

Meal Plan - 3000 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 3031 cals ● 246g protein (32%) ● 223g fat (66%) ● 8g carbs (1%) ● 3g fiber (0%)

Lunch

1475 cals, 126g protein, 7g net carbs, 104g fat



[Roasted tomatoes](#)
2 tomato(es)- 119 cals



[Blue cheese stuffed chicken thighs](#)
3 thigh- 1356 cals

Dinner

1555 cals, 120g protein, 1g net carbs, 119g fat



[Buffalo drumsticks](#)
26 2/3 oz- 1556 cals

Day 2 2976 cals ● 288g protein (39%) ● 187g fat (57%) ● 21g carbs (3%) ● 13g fiber (2%)

Lunch

1465 cals, 163g protein, 19g net carbs, 78g fat



[Balsamic chicken breast](#)
24 oz- 947 cals



[Pan roasted zucchini](#)
291 cals



[Parmesan zucchini noodles](#)
227 cals

Dinner

1510 cals, 124g protein, 3g net carbs, 109g fat



[Spinach cauliflower mince](#)
1 1/2 cup(s)- 107 cals



[Low carb fried chicken](#)
24 oz- 1404 cals

Day 3 2991 cals ● 268g protein (36%) ● 193g fat (58%) ● 32g carbs (4%) ● 13g fiber (2%)

Lunch

1465 cals, 163g protein, 19g net carbs, 78g fat



[Balsamic chicken breast](#)
24 oz- 947 cals



[Pan roasted zucchini](#)
291 cals



[Parmesan zucchini noodles](#)
227 cals

Dinner

1525 cals, 105g protein, 13g net carbs, 115g fat



[Buffalo chicken wings](#)
28 oz- 1182 cals



[Buttery cauliflower rice](#)
4 cup(s)- 344 cals

Day 4

2959 cals ● 173g protein (23%) ● 232g fat (71%) ● 31g carbs (4%) ● 14g fiber (2%)

Lunch

1420 cals, 68g protein, 21g net carbs, 114g fat



Greek chicken salad with feta
810 cals



Walnuts
7/8 cup(s)- 612 cals

Dinner

1540 cals, 106g protein, 10g net carbs, 118g fat



Cauliflower rice
1 cup(s)- 61 cals



Chicken thighs and mushrooms
15 oz- 1477 cals

Day 5

2963 cals ● 211g protein (28%) ● 220g fat (67%) ● 26g carbs (4%) ● 9g fiber (1%)

Lunch

1425 cals, 106g protein, 16g net carbs, 102g fat



Sauteed mushrooms
16 oz mushrooms- 381 cals



Garlic parmesan wings
1 1/2 lbs- 1045 cals

Dinner

1540 cals, 106g protein, 10g net carbs, 118g fat



Cauliflower rice
1 cup(s)- 61 cals



Chicken thighs and mushrooms
15 oz- 1477 cals

Day 6

3035 cals ● 207g protein (27%) ● 229g fat (68%) ● 26g carbs (3%) ● 10g fiber (1%)

Lunch

1465 cals, 96g protein, 13g net carbs, 114g fat



Creamy garlic shrimp & steak skillet
10 oz steak (raw weight)- 1345 cals



Cauliflower rice
2 cup(s)- 121 cals

Dinner

1570 cals, 111g protein, 13g net carbs, 116g fat



Buttered broccoli
1 cup(s)- 134 cals



Bacon zucchini noodles
732 cals



Steak Bites
10 oz(s)- 704 cals

Day 7

3035 cals ● 207g protein (27%) ● 229g fat (68%) ● 26g carbs (3%) ● 10g fiber (1%)

Lunch

1465 cals, 96g protein, 13g net carbs, 114g fat



Creamy garlic shrimp & steak skillet
10 oz steak (raw weight)- 1345 cals



Cauliflower rice
2 cup(s)- 121 cals

Dinner

1570 cals, 111g protein, 13g net carbs, 116g fat



Buttered broccoli
1 cup(s)- 134 cals



Bacon zucchini noodles
732 cals



Steak Bites
10 oz(s)- 704 cals

Vegetables and Vegetable Products

- ☐ tomatoes
3 small whole (2-2 1/2" dia) (273g)
- ☐ zucchini
10 1/2 medium (2058g)
- ☐ fresh spinach
3/4 cup(s) (23g)
- ☐ garlic
9 1/2 clove(s) (29g)
- ☐ cucumber
1/2 cucumber (8-1 1/4") (151g)
- ☐ red onion
1/2 small (35g)
- ☐ mushrooms
2 1/4 lbs (1021g)
- ☐ frozen broccoli
2 cup (182g)

