

Meal Plan - 1200 calorie keto 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

1190 cals ● 104g protein (35%) ● 81g fat (61%) ● 7g carbs (2%) ● 4g fiber (1%)

Breakfast

275 cals, 19g protein, 2g net carbs, 21g fat



Cheese
1 oz- 114 cals



Basic scrambled eggs
2 egg(s)- 159 cals

Dinner

430 cals, 64g protein, 4g net carbs, 16g fat



Lemon pepper chicken breast
10 oz- 370 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Lunch

485 cals, 21g protein, 2g net carbs, 43g fat



Buttered broccoli
2/3 cup(s)- 89 cals



Steak with herb butter
398 cals

Day 2

1206 cals ● 95g protein (32%) ● 86g fat (64%) ● 8g carbs (3%) ● 5g fiber (2%)

Breakfast

275 cals, 19g protein, 2g net carbs, 21g fat



Cheese
1 oz- 114 cals



Basic scrambled eggs
2 egg(s)- 159 cals

Dinner

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



Macadamia nuts
218 cals



Simple sardine salad
265 cals

Lunch

450 cals, 50g protein, 1g net carbs, 27g fat



Basic chicken thighs
9 oz- 383 cals



Buttered broccoli
1/2 cup(s)- 67 cals

Day 3

1240 calsgreen97g protein (31%)orange86g fat (63%)blue11g carbs (3%)grey8g fiber (3%)


Breakfast

240 calsgreen15g protein, 3g net carbs, 18g fat



Kale & eggs

189 calsgreen



Simple sauteed spinach

50 calsgreen


Dinner

475 calsgreen22g protein, 4g net carbs, 40g fat



Rotisserie chicken & tomato salad

257 calsgreen




Macadamia nuts

218 calsgreen


Lunch

525 calsgreen61g protein, 4g net carbs, 29g fat



Rosemary chicken

9 oz- 393 calsgreen



Buttered broccoli

1 cup(s)- 134 calsgreen

Day 4

1240 calsgreen97g protein (31%)orange86g fat (63%)blue11g carbs (3%)grey8g fiber (3%)


Breakfast

240 calsgreen15g protein, 3g net carbs, 18g fat



Kale & eggs

189 calsgreen



Simple sauteed spinach

50 calsgreen


Dinner

475 calsgreen22g protein, 4g net carbs, 40g fat



Rotisserie chicken & tomato salad

257 calsgreen




Macadamia nuts

218 calsgreen


Lunch

525 calsgreen61g protein, 4g net carbs, 29g fat



Rosemary chicken

9 oz- 393 calsgreen



Buttered broccoli


1 cup(s)- 134 calsgreen


Day 5

1224 calsgreen81g protein (26%)orange90g fat (66%)blue9g carbs (3%)grey14g fiber (4%)

Breakfast

250 calsgreen15g protein, 3g net carbs, 19g fat

Sunflower seeds
180 calsgreen


Boiled eggs
1 egg(s)- 69 calsgreen

Lunch

435 calsgreen23g protein, 4g net carbs, 32g fat


Avocado
176 calsgreen


Basic chicken & spinach salad
152 calsgreen

Macadamia nuts
109 calsgreen

Dinner

540 calsgreen43g protein, 2g net carbs, 39g fat

Olive oil drizzled broccoli
1 cup(s)- 70 calsgreen


Low carb fried chicken
8 oz- 468 calsgreen


Day 6

1224 calsgreen81g protein (26%)orange90g fat (66%)blue9g carbs (3%)grey14g fiber (4%)

Breakfast

250 calsgreen15g protein, 3g net carbs, 19g fat

Sunflower seeds
180 calsgreen


Boiled eggs
1 egg(s)- 69 calsgreen

Lunch

435 calsgreen23g protein, 4g net carbs, 32g fat


Avocado
176 calsgreen


Basic chicken & spinach salad
152 calsgreen

Macadamia nuts
109 calsgreen

Dinner

540 calsgreen43g protein, 2g net carbs, 39g fat

Olive oil drizzled broccoli
1 cup(s)- 70 calsgreen

Low carb fried chicken
8 oz- 468 calsgreen

Day 7

1166 cals ● 79g protein (27%) ● 87g fat (67%) ● 10g carbs (4%) ● 8g fiber (3%)

