

# Meal Plan - 1100 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

1139 cals ● 71g protein (25%) ● 89g fat (70%) ● 8g carbs (3%) ● 6g fiber (2%)

### Lunch

530 cals, 41g protein, 3g net carbs, 39g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Low carb fried chicken](#)  
8 oz- 468 cals

### Dinner

610 cals, 30g protein, 6g net carbs, 50g fat



[Sunflower seeds](#)  
271 cals



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

## Day 2

1139 cals ● 71g protein (25%) ● 89g fat (70%) ● 8g carbs (3%) ● 6g fiber (2%)

### Lunch

530 cals, 41g protein, 3g net carbs, 39g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Low carb fried chicken](#)  
8 oz- 468 cals

### Dinner

610 cals, 30g protein, 6g net carbs, 50g fat



[Sunflower seeds](#)  
271 cals



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

## Day 3

1124 cals ● 88g protein (31%) ● 83g fat (66%) ● 6g carbs (2%) ● 2g fiber (1%)

### Lunch

500 cals, 39g protein, 5g net carbs, 35g fat



[Simple salmon](#)  
4 oz- 257 cals



[Bacon cauliflower rice](#)  
1 1/2 cup(s)- 245 cals

### Dinner

620 cals, 48g protein, 1g net carbs, 47g fat



[Buffalo drumsticks](#)  
10 2/3 oz- 622 cals

## Day 4

1089 cals ● 87g protein (32%) ● 80g fat (66%) ● 4g carbs (1%) ● 1g fiber (0%)

### Lunch

465 cals, 39g protein, 3g net carbs, 33g fat



[Basic ground turkey](#)

5 1/3 oz- 250 cals



[Bacon cauliflower mashed 'potatoes'](#)

216 cals

### Dinner

620 cals, 48g protein, 1g net carbs, 47g fat



[Buffalo drumsticks](#)

10 2/3 oz- 622 cals

## Day 5

1052 cals ● 71g protein (27%) ● 81g fat (69%) ● 8g carbs (3%) ● 3g fiber (1%)

### Lunch

465 cals, 39g protein, 3g net carbs, 33g fat



[Basic ground turkey](#)

5 1/3 oz- 250 cals



[Bacon cauliflower mashed 'potatoes'](#)

216 cals

### Dinner

585 cals, 32g protein, 4g net carbs, 48g fat



[Pepper steak](#)

6 ounce(s)- 528 cals



[Roasted cauliflower](#)

58 cals

## Day 6

1095 cals ● 68g protein (25%) ● 87g fat (72%) ● 7g carbs (3%) ● 3g fiber (1%)

### Lunch

510 cals, 36g protein, 3g net carbs, 39g fat



[Salmon with rosemary dill sauce](#)

6 oz salmon- 480 cals



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cals

### Dinner

585 cals, 32g protein, 4g net carbs, 48g fat



[Pepper steak](#)

6 ounce(s)- 528 cals



[Roasted cauliflower](#)

58 cals

## Day 7

1101 cals ● 90g protein (33%) ● 79g fat (65%) ● 6g carbs (2%) ● 2g fiber (1%)

### Lunch

510 cals, 36g protein, 3g net carbs, 39g fat



[Salmon with rosemary dill sauce](#)

6 oz salmon- 480 cals



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cals

### Dinner

590 cals, 54g protein, 3g net carbs, 40g fat



[Simple plain turkey burger](#)

2 burger(s)- 375 cals



[Bacon cauliflower mashed 'potatoes'](#)

216 cals

## Vegetables and Vegetable Products

- tomatoes  
3 small whole (2-2/5" dia) (273g)
- garlic  
1 1/4 clove (4g)
- cauliflower  
1/2 head medium (5-6" dia.) (293g)

## Fats and Oils

- oil  
1 1/2 oz (46mL)
- olive oil  
1 tbsp (15mL)
- mayonnaise  
2 tbsp (31mL)

## Other

- Chicken, drumsticks, with skin  
2 1/3 lbs (1058g)
- pork rinds  
1/2 oz (14g)
- mixed greens  
3 cup (90g)
- frozen cauliflower  
1 1/2 cup (170g)

