

# Meal Plan - 1200 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

1160 cals ● 100g protein (34%) ● 76g fat (59%) ● 11g carbs (4%) ● 10g fiber (3%)

### Lunch

600 cals, 59g protein, 7g net carbs, 34g fat



**Mixed nuts**  
1/6 cup(s)- 163 cals



**Buffalo chicken lettuce wrap**  
2 wrap(s)- 439 cals

### Dinner

555 cals, 41g protein, 4g net carbs, 41g fat



**Low carb fried chicken**  
8 oz- 468 cals



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals

## Day 2

1206 cals ● 135g protein (45%) ● 65g fat (49%) ● 9g carbs (3%) ● 11g fiber (4%)

### Lunch

600 cals, 59g protein, 7g net carbs, 34g fat



**Mixed nuts**  
1/6 cup(s)- 163 cals



**Buffalo chicken lettuce wrap**  
2 wrap(s)- 439 cals

### Dinner

605 cals, 77g protein, 2g net carbs, 31g fat



**Simple seared tuna steak**  
10 2/3 oz- 470 cals



**Buttered broccoli**  
1 cup(s)- 134 cals

## Day 3

1170 cals ● 141g protein (48%) ● 58g fat (45%) ● 10g carbs (3%) ● 11g fiber (4%)

### Lunch

600 cals, 71g protein, 3g net carbs, 32g fat



**Simple roasted cod**  
13 1/3 oz- 495 cals



**Olive oil drizzled broccoli**  
1 1/2 cup(s)- 105 cals

### Dinner

570 cals, 70g protein, 7g net carbs, 26g fat



**Lemon pepper chicken breast**  
10 2/3 oz- 395 cals



**Tomato and avocado salad**  
176 cals

## Day 4

1170 cals ● 123g protein (42%) ● 68g fat (52%) ● 9g carbs (3%) ● 7g fiber (2%)

### Lunch

600 cals, 53g protein, 2g net carbs, 42g fat



**Cheese**

2 1/2 oz- 286 cals



**Basic ground turkey**

6 2/3 oz- 313 cals

### Dinner

570 cals, 70g protein, 7g net carbs, 26g fat



**Lemon pepper chicken breast**

10 2/3 oz- 395 cals



**Tomato and avocado salad**

176 cals

## Day 5

1213 cals ● 123g protein (40%) ● 72g fat (53%) ● 11g carbs (4%) ● 8g fiber (3%)

### Lunch

640 cals, 80g protein, 5g net carbs, 32g fat



**Roasted tomatoes**

2 tomato(es)- 119 cals



**Pan fried tilapia**

14 oz- 521 cals

### Dinner

575 cals, 42g protein, 5g net carbs, 40g fat



**Caesar chicken breasts**

5 1/3 oz- 306 cals



**Buttered broccoli**

2 cup(s)- 267 cals

## Day 6

1157 cals ● 99g protein (34%) ● 79g fat (61%) ● 8g carbs (3%) ● 6g fiber (2%)

### Lunch

630 cals, 55g protein, 4g net carbs, 42g fat



**Broccoli**

1 cup(s)- 29 cals



**Slow-baked salmon with lemon and thyme**

9 oz- 603 cals

### Dinner

525 cals, 43g protein, 4g net carbs, 37g fat



**Blue cheese stuffed chicken thighs**

1 thigh- 452 cals



**Basic zoodles**

1/2 zucchini- 73 cals

## Day 7

1157 cals ● 99g protein (34%) ● 79g fat (61%) ● 8g carbs (3%) ● 6g fiber (2%)

### Lunch

630 cals, 55g protein, 4g net carbs, 42g fat



**Broccoli**

1 cup(s)- 29 cals



**Slow-baked salmon with lemon and thyme**

9 oz- 603 cals

### Dinner

525 cals, 43g protein, 4g net carbs, 37g fat



**Blue cheese stuffed chicken thighs**

1 thigh- 452 cals



**Basic zoodles**

1/2 zucchini- 73 cals

## Nut and Seed Products

- ☐ mixed nuts  
6 tbsp (50g)

## Spices and Herbs

- ☐ salt  
1/3 oz (9g)
- ☐ black pepper  
3 g (3g)
- ☐ cajun seasoning  
1/3 tsp (1g)
- ☐ lemon pepper  
4 tsp (9g)
- ☐ garlic powder  
3 dash (1g)
- ☐ thyme, dried  
1 g (1g)
- ☐ paprika  
2 dash (1g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/3 cup (79mL)
- ☐ hot sauce  
1/2 tbsp (8mL)

