

Meal Plan - 3500 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

3486 cals ● 280g protein (32%) ● 241g fat (62%) ● 38g carbs (4%) ● 10g fiber (1%)

Lunch

1695 cals, 101g protein, 17g net carbs, 133g fat



[Cheesy cauliflower mashed 'potatoes'](#)
757 cals



[Steak Bites](#)
13 1/3 oz(s)- 939 cals

Dinner

1790 cals, 179g protein, 21g net carbs, 108g fat



[Cheesy zucchini noodles](#)
785 cals



[Parmesan crusted tilapia](#)
22 oz- 1005 cals

Day 2

3486 cals ● 280g protein (32%) ● 241g fat (62%) ● 38g carbs (4%) ● 10g fiber (1%)

Lunch

1695 cals, 101g protein, 17g net carbs, 133g fat



[Cheesy cauliflower mashed 'potatoes'](#)
757 cals



[Steak Bites](#)
13 1/3 oz(s)- 939 cals

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1790 cals, 179g protein, 21g net carbs, 108g fat



[Cheesy zucchini noodles](#)
785 cals



[Parmesan crusted tilapia](#)
22 oz- 1005 cals

Day 3

3452 cals ● 324g protein (38%) ● 218g fat (57%) ● 35g carbs (4%) ● 14g fiber (2%)

Lunch

1710 cals, 123g protein, 16g net carbs, 126g fat



[Baked parmesan zucchini](#)
310 cals



[Buffalo drumsticks](#)
24 oz- 1400 cals

Dinner

1740 cals, 200g protein, 19g net carbs, 93g fat



[Lemon pepper chicken breast](#)
28 oz- 1036 cals



[Cheesy cauliflower mashed 'potatoes'](#)
706 cals

Day 4

3475 cals ● 264g protein (30%) ● 255g fat (66%) ● 22g carbs (3%) ● 8g fiber (1%)

Lunch

1710 cals, 123g protein, 16g net carbs, 126g fat



Baked parmesan zucchini
310 cals



Buffalo drumsticks
24 oz- 1400 cals

Dinner

1765 cals, 141g protein, 6g net carbs, 130g fat



Sauteed garlic & herb tomatoes
127 cals



Low carb fried chicken
28 oz- 1638 cals

Day 5

3463 cals ● 289g protein (33%) ● 248g fat (64%) ● 14g carbs (2%) ● 6g fiber (1%)

Lunch

1700 cals, 148g protein, 8g net carbs, 118g fat



Blue cheese stuffed chicken thighs
3 1/2 thigh- 1582 cals



Roasted cauliflower
116 cals

Dinner

1765 cals, 141g protein, 6g net carbs, 130g fat



Sauteed garlic & herb tomatoes
127 cals



Low carb fried chicken
28 oz- 1638 cals

Day 6

3445 cals ● 242g protein (28%) ● 263g fat (69%) ● 21g carbs (2%) ● 7g fiber (1%)

Lunch

1700 cals, 148g protein, 8g net carbs, 118g fat



Blue cheese stuffed chicken thighs
3 1/2 thigh- 1582 cals



Roasted cauliflower
116 cals

Dinner

1750 cals, 94g protein, 13g net carbs, 145g fat



Cheese
7 1/3 oz- 839 cals



Bacon & goat cheese salad
908 cals

Day 7

3541 cals ● 275g protein (31%) ● 247g fat (63%) ● 37g carbs (4%) ● 19g fiber (2%)

Lunch

1795 cals, 181g protein, 25g net carbs, 101g fat



Bacon zucchini noodles
895 cals



Baked chicken with tomatoes & olives
18 oz- 899 cals

Dinner

1750 cals, 94g protein, 13g net carbs, 145g fat



Cheese
7 1/3 oz- 839 cals



Bacon & goat cheese salad
908 cals

Spices and Herbs

- ☐ black pepper
5 1/2 g (5g)
- ☐ salt
4 tsp (25g)
- ☐ paprika
1 1/2 tbsp (10g)
- ☐ lemon pepper
1 3/4 tbsp (12g)
- ☐ cajun seasoning
3/4 tbsp (5g)
- ☐ thyme, dried
2 1/4 g (2g)
- ☐ chili powder
1 tbsp (8g)
- ☐ fresh basil
18 leaves (9g)

Dairy and Egg Products

- ☐ cheese
2 lbs (875g)
- ☐ heavy cream
9 3/4 tbsp (146mL)
- ☐ butter
1/2 cup (102g)
- ☐ parmesan cheese
1/2 lbs (215g)
- ☐ blue cheese
1/4 lbs (99g)
- ☐ goat cheese
1/2 lbs (227g)

Vegetables and Vegetable Products

- ☐ cauliflower
1 3/4 head medium (5-6" dia.) (1050g)
- ☐ garlic
4 1/3 clove(s) (13g)
- ☐ zucchini
10 3/4 medium (2107g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (604g)

