

Meal Plan - 1900 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

1892 cals ● 123g protein (26%) ● 135g fat (64%) ● 22g carbs (5%) ● 25g fiber (5%)

Breakfast

305 cals, 17g protein, 2g net carbs, 25g fat



Low carb bread with almond butter
1 slice(s)- 164 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

195 cals, 15g protein, 4g net carbs, 13g fat



Walnuts
1/6 cup(s)- 117 cals



Low-sugar Greek Yogurt
1 container(s)- 78 cals

Lunch

665 cals, 39g protein, 7g net carbs, 49g fat



Avocado and bacon egg salad
666 cals

Dinner

730 cals, 53g protein, 8g net carbs, 48g fat



Avocado tuna salad
545 cals



Pecans
1/4 cup- 183 cals

Day 2

1872 cals ● 139g protein (30%) ● 127g fat (61%) ● 23g carbs (5%) ● 19g fiber (4%)

Breakfast

305 cals, 17g protein, 2g net carbs, 25g fat



Low carb bread with almond butter
1 slice(s)- 164 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

195 cals, 15g protein, 4g net carbs, 13g fat



Walnuts
1/6 cup(s)- 117 cals



Low-sugar Greek Yogurt
1 container(s)- 78 cals

Lunch

645 cals, 55g protein, 8g net carbs, 42g fat



Basic ground turkey
9 1/3 oz- 438 cals



Roasted tomatoes
3 1/2 tomato(es)- 208 cals

Dinner

730 cals, 53g protein, 8g net carbs, 48g fat



Avocado tuna salad
545 cals



Pecans
1/4 cup- 183 cals

Day 3

1914 cals ● 139g protein (29%) ● 138g fat (65%) ● 20g carbs (4%) ● 10g fiber (2%)

Breakfast

310 cals, 21g protein, 4g net carbs, 23g fat



Cabbage & bacon skillet

312 cals

Snacks

295 cals, 21g protein, 3g net carbs, 21g fat



Pork rinds

1 oz- 149 cals



Mixed nuts

1/6 cup(s)- 145 cals

Lunch

610 cals, 66g protein, 4g net carbs, 36g fat



Roasted tomatoes

1 tomato(es)- 60 cals



Thyme & lime chicken thighs

551 cals

Dinner

695 cals, 31g protein, 8g net carbs, 58g fat



String cheese

4 stick(s)- 331 cals



Pecans

1/2 cup- 366 cals

Day 4

1914 cals ● 139g protein (29%) ● 138g fat (65%) ● 20g carbs (4%) ● 10g fiber (2%)

Breakfast

310 cals, 21g protein, 4g net carbs, 23g fat



Cabbage & bacon skillet

312 cals

Snacks

295 cals, 21g protein, 3g net carbs, 21g fat



Pork rinds

1 oz- 149 cals



Mixed nuts

1/6 cup(s)- 145 cals

Lunch

610 cals, 66g protein, 4g net carbs, 36g fat



Roasted tomatoes

1 tomato(es)- 60 cals



Thyme & lime chicken thighs

551 cals

Dinner

695 cals, 31g protein, 8g net carbs, 58g fat



String cheese

4 stick(s)- 331 cals



Pecans

1/2 cup- 366 cals

Day 5

1839 cals ● 167g protein (36%) ● 117g fat (57%) ● 22g carbs (5%) ● 7g fiber (2%)

Breakfast

310 cals, 21g protein, 4g net carbs, 23g fat



Cabbage & bacon skillet

312 cals

Lunch

610 cals, 45g protein, 7g net carbs, 43g fat



Steak Bites

4 oz(s)- 282 cals



Bacon cauliflower rice

2 cup(s)- 326 cals

Snacks

295 cals, 21g protein, 3g net carbs, 21g fat



Pork rinds

1 oz- 149 cals



Mixed nuts

1/6 cup(s)- 145 cals

Dinner

625 cals, 79g protein, 8g net carbs, 30g fat



Balsamic chicken breast

12 oz- 473 cals



Sautéed Kale

151 cals

Day 6

1881 cals ● 184g protein (39%) ● 113g fat (54%) ● 17g carbs (4%) ● 15g fiber (3%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado

326 cals

Lunch

675 cals, 76g protein, 3g net carbs, 39g fat



Bacon cauliflower rice

1 cup(s)- 163 cals



Basic chicken thighs

12 oz- 510 cals

Snacks

255 cals, 14g protein, 2g net carbs, 19g fat



Avocado deviled eggs

2 egg(s)- 257 cals

Dinner

625 cals, 79g protein, 8g net carbs, 30g fat



Balsamic chicken breast

12 oz- 473 cals



Sautéed Kale

151 cals

Day 7

1887 cals ● 164g protein (35%) ● 121g fat (58%) ● 19g carbs (4%) ● 16g fiber (3%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