## Vegetables and Vegetable Products

- ☐ romaine lettuce  
4 leaf outer (112g)
- ☐ tomatoes  
3 3/4 medium whole (2-3/5" dia) (460g)
- ☐ frozen broccoli  
6 1/2 cup (592g)
- ☐ onion  
1 1/2 tbsp minced (23g)
- ☐ zucchini  
1 large (323g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/2 avocado(s) (285g)
- ☐ lime juice  
1 1/2 tbsp (23mL)
- ☐ lemon  
3/4 large (63g)

## Fats and Oils

- ☐ oil  
2 oz (57mL)
- ☐ olive oil  
3 oz (89mL)
- ☐ caesar salad dressing  
4 tsp (20g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 2/3 lbs (1202g)
- ☐ ground turkey, raw  
6 2/3 oz (189g)
- ☐ chicken thighs, with bone and skin, raw  
2 thigh(s) (340g)

## Other

- ☐ Chicken, drumsticks, with skin  
1/2 lbs (227g)
- ☐ pork rinds  
1/4 oz (7g)

## Finfish and Shellfish Products

- ☐ yellowfin tuna steaks, raw  
2/3 lbs (302g)
- ☐ cod, raw  
13 1/3 oz (378g)
- ☐ tilapia, raw  
14 oz (392g)
- ☐ salmon  
18 oz (510g)

## Dairy and Egg Products

- ☐ butter  
3 tbsp (43g)
- ☐ cheese  
2 1/2 oz (71g)
- ☐ parmesan cheese  
4 tsp (7g)
- ☐ blue cheese  
1 oz (28g)

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Mixed nuts

1/6 cup(s) - 163 cal ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

**mixed nuts**  
3 tbsp (25g)

For all 2 meals:

**mixed nuts**  
6 tbsp (50g)

1. The recipe has no instructions.

### Buffalo chicken lettuce wrap

2 wrap(s) - 439 cal ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



For single meal:

**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)  
**romaine lettuce**  
2 leaf outer (56g)  
**avocados, chopped**  
1/3 avocado(s) (67g)  
**oil**  
1 tsp (5mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (227g)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**Frank's Red Hot sauce**  
1/3 cup (80mL)  
**romaine lettuce**  
4 leaf outer (112g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw, cubed**  
16 oz (454g)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

## Lunch 2 [↗](#)

Eat on day 3

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### Simple roasted cod

13 1/3 oz - 495 cal ● 67g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**olive oil**

5 tsp (25mL)

**cod, raw**

13 1/3 oz (378g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

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### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen broccoli**

1 1/2 cup (137g)

**olive oil**

1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
  2. Drizzle with olive oil and season with salt and pepper to taste.
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## Lunch 3 [↗](#)

Eat on day 4

### Cheese

2 1/2 oz - 286 cals ● 16g protein ● 24g fat ● 2g carbs ● 0g fiber



Makes 2 1/2 oz

**cheese**  
2 1/2 oz (71g)

1. The recipe has no instructions.

### Basic ground turkey

6 2/3 oz - 313 cals ● 37g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 6 2/3 oz

**ground turkey, raw**  
6 2/3 oz (189g)  
**oil**  
1 tsp (4mL)

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.

## Lunch 4 [↗](#)

Eat on day 5

### Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

**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.

### Pan fried tilapia

14 oz - 521 cals ● 79g protein ● 22g fat ● 1g carbs ● 0g fiber



Makes 14 oz

- olive oil**  
3 1/2 tsp (17mL)
- black pepper**  
1/2 tsp, ground (1g)
- salt**  
1/2 tsp (3g)
- tilapia, raw**  
14 oz (392g)

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.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

- frozen broccoli**  
1 cup (91g)

For all 2 meals:

- frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.

