

Meal Plan - 1000 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

1033 cals ● 100g protein (39%) ● 63g fat (55%) ● 10g carbs (4%) ● 6g fiber (2%)

Breakfast

230 cals, 15g protein, 3g net carbs, 17g fat



[Simple sauteed spinach](#)
50 cals



[Creamy scrambled eggs](#)
182 cals

Lunch

380 cals, 52g protein, 4g net carbs, 17g fat



[Lemon pepper chicken breast](#)
8 oz- 296 cals



[Buttery cauliflower rice](#)
1 cup(s)- 86 cals

Dinner

420 cals, 34g protein, 3g net carbs, 29g fat



[Spinach cauliflower mince](#)
1 cup(s)- 71 cals



[Garlic parmesan wings](#)
1/2 lbs- 348 cals

Day 2

1033 cals ● 100g protein (39%) ● 63g fat (55%) ● 10g carbs (4%) ● 6g fiber (2%)

Breakfast

230 cals, 15g protein, 3g net carbs, 17g fat



[Simple sauteed spinach](#)
50 cals



[Creamy scrambled eggs](#)
182 cals

Lunch

380 cals, 52g protein, 4g net carbs, 17g fat



[Lemon pepper chicken breast](#)
8 oz- 296 cals



[Buttery cauliflower rice](#)
1 cup(s)- 86 cals

Dinner

420 cals, 34g protein, 3g net carbs, 29g fat



[Spinach cauliflower mince](#)
1 cup(s)- 71 cals



[Garlic parmesan wings](#)
1/2 lbs- 348 cals

Day 3

986 cals ● 106g protein (43%) ● 54g fat (50%) ● 10g carbs (4%) ● 8g fiber (3%)

Breakfast

230 cals, 15g protein, 3g net carbs, 17g fat



Simple sauteed spinach
50 cals



Creamy scrambled eggs
182 cals

Dinner

330 cals, 35g protein, 3g net carbs, 19g fat



Simple plain beef burger
1 burger(s)- 166 cals



Bacon cauliflower rice
1 cup(s)- 163 cals

Lunch

425 cals, 57g protein, 4g net carbs, 18g fat



Marinated chicken breast
8 oz- 283 cals



Spinach cauliflower mince
2 cup(s)- 142 cals

Day 4

1043 cals ● 96g protein (37%) ● 70g fat (60%) ● 7g carbs (2%) ● 1g fiber (0%)

Breakfast

255 cals, 19g protein, 2g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Cheese
1 oz- 114 cals

Dinner

330 cals, 35g protein, 3g net carbs, 19g fat



Simple plain beef burger
1 burger(s)- 166 cals



Bacon cauliflower rice
1 cup(s)- 163 cals

Lunch

460 cals, 43g protein, 2g net carbs, 32g fat



Sugar-free bbq chicken wings
12 oz- 461 cals

Day 5

960 cals ● 111g protein (46%) ● 51g fat (48%) ● 9g carbs (4%) ● 5g fiber (2%)

Breakfast

255 cals, 19g protein, 2g net carbs, 19g fat



Boiled eggs

2 egg(s)- 139 cals



Cheese

1 oz- 114 cals

Dinner

360 cals, 50g protein, 3g net carbs, 15g fat



Pork tenderloin

6 2/3 oz- 195 cals



Bacon cauliflower rice

1 cup(s)- 163 cals

Lunch

350 cals, 41g protein, 4g net carbs, 17g fat



Marry me chicken

253 cals



Buttery spinach cauliflower mince

1 1/2 cup(s)- 96 cals

Day 6

970 cals ● 112g protein (46%) ● 50g fat (46%) ● 11g carbs (5%) ● 7g fiber (3%)

Breakfast

175 cals, 13g protein, 3g net carbs, 13g fat



String cheese

1 stick(s)- 83 cals



Kale & eggs

95 cals

Dinner

445 cals, 58g protein, 5g net carbs, 21g fat



Pan fried tilapia

10 oz- 372 cals



Olive oil drizzled green beans

72 cals

Lunch

350 cals, 41g protein, 4g net carbs, 17g fat



Marry me chicken

253 cals



Buttery spinach cauliflower mince

1 1/2 cup(s)- 96 cals

Day 7

1010 cals ● 93g protein (37%) ● 63g fat (57%) ● 12g carbs (5%) ● 5g fiber (2%)

Breakfast

175 cals, 13g protein, 3g net carbs, 13g fat



String cheese
1 stick(s)- 83 cals



Kale & eggs
95 cals

Dinner

445 cals, 58g protein, 5g net carbs, 21g fat



Pan fried tilapia
10 oz- 372 cals



Olive oil drizzled green beans
72 cals

Lunch

390 cals, 22g protein, 5g net carbs, 30g fat



Simple zucchini & beef skillet
388 cals

Other

- ☐ frozen riced cauliflower
7 cup, frozen (742g)
- ☐ frozen cauliflower
5 cup (567g)
- ☐ sugar-free barbecue sauce
1 1/2 tbsp (23g)
- ☐ half & half
1/6 cup (mL)
- ☐ italian seasoning
1/4 tbsp (2g)
- ☐ ground beef (20% fat)
4 oz (113g)

