

Meal Plan - 1000 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

960 cals ● 97g protein (40%) ● 57g fat (53%) ● 12g carbs (5%) ● 3g fiber (1%)

Lunch

445 cals, 23g protein, 8g net carbs, 35g fat



[Cheesy skillet pizza](#)
2 pizza- 361 cals



[String cheese](#)
1 stick(s)- 83 cals

Dinner

515 cals, 74g protein, 4g net carbs, 22g fat



[Bacon zucchini noodles](#)
163 cals



[Marinated chicken breast](#)
10 oz- 353 cals

Day 2

1021 cals ● 114g protein (45%) ● 58g fat (51%) ● 10g carbs (4%) ● 2g fiber (1%)

Lunch

505 cals, 40g protein, 6g net carbs, 36g fat



[Chicken cobb salad](#)
277 cals



[Cheese](#)
2 oz- 229 cals

Dinner

515 cals, 74g protein, 4g net carbs, 22g fat



[Bacon zucchini noodles](#)
163 cals



[Marinated chicken breast](#)
10 oz- 353 cals

Day 3

988 cals ● 66g protein (27%) ● 74g fat (67%) ● 11g carbs (5%) ● 4g fiber (2%)

Lunch

505 cals, 40g protein, 6g net carbs, 36g fat



[Chicken cobb salad](#)
277 cals



[Cheese](#)
2 oz- 229 cals

Dinner

485 cals, 26g protein, 6g net carbs, 38g fat



[Simple sardine salad](#)
265 cals



[Macadamia nuts](#)
218 cals

Day 4

943 cals ● 77g protein (33%) ● 64g fat (61%) ● 11g carbs (5%) ● 3g fiber (1%)

Lunch

460 cals, 51g protein, 5g net carbs, 26g fat



Ranch chicken
8 oz- 461 cals

Dinner

485 cals, 26g protein, 6g net carbs, 38g fat



Simple sardine salad
265 cals



Macadamia nuts
218 cals

Day 5

1028 cals ● 80g protein (31%) ● 74g fat (65%) ● 9g carbs (4%) ● 3g fiber (1%)

Lunch

460 cals, 51g protein, 5g net carbs, 26g fat



Ranch chicken
8 oz- 461 cals

Dinner

570 cals, 29g protein, 4g net carbs, 48g fat



Bacon & goat cheese salad
568 cals

Day 6

1048 cals ● 91g protein (35%) ● 72g fat (62%) ● 6g carbs (2%) ● 4g fiber (1%)

Lunch

480 cals, 62g protein, 2g net carbs, 25g fat



Basic chicken breast
8 oz- 317 cals



Bacon zucchini noodles
163 cals

Dinner

570 cals, 29g protein, 4g net carbs, 48g fat



Bacon & goat cheese salad
568 cals

Day 7

959 cals ● 85g protein (35%) ● 62g fat (58%) ● 11g carbs (5%) ● 5g fiber (2%)

Lunch

480 cals, 62g protein, 2g net carbs, 25g fat



Basic chicken breast
8 oz- 317 cals



Bacon zucchini noodles
163 cals

Dinner

480 cals, 23g protein, 9g net carbs, 37g fat



Simple mixed greens and tomato salad
76 cals



Cajun shrimp and sausage skillet
295 cals



Macadamia nuts
109 cals

Pork Products

- ☐ bacon, raw
5 slice(s) (142g)
- ☐ bacon
5 slice(s) (50g)

Vegetables and Vegetable Products

- ☐ zucchini
2 1/2 medium (490g)
- ☐ onion
2 tbsp minced (30g)
- ☐ tomatoes
1/2 cup cherry tomatoes (75g)

Fats and Oils

- ☐ marinade sauce
10 tbsp (151mL)
- ☐ oil
2 1/4 tbsp (34mL)
- ☐ ranch dressing
4 tbsp (60mL)
- ☐ olive oil
5 tsp (25mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1598g)

Other

- ☐ italian seasoning
2 tsp (7g)
- ☐ vinaigrette, store-bought, any flavor
5 tbsp (75mL)
- ☐ mixed greens
11 1/2 cup (345g)
- ☐ ranch dressing mix
1/2 packet (1 oz) (14g)

Fruits and Fruit Juices

- ☐ canned black olives
8 large olives (35g)

Sausages and Luncheon Meats

- ☐ pepperoni
8 slices (16g)
- ☐ pork sausage, raw
1/2 link (4oz ea) (57g)

Dairy and Egg Products

- ☐ cheese
6 oz (168g)
- ☐ string cheese
1 stick (28g)
- ☐ blue cheese
2 tbsp (17g)
- ☐ hard-boiled egg
1 large (50g)
- ☐ goat cheese
5 oz (142g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
2 can (184g)
- ☐ shrimp, raw
2 oz (57g)

Nut and Seed Products

- ☐ Macadamia nuts, shelled, roasted
2 1/2 oz (71g)
- ☐ sunflower kernels
5 tsp (20g)

Spices and Herbs

- ☐ cajun seasoning
3 dash (1g)

Lunch 1 [↗](#)

Eat on day 1

Cheesy skillet pizza

2 pizza - 361 cals ● 16g protein ● 29g fat ● 7g carbs ● 2g fiber



Makes 2 pizza

italian seasoning

2 tsp (7g)

canned black olives

8 large olives (35g)

onion

2 tbsp minced (30g)

pepperoni

8 slices (16g)

cheese

1/2 cup, shredded (54g)

1. Spray a skillet with non-stick spray and place over medium low heat.
2. Sprinkle the cheese in the skillet in the shape of a circle. Use a spatula to clean up the edges by scraping any stray shreds into the circle.
3. Add all the toppings.
4. Watch closely and cook for about 5 minutes. The time will vary depending on how high the heat is, but cheese should be bubbly and soft on top but crispy on the bottom and easy to lift off in one piece.
5. When done, move to a plate and slice immediately.
6. Serve!