Fats and Oils

- ☐ oil
4 tbsp (63mL)
- ☐ olive oil
6 3/4 oz (214mL)

Beef Products

- ☐ sirloin steak, raw
1 2/3 lbs (755g)

Finfish and Shellfish Products

- ☐ tilapia, raw
2 3/4 lbs (1232g)

Other

- ☐ italian seasoning
2/3 container (.75 oz) (14g)
- ☐ Chicken, drumsticks, with skin
6 1/2 lbs (2948g)
- ☐ pork rinds
1 3/4 oz (50g)
- ☐ mixed greens
8 cup (240g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/2 cup (120mL)
- ☐ hot sauce
1/4 cup (53mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1294g)
- ☐ chicken thighs, with bone and skin, raw
7 thigh (6 oz ea) (1190g)

Nut and Seed Products

- ☐ sunflower kernels
2 2/3 tbsp (32g)

Pork Products

- ☐ bacon
8 slice(s) (80g)
- ☐ bacon, raw
5 1/2 slice(s) (156g)

Fruits and Fruit Juices

☐ green olives
18 large (79g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Cheesy cauliflower mashed 'potatoes'

757 cal ● 24g protein ● 64g fat ● 16g carbs ● 6g fiber



For single meal:

black pepper
1/3 tsp, ground (1g)
salt
5 dash (4g)
cheese
2 1/2 slice (1 oz each) (70g)
heavy cream
3 1/3 tbsp (50mL)
butter
2 tbsp (27g)
cauliflower
2 1/2 cup chopped (268g)

For all 2 meals:

black pepper
5 dash, ground (1g)
salt
1 1/4 tsp (8g)
cheese
5 slice (1 oz each) (140g)
heavy cream
6 2/3 tbsp (100mL)
butter
1/4 cup (53g)
cauliflower
5 cup chopped (535g)

1. Combine all ingredients (besides the cheese) in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash with a fork.
4. Lay cheese slices on top and microwave a couple more minutes until melted.
5. Serve.

Steak Bites

13 1/3 oz(s) - 939 cal ● 77g protein ● 69g fat ● 2g carbs ● 0g fiber



For single meal:

butter, room-temperature
2 1/2 tsp (12g)
oil
2 1/2 tsp (12mL)
garlic, diced
1 2/3 clove(s) (5g)
sirloin steak, raw
13 1/3 oz (378g)

For all 2 meals:

butter, room-temperature
5 tsp (24g)
oil
5 tsp (25mL)
garlic, diced
3 1/3 clove(s) (10g)
sirloin steak, raw
1 2/3 lbs (755g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Baked parmesan zucchini

310 cals ● 15g protein ● 19g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper
1 1/4 dash, ground (0g)
salt
1 1/4 dash (1g)
italian seasoning
1 1/4 tsp (5g)
olive oil
1 1/4 tbsp (19mL)
parmesan cheese
5 tbsp (31g)
zucchini, quartered lengthwise
2 1/2 medium (490g)

For all 2 meals:

black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
italian seasoning
2 1/2 tsp (9g)
olive oil
2 1/2 tbsp (38mL)
parmesan cheese
10 tbsp (63g)
zucchini, quartered lengthwise
5 medium (980g)

1. Preheat oven to 350 F (180 C).
2. In a small bowl mix together the parmesan, Italian herbs, salt, and pepper.
3. Grease baking sheet and place zucchini skin side down on the sheet.
4. Drizzle zucchini with olive oil and sprinkle the parmesan mixture over top.
5. Bake for 15 minutes, until tender.
6. Broil for 2-3 minutes, until golden.
7. Serve.

Buffalo drumsticks

24 oz - 1400 cals ● 108g protein ● 107g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
4 tbsp (60mL)
oil
3/4 tbsp (11mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
Chicken, drumsticks, with skin
1 1/2 lbs (680g)

For all 2 meals:

Frank's Red Hot sauce
1/2 cup (120mL)
oil
1 1/2 tbsp (23mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
Chicken, drumsticks, with skin
3 lbs (1361g)

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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Blue cheese stuffed chicken thighs

3 1/2 thigh - 1582 cals ● 145g protein ● 110g fat ● 2g carbs ● 1g fiber



For single meal:

paprika
1/2 tsp (1g)
olive oil
1/2 tbsp (7mL)
thyme, dried
1/4 tbsp, ground (1g)
blue cheese
1 3/4 oz (50g)
chicken thighs, with bone and skin, raw
3 1/2 thigh (6 oz ea) (595g)

For all 2 meals:

paprika
1 tsp (2g)
olive oil
2 1/2 tsp (13mL)
thyme, dried
1/2 tbsp, ground (2g)
blue cheese
1/4 lbs (99g)
chicken thighs, with bone and skin, raw
7 thigh (6 oz ea) (1190g)

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.