Fats and Oils

- ☐ oil
1 1/4 oz (37mL)
- ☐ olive oil
1 3/4 oz (54mL)
- ☐ marinade sauce
4 tbsp (60mL)

Vegetables and Vegetable Products

- ☐ garlic
10 1/2 clove(s) (31g)
- ☐ fresh spinach
9 1/2 cup(s) (285g)
- ☐ kale leaves
1/2 cup, chopped (20g)
- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ onion
1/4 medium (2-1/2" dia) (28g)
- ☐ zucchini
3/4 medium (147g)

Poultry Products

- ☐ chicken wings, with skin, raw
1 3/4 lbs (795g)
- ☐ boneless skinless chicken breast, raw
34 3/4 oz (971g)

Baked Products

- ☐ baking powder
1/2 tbsp (8g)

Dairy and Egg Products

- ☐ butter
1/2 stick (49g)
- ☐ parmesan cheese
1/4 cup (29g)
- ☐ eggs
12 large (600g)
- ☐ whole milk
1/6 cup(s) (46mL)
- ☐ cheese
2 oz (57g)
- ☐ string cheese
2 stick (56g)

Spices and Herbs

- ☐ lemon pepper
1 tbsp (7g)
- ☐ black pepper
3 1/2 g (3g)
- ☐ salt
1/3 oz (9g)
- ☐ paprika
1 g (1g)
- ☐ onion powder
1 1/2 dash (0g)

Beef Products

- ☐ ground beef (93% lean)
1/2 lbs (227g)

Pork Products

- ☐ bacon, raw
3 slice(s) (85g)
- ☐ pork tenderloin, raw
6 2/3 oz (189g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1/3 cup(s) (mL)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/4 lbs (560g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Simple sauteed spinach

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



For single meal:

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

For all 3 meals:

black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)
garlic, diced
3/4 clove (2g)

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.

Creamy scrambled eggs

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



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 3 meals:

eggs
6 large (300g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
butter
1 tbsp (14g)
whole milk
1/6 cup(s) (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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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Cheese

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



For single meal:

cheese
1 oz (28g)

For all 2 meals:

cheese
2 oz (57g)

1. The recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

String cheese

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



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
salt
1/2 dash (0g)

For all 2 meals:

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

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
olive oil
1/4 tbsp (4mL)
lemon pepper
1/2 tbsp (3g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
olive oil
1/2 tbsp (8mL)
lemon pepper
1 tbsp (7g)

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.

Buttery cauliflower rice

1 cup(s) - 86 cals ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

butter
2 tsp (9g)
frozen cauliflower
1 cup (113g)

For all 2 meals:

butter
4 tsp (18g)
frozen cauliflower
2 cup (227g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Lunch 2 [↗](#)

Eat on day 3

Marinated chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (224g)
marinade sauce
4 tbsp (60mL)

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 marinate 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.

Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



Makes 2 cup(s)

frozen riced cauliflower
2 cup, frozen (212g)
oil
2 tsp (10mL)
garlic, diced
2 clove(s) (6g)
fresh spinach, chopped
1 cup(s) (30g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Lunch 3 [↗](#)

Eat on day 4

Sugar-free bbq chicken wings

12 oz - 461 cals ● 43g protein ● 32g fat ● 2g carbs ● 0g fiber



Makes 12 oz

sugar-free barbecue sauce

1 1/2 tbsp (23g)

chicken wings, with skin, raw

3/4 lbs (341g)

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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Lunch 4 [↗](#)

Eat on day 5 and day 6

Marry me chicken

253 cals ● 36g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/3 lbs (149g)
oil
1/2 tsp (3mL)
vegetable broth
1/6 cup(s) (mL)
half & half
1/8 cup (mL)
parmesan cheese
4 tsp (8g)
italian seasoning
1/3 tsp (1g)
paprika
2/3 dash (0g)
onion powder
2/3 dash (0g)
garlic, minced
1/3 clove(s) (1g)

For all 2 meals:

boneless skinless chicken breast, raw
2/3 lbs (299g)
oil
1 tsp (5mL)
vegetable broth
1/3 cup(s) (mL)
half & half
1/6 cup (mL)
parmesan cheese
2 2/3 tbsp (17g)
italian seasoning
1/4 tbsp (2g)
paprika
1 1/3 dash (0g)
onion powder
1 1/3 dash (0g)
garlic, minced
2/3 clove(s) (2g)

1. Season the chicken breasts with salt and pepper on both sides.
2. Heat oil in a large skillet over medium heat. Add the chicken and cook for 5-6 minutes per side, until cooked through. Transfer the chicken to a plate and set aside.
3. In the same skillet, add the garlic and cook for 1 minute, until fragrant.
4. Stir in the broth, scraping up any brown bits from the bottom of the pan.
5. Add the half & half, Parmesan, Italian seasoning, paprika, and onion powder. Simmer uncovered for 3-4 minutes, until the sauce has thickened slightly.
6. Return the chicken to the skillet and spoon the sauce over the top. Simmer for an additional 5 minutes, then serve.

