

# Meal Plan - 1500 calorie keto and intermittent fasting meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

**Day 1** 1499 cals ● 155g protein (41%) ● 90g fat (54%) ● 13g carbs (4%) ● 3g fiber (1%)

## Lunch

795 cals, 87g protein, 5g net carbs, 47g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cals



**Thyme & lime chicken thighs**  
735 cals

## Dinner

705 cals, 67g protein, 9g net carbs, 44g fat



**Bacon zucchini noodles**  
244 cals



**Ranch chicken**  
8 oz- 461 cals

**Day 2** 1482 cals ● 138g protein (37%) ● 95g fat (57%) ● 12g carbs (3%) ● 7g fiber (2%)

## Lunch

775 cals, 70g protein, 4g net carbs, 51g fat



**Buttered broccoli**  
2 cup(s)- 267 cals



**Basic chicken thighs**  
12 oz- 510 cals

## Dinner

705 cals, 67g protein, 9g net carbs, 44g fat



**Bacon zucchini noodles**  
244 cals



**Ranch chicken**  
8 oz- 461 cals

**Day 3** 1470 cals ● 150g protein (41%) ● 86g fat (53%) ● 14g carbs (4%) ● 9g fiber (2%)

## Lunch

710 cals, 82g protein, 6g net carbs, 37g fat



**Buttered broccoli**  
2 cup(s)- 267 cals



**Lemon pepper chicken breast**  
12 oz- 444 cals

## Dinner

760 cals, 68g protein, 8g net carbs, 49g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Sugar-free bbq chicken wings**  
18 2/3 oz- 716 cals

## Day 4

1470 cals ● 150g protein (41%) ● 86g fat (53%) ● 14g carbs (4%) ● 9g fiber (2%)

### Lunch

710 cals, 82g protein, 6g net carbs, 37g fat



**Buttered broccoli**  
2 cup(s)- 267 cals



**Lemon pepper chicken breast**  
12 oz- 444 cals

### Dinner

760 cals, 68g protein, 8g net carbs, 49g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Sugar-free bbq chicken wings**  
18 2/3 oz- 716 cals

## Day 5

1467 cals ● 136g protein (37%) ● 94g fat (57%) ● 10g carbs (3%) ● 9g fiber (3%)

### Lunch

725 cals, 78g protein, 2g net carbs, 44g fat



**Bacon zucchini noodles**  
163 cals



**Basic ground turkey**  
12 oz- 563 cals

### Dinner

740 cals, 58g protein, 8g net carbs, 49g fat



**Cheese**  
2 2/3 oz- 305 cals



**Avocado tuna salad**  
436 cals

## Day 6

1493 cals ● 121g protein (32%) ● 100g fat (60%) ● 14g carbs (4%) ● 14g fiber (4%)

### Lunch

750 cals, 63g protein, 6g net carbs, 50g fat



**Bone broth**  
2 cup(s)- 81 cals



**Basic chicken & spinach salad**  
304 cals



**Pecans**  
1/2 cup- 366 cals

### Dinner

740 cals, 58g protein, 8g net carbs, 49g fat



**Cheese**  
2 2/3 oz- 305 cals



**Avocado tuna salad**  
436 cals

## Day 7

1498 cals ● 144g protein (38%) ● 94g fat (56%) ● 11g carbs (3%) ● 8g fiber (2%)

### Lunch

750 cals, 63g protein, 6g net carbs, 50g fat



**Bone broth**  
2 cup(s)- 81 cals



**Basic chicken & spinach salad**  
304 cals



**Pecans**  
1/2 cup- 366 cals

### Dinner

745 cals, 81g protein, 6g net carbs, 44g fat



**Caprese chicken**  
10 oz- 746 cals

# Grocery List

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## Vegetables and Vegetable Products

- tomatoes  
5 1/3 medium whole (2-3/5" dia) (653g)
- zucchini  
2 medium (392g)
- frozen broccoli  
6 cup (546g)
- onion  
1/2 small (35g)
- fresh spinach  
4 cup(s) (120g)

## Fats and Oils

- oil  
2 oz (65mL)
- ranch dressing  
4 tbsp (60mL)
- olive oil  
3/4 tbsp (11mL)
- salad dressing  
3 tbsp (45mL)

## Fruits and Fruit Juices

- lime juice  
1 1/3 fl oz (40mL)
- avocados  
1 avocado(s) (201g)

## Spices and Herbs

- thyme, dried  
4 dash, leaves (1g)
- black pepper  
5 dash (1g)
- salt  
5 dash (2g)
- lemon pepper  
1 1/2 tbsp (10g)
- fresh basil  
2 1/2 tbsp, chopped (7g)

## Poultry Products

- boneless skinless chicken thighs  
1 3/4 lbs (794g)
- boneless skinless chicken breast, raw  
4 lbs (1740g)
- chicken wings, with skin, raw  
2 1/3 lbs (1059g)
- ground turkey, raw  
3/4 lbs (340g)

## Pork Products

- bacon, raw  
4 slice(s) (113g)

## Other

- ranch dressing mix  
1/2 packet (1 oz) (14g)
- sugar-free barbecue sauce  
1/4 cup (70g)
- mixed greens  
2 cup (60g)
- chicken bone broth  
4 cup(s) (mL)
- italian seasoning  
5 dash (2g)