Roasted cauliflower

116 cals ● 3g protein ● 8g fat ● 6g carbs ● 3g fiber



For single meal:

thyme, dried
2 dash, leaves (0g)
cauliflower, cut into florets
1/2 head small (4" dia.) (133g)
oil
1/2 tbsp (8mL)

For all 2 meals:

thyme, dried
4 dash, leaves (1g)
cauliflower, cut into florets
1 head small (4" dia.) (265g)
oil
1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
 2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.
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Lunch 4 [↗](#)

Eat on day 7

Bacon zucchini noodles

895 cals ● 61g protein ● 64g fat ● 12g carbs ● 6g fiber



zucchini

2 3/4 medium (539g)

bacon, raw

5 1/2 slice(s) (156g)

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.

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



Makes 18 oz

tomatoes

18 cherry tomatoes (306g)

olive oil

1 tbsp (15mL)

salt

1/4 tbsp (5g)

green olives

18 large (79g)

black pepper

1/4 tbsp (1g)

chili powder

1 tbsp (8g)

boneless skinless chicken breast, raw

18 oz (510g)

fresh basil, shredded

18 leaves (9g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Cheesy zucchini noodles

785 cals ● 35g protein ● 66g fat ● 11g carbs ● 3g fiber



For single meal:

zucchini
1 1/2 medium (294g)
olive oil
1 1/2 tbsp (23mL)
parmesan cheese
1 1/2 tbsp (8g)
cheese
1 cup, shredded (127g)

For all 2 meals:

zucchini
3 medium (588g)
olive oil
3 tbsp (45mL)
parmesan cheese
3 tbsp (15g)
cheese
2 1/4 cup, shredded (254g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

Parmesan crusted tilapia

22 oz - 1005 cals ● 144g protein ● 43g fat ● 10g carbs ● 1g fiber



For single meal:

parmesan cheese, grated
2/3 cup (69g)
olive oil
1 tbsp (14mL)
tilapia, raw
22 oz (616g)
paprika
2 tsp (4g)

For all 2 meals:

parmesan cheese, grated
1 1/2 cup (138g)
olive oil
2 tbsp (28mL)
tilapia, raw
2 3/4 lbs (1232g)
paprika
1 1/4 tbsp (8g)

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with aluminum foil.
3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.

Dinner 2 [↗](#)

Eat on day 3

Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



Makes 28 oz

lemon pepper

1 3/4 tbsp (12g)

olive oil

2 1/2 tsp (13mL)

boneless skinless chicken breast, raw

1 3/4 lbs (784g)

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.

Cheesy cauliflower mashed 'potatoes'

706 cals ● 23g protein ● 60g fat ● 14g carbs ● 5g fiber



black pepper
1/4 tsp, ground (1g)
salt
1/2 tsp (3g)
cheese
2 1/3 slice (1 oz each) (65g)
heavy cream
3 tbsp (47mL)
butter
1 3/4 tbsp (25g)
cauliflower
2 1/3 cup chopped (250g)

1. Combine all ingredients (besides the cheese) in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash with a fork.
4. Lay cheese slices on top and microwave a couple more minutes until melted.
5. Serve.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



For single meal:

black pepper
1/2 dash, ground (0g)
olive oil
3/4 tbsp (11mL)
garlic, minced
1/2 clove(s) (2g)
tomatoes
1/2 pint, cherry tomatoes (149g)
italian seasoning
1/4 tbsp (3g)
salt
2 dash (2g)

For all 2 meals:

black pepper
1 dash, ground (0g)
olive oil
1 1/2 tbsp (23mL)
garlic, minced
1 clove(s) (3g)
tomatoes
1 pint, cherry tomatoes (298g)
italian seasoning
1/2 tbsp (5g)
salt
4 dash (3g)

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.

Low carb fried chicken

28 oz - 1638 cals ● 140g protein ● 119g fat ● 1g carbs ● 0g fiber



For single meal:

Chicken, drumsticks, with skin
1 3/4 lbs (794g)
pork rinds, crushed
1 oz (25g)
cajun seasoning
1 tsp (3g)
hot sauce
1 3/4 tbsp (26mL)

For all 2 meals:

Chicken, drumsticks, with skin
3 1/2 lbs (1588g)
pork rinds, crushed
1 3/4 oz (50g)
cajun seasoning
3/4 tbsp (5g)
hot sauce
1/4 cup (53mL)

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 4 [🔗](#)

Eat on day 6, day 7

Cheese

7 1/3 oz - 839 cals ● 48g protein ● 69g fat ● 7g carbs ● 0g fiber



For single meal:

cheese
1/2 lbs (208g)

For all 2 meals:

cheese
14 2/3 oz (416g)

1. This recipe has no instructions.

Bacon & goat cheese salad

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



For single meal:

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)

For all 2 meals:

sunflower kernels

2 2/3 tbsp (32g)

bacon

8 slice(s) (80g)

olive oil

2 2/3 tbsp (40mL)

goat cheese

1/2 lbs (227g)

mixed greens

8 cup (240g)

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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