## Slow-baked salmon with lemon and thyme

9 oz - 603 cals ● 53g protein ● 42g fat ● 2g carbs ● 1g fiber



For single meal:

**thyme, dried**  
3 dash, leaves (0g)  
**oil**  
1/2 tbsp (8mL)  
**salmon, skin on**  
1/2 lbs (255g)  
**lemon, cut into wedges**  
3/8 large (32g)

For all 2 meals:

**thyme, dried**  
1/4 tbsp, leaves (1g)  
**oil**  
1 tbsp (17mL)  
**salmon, skin on**  
18 oz (510g)  
**lemon, cut into wedges**  
3/4 large (63g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

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## Dinner 1 [↗](#)

Eat on day 1

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### Low carb fried chicken

8 oz - 468 cals ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**hot sauce**  
1/2 tbsp (8mL)  
**cajun seasoning**  
1/3 tsp (1g)  
**Chicken, drumsticks, with skin**  
1/2 lbs (227g)  
**pork rinds, crushed**  
1/4 oz (7g)

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.

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber





Makes 1 1/2 tomato(es)

**oil**

1/2 tbsp (8mL)

**tomatoes**

1 1/2 small whole (2-2/5" dia) (137g)

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.

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## Dinner 2 [↗](#)

Eat on day 2

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### Simple seared tuna steak

10 2/3 oz - 470 cals ● 74g protein ● 19g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

**olive oil**

4 tsp (20mL)

**yellowfin tuna steaks, raw**

2/3 lbs (302g)

1. Rub both sides of the steaks with olive oil.
2. Season both sides generously with salt, pepper, and any other preferred seasonings.
3. Place a skillet over high heat. Once the pan is hot, add the tuna steaks. Sear for about 1-2 minutes on each side for rare to medium-rare doneness. If you prefer your tuna more well-done, cook for an additional 1-2 minutes per side. Be careful not to overcook, as tuna can become dry.
4. Remove the tuna from the pan and let it rest for a minute or two.
5. Slice the tuna against the grain for serving.

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### Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**black pepper**  
1/2 dash (0g)  
**butter**  
1 tbsp (14g)

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

## Dinner 3

Eat on day 3 and day 4

### Lemon pepper chicken breast

10 2/3 oz - 395 cals  68g protein  13g fat  2g carbs  1g fiber



For single meal:

**boneless skinless chicken breast, raw**  
2/3 lbs (299g)  
**olive oil**  
1 tsp (5mL)  
**lemon pepper**  
2 tsp (5g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)  
**olive oil**  
2 tsp (10mL)  
**lemon pepper**  
4 tsp (9g)

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.

### Tomato and avocado salad

176 cals  2g protein  14g fat  5g carbs  6g fiber



For single meal:

**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia)  
(46g)

For all 2 meals:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia)  
(92g)

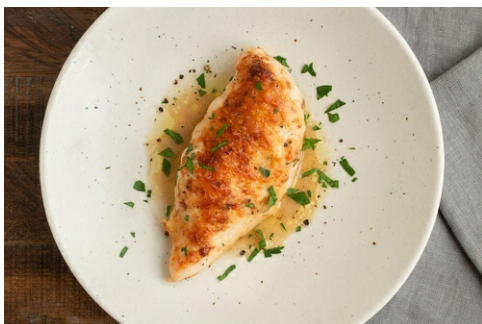
1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Dinner 4 [🔗](#)

Eat on day 5

### Caesar chicken breasts

5 1/3 oz - 306 cal ● 36g protein ● 17g fat ● 1g carbs ● 0g fiber



Makes 5 1/3 oz

**boneless skinless chicken breast, raw**  
1/3 lbs (151g)  
**caesar salad dressing**  
4 tsp (20g)  
**parmesan cheese**  
4 tsp (7g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

## Buttered broccoli

2 cup(s) - 267 cal ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**black pepper**  
1 dash (0g)  
**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.

## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Blue cheese stuffed chicken thighs

1 thigh - 452 cal ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

**blue cheese**  
1/2 oz (14g)  
**thyme, dried**  
1 1/2 dash, ground (0g)  
**olive oil**  
3/8 tsp (2mL)  
**paprika**  
1 dash (0g)  
**chicken thighs, with bone and skin, raw**  
1 thigh(s) (170g)

For all 2 meals:

**blue cheese**  
1 oz (28g)  
**thyme, dried**  
3 dash, ground (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**paprika**  
2 dash (1g)  
**chicken thighs, with bone and skin, raw**  
2 thigh(s) (340g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

### Basic zoodles

1/2 zucchini - 73 cal ● 2g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

**zucchini**

1/2 large (162g)

**oil**

1 tsp (5mL)

For all 2 meals:

**zucchini**

1 large (323g)

**oil**

2 tsp (10mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
  2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.
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