

Meal Plan - 1600 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

1580 cals ● 139g protein (35%) ● 102g fat (58%) ● 13g carbs (3%) ● 13g fiber (3%)

Lunch

760 cals, 86g protein, 10g net carbs, 37g fat



[Bone broth](#)
2 cup(s)- 81 cals



[Paleo salsa verde chicken salad](#)
677 cals

Dinner

820 cals, 52g protein, 3g net carbs, 65g fat



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



[Buttered broccoli](#)
1 1/2 cup(s)- 200 cals

Day 2

1526 cals ● 190g protein (50%) ● 75g fat (44%) ● 12g carbs (3%) ● 12g fiber (3%)

Lunch

760 cals, 86g protein, 10g net carbs, 37g fat



[Bone broth](#)
2 cup(s)- 81 cals



[Paleo salsa verde chicken salad](#)
677 cals

Dinner

770 cals, 104g protein, 2g net carbs, 37g fat



[Basic chicken breast](#)
16 oz- 635 cals



[Buttered broccoli](#)
1 cup(s)- 134 cals

Day 3

1625 cals ● 155g protein (38%) ● 103g fat (57%) ● 12g carbs (3%) ● 8g fiber (2%)

Lunch

855 cals, 51g protein, 10g net carbs, 65g fat



[Simple sardine salad](#)
531 cals



[Macadamia nuts](#)
326 cals

Dinner

770 cals, 104g protein, 2g net carbs, 37g fat



[Basic chicken breast](#)
16 oz- 635 cals



[Buttered broccoli](#)
1 cup(s)- 134 cals

Day 4

1626 cals ● 181g protein (44%) ● 89g fat (49%) ● 16g carbs (4%) ● 10g fiber (3%)

Lunch

855 cals, 51g protein, 10g net carbs, 65g fat



Simple sardine salad
531 cals



Macadamia nuts
326 cals

Dinner

770 cals, 130g protein, 5g net carbs, 24g fat



Lemon pepper chicken breast
20 oz- 740 cals



Broccoli
1 cup(s)- 29 cals

Day 5

1540 cals ● 237g protein (62%) ● 57g fat (33%) ● 10g carbs (3%) ● 10g fiber (3%)

Lunch

770 cals, 108g protein, 5g net carbs, 33g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cals



Balsamic chicken breast
16 oz- 631 cals

Dinner

770 cals, 130g protein, 5g net carbs, 24g fat



Lemon pepper chicken breast
20 oz- 740 cals



Broccoli
1 cup(s)- 29 cals

Day 6

1561 cals ● 132g protein (34%) ● 101g fat (58%) ● 14g carbs (4%) ● 17g fiber (4%)

Lunch

770 cals, 108g protein, 5g net carbs, 33g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cals



Balsamic chicken breast
16 oz- 631 cals

Dinner

790 cals, 25g protein, 9g net carbs, 68g fat



Ham tacos
3 ham taco(s)- 356 cals



Macadamia nuts
435 cals

Day 7

1552 cals ● 107g protein (28%) ● 113g fat (65%) ● 12g carbs (3%) ● 16g fiber (4%)

Lunch

760 cals, 82g protein, 3g net carbs, 45g fat



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Basic ground turkey
14 oz- 657 cals

Dinner

790 cals, 25g protein, 9g net carbs, 68g fat



Ham tacos
3 ham taco(s)- 356 cals



Macadamia nuts
435 cals

Other

- ☐ chicken bone broth
4 cup(s) (mL)
- ☐ mixed greens
10 1/2 cup (315g)
- ☐ Chicken, drumsticks, with skin
2/3 lbs (302g)
- ☐ vinaigrette, store-bought, any flavor
6 tbsp (90mL)
- ☐ italian seasoning
1 tsp (4g)
- ☐ guacamole, store-bought
3/4 cup (185g)

Vegetables and Vegetable Products

- ☐ tomatoes
1 1/2 roma tomato (120g)
- ☐ frozen broccoli
11 cup (1001g)

Soups, Sauces, and Gravies

- ☐ salsa verde
3 tbsp (48g)
- ☐ Frank's Red Hot sauce
1 3/4 tbsp (26mL)
- ☐ salsa
6 tbsp (108g)