## Spices and Herbs

- cajun seasoning  
1/4 tbsp (1g)
- salt  
1 1/4 tsp (7g)
- black pepper  
1/4 oz (8g)
- rosemary  
1 tsp (1g)
- thyme, dried  
2 dash, leaves (0g)
- dried dill weed  
4 dash (1g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tbsp (15mL)
- Frank's Red Hot sauce  
1/4 cup (53mL)

## Nut and Seed Products

- sunflower kernels  
1/4 lbs (97g)

## Pork Products

- bacon  
3 slice(s) (30g)
- bacon, raw  
3 3/4 slice(s) (106g)

## Dairy and Egg Products

- goat cheese  
3 oz (85g)
- heavy cream  
2 tbsp (29mL)
- butter  
3 tbsp (43g)
- sour cream  
2 3/4 tbsp (38g)

## Finfish and Shellfish Products

- salmon  
1 lbs (454g)

## Poultry Products

- ground turkey, raw  
18 2/3 oz (529g)

## Beef Products

- ribeye, raw  
3/4 lbs (340g)

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**tomatoes**

1 small whole (2-2/5" dia) (91g)

**oil**

1 tsp (5mL)

For all 2 meals:

**tomatoes**

2 small whole (2-2/5" 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.

### Low carb fried chicken

8 oz - 468 cal ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

**Chicken, drumsticks, with skin**

1/2 lbs (227g)

**pork rinds, crushed**

1/4 oz (7g)

**cajun seasoning**

1/3 tsp (1g)

**hot sauce**

1/2 tbsp (8mL)

For all 2 meals:

**Chicken, drumsticks, with skin**

1 lbs (454g)

**pork rinds, crushed**

1/2 oz (14g)

**cajun seasoning**

1/4 tbsp (1g)

**hot sauce**

1 tbsp (15mL)

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.

## Lunch 2 [↗](#)

Eat on day 3

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### Simple salmon

4 oz - 257 cals ● 23g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 4 oz

**salmon**

4 oz (113g)

**oil**

1/4 tbsp (3mL)

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.

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### Bacon cauliflower rice

1 1/2 cup(s) - 245 cals ● 16g protein ● 17g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

**frozen cauliflower**

1 1/2 cup (170g)

**bacon, raw**

1 1/2 slice(s) (43g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
  2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
  3. Season with salt and pepper to taste. Serve.
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## Lunch 3 [↗](#)

Eat on day 4, day 5

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### Basic ground turkey

5 1/3 oz - 250 cal ● 30g protein ● 15g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (3mL)  
**ground turkey, raw**  
1/3 lbs (151g)

For all 2 meals:

**oil**  
1/2 tbsp (7mL)  
**ground turkey, raw**  
2/3 lbs (302g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

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### Bacon cauliflower mashed 'potatoes'

216 cal ● 9g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

**bacon, raw**  
3/4 slice(s) (21g)  
**garlic, minced**  
1/4 clove (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**heavy cream**  
2 tsp (10mL)  
**butter**  
1/2 tbsp (7g)  
**salt**  
1 dash (1g)  
**cauliflower**  
1/2 cup chopped (54g)

For all 2 meals:

**bacon, raw**  
1 1/2 slice(s) (43g)  
**garlic, minced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**heavy cream**  
4 tsp (20mL)  
**butter**  
1 tbsp (14g)  
**salt**  
2 dash (2g)  
**cauliflower**  
1 cup chopped (107g)

1. Combine all ingredients except bacon 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. Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
  4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
  5. Serve.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Salmon with rosemary dill sauce

6 oz salmon - 480 cal ● 35g protein ● 37g fat ● 1g carbs ● 0g fiber



For single meal:

**mayonnaise**  
1 tbsp (15mL)  
**garlic, diced**  
1/4 clove (1g)  
**dried dill weed**  
2 dash (0g)  
**sour cream**  
4 tsp (19g)  
**rosemary**  
2 dash (0g)  
**salmon**  
6 oz (170g)

