and thyme](#)
18 oz- 1206 cals



[Roasted tomatoes](#)
2 1/2 tomato(es)- 149 cals

Dinner

1420 cals, 88g protein, 15g net carbs, 102g fat



[Avocado tuna salad](#)
873 cals



[Pecans](#)
3/4 cup- 549 cals

Day 3 2736 cals ● 179g protein (26%) ● 202g fat (66%) ● 30g carbs (4%) ● 21g fiber (3%)

Lunch

1380 cals, 68g protein, 13g net carbs, 113g fat



[Sunflower seeds](#)
586 cals



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

Dinner

1355 cals, 111g protein, 17g net carbs, 89g fat



[Pulled pork & slaw bowl](#)
20 oz pork- 1125 cals



[Roasted peanuts](#)
1/4 cup(s)- 230 cals

Day 4

2762 cals ● 231g protein (33%) ● 186g fat (61%) ● 21g carbs (3%) ● 20g fiber (3%)

Lunch

1380 cals, 68g protein, 13g net carbs, 113g fat



Sunflower seeds
586 cals



Bacon & goat cheese salad
795 cals

Dinner

1380 cals, 163g protein, 8g net carbs, 73g fat



Buttered broccoli
3 1/4 cup(s)- 434 cals



Balsamic chicken breast
24 oz- 947 cals

Day 5

2776 cals ● 249g protein (36%) ● 181g fat (59%) ● 18g carbs (3%) ● 21g fiber (3%)

Lunch

1425 cals, 127g protein, 4g net carbs, 99g fat



Blue cheese stuffed chicken thighs
3 thigh- 1356 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Dinner

1350 cals, 122g protein, 14g net carbs, 82g fat



Simple salmon
18 oz- 1155 cals



Roasted broccoli
196 cals

Day 6

2838 cals ● 233g protein (33%) ● 195g fat (62%) ● 20g carbs (3%) ● 17g fiber (2%)

Lunch

1425 cals, 127g protein, 4g net carbs, 99g fat



Blue cheese stuffed chicken thighs
3 thigh- 1356 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Dinner

1410 cals, 107g protein, 16g net carbs, 96g fat



Pepper strips and guacamole (keto)
338 cals



Sugar-free bbq chicken wings
28 oz- 1075 cals

Day 7

2787 cals ● 312g protein (45%) ● 150g fat (48%) ● 29g carbs (4%) ● 20g fiber (3%)

Lunch

1375 cals, 205g protein, 13g net carbs, 53g fat



Sauteed garlic & herb tomatoes
191 cals



Lemon pepper chicken breast
32 oz- 1184 cals

Dinner

1410 cals, 107g protein, 16g net carbs, 96g fat



Pepper strips and guacamole (keto)
338 cals



Sugar-free bbq chicken wings
28 oz- 1075 cals

Fruits and Fruit Juices

- ☐ lemon juice
1 tsp (5mL)
- ☐ avocados
3 avocado(s) (603g)
- ☐ lemon
3/4 large (63g)
- ☐ lime juice
2 tsp (10mL)

Dairy and Egg Products

- ☐ goat cheese
1/2 lbs (255g)
- ☐ butter
3 1/4 tbsp (46g)
- ☐ blue cheese
3 oz (85g)

Finfish and Shellfish Products

- ☐ smoked salmon
3 oz (85g)
- ☐ salmon
2 1/4 lbs (1021g)
- ☐ canned tuna
2 can (344g)

Legumes and Legume Products

- ☐ roasted peanuts
9 1/4 tbsp (85g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
3 1/2 lbs (1530g)
- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1576g)
- ☐ chicken wings, with skin, raw
3 1/2 lbs (1589g)

Spices and Herbs

- ☐ thyme, dried
2 1/2 g (3g)
- ☐ salt
1/2 oz (13g)
- ☐ black pepper
4 1/4 g (4g)

Vegetables and Vegetable Products

- ☐ tomatoes
7 medium whole (2-3/5" dia) (860g)
- ☐ onion
1/2 small (35g)
- ☐ frozen broccoli
2 1/3 lbs (1046g)
- ☐ bell pepper
4 1/2 medium (536g)
- ☐ garlic
3/4 clove(s) (2g)

