

# 7-DAY KETO INTERMITTENT FASTING MEAL PLAN

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#### 7-DAY FASTING KETO MEAL PLAN

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# 7-DAY FASTING KETO MEAL PLAN



Intermittent fasting and the ketogenic diet often go hand-in-hand, but it can be difficult to plan large enough meals if you are only eating 1-2 times a day. This 7-day keto intermittent fasting meal plan includes 2 meals a day that total 1200, 1500, and 1800 calories. If you are fasting for 16-24 hours, splitting your meals into two large meals might work perfectly. If you are following OMAD (one meal a day), combine the two meals listed for one large meal to meet your ketogenic macronutrient needs.

To learn more about intermittent fasting, make sure to check out our e-book *The Ultimate Guide to Intermittent Fasting* available within Keto Club.

# 7 DAY KETO FASTING MEAL PLAN

## DAY 1

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### 1200 CALORIES

#### 1ST MEAL

3 eggs cooked in 1 tbsp butter, 4oz ground sausage, ½ avocado

#### 2ND MEAL

6oz chicken thighs, 100g broccoli, ¼ cup shredded cheese

**NUTRITION: 74g protein, 12g total carbs, 8g fiber, 97g fat**

### 1500 CALORIES

#### 1ST MEAL

4 Eggs cooked in 1 tbsp butter, 4oz ground sausage, 1 avocado

#### 2ND MEAL

6oz chicken thighs, 200g broccoli, ⅓ cup shredded cheese

**NUTRITION: 88g protein, 23g total carbs, 16g fiber, 117g fat**

### 1800 CALORIES

#### 1ST MEAL

4 eggs cooked in 2 tbsp butter, 4oz ground sausage, 1 avocado

#### 2ND MEAL

8oz chicken thighs, 300g broccoli, ½ cup shredded cheese

**NUTRITION: 104g protein, 29g total carbs, 19g fiber, 141g fat**



# 7 DAY KETO FASTING MEAL PLAN

## DAY 2

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### 1200 CALORIES

#### 1ST MEAL

3 Cheesy Bacon & Egg Muffins, 1 serving  
Butter Coffee

#### 2ND MEAL

8 oz sirloin steak, cooked in 2tbsp butter, 200g  
broccoli

**NUTRITION: 66g protein, 16g  
total carbs, 9g fiber, 97g fat**

### 1500 CALORIES

#### 1ST MEAL

4 Cheesy Bacon & Egg Muffins, 1/2 avocado, 1  
serving Butter Coffee

#### 2ND MEAL

10oz sirloin steak, cooked in 2 tbsp butter,  
200g broccoli

**NUTRITION: 83g protein, 24g  
total carbs, 15g fiber, 122g fat**

### 1800 CALORIES

#### 1ST MEAL

4 Cheesy Bacon & Egg Muffins, 1 avocado, 1  
serving Butter Coffee

#### 2ND MEAL

10oz sirloin steak cooked in 2 tbsp butter,  
300g broccoli

**NUTRITION: 88g protein, 35g  
total carbs, 23g fiber, 144g fat**



# 7 DAY KETO FASTING MEAL PLAN

## DAY 3

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### 1200 CALORIES

#### 1ST MEAL

1 serving [Cinnamon Rolls](#), 1 serving [Butter Coffee](#), 100g blackberries

#### 2ND MEAL

1 serving [Keto Mushroom Chicken](#), 1 serving [Keto Brussels Sprouts and Bacon](#)

**NUTRITION: 69g protein, 30g total carbs, 14g fiber, 83g fat**

### 1500 CALORIES

#### 1ST MEAL

2 servings [Cinnamon Rolls](#), 1 serving [Butter Coffee](#)

#### 2ND MEAL

1 serving [Keto Mushroom Chicken](#), 1 serving [Keto Brussels Sprouts and Bacon](#)

**NUTRITION: 83g protein, 31g total carbs, 14g fiber, 121g fat**

### 1800 CALORIES

#### 1ST MEAL

2 servings [Cinnamon Rolls](#), 1 serving [Butter Coffee](#)

#### 2ND MEAL

1 serving [Keto Mushroom Chicken](#), 1 serving [Keto Brussels Sprouts and Bacon](#), add 1 tbsp coconut oil

**NUTRITION: 88g protein, 39g total carbs, 17g fiber, 142g fat**



# 7 DAY KETO FASTING MEAL PLAN

## DAY 4

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### 1200 CALORIES

#### 1ST MEAL

1 serving leftover [Cinnamon Rolls](#), 100g blackberries

#### 2ND MEAL

8oz sirloin steak, cooked in 1/2 tbsp butter, 2 servings [Keto Brussels Sprouts and Bacon](#)