Buttery spinach cauliflower mince

1 1/2 cup(s) - 96 cals ● 5g protein ● 6g fat ● 2g carbs ● 4g fiber



For single meal:

butter
1/2 tbsp (7g)
frozen riced cauliflower
1 1/2 cup, frozen (159g)
garlic, minced
1 1/2 clove (5g)
fresh spinach, chopped
3/4 cup(s) (23g)

For all 2 meals:

butter
1 tbsp (14g)
frozen riced cauliflower
3 cup, frozen (318g)
garlic, minced
3 clove (9g)
fresh spinach, chopped
1 1/2 cup(s) (45g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
4. Serve.

Lunch 5 [↗](#)

Eat on day 7

Simple zucchini & beef skillet

388 cals ● 22g protein ● 30g fat ● 5g carbs ● 2g fiber



ground beef (20% fat)
4 oz (113g)
oil
1/2 tbsp (8mL)
paprika
3 dash (1g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
zucchini, thinly sliced
3/4 medium (147g)

1. Heat oil in a skillet over medium heat. Add beef and saute until just browned, about 5 minutes. Season with paprika and hefty pinch of salt/pepper.
 2. Add in zucchini slices to the skillet and cover with a lid. Cook for 10-15 minutes until zucchini has softened. Serve.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Spinach cauliflower mince

1 cup(s) - 71 cal ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



For single meal:

frozen riced cauliflower
16 tbsp, frozen (106g)
oil
1 tsp (5mL)
garlic, diced
1 clove(s) (3g)
fresh spinach, chopped
1/2 cup(s) (15g)

For all 2 meals:

frozen riced cauliflower
2 cup, frozen (212g)
oil
2 tsp (10mL)
garlic, diced
2 clove(s) (6g)
fresh spinach, chopped
1 cup(s) (30g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Garlic parmesan wings

1/2 lbs - 348 cal ● 31g protein ● 24g fat ● 2g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
1/2 lbs (227g)
baking powder
1/4 tbsp (4g)
butter
3 dash (2g)
parmesan cheese
1 tbsp (6g)
garlic, diced
1 clove(s) (3g)

For all 2 meals:

chicken wings, with skin, raw
1 lbs (454g)
baking powder
1/2 tbsp (8g)
butter
1/4 tbsp (4g)
parmesan cheese
2 tbsp (13g)
garlic, diced
2 clove(s) (6g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. FAST VERSION
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. CRISPY SKIN VERSION
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Dinner 2 [🔗](#)

Eat on day 3 and day 4

Simple plain beef burger

1 burger(s) - 166 cal ● 24g protein ● 8g fat ● 0g carbs ● 0g fiber



For single meal:

ground beef (93% lean)
4 oz (113g)

For all 2 meals:

ground beef (93% lean)
1/2 lbs (227g)

1. In a bowl, season the ground beef with some salt, pepper, and any other preferred seasonings.
 2. Shape the ground beef into a burger shape and cook on a hot grill or stovetop pan for about 3-4 minutes per side or until cooked to your preferred doneness.
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Bacon cauliflower rice

1 cup(s) - 163 cal ● 11g protein ● 11g fat ● 3g carbs ● 1g fiber



For single meal:

bacon, raw
1 slice(s) (28g)
frozen cauliflower
1 cup (113g)

For all 2 meals:

bacon, raw
2 slice(s) (57g)
frozen cauliflower
2 cup (227g)

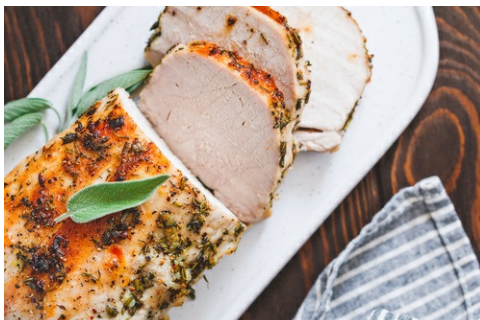
1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Dinner 3 [↗](#)

Eat on day 5

Pork tenderloin

6 2/3 oz - 195 cal ● 40g protein ● 4g fat ● 0g carbs ● 0g fiber



Makes 6 2/3 oz

pork tenderloin, raw
6 2/3 oz (189g)

1. Preheat oven to 350°F (180°C).
2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
4. Remove from oven and let rest for about 5 minutes. Slice and serve.

Bacon cauliflower rice

1 cup(s) - 163 cal ● 11g protein ● 11g fat ● 3g carbs ● 1g fiber



Makes 1 cup(s)

bacon, raw
1 slice(s) (28g)
frozen cauliflower
1 cup (113g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Pan fried tilapia

10 oz - 372 cals ● 56g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
2 1/2 tsp (13mL)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
tilapia, raw
10 oz (280g)

For all 2 meals:

olive oil
5 tsp (25mL)
black pepper
1 tsp, ground (2g)
salt
1 tsp (5g)
tilapia, raw
1 1/4 lbs (560g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

1. Prepare green beans according to instructions on package.
 2. Top with olive oil and season with salt and pepper.
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