Fats and Oils

- ☐ oil
2 1/2 oz (75mL)
- ☐ olive oil
3 oz (88mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)

Other

- ☐ mixed greens
9 cup (270g)
- ☐ coleslaw mix
1/2 package (14 oz) (199g)
- ☐ italian seasoning
1/3 container (.75 oz) (7g)
- ☐ guacamole, store-bought
1 cup (278g)
- ☐ sugar-free barbecue sauce
1/2 cup (105g)

Nut and Seed Products

- ☐ pecans
3/4 cup, halves (74g)
- ☐ sunflower kernels
1/2 lbs (212g)

Pork Products

- ☐ bacon
7 slice(s) (70g)
- ☐ pork shoulder
1 1/4 lbs (567g)

Soups, Sauces, and Gravies

☐ onion powder
1/2 tbsp (4g)

☐ garlic powder
1/2 tbsp (5g)

☐ paprika
1 3/4 tsp (4g)

☐ ground cumin
1 tsp (2g)

☐ lemon pepper
2 tbsp (14g)

☐ vegetable broth
1/4 cup(s) (mL)



Lunch 1 [↗](#)

Eat on day 1

Smoked salmon stuffed avocado

2 avocado(s) - 1083 cals ● 38g protein ● 88g fat ● 8g carbs ● 27g fiber



Makes 2 avocado(s)

lemon juice

1 tsp (5mL)

goat cheese

2 oz (57g)

smoked salmon

3 oz (85g)

avocados, halved, de-seeded, and de-skinned

2 avocado(s) (402g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

roasted peanuts

1/3 cup (49g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Slow-baked salmon with lemon and thyme

18 oz - 1206 cals ● 105g protein ● 85g fat ● 4g carbs ● 2g fiber



Makes 18 oz

salmon, skin on

18 oz (510g)

oil

1 tbsp (17mL)

thyme, dried

1/4 tbsp, leaves (1g)

lemon, cut into wedges

3/4 large (63g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

tomatoes

2 1/2 small whole (2-2 5/8" dia) (228g)

oil

2 1/2 tsp (13mL)

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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Lunch 3 [🔗](#)

Eat on day 3, day 4

Sunflower seeds

586 cals ● 28g protein ● 46g fat ● 7g carbs ● 8g fiber



For single meal:

sunflower kernels

3 1/4 oz (92g)

For all 2 meals:

sunflower kernels

6 1/2 oz (184g)

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 4 [↗](#)

Eat on day 5, day 6

Blue cheese stuffed chicken thighs

3 thigh - 1356 cal ● 124g protein ● 95g fat ● 2g carbs ● 1g fiber



For single meal:

paprika

3 dash (1g)

olive oil

1 tsp (6mL)

thyme, dried

1/2 tsp, ground (1g)

blue cheese

1 1/2 oz (43g)

chicken thighs, with bone and skin, raw

3 thigh (6 oz ea) (510g)

For all 2 meals:

paprika

1/4 tbsp (2g)

olive oil

3/4 tbsp (11mL)

thyme, dried

1 tsp, ground (2g)

blue cheese

3 oz (85g)

chicken thighs, with bone and skin, raw

6 thigh (6 oz ea) (1020g)

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

olive oil

1 tsp (5mL)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lunch 5 [🔗](#)

Eat on day 7

Sauteed garlic & herb tomatoes

191 cals ● 2g protein ● 16g fat ● 8g carbs ● 3g fiber

**black pepper**

3/4 dash, ground (0g)

olive oil

1 tbsp (17mL)

garlic, minced

3/4 clove(s) (2g)

tomatoes

3/4 pint, cherry tomatoes (224g)

italian seasoning

1 tsp (4g)

salt

3 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Lemon pepper chicken breast

32 oz - 1184 cals ● 203g protein ● 38g fat ● 5g carbs ● 4g fiber



Makes 32 oz

lemon pepper

2 tbsp (14g)

olive oil

1 tbsp (15mL)

**boneless skinless chicken breast,
raw**

2 lbs (896g)

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 1 [↗](#)

Eat on day 1

Baked chicken thighs

18 oz - 1155 cals ● 115g protein ● 77g fat ● 1g carbs ● 0g fiber



Makes 18 oz

chicken thighs, with bone and skin, raw

18 oz (510g)

thyme, dried

1 1/2 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.

Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

tomatoes

3 1/2 small whole (2-2/5" dia) (319g)

oil

3 1/2 tsp (18mL)

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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Dinner 2 [↗](#)

Eat on day 2

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber

**avocados**

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

mixed greens

2 cup (60g)

onion, minced

1/2 small (35g)

canned tuna

2 can (344g)

tomatoes

1/2 cup, chopped (90g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Pecans

3/4 cup - 549 cals ● 7g protein ● 53g fat ● 3g carbs ● 7g fiber



Makes 3/4 cup

pecans

3/4 cup, halves (74g)

1. This recipe has no instructions.
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Dinner 3 [↗](#)

Eat on day 3

Pulled pork & slaw bowl

20 oz pork - 1125 cals ● 102g protein ● 71g fat ● 13g carbs ● 7g fiber



Makes 20 oz pork

pork shoulder

1 1/4 lbs (567g)

coleslaw mix

1/2 package (14 oz) (199g)

black pepper

1 tsp, ground (2g)

salt

1 tsp (6g)

onion powder

1 tsp (2g)

garlic powder

1 tsp (3g)

paprika

1 tsp (2g)

ground cumin

1 tsp (2g)

vegetable broth

1/4 cup(s) (mL)

1. Rub the seasonings on all sides of the meat.
2. Place pork in a slow cooker and pour the broth around it.
3. Cook in the slow cooker for 4 hours on high or 8 hours on low. When done, pork should shred relatively easily with two forks. If it doesn't, it needs more time.
4. When pork is done, transfer to a bowl and shred with two forks. Add in the broth and mix well.
5. Serve pork with a side of coleslaw.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber

Makes 1/4 cup(s)

roasted peanuts

4 tbsp (37g)



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

Eat on day 4

Buttered broccoli

3 1/4 cup(s) - 434 cals ● 9g protein ● 37g fat ● 6g carbs ● 9g fiber



Makes 3 1/4 cup(s)

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen broccoli

3 1/4 cup (296g)

butter

3 1/4 tbsp (46g)

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

Balsamic chicken breast

24 oz - 947 cals ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



Makes 24 oz

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)

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.
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Dinner 5 [🔗](#)

Eat on day 5

Simple salmon

18 oz - 1155 cals ● 104g protein ● 82g fat ● 0g carbs ● 0g fiber



Makes 18 oz

salmon

18 oz (510g)

oil

1 tbsp (15mL)

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.

Roasted broccoli

196 cals ● 18g protein ● 0g fat ● 14g carbs ● 18g fiber



frozen broccoli

2 package (568g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

garlic powder

4 dash (2g)

onion powder

4 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Dinner 6 [↗](#)

Eat on day 6, day 7

Pepper strips and guacamole (keto)

338 cals ● 7g protein ● 23g fat ● 12g carbs ● 14g fiber



For single meal:

bell pepper, sliced
2 1/4 medium (268g)
guacamole, store-bought
1/2 cup (139g)

For all 2 meals:

bell pepper, sliced
4 1/2 medium (536g)
guacamole, store-bought
1 cup (278g)

1. Slice the peppers and remove the seeds.
2. Spread the guacamole over the sliced peppers or just use them to dip into it.

Sugar-free bbq chicken wings

28 oz - 1075 cals ● 100g protein ● 74g fat ● 4g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
1 3/4 lbs (795g)
sugar-free barbecue sauce
1/4 cup (53g)

For all 2 meals:

chicken wings, with skin, raw
3 1/2 lbs (1589g)
sugar-free barbecue sauce
1/2 cup (105g)

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.
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