Breakfast

250 cals, 15g protein, 3g net carbs, 19g fat



[Sunflower seeds](#)

180 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Dinner

445 cals, 44g protein, 4g net carbs, 27g fat



[Ranch pork chops](#)

1 chop(s)- 345 cals



[Simple sauteed spinach](#)

100 cals

Lunch

470 cals, 20g protein, 4g net carbs, 41g fat



[Bacon & goat cheese salad](#)

341 cals



[Walnuts](#)

1/6 cup(s)- 131 cals



Spices and Herbs

- ☐ lemon pepper
2 tsp (4g)
- ☐ black pepper
1/8 oz (1g)
- ☐ salt
4 1/2 g (4g)
- ☐ dijon mustard
3 dash (2g)
- ☐ rosemary, dried
3/4 tbsp (2g)
- ☐ cajun seasoning
1/4 tbsp (1g)

Fats and Oils

- ☐ olive oil
2 1/2 oz (75mL)
- ☐ oil
1 1/3 oz (41mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/4 lbs (960g)
- ☐ boneless skinless chicken thighs
1/2 lbs (255g)

Vegetables and Vegetable Products

- ☐ tomatoes
1 1/2 medium whole (2-3/5" dia) (182g)
- ☐ frozen broccoli
5 cup (470g)
- ☐ garlic
3 clove(s) (9g)
- ☐ fresh parsley
1 tsp (1g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ fresh spinach
10 cup(s) (300g)

Dairy and Egg Products

- ☐ butter
4 tbsp (56g)

Beef Products

- ☐ ribeye, raw
1/4 lbs (106g)

Nut and Seed Products

- ☐ Macadamia nuts, shelled, roasted
4 oz (113g)
- ☐ sunflower kernels
3 1/4 oz (91g)
- ☐ walnuts
3 tbsp, shelled (19g)

Other

- ☐ vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
- ☐ mixed greens
3 cup (90g)
- ☐ rotisserie chicken, cooked
6 oz (170g)
- ☐ Chicken, drumsticks, with skin
1 lbs (454g)
- ☐ pork rinds
1/2 oz (14g)
- ☐ ranch dressing mix
1/8 packet (1 oz) (4g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
1 can (92g)

Fruits and Fruit Juices

- ☐ lemon juice
1 fl oz (33mL)
- ☐ avocados
1 avocado(s) (201g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tbsp (15mL)

Pork Products

- ☐ pork loin chops, boneless, raw
1 chop (185g)
- ☐ bacon
1 1/2 slice(s) (15g)

☐ cheese
2 oz (57g)

☐ eggs
11 large (550g)

☐ goat cheese
1 1/2 oz (43g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Cheese

1 oz - 114 cal ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 oz (28g)

For all 2 meals:

cheese
2 oz (57g)

1. This recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

For all 2 meals:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

For all 2 meals:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 3 meals:

sunflower kernels

3 oz (85g)

1. This recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Lunch 1 [🔗](#)

Eat on day 1

Buttered broccoli

2/3 cup(s) - 89 cal ● 2g protein ● 8g fat ● 1g carbs ● 2g fiber



Makes 2/3 cup(s)

black pepper

1/3 dash (0g)

salt

1/3 dash (0g)

frozen broccoli

2/3 cup (61g)

butter

2 tsp (9g)

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

Steak with herb butter

398 cal ● 19g protein ● 36g fat ● 0g carbs ● 0g fiber



oil

1/4 tbsp (4mL)

butter, softened

3/4 tbsp (11g)

dijon mustard

3 dash (2g)

garlic, minced

3/8 clove (1g)

fresh parsley, chopped

1 tsp (1g)

ribeye, raw

1/4 lbs (106g)