[Eggs with tomato and avocado](#)

326 cals

Lunch

675 cals, 76g protein, 3g net carbs, 39g fat



[Bacon cauliflower rice](#)

1 cup(s)- 163 cals



[Basic chicken thighs](#)

12 oz- 510 cals

Snacks

255 cals, 14g protein, 2g net carbs, 19g fat



[Avocado deviled eggs](#)

2 egg(s)- 257 cals

Dinner

630 cals, 60g protein, 10g net carbs, 38g fat



[Buttery cauliflower rice](#)

3 cup(s)- 258 cals



[Pan fried tilapia](#)

10 oz- 372 cals

Grocery List



Nut and Seed Products

- walnuts
1/3 cup, shelled (33g)
- almond butter
1/2 tbsp (8g)
- pecans
1 1/2 cup, halves (149g)
- mixed nuts
1/2 cup (67g)

Other

- low-sugar Greek yogurt, flavored
2 container(s) (300g)
- almond flour
1/6 cup(s) (18g)
- mixed greens
4 cup (115g)
- pork rinds
3 oz (85g)
- italian seasoning
1/4 tbsp (3g)
- frozen cauliflower
7 cup (794g)

Fats and Oils

- oil
4 oz (127mL)
- balsamic vinaigrette
6 tbsp (91mL)
- olive oil
2 1/2 tsp (12mL)

Baked Products

- baking powder
2 dash (1g)

Spices and Herbs

- salt
1/4 oz (6g)
- garlic powder
1/4 tbsp (2g)
- black pepper
1/8 oz (2g)
- thyme, dried
1/4 tbsp, leaves (1g)
- fresh basil
4 leaves (2g)

Pork Products

- bacon, cooked
2 2/3 slice(s) (27g)
- bacon, raw
10 slice(s) (283g)

Fruits and Fruit Juices

- avocados
3 1/2 avocado(s) (720g)
- lime juice
2 fl oz (64mL)

Finfish and Shellfish Products

- canned tuna
2 1/2 can (430g)
- tilapia, raw
10 oz (280g)

Vegetables and Vegetable Products

- tomatoes
6 medium whole (2-3/5" dia) (721g)
- onion
5/8 small (44g)
- cabbage
3 cup, chopped (267g)
- kale leaves
5 cup, chopped (200g)
- garlic
1/2 clove(s) (2g)
- fresh cilantro
4 tsp, chopped (4g)

Poultry Products

- ground turkey, raw
9 1/3 oz (265g)
- boneless skinless chicken thighs
3 lbs (1361g)
- boneless skinless chicken breast, raw
1 1/2 lbs (680g)

Beef Products

- sirloin steak, raw
4 oz (113g)

Dairy and Egg Products

- eggs**
16 1/2 large (825g)
- string cheese**
8 stick (224g)
- butter**
1/4 stick (31g)

Breakfast 1 ↗

Eat on day 1 and day 2

Low carb bread with almond butter

1 slice(s) - 164 cals ● 4g protein ● 15g fat ● 1g carbs ● 1g fiber



For single meal:

almond flour
1/8 cup(s) (9g)
oil
1/2 tbsp (8mL)
baking powder
1 dash (1g)
salt
2/3 dash (0g)
eggs
1/4 large (13g)
almond butter
1/4 tbsp (4g)

For all 2 meals:

almond flour
1/6 cup(s) (18g)
oil
1 tbsp (15mL)
baking powder
2 dash (1g)
salt
1 1/3 dash (1g)
eggs
1/2 large (25g)
almond butter
1/2 tbsp (8g)

1. In a greased, microwave-safe mug, mix the almond flour, oil, baking powder, salt, and egg until fully combined.
2. Microwave for 90 seconds.
3. Remove bread from mug, slice, and serve with almond butter.
4. For leftovers: immediately wrap any leftovers in plastic wrap or parchment paper. Store on the counter or in your fridge/freezer. Reheat by toasting or microwaving.