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



Makes 1 stick(s)

string cheese

1 stick (28g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Chicken cobb salad

277 cals ● 27g protein ● 17g fat ● 4g carbs ● 1g fiber



Translation missing:
en.for_single_meal

bacon, raw
1/2 slice(s) (14g)
vinaigrette, store-bought, any flavor
1 tbsp (15mL)
blue cheese
1 tbsp (8g)
tomatoes, halved
2 tbsp cherry tomatoes (19g)
hard-boiled egg
1/2 large (25g)
boneless skinless chicken breast, raw
2 1/2 oz (71g)
mixed greens
1 cup (30g)

For all 2 meals:

bacon, raw
1 slice(s) (28g)
vinaigrette, store-bought, any flavor
2 tbsp (30mL)
blue cheese
2 tbsp (17g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
hard-boiled egg
1 large (50g)
boneless skinless chicken breast, raw
5 oz (142g)
mixed greens
2 cup (60g)

1. Cook bacon in a skillet over medium heat, flipping occasionally, for 8-12 minutes until crisp. Transfer the bacon to a paper towel to cool, then crumble. Set aside.
2. Season the chicken with salt and pepper. In the same skillet, add the chicken and cook for 6-8 minutes on each side, or until fully cooked. Transfer the chicken to a cutting board and, once cool enough to handle, dice it.
3. In a bowl, combine the greens, chicken, hard-boiled egg, cherry tomatoes, blue cheese, and crumbled bacon. Drizzle with vinaigrette, toss to coat, and serve.

Cheese

2 oz - 229 cals ● 13g protein ● 19g fat ● 2g carbs ● 0g fiber



Translation missing:
en.for_single_meal

cheese
2 oz (57g)

For all 2 meals:

cheese
4 oz (113g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Ranch chicken

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



Translation missing:
en.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.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Translation missing:
en.for_single_meal

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

For all 2 meals:

oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

1 lbs (448g)

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.

Bacon zucchini noodles

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



Translation missing:
en.for_single_meal

bacon, raw

1 slice(s) (28g)

zucchini

1/2 medium (98g)

For all 2 meals:

bacon, raw

2 slice(s) (57g)

zucchini

1 medium (196g)

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Bacon zucchini noodles

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



Translation missing:
en.for_single_meal

bacon, raw

1 slice(s) (28g)

zucchini

1/2 medium (98g)

For all 2 meals:

bacon, raw

2 slice(s) (57g)

zucchini

1 medium (196g)

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.

Marinated chicken breast

10 oz - 353 cals ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



Translation missing:
en.for_single_meal

marinade sauce
5 tbsp (75mL)
boneless skinless chicken breast, raw
10 oz (280g)

For all 2 meals:

marinade sauce
10 tbsp (150mL)
boneless skinless chicken breast, raw
1 1/4 lbs (560g)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



Translation missing:
en.for_single_meal

vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)
mixed greens
1 1/2 cup (45g)

For all 2 meals:

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

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

Macadamia nuts

218 cals ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



Translation missing:
en.for_single_meal

Macadamia nuts, shelled, roasted
1 oz (28g)

For all 2 meals:

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

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Bacon & goat cheese salad

568 cals ● 29g protein ● 48g fat ● 4g carbs ● 3g fiber



Translation missing:
en.for_single_meal

sunflower kernels
2 1/2 tsp (10g)
bacon
2 1/2 slice(s) (25g)
olive oil
2 1/2 tsp (13mL)
goat cheese
2 1/2 oz (71g)
mixed greens
2 1/2 cup (75g)

For all 2 meals:

sunflower kernels
5 tsp (20g)
bacon
5 slice(s) (50g)
olive oil
5 tsp (25mL)
goat cheese
5 oz (142g)
mixed greens
5 cup (150g)

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.

Dinner 4 [↗](#)

Eat on day 7

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing
1 1/2 tbsp (23mL)
tomatoes
4 tbsp cherry tomatoes (37g)
mixed greens
1 1/2 cup (45g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Cajun shrimp and sausage skillet

295 cal ● 21g protein ● 22g fat ● 3g carbs ● 1g fiber



pork sausage, raw, sliced
1/2 link (4oz ea) (57g)
zucchini, sliced
1/2 medium (98g)
shrimp, raw, peeled and deveined
2 oz (57g)
cajun seasoning
3 dash (1g)
oil
1/4 tbsp (4mL)

1. Heat a large skillet over medium heat and add the oil.
2. Add the sliced zucchini and cajun seasoning. Mix well until well-coated and cook until zucchini is soft, about 5 minutes.
3. Add in the sausage and cook until starting to brown, but not fully cooked.
4. Add in the shrimp and cook for about 5 more minutes, until totally pink and the sausage is cooked through.
5. Add more cajun seasoning if desired. Serve.

Macadamia nuts

109 cal ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



Macadamia nuts, shelled, roasted
1/2 oz (14g)

1. The recipe has no instructions.