## Dairy and Egg Products

- butter  
6 tbsp (85g)
- cheese  
1/3 lbs (151g)
- fresh mozzarella cheese  
2 1/2 oz (71g)

## Finfish and Shellfish Products

- canned tuna  
2 can (344g)

## Nut and Seed Products

- pecans  
1 cup, halves (99g)

## Soups, Sauces, and Gravies

- pesto sauce  
2 1/2 tbsp (40g)
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## Lunch 1 [↗](#)

Eat on day 1

### Roasted tomatoes

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



Makes 1 tomato(es)

#### 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.

### Thyme & lime chicken thighs

735 cal ● 86g protein ● 42g fat ● 2g carbs ● 0g fiber



#### oil

1 tbsp (15mL)

#### lime juice

2 tbsp (30mL)

#### thyme, dried

4 dash, leaves (1g)

#### boneless skinless chicken thighs

1 lb (454g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

## Lunch 2 [↗](#)

Eat on day 2

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### Buttered broccoli

2 cup(s) - 267 cal ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**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.

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### Basic chicken thighs

12 oz - 510 cal ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

**oil**

1/2 tbsp (8mL)

**boneless skinless chicken thighs**

3/4 lbs (340g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
  2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
  3. Serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Buttered broccoli

2 cup(s) - 267 cal ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**butter**

2 tbsp (28g)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen broccoli**

4 cup (364g)

**butter**

4 tbsp (57g)

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

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### Lemon pepper chicken breast

12 oz - 444 cal ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

**lemon pepper**

3/4 tbsp (5g)

**olive oil**

1 tsp (6mL)

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

For all 2 meals:

**lemon pepper**

1 1/2 tbsp (10g)

**olive oil**

3/4 tbsp (11mL)

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

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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## Lunch 4 [↗](#)

Eat on day 5

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### Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



#### **zucchini**

1/2 medium (98g)

#### **bacon, raw**

1 slice(s) (28g)

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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### Basic ground turkey

12 oz - 563 cal ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



Makes 12 oz

#### **oil**

1/2 tbsp (8mL)

#### **ground turkey, raw**

3/4 lbs (340g)

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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## Lunch 5 [↗](#)

Eat on day 6, day 7

### Bone broth

2 cup(s) - 81 cal ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

**chicken bone broth**  
2 cup(s) (mL)

For all 2 meals:

**chicken bone broth**  
4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

### Basic chicken & spinach salad

304 cal ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**oil**  
1 tsp (5mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
6 oz (170g)  
**fresh spinach**  
2 cup(s) (60g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
3/4 lbs (340g)  
**fresh spinach**  
4 cup(s) (120g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### Pecans

1/2 cup - 366 cal ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

**pecans**  
1/2 cup, halves (50g)

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Bacon zucchini noodles

244 cal ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



For single meal:

**zucchini**  
3/4 medium (147g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

For all 2 meals:

**zucchini**  
1 1/2 medium (294g)  
**bacon, raw**  
3 slice(s) (85g)

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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### Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

**ranch dressing mix**  
1/4 packet (1 oz) (7g)  
**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**ranch dressing**  
2 tbsp (30mL)

For all 2 meals:

**ranch dressing mix**  
1/2 packet (1 oz) (14g)  
**oil**  
1 tbsp (15mL)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**ranch dressing**  
4 tbsp (60mL)

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.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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### Sugar-free bbq chicken wings

18 2/3 oz - 716 cal ● 66g protein ● 49g fat ● 2g carbs ● 0g fiber



For single meal:

**chicken wings, with skin, raw**

18 2/3 oz (530g)

**sugar-free barbecue sauce**

2 1/3 tbsp (35g)

For all 2 meals:

**chicken wings, with skin, raw**

2 1/3 lbs (1059g)

**sugar-free barbecue sauce**

1/4 cup (70g)

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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## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Cheese

2 2/3 oz - 305 cal ● 17g protein ● 25g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
2 2/3 oz (76g)

For all 2 meals:

**cheese**  
1/3 lbs (151g)

1. This recipe has no instructions.
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### Avocado tuna salad

436 cal ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**mixed greens**  
1 cup (30g)  
**onion, minced**  
1/4 small (18g)  
**canned tuna**  
1 can (172g)  
**tomatoes**  
4 tbsp, chopped (45g)

For all 2 meals:

**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.
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## Dinner 4 [↗](#)

Eat on day 7

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### Caprese chicken

10 oz - 746 cal ● 81g protein ● 44g fat ● 6g carbs ● 2g fiber



Makes 10 oz

**italian seasoning**

5 dash (2g)

**pesto sauce**

2 1/2 tbsp (40g)

**oil**

1 1/4 tsp (6mL)

**tomatoes, quartered**

3 3/4 cherry tomatoes (64g)

**fresh basil**

2 1/2 tbsp, chopped (7g)

**fresh mozzarella cheese, sliced**

2 1/2 oz (71g)

**boneless skinless chicken breast,  
raw**

10 oz (280g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
  2. Heat a skillet over medium heat and add the chicken.
  3. Cook for about 6-10 minutes on each side until fully cooked.
  4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
  5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
  6. Remove and top with tomato mixture and a drizzle of pesto.
  7. Serve.
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