**NUTRITION:** 72g protein, 36g total carbs, 16g fiber, 86g fat

### 1500 CALORIES

#### 1ST MEAL

2 servings leftover [Cinnamon Rolls](#)

#### 2ND MEAL

8oz sirloin steak, 2 servings [Keto Brussels Sprouts and Bacon](#)

**NUTRITION:** 86g protein, 38g total carbs, 16g fiber, 118g fat

### 1800 CALORIES

#### 1ST MEAL

2 servings leftover [Cinnamon Rolls](#)

#### 2ND MEAL

10oz sirloin steak, cooked in 1 tbsp butter, 2 servings [Keto Brussels Sprouts and Bacon](#)

**NUTRITION:** 97g protein, 38g total carbs, 16g fiber, 136g fat



# 7 DAY KETO FASTING MEAL PLAN

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## DAY 5



### 1200 CALORIES

#### 1ST MEAL

Omelet: 3 eggs, 1 cup spinach, 1 slice bacon (chopped), 1 slice cheddar cheese

#### 2ND MEAL

2 bunless burgers: 8oz 80% lean ground beef (2 patties, 4 oz each), 4 lettuce leaves, 2 slices cheese, 2 cups cauliflower rice

**NUTRITION: 79g protein, 19g total carbs, 7g fiber, 90g fat**

### 1500 CALORIES

#### 1ST MEAL

Omelet: 4 eggs, 1 cup spinach, 1 slice bacon (chopped), 2 slices cheddar cheese

#### 2ND MEAL

2 bunless burgers: 10oz 80% lean ground beef (2 patties, 5 oz each), 4 lettuce leaves, 2 slices cheese, 2 cups cauliflower rice

**NUTRITION: 99g protein, 19g total carbs, 7g fiber, 113g fat**

### 1800 CALORIES

#### 1ST MEAL

Omelet: 4 eggs, 2 cups spinach, 2 slices bacon (chopped), 2 slices cheddar cheese

#### 2ND MEAL

3 bunless burgers: 12oz 80% lean ground beef (3 patties, 54oz each), 6 lettuce leaves, 3 slices cheese, 2 cups cauliflower rice

**NUTRITION: 119g protein, 21g total carbs, 9g fiber, 137g fat**

# 7 DAY KETO FASTING MEAL PLAN

## DAY 6

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### 1200 CALORIES

#### 1ST MEAL

2 Keto Chocolate Chip Donuts, 100g  
blackberries

#### 2ND MEAL

8oz wild-caught salmon, 10 asparagus spears  
topped with 1/4 cup shredded Parmesan cheese

**NUTRITION: 81g protein, 32g  
total carbs, 17g fiber, 84g fat**

### 1500 CALORIES

#### 1ST MEAL

2 Keto Chocolate Chip Donuts, 100g  
blackberries

#### 2ND MEAL

10oz wild-caught salmon, 20 asparagus spears  
topped with 1/2 cup shredded Parmesan cheese

**NUTRITION: 106g protein, 37g  
total carbs, 18g fiber, 96g fat**

### 1800 CALORIES

#### 1ST MEAL

2 Keto Chocolate Chip Donuts, 100g  
blackberries, 1 oz pumpkin seeds

#### 2ND MEAL

10oz wild-caught salmon cooked in 2 tbsp butter,  
20 asparagus spears topped with 1/2 cup  
shredded Parmesan cheese

**NUTRITION: 115g protein, 41g  
total carbs, 21g fiber, 132g fat**



# 7 DAY KETO FASTING MEAL PLAN

## DAY 7

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### 1200 CALORIES

#### 1ST MEAL

2 leftover [Keto Chocolate Chip Donuts](#)

#### 2ND MEAL

4 oz chicken thighs, 2 servings of [Keto Caesar Salad](#) (in the nest)

**NUTRITION:** 62g protein, 21g total carbs, 11g fiber, 99g fat

### 1500 CALORIES

#### 1ST MEAL

2 leftover [Keto Chocolate Chip Donuts](#)

#### 2ND MEAL

6 oz chicken thighs, 3 servings of [Keto Caesar Salad](#) (in the nest)

**NUTRITION:** 83g protein, 24g total carbs, 12g fiber, 120g fat

### 1800 CALORIES

#### 1ST MEAL

3 leftover [Keto Chocolate Chip Donuts](#)

#### 2ND MEAL

6 oz chicken thighs, 3 servings of [Keto Caesar Salad](#) (in the nest)

**NUTRITION:** 93g protein, 32g total carbs, 17g fiber, 148g fat