Fats and Oils

- ☐ oil
5 3/4 oz (176mL)
- ☐ olive oil
13 tbsp (193mL)
- ☐ balsamic vinaigrette
3/4 cup (180mL)

Spices and Herbs

- ☐ paprika
3 dash (1g)
- ☐ thyme, dried
1/2 tsp, ground (1g)
- ☐ salt
3/4 oz (18g)
- ☐ black pepper
1/2 oz (15g)
- ☐ oregano, dried
1 3/4 tsp, ground (3g)
- ☐ garlic powder
3/4 tbsp (7g)
- ☐ cajun seasoning
1 tsp (2g)
- ☐ red wine vinegar
1/2 tbsp (8mL)

Dairy and Egg Products

- ☐ blue cheese
1 1/2 oz (43g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
8 thigh (6 oz ea) (1360g)
- ☐ boneless skinless chicken breast, raw
3 lbs (1361g)
- ☐ chicken wings, with skin, raw
3 1/4 lbs (1476g)
- ☐ boneless skinless chicken thighs
1/2 lbs (227g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/2 cup (137mL)
- ☐ hot sauce
1 1/2 tbsp (23mL)
- ☐ vegetable broth
1/3 cup(s) (mL)

Other

- ☐ Chicken, drumsticks, with skin
3 lbs (1436g)
- ☐ italian seasoning
2 1/2 tsp (9g)
- ☐ frozen riced cauliflower
1 1/2 cup, frozen (159g)
- ☐ pork rinds
3/4 oz (21g)
- ☐ frozen cauliflower
10 cup (1134g)

Fruits and Fruit Juices

- ☐ green olives
4 tbsp (35g)

Nut and Seed Products

- ☐ walnuts
14 tbsp, shelled (88g)

Beverages

- ☐ water
1 1/4 cup(s) (296mL)

Baked Products

- ☐ baking powder
3/4 tbsp (11g)

- ☐ parmesan cheese
2 oz (63g)
- ☐ butter
1 1/2 stick (158g)
- ☐ feta cheese
2 oz (57g)
- ☐ heavy cream
1 cup (226mL)

Finfish and Shellfish Products

- ☐ shrimp, raw
10 oz (284g)

Beef Products

- ☐ sirloin steak, raw
2 1/2 lbs (1134g)

Pork Products

- ☐ bacon, raw
9 slice(s) (255g)
-

Lunch 1 [↗](#)

Eat on day 1

Roasted tomatoes

2 tomato(es) - 119 cal ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

tomatoes

2 small whole (2-2 1/2" dia) (182g)

oil

2 tsp (10mL)

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.

Blue cheese stuffed chicken thighs

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



Makes 3 thigh

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)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Balsamic chicken breast

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



For single meal:

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)

For all 2 meals:

italian seasoning

1/2 tbsp (5g)

oil

2 tbsp (30mL)

balsamic vinaigrette

3/4 cup (180mL)

boneless skinless chicken breast, raw

3 lbs (1361g)

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.

Pan roasted zucchini

291 cal ● 5g protein ● 23g fat ● 11g carbs ● 6g fiber



For single meal:

zucchini

1 3/4 medium (343g)

black pepper

2 1/2 tsp, ground (6g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (5g)

olive oil

1 3/4 tbsp (26mL)

For all 2 meals:

zucchini

3 1/2 medium (686g)

black pepper

1 3/4 tbsp, ground (12g)

oregano, dried

1 3/4 tsp, ground (3g)

garlic powder

1 3/4 tsp (5g)

salt

1 3/4 tsp (11g)

olive oil

1/4 cup (53mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Parmesan zucchini noodles

227 cal ● 5g protein ● 19g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 1/4 medium (245g)
olive oil
1 1/4 tbsp (19mL)
parmesan cheese
1 1/4 tbsp (6g)

For all 2 meals:

zucchini
2 1/2 medium (490g)
olive oil
2 1/2 tbsp (38mL)
parmesan cheese
2 1/2 tbsp (13g)

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.