1. If butter is not softened, place it in a small microwave-safe bowl and microwave for 3-8 seconds until it has softened somewhat. Add garlic, dijon, just half of the parsley, and some salt and pepper to the butter. Mix until combined.
 2. Pat steak dry and season with some salt and pepper.
 3. Heat oil in a skillet over medium-high heat. Cook steak until it reaches desired doneness, about 3-5 minutes per side. Transfer steak to a cutting board to rest.
 4. Slice steak and serve topped with herb butter and remaining parsley.
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Lunch 2 [↗](#)

Eat on day 2

Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

oil

1 tsp (6mL)

boneless skinless chicken thighs

1/2 lbs (255g)

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.

Buttered broccoli

1/2 cup(s) - 67 cals ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)

black pepper

1/4 dash (0g)

salt

1/4 dash (0g)

frozen broccoli

1/2 cup (46g)

butter

1/2 tbsp (7g)

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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Lunch 3 [↗](#)

Eat on day 3, day 4

Rosemary chicken

9 oz - 393 cals ● 58g protein ● 17g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (255g)

garlic, minced

3/4 clove(s) (2g)

salt

3/4 dash (1g)

lemon juice

3/4 tbsp (11mL)

olive oil

3/4 tbsp (11mL)

rosemary, dried

1 tsp (1g)

For all 2 meals:

boneless skinless chicken breast, raw

18 oz (510g)

garlic, minced

1 1/2 clove(s) (5g)

salt

1 1/2 dash (1g)

lemon juice

1 1/2 tbsp (23mL)

olive oil

1 1/2 tbsp (23mL)

rosemary, dried

3/4 tbsp (2g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). 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.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Basic chicken & spinach salad

152 cals ● 20g protein ● 7g fat ● 2g carbs ● 1g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw, chopped, cooked
3 oz (85g)
fresh spinach
1 cup(s) (30g)

For all 2 meals:

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)

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.

Macadamia nuts

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 7

Bacon & goat cheese salad

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



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)

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.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)



walnuts
3 tbsp, shelled (19g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



Makes 10 oz

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 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.

Dinner 2 [↗](#)

Eat on day 2

Macadamia nuts

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



Macadamia nuts, shelled, roasted

1 oz (28g)

1. This recipe has no instructions.

Simple sardine salad

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



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)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Rotisserie chicken & tomato salad

257 cals ● 20g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

lemon juice

1/2 tsp (3mL)

olive oil

1/2 tbsp (8mL)

cucumber, sliced

1/8 cucumber (8-1/4") (38g)

tomatoes, cut into wedges

1/4 large whole (3" dia) (46g)

rotisserie chicken, cooked

3 oz (85g)

For all 2 meals:

lemon juice

1 tsp (5mL)

olive oil

1 tbsp (15mL)

cucumber, sliced

1/4 cucumber (8-1/4") (75g)

tomatoes, cut into wedges

1/2 large whole (3" dia) (91g)

rotisserie chicken, cooked

6 oz (170g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

Macadamia nuts

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



For single meal:

Macadamia nuts, shelled, roasted

1 oz (28g)

For all 2 meals:

Macadamia nuts, shelled, roasted

2 oz (57g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5, day 6

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

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

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

Low carb fried chicken

8 oz - 468 cals ● 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
16 oz (454g)
pork rinds, crushed
1/2 oz (14g)
cajun seasoning
1/4 tbsp (1g)
hot sauce
3 tsp (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.

Dinner 5 [🔗](#)

Eat on day 7

Ranch pork chops

1 chop(s) - 345 cals ● 40g protein ● 20g fat ● 2g carbs ● 0g fiber



Makes 1 chop(s)

ranch dressing mix

1/8 packet (1 oz) (4g)

oil

1/2 tbsp (8mL)

pork loin chops, boneless, raw

1 chop (185g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. Serve!

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
 2. Add the garlic and sauté for a minute or two until fragrant.
 3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
 4. Serve.
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