Spices and Herbs

- ☐ ground cumin
1 tbsp (6g)
- ☐ salt
3 g (3g)
- ☐ black pepper
1/8 oz (1g)
- ☐ lemon pepper
2 1/2 tbsp (17g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
6 tbsp (44g)
- ☐ Macadamia nuts, shelled, roasted
1/2 lbs (198g)

Fruits and Fruit Juices

- ☐ avocados
6 slices (150g)

Fats and Oils

- ☐ oil
2 1/2 oz (77mL)
- ☐ olive oil
1 1/2 oz (46mL)
- ☐ balsamic vinaigrette
1/2 cup (120mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
7 2/3 lbs (3434g)
- ☐ ground turkey, raw
14 oz (397g)

Dairy and Egg Products

- ☐ butter
1/4 cup (50g)
- ☐ cheese
6 tbsp, shredded (42g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
4 can (368g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
6 slice (138g)

Lunch 1 [↗](#)

Eat on day 1, day 2

Bone broth

2 cup(s) - 81 cals ● 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.

Paleo salsa verde chicken salad

677 cals ● 68g protein ● 36g fat ● 10g carbs ● 9g fiber



For single meal:

tomatoes, chopped
3/4 roma tomato (60g)
salsa verde
1 1/2 tbsp (24g)
ground cumin
1/2 tbsp (3g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
avocados, sliced
3 slices (75g)
mixed greens
2 1/4 cup (68g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)

For all 2 meals:

tomatoes, chopped
1 1/2 roma tomato (120g)
salsa verde
3 tbsp (48g)
ground cumin
1 tbsp (6g)
roasted pumpkin seeds, unsalted
6 tbsp (44g)
avocados, sliced
6 slices (150g)
mixed greens
4 1/2 cup (135g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (510g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. When chicken is cool enough to handle, chop it into bite-sized pieces.
3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple sardine salad

531 cal ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



For single meal:

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

For all 2 meals:

vinaigrette, store-bought, any flavor
6 tbsp (90mL)
sardines, canned in oil, drained
4 can (368g)
mixed greens
6 cup (180g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Macadamia nuts

326 cal ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



For single meal:

Macadamia nuts, shelled, roasted
1 1/2 oz (43g)

For all 2 meals:

Macadamia nuts, shelled, roasted
3 oz (85g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5, day 6

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

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

Balsamic chicken breast

16 oz - 631 cals ● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

For all 2 meals:

italian seasoning

1 tsp (4g)

oil

4 tsp (20mL)

balsamic vinaigrette

1/2 cup (120mL)

boneless skinless chicken breast, raw

2 lbs (907g)

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.

Lunch 4 [🔗](#)

Eat on day 7

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

olive oil

1/2 tbsp (8mL)

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

Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

oil

1 3/4 tsp (9mL)

ground turkey, raw

14 oz (397g)

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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Dinner 1 [↗](#)

Eat on day 1

Buffalo drumsticks

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



Makes 10 2/3 oz

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)

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.

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

butter

1 1/2 tbsp (21g)

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

Dinner 2 [↗](#)

Eat on day 2, day 3

Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
2 lbs (896g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Lemon pepper chicken breast

20 oz - 740 cals ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

For all 2 meals:

lemon pepper

2 1/2 tbsp (17g)

olive oil

1 1/4 tbsp (19mL)

boneless skinless chicken breast, raw

2 1/2 lbs (1120g)

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.

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli

1 cup (91g)

For all 2 meals:

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Ham tacos

3 ham taco(s) - 356 cals ● 20g protein ● 24g fat ● 7g carbs ● 7g fiber



For single meal:

- ham cold cuts**
3 slice (69g)
- guacamole, store-bought**
6 tbsp (93g)
- salsa**
3 tbsp (54g)
- cheese**
3 tbsp, shredded (21g)

For all 2 meals:

- ham cold cuts**
6 slice (138g)
- guacamole, store-bought**
3/4 cup (185g)
- salsa**
6 tbsp (108g)
- cheese**
6 tbsp, shredded (42g)

1. Use tin foil to prop up the ham into a taco shell shape.
2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
3. Add in the guacamole, salsa, and cheese to the shells.
4. Serve

Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



For single meal:

- Macadamia nuts, shelled, roasted**
2 oz (57g)

For all 2 meals:

- Macadamia nuts, shelled, roasted**
4 oz (113g)

1. This recipe has no instructions.