Lunch 3 [🔗](#)

Eat on day 4

Greek chicken salad with feta

810 cals ● 54g protein ● 57g fat ● 16g carbs ● 4g fiber



feta cheese, cubed
2 oz (57g)
cucumber, sliced
1/2 cucumber (8-1 1/4") (151g)
red onion, thinly sliced
1/2 small (35g)
tomatoes, chopped
1 small whole (2-2 1/2" dia) (91g)
green olives
4 tbsp (35g)
olive oil
1 1/2 tbsp (23mL)
red wine vinegar
1/2 tbsp (8mL)
italian seasoning, divided
1 tsp (4g)
boneless skinless chicken thighs
1/2 lbs (227g)
garlic powder
4 dash (2g)
oil
1/2 tbsp (8mL)

1. In a small bowl, mix together the olive oil, red wine vinegar, half of the Italian seasoning, and some salt/pepper. Set dressing aside.
2. Season chicken with garlic powder, the remaining Italian seasoning, and some salt/pepper.
3. Heat oil skillet over medium heat and add the chicken. Cook 5-8 minutes on each side, or until fully cooked. Transfer chicken to a plate and set aside to cool.
4. Once chicken is cool enough to handle, chop it into bite-sized pieces. Set aside.
5. Add all remaining ingredients to a large bowl, add the chicken and dressing, toss, and serve.

Walnuts

7/8 cup(s) - 612 cals ● 13g protein ● 57g fat ● 6g carbs ● 6g fiber



Makes 7/8 cup(s)

walnuts

14 tbsp, shelled (88g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5

Sauteed mushrooms

16 oz mushrooms - 381 cals ● 14g protein ● 30g fat ● 10g carbs ● 4g fiber



Makes 16 oz mushrooms

oil

2 tbsp (30mL)

mushrooms, sliced

1 lbs (454g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Garlic parmesan wings

1 1/2 lbs - 1045 cals ● 92g protein ● 73g fat ● 6g carbs ● 0g fiber



Makes 1 1/2 lbs

parmesan cheese

3 tbsp (19g)

butter

1 tsp (5g)

garlic, diced

3 clove(s) (9g)

baking powder

3/4 tbsp (11g)

chicken wings, with skin, raw

1 1/2 lbs (681g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
 2. FAST VERSION
 3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
 4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
 5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
 6. Serve.
 7. CRISPY SKIN VERSION
 8. Preheat oven to 250 F (120 C).
 9. Pat wings dry with paper towels.
 10. Put wings and baking powder in a plastic bag and shake to coat.
 11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
 12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
 13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
 14. Serve.
-

Lunch 5 [🔗](#)

Eat on day 6, day 7

Creamy garlic shrimp & steak skillet

10 oz steak (raw weight) - 1345 cals ● 94g protein ● 105g fat ● 7g carbs ● 0g fiber



For single meal:

butter
1 1/4 tbsp (18g)
oil
2 tsp (9mL)
garlic, minced
1 1/4 clove(s) (4g)
parmesan cheese
2 1/2 tbsp (16g)
vegetable broth
1/6 cup(s) (mL)
heavy cream
1/2 cup (113mL)
shrimp, raw, peeled and deveined
5 oz (142g)
sirloin steak, raw
10 oz (284g)

For all 2 meals:

butter
2 1/2 tbsp (36g)
oil
1 1/4 tbsp (19mL)
garlic, minced
2 1/2 clove(s) (8g)
parmesan cheese
5 tbsp (31g)
vegetable broth
1/3 cup(s) (mL)
heavy cream
1 cup (225mL)
shrimp, raw, peeled and deveined
10 oz (284g)
sirloin steak, raw
1 1/4 lbs (567g)

1. Season steaks with salt/pepper to taste.
2. Heat oil in skillet over medium-high heat. Sear the steaks for 4-5 minutes on each side or until desired doneness. Transfer to a plate.
3. Add half of the butter to the skillet and add the shrimp. Cook for about 2 minutes, until pink. Set aside.
4. Melt remaining butter in the skillet and add garlic. Cook for about a minute.
5. Add broth and cook until reduced to about half the volume. Reduce heat and add cream. Once simmering, add parmesan and season with salt/pepper to taste. While stirring, simmer until cheese is melted.
6. Add the shrimp back to the pan and mix with the parmesan mixture.
7. Top steaks with shrimp and serve.