For all 2 meals:

**mayonnaise**  
2 tbsp (30mL)  
**garlic, diced**  
1/2 clove (2g)  
**dried dill weed**  
4 dash (1g)  
**sour cream**  
2 1/2 tbsp (38g)  
**rosemary**  
4 dash (1g)  
**salmon**  
3/4 lbs (340g)

1. Preheat oven to 350 F (180 C).
2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
3. Bake for 20 minutes or until done.
4. Meanwhile, in a small bowl, combine the remaining ingredients and stir until well-mixed.
5. When salmon is done, plate it and top with rosemary dill sauce.

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### Roasted tomatoes

1/2 tomato(es) - 30 cal ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**tomatoes**  
1 small whole (2-2/5" dia) (91g)  
**oil**  
1 tsp (5mL)

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 1 [↗](#)

Eat on day 1, day 2

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### Sunflower seeds

271 cal ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

**sunflower kernels**

1 1/2 oz (43g)

For all 2 meals:

**sunflower kernels**

3 oz (85g)

1. This recipe has no instructions.
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### Bacon & goat cheese salad

341 cal ● 17g protein ● 29g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

1/2 tbsp (6g)

**bacon**

1 1/2 slice(s) (15g)

**olive oil**

1/2 tbsp (8mL)

**goat cheese**

1 1/2 oz (43g)

**mixed greens**

1 1/2 cup (45g)

For all 2 meals:

**sunflower kernels**

1 tbsp (12g)

**bacon**

3 slice(s) (30g)

**olive oil**

1 tbsp (15mL)

**goat cheese**

3 oz (85g)

**mixed greens**

3 cup (90g)

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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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Buffalo drumsticks

10 2/3 oz - 622 cal ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

1 3/4 tbsp (27mL)

**oil**

1 tsp (5mL)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

**Chicken, drumsticks, with skin**

2/3 lbs (302g)

For all 2 meals:

**Frank's Red Hot sauce**

1/4 cup (53mL)

**oil**

2 tsp (10mL)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**Chicken, drumsticks, with skin**

1 1/3 lbs (605g)

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 3 [↗](#)

Eat on day 5, day 6

### Pepper steak

6 ounce(s) - 528 cal ● 30g protein ● 44g fat ● 1g carbs ● 1g fiber



For single meal:

**ribeye, raw**

6 oz (170g)

**salt**

2 dash (2g)

**butter**

3/4 tbsp (11g)

**rosemary**

2 dash (0g)

**black pepper**

1/2 tbsp, ground (3g)

For all 2 meals:

**ribeye, raw**

3/4 lbs (340g)

**salt**

4 dash (3g)

**butter**

1 1/2 tbsp (21g)

**rosemary**

4 dash (1g)

**black pepper**

1 tbsp, ground (7g)

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.

### Roasted cauliflower

58 cal ● 2g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**thyme, dried**

1 dash, leaves (0g)

**cauliflower, cut into florets**

1/4 head small (4" dia.) (66g)

**oil**

1/4 tbsp (4mL)

For all 2 meals:

**thyme, dried**

2 dash, leaves (0g)

**cauliflower, cut into florets**

1/2 head small (4" dia.) (133g)

**oil**

1/2 tbsp (8mL)

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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## Dinner 4 [↗](#)

Eat on day 7

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### Simple plain turkey burger

2 burger(s) - 375 cal ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 2 burger(s)

**oil**

1 tsp (5mL)

**ground turkey, raw**

1/2 lbs (227g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

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### Bacon cauliflower mashed 'potatoes'

216 cal ● 9g protein ● 18g fat ● 3g carbs ● 1g fiber



**bacon, raw**  
3/4 slice(s) (21g)  
**garlic, minced**  
1/4 clove (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**heavy cream**  
2 tsp (10mL)  
**butter**  
1/2 tbsp (7g)  
**salt**  
1 dash (1g)  
**cauliflower**  
1/2 cup chopped (54g)

1. Combine all ingredients except bacon 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. Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
  4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
  5. Serve.
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