

# 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



String cheese  
1 stick(s)- 83 cals



Cheesy skillet pizza  
2 pizza- 361 cals

### Dinner

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



Marinaded chicken breast  
10 oz- 353 cals



Bacon zucchini noodles  
163 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



Cheese  
2 oz- 229 cals



Chicken cobb salad  
277 cals

### Dinner

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



Marinaded chicken breast  
10 oz- 353 cals



Bacon zucchini noodles  
163 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



Cheese  
2 oz- 229 cals



Chicken cobb salad  
277 cals

### Dinner

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



Macadamia nuts  
218 cals



Simple sardine salad  
265 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



**Macadamia nuts**  
218 cals



**Simple sardine salad**  
265 cals

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## 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

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## 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



**Bacon zucchini noodles**  
163 cals



**Basic chicken breast**  
8 oz- 317 cals

### Dinner

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



**Bacon & goat cheese salad**  
568 cals

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## 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



**Bacon zucchini noodles**  
163 cals



**Basic chicken breast**  
8 oz- 317 cals

### Dinner

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



**Macadamia nuts**  
109 cals



**Cajun shrimp and sausage skillet**  
295 cals



**Simple mixed greens and tomato salad**  
76 cals

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# Grocery List



## Dairy and Egg Products

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

## Sausages and Luncheon Meats

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

## Vegetables and Vegetable Products

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

## Fruits and Fruit Juices

- black olives  
8 large olives (35g)

## Other

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

## Poultry Products

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

## Fats and Oils

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

## Pork Products

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

## Nut and Seed Products

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

## Finfish and Shellfish Products

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

## Spices and Herbs

- cajun seasoning  
3 dash (1g)

## Lunch 1 ↗

Eat on day 1

### 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.

### Cheesy skillet pizza

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



Makes 2 pizza

#### cheese

1/2 cup, shredded (54g)

#### pepperoni

8 slices (16g)

#### onion

2 tbsp minced (30g)

#### black olives

8 large olives (35g)

#### italian seasoning

2 tsp (7g)

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!

## Lunch 2 ↗

Eat on day 2 and day 3

### Cheese

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



For single meal:

**cheese**  
2 oz (57g)

For all 2 meals:

**cheese**  
4 oz (113g)

1. The recipe has no instructions.

### Chicken cobb salad

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



For single meal:

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

For all 2 meals:

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

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.

## Lunch 3 ↗

Eat on day 4 and day 5

### Ranch chicken

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



For single meal:

**ranch dressing**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)  
**ranch dressing mix**  
1/4 packet (1 oz) (7g)

For all 2 meals:

**ranch dressing**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)  
**ranch dressing mix**  
1/2 packet (1 oz) (14g)

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

### Bacon zucchini noodles

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



For single meal:

**zucchini**  
1/2 medium (98g)  
**bacon, raw**  
1 slice(s) (28g)

For all 2 meals:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

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.

### Basic chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)

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.

## Dinner 1 ↗

Eat on day 1 and day 2

### Marinaded chicken breast

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



For single meal:

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

For all 2 meals:

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

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.

## Bacon zucchini noodles

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



For single meal:

**zucchini**  
1/2 medium (98g)  
**bacon, raw**  
1 slice(s) (28g)

For all 2 meals:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

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.

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## Dinner 2 ↗

Eat on day 3 and day 4

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### 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. The recipe has no instructions.

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### Simple sardine salad

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



For single meal:

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

For all 2 meals:

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

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

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## Dinner 3

Eat on day 5 and day 6

### Bacon & goat cheese salad

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



For single meal:

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

For all 2 meals:

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

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

### Macadamia nuts

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



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

1. The recipe has no instructions.

### Cajun shrimp and sausage skillet

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



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

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.

### Simple mixed greens and tomato salad

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



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

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