Cauliflower rice

2 cup(s) - 121 cals ● 2g protein ● 9g fat ● 6g carbs ● 2g fiber



For single meal:

oil
2 tsp (10mL)
frozen cauliflower
2 cup (227g)

For all 2 meals:

oil
4 tsp (20mL)
frozen cauliflower
4 cup (454g)

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

Dinner 1 [↗](#)

Eat on day 1

Buffalo drumsticks

26 2/3 oz - 1556 cals ● 120g protein ● 119g fat ● 1g carbs ● 0g fiber



Makes 26 2/3 oz

Frank's Red Hot sauce

1/4 cup (67mL)

oil

2 1/2 tsp (12mL)

salt

3 1/3 dash (2g)

black pepper

3 1/3 dash, ground (1g)

Chicken, drumsticks, with skin

1 2/3 lbs (756g)

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.

Dinner 2 [↗](#)

Eat on day 2

Spinach cauliflower mince

1 1/2 cup(s) - 107 cals ● 5g protein ● 7g fat ● 2g carbs ● 4g fiber



Makes 1 1/2 cup(s)

oil

1/2 tbsp (8mL)

frozen riced cauliflower

1 1/2 cup, frozen (159g)

fresh spinach, chopped

3/4 cup(s) (23g)

garlic, diced

1 1/2 clove(s) (5g)

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.

Low carb fried chicken

24 oz - 1404 cals ● 120g protein ● 102g fat ● 1g carbs ● 0g fiber



Makes 24 oz

Chicken, drumsticks, with skin

1 1/2 lbs (680g)

pork rinds, crushed

3/4 oz (21g)

cajun seasoning

1 tsp (2g)

hot sauce

1 1/2 tbsp (23mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Dinner 3 [↗](#)

Eat on day 3

Buffalo chicken wings

28 oz - 1182 cals ● 100g protein ● 86g fat ● 1g carbs ● 0g fiber



Makes 28 oz

Frank's Red Hot sauce

1/4 cup (70mL)

chicken wings, with skin, raw

1 3/4 lbs (795g)

black pepper

1/2 tsp, ground (1g)

salt

1/2 tsp (3g)

oil

2 1/2 tsp (13mL)

1. Preheat oven to 400 F (200 C).
 2. Place wings on large baking sheet, and season with salt and pepper.
 3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
 4. 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.
 5. Take wings out of the oven when done and toss with the hot sauce to coat.
 6. Serve.
-

Buttery cauliflower rice

4 cup(s) - 344 cals ● 4g protein ● 29g fat ● 12g carbs ● 4g fiber



Makes 4 cup(s)

frozen cauliflower

4 cup (454g)

butter

2 2/3 tbsp (36g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Dinner 4 [↗](#)

Eat on day 4, day 5

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.

Chicken thighs and mushrooms

15 oz - 1477 cals ● 105g protein ● 113g fat ● 7g carbs ● 3g fiber



For single meal:

olive oil
2 1/2 tbsp (38mL)
mushrooms, sliced 1/4 in thick
10 oz (284g)
salt
1/3 tsp (1g)
water
5/8 cup(s) (148mL)
butter
1 1/4 tbsp (18g)
black pepper
1/3 tsp (0g)
chicken thighs, with bone and skin, raw
2 1/2 thigh (6 oz ea) (425g)

For all 2 meals:

olive oil
5 tbsp (75mL)
mushrooms, sliced 1/4 in thick
1 1/4 lbs (567g)
salt
5 dash (2g)
water
1 1/4 cup(s) (296mL)
butter
2 1/2 tbsp (36g)
black pepper
5 dash (1g)
chicken thighs, with bone and skin, raw
5 thigh (6 oz ea) (850g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
butter
2 tbsp (28g)

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

Bacon zucchini noodles

732 cals ● 50g protein ● 52g fat ● 10g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

zucchini
4 1/2 medium (882g)
bacon, raw
9 slice(s) (255g)

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.

Steak Bites

10 oz(s) - 704 cals ● 58g protein ● 52g fat ● 1g carbs ● 0g fiber



For single meal:

butter, room-temperature
2 tsp (9g)
oil
2 tsp (9mL)
garlic, diced
1 1/4 clove(s) (4g)
sirloin steak, raw
10 oz (283g)

For all 2 meals:

butter, room-temperature
1 1/4 tbsp (18g)
oil
1 1/4 tbsp (19mL)
garlic, diced
2 1/2 clove(s) (8g)
sirloin steak, raw
1 1/4 lbs (567g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
 2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
 3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
 4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.
-