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.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Cabbage & bacon skillet

312 cals ● 21g protein ● 23g fat ● 4g carbs ● 2g fiber



For single meal:

bacon, raw
2 slice(s) (57g)
cabbage
1 cup, chopped (89g)

For all 3 meals:

bacon, raw
6 slice(s) (170g)
cabbage
3 cup, chopped (267g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 2 meals:

salt
4 dash (2g)
eggs
4 large (200g)
black pepper
4 dash (0g)
tomatoes
4 slice(s), thick/large (1/2" thick) (108g)
avocados, sliced
1 avocado(s) (201g)
fresh basil, chopped
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Lunch 1 ↗

Eat on day 1

Avocado and bacon egg salad

666 cals ● 39g protein ● 49g fat ● 7g carbs ● 10g fiber



mixed greens

1 1/3 cup (40g)

garlic powder

1/4 tbsp (2g)

bacon, cooked

2 2/3 slice(s) (27g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, garlic, and some salt in a bowl. Mash with a fork until fully combined.
4. Crumble the bacon and add in. Mix.
5. Serve on top of bed of greens.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 2 ↗

Eat on day 2

Basic ground turkey

9 1/3 oz - 438 cals ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

ground turkey, raw

9 1/3 oz (265g)

oil

1 tsp (6mL)

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.

Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

oil
3 1/2 tsp (18mL)
tomatoes
3 1/2 small whole (2-2/5" dia) (319g)

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.

Lunch 3 ↗

Eat on day 3 and day 4

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

For all 2 meals:

oil
2 tsp (10mL)
tomatoes
2 small whole (2-2/5" dia) (182g)

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.

Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken thighs
3/4 lb (340g)
thyme, dried
3 dash, leaves (0g)
lime juice
1 1/2 tbsp (23mL)
oil
3/4 tbsp (11mL)

For all 2 meals:

boneless skinless chicken thighs
1 1/2 lb (680g)
thyme, dried
1/4 tbsp, leaves (1g)
lime juice
3 tbsp (45mL)
oil
1 1/2 tbsp (23mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Lunch 4 ↗

Eat on day 5

Steak Bites

4 oz(s) - 282 cals ● 23g protein ● 21g fat ● 1g carbs ● 0g fiber



Makes 4 oz(s)

sirloin steak, raw
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, diced
1/2 clove(s) (2g)
butter, room-temperature
1/4 tbsp (4g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

Bacon cauliflower rice

2 cup(s) - 326 cals ● 22g protein ● 23g fat ● 7g carbs ● 2g fiber



Makes 2 cup(s)

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.

Lunch 5 ↗

Eat on day 6 and day 7

Bacon cauliflower rice

1 cup(s) - 163 cals ● 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.

Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken thighs
3/4 lbs (340g)
oil
1/2 tbsp (8mL)

For all 2 meals:

boneless skinless chicken thighs
1 1/2 lbs (680g)
oil
1 tbsp (15mL)

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.

Snacks 1 ↗

Eat on day 1 and day 2

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 2/3 tbsp, shelled (17g)

For all 2 meals:

walnuts
1/3 cup, shelled (33g)

1. The recipe has no instructions.

Low-sugar Greek Yogurt

1 container(s) - 78 cals ● 12g protein ● 2g fat ● 3g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored
1 container(s) (150g)

For all 2 meals:

low-sugar Greek yogurt, flavored
2 container(s) (300g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Pork rinds

1 oz - 149 cals ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds

1 oz (28g)

For all 3 meals:

pork rinds

3 oz (85g)

1. Enjoy.

Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts

2 2/3 tbsp (22g)

For all 3 meals:

mixed nuts

1/2 cup (67g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Avocado deviled eggs

2 egg(s) - 257 cals ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

eggs
2 large (100g)
avocados
1/3 avocado(s) (67g)
lime juice
1/4 tbsp (3mL)
fresh cilantro, chopped
2 tsp, chopped (2g)

For all 2 meals:

eggs
4 large (200g)
avocados
2/3 avocado(s) (134g)
lime juice
1/2 tbsp (7mL)
fresh cilantro, chopped
4 tsp, chopped (4g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

Dinner 1 ↗

Eat on day 1 and day 2

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)
onion, minced
1/3 small (22g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)
onion, minced
5/8 small (44g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 3 and day 4

String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

string cheese
4 stick (112g)

For all 2 meals:

string cheese
8 stick (224g)

1. The recipe has no instructions.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

pecans
1/2 cup, halves (50g)

For all 2 meals:

pecans
1 cup, halves (99g)

1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 5 and day 6

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (340g)
balsamic vinaigrette
3 tbsp (45mL)
oil
1/2 tbsp (8mL)
italian seasoning
3 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
balsamic vinaigrette
6 tbsp (90mL)
oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)

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.

Sauteed Kale

151 cals ● 3g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

kale leaves
2 1/2 cup, chopped (100g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

kale leaves
5 cup, chopped (200g)
oil
5 tsp (25mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Dinner 4 ↗

Eat on day 7

Buttery cauliflower rice

3 cup(s) - 258 cals ● 3g protein ● 22g fat ● 9g carbs ● 3g fiber



Makes 3 cup(s)

butter
2 tbsp (27g)
frozen cauliflower
3 cup (340g)

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.

Pan fried tilapia

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



Makes 10 oz

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

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.