

# Meal Plan - 1100 calorie keto meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1113 cals ● 83g protein (30%) ● 80g fat (64%) ● 12g carbs (4%) ● 5g fiber (2%)

### Breakfast

240 cals, 12g protein, 3g net carbs, 20g fat



**Tomato and basil omelet**  
152 cals



**Sunflower seeds**  
90 cals

### Lunch

410 cals, 20g protein, 4g net carbs, 34g fat



**Bacon & goat cheese salad**  
227 cals



**Pumpkin seeds**  
183 cals

### Dinner

460 cals, 51g protein, 5g net carbs, 26g fat



**Ranch chicken**  
8 oz- 461 cals

## Day 2

1065 cals ● 98g protein (37%) ● 67g fat (56%) ● 13g carbs (5%) ● 5g fiber (2%)

### Breakfast

240 cals, 12g protein, 3g net carbs, 20g fat



**Tomato and basil omelet**  
152 cals



**Sunflower seeds**  
90 cals

### Lunch

440 cals, 52g protein, 6g net carbs, 22g fat



**Roasted tomatoes**  
1/2 tomato(es)- 30 cals



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



**Cauliflower rice**  
1 1/2 cup(s)- 91 cals

### Dinner

385 cals, 34g protein, 5g net carbs, 25g fat



**Basic chicken thighs**  
6 oz- 255 cals



**Buttery cauliflower rice**  
1 1/2 cup(s)- 129 cals

## Day 3

1107 cals ● 89g protein (32%) ● 73g fat (59%) ● 13g carbs (5%) ● 11g fiber (4%)

### Breakfast

285 cals, 3g protein, 3g net carbs, 26g fat



**Macadamia nuts**

109 cals



**Avocado**

176 cals

### Dinner

385 cals, 34g protein, 5g net carbs, 25g fat



**Basic chicken thighs**

6 oz- 255 cals



**Buttery cauliflower rice**

1 1/2 cup(s)- 129 cals

### Lunch

440 cals, 52g protein, 6g net carbs, 22g fat



**Roasted tomatoes**

1/2 tomato(es)- 30 cals



**Basic chicken breast**

8 oz- 317 cals



**Cauliflower rice**

1 1/2 cup(s)- 91 cals

## Day 4

1072 cals ● 109g protein (41%) ● 58g fat (49%) ● 12g carbs (4%) ● 16g fiber (6%)

### Breakfast

285 cals, 3g protein, 3g net carbs, 26g fat



**Macadamia nuts**

109 cals



**Avocado**

176 cals

### Dinner

415 cals, 53g protein, 6g net carbs, 19g fat



**Slow cooker herb chicken**

8 oz- 295 cals



**Roasted tomatoes**

2 tomato(es)- 119 cals

### Lunch

375 cals, 53g protein, 4g net carbs, 14g fat



**Pork tenderloin**

8 oz- 234 cals



**Olive oil drizzled broccoli**

2 cup(s)- 140 cals

## Day 5

1043 cals ● 101g protein (39%) ● 61g fat (53%) ● 12g carbs (5%) ● 11g fiber (4%)

### Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



**Sauteed Kale**  
61 cals



**Eggs with tomato and avocado**  
163 cals

### Dinner

445 cals, 39g protein, 3g net carbs, 30g fat



**Baked chicken thighs**  
6 oz- 385 cals



**Cauliflower rice**  
1 cup(s)- 61 cals

### Lunch

375 cals, 53g protein, 4g net carbs, 14g fat



**Pork tenderloin**  
8 oz- 234 cals



**Olive oil drizzled broccoli**  
2 cup(s)- 140 cals

## Day 6

1115 cals ● 87g protein (31%) ● 77g fat (62%) ● 12g carbs (4%) ● 7g fiber (3%)

### Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



**Sauteed Kale**  
61 cals



**Eggs with tomato and avocado**  
163 cals

### Dinner

445 cals, 39g protein, 3g net carbs, 30g fat



**Baked chicken thighs**  
6 oz- 385 cals



**Cauliflower rice**  
1 cup(s)- 61 cals

### Lunch

445 cals, 39g protein, 4g net carbs, 30g fat



**Rotisserie chicken**  
6 oz- 357 cals



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

Day 7

1125 cals ● 89g protein (32%) ● 76g fat (61%) ● 13g carbs (5%) ● 8g fiber (3%)

Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



Sauteed Kale  
61 cals



Eggs with tomato and avocado  
163 cals

Dinner

455 cals, 42g protein, 5g net carbs, 29g fat



Chicken thighs with tomatoes & feta  
1 thigh(s)- 455 cals

Lunch

445 cals, 39g protein, 4g net carbs, 30g fat



Rotisserie chicken  
6 oz- 357 cals



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



## Other

- ☐ mixed greens  
1 cup (30g)
- ☐ ranch dressing mix  
1/4 packet (1 oz) (7g)
- ☐ frozen cauliflower  
8 cup (907g)
- ☐ rotisserie chicken, cooked  
3/4 lbs (340g)
- ☐ italian seasoning  
2 dash (1g)

## Dairy and Egg Products

- ☐ goat cheese  
1 oz (28g)
- ☐ cheddar cheese  
1 tbsp, shredded (7g)
- ☐ eggs  
5 large (250g)
- ☐ butter  
2 tbsp (27g)
- ☐ feta cheese  
1/2 oz (14g)

## Fats and Oils

- ☐ olive oil  
1 1/4 oz (40mL)
- ☐ ranch dressing  
2 tbsp (30mL)
- ☐ oil  
3 1/3 oz (101mL)

## Pork Products

- ☐ bacon, cooked  
1 slice(s) (10g)
- ☐ pork tenderloin, raw  
1 lbs (453g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 oz (32g)
- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- ☐ Macadamia nuts, shelled, roasted  
1 oz (28g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 lbs (899g)
- ☐ boneless skinless chicken thighs  
3/4 lbs (340g)
- ☐ chicken thighs, with bone and skin, raw  
18 oz (510g)

## Vegetables and Vegetable Products

- ☐ green onions  
1 tbsp chopped (6g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (801g)
- ☐ frozen broccoli  
4 cup (364g)
- ☐ kale leaves  
3 cup, chopped (120g)

## Spices and Herbs

- ☐ fresh basil  
7 leaves (4g)
- ☐ basil, dried  
1 dash, leaves (0g)
- ☐ thyme, dried  
1/4 g (0g)
- ☐ garlic powder  
2 dash (1g)
- ☐ paprika  
2 dash (1g)
- ☐ black pepper  
5 dash (1g)
- ☐ salt  
5 dash (2g)

## Fruits and Fruit Juices

- ☐ avocados  
1 3/4 avocado(s) (352g)
- ☐ lemon juice  
1 tsp (5mL)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1 tbsp (16g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Tomato and basil omelet

152 cals ● 7g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

**cheddar cheese**  
1/2 tbsp, shredded (4g)  
**green onions**  
1/2 tbsp chopped (3g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh basil, teared**  
2 leaves (1g)  
**tomatoes, finely chopped**  
1/2 plum tomato (31g)  
**eggs, beaten**  
1 large (50g)

For all 2 meals:

**cheddar cheese**  
1 tbsp, shredded (7g)  
**green onions**  
1 tbsp chopped (6g)  
**olive oil**  
1 tbsp (15mL)  
**fresh basil, teared**  
4 leaves (2g)  
**tomatoes, finely chopped**  
1 plum tomato (62g)  
**eggs, beaten**  
2 large (100g)

1. In a small bowl, mix the tomato, cheese, basil, onion, half of the oil, and some salt and pepper together.
2. Heat remaining oil in a small frying pan and pour in an even layer of the eggs. Once cooked, spoon tomato mixture over half of the omelette, and fold the other half of the omelette over it.
3. Keep on the heat for another 30 seconds or so and then remove and plate.

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. The recipe has no instructions.

# Breakfast 2

Eat on day 3 and day 4

## 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. The recipe has no instructions.

## 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.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**kale leaves**  
1 cup, chopped (40g)  
**oil**  
1 tsp (5mL)

For all 3 meals:

**kale leaves**  
3 cup, chopped (120g)  
**oil**  
1 tbsp (15mL)

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.

### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
1 large (50g)  
**black pepper**  
1 dash (0g)  
**tomatoes**  
1 slice(s), thick/large (1/2" thick)  
(27g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**fresh basil, chopped**  
1 leaves (1g)

For all 3 meals:

**salt**  
3 dash (1g)  
**eggs**  
3 large (150g)  
**black pepper**  
3 dash (0g)  
**tomatoes**  
3 slice(s), thick/large (1/2" thick)  
(81g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**fresh basil, chopped**  
3 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

### Bacon & goat cheese salad

227 cals ● 12g protein ● 19g fat ● 2g carbs ● 1g fiber



**mixed greens**  
1 cup (30g)  
**goat cheese**  
1 oz (28g)  
**olive oil**  
1 tsp (5mL)  
**bacon, cooked**  
1 slice(s) (10g)  
**sunflower kernels**  
1 tsp (4g)

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.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. The recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)

For all 2 meals:

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

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.

### 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.

## Cauliflower rice

1 1/2 cup(s) - 91 cal ● 2g protein ● 7g fat ● 5g carbs ● 2g fiber



For single meal:

**frozen cauliflower**  
1 1/2 cup (170g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**frozen cauliflower**  
3 cup (340g)  
**oil**  
1 tbsp (15mL)

1. Cook cauliflower according to package instructions.
  2. Mix in oil and some salt and pepper.
  3. Serve.
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## Lunch 3 [↗](#)

Eat on day 4 and day 5

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### Pork tenderloin

8 oz - 234 cal ● 47g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**pork tenderloin, raw**  
1/2 lbs (227g)

For all 2 meals:

**pork tenderloin, raw**  
1 lbs (453g)

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.

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### Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**olive oil**  
4 tsp (20mL)

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 4 [↗](#)

Eat on day 6 and day 7

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### Rotisserie chicken

6 oz - 357 cals ● 38g protein ● 23g fat ● 0g carbs ● 0g fiber



For single meal:

**rotisserie chicken, cooked**  
6 oz (170g)

For all 2 meals:

**rotisserie chicken, cooked**  
3/4 lbs (340g)

1. Pull chicken off of bones.
2. Serve.

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### Roasted tomatoes

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



For single meal:

**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia)  
(137g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**tomatoes**  
3 small whole (2-2/5" dia) (273g)

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 1 [↗](#)

Eat on day 1

### Ranch chicken

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



Makes 8 oz

#### 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)

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.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Basic chicken thighs

6 oz - 255 cals ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

#### boneless skinless chicken thighs

6 oz (170g)

#### oil

1/4 tbsp (4mL)

For all 2 meals:

#### boneless skinless chicken thighs

3/4 lbs (340g)

#### oil

1/2 tbsp (8mL)

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.

### Buttery cauliflower rice

1 1/2 cup(s) - 129 cals ● 2g protein ● 11g fat ● 5g carbs ● 2g fiber



For single meal:

**butter**  
1 tbsp (14g)  
**frozen cauliflower**  
1 1/2 cup (170g)

For all 2 meals:

**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.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Slow cooker herb chicken

8 oz - 295 cals ● 51g protein ● 10g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**basil, dried**  
1 dash, leaves (0g)  
**thyme, dried**  
1 dash, leaves (0g)  
**garlic powder**  
2 dash (1g)  
**paprika**  
2 dash (1g)  
**oil**  
1/4 tbsp (4mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)

1. Note: This recipe can also be adapted for the skillet or oven, though the chicken may not be as tender. To use the skillet, cook the seasoned chicken over medium heat until fully cooked, about 6-8 minutes per side. For the oven, bake at 375°F (190°C) for 25-30 minutes, or until the chicken is no longer pink inside.
2. Place all ingredients, along with some salt and pepper, in the slow cooker.
3. Rub the oil and spices evenly over the chicken.
4. Cover and cook on high for 3-4 hours or on low for 6-8 hours, until the chicken is fully cooked.
5. Once done, let the chicken rest for 10 minutes. Slice or shred using two forks, then serve.

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### 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.

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:	For all 2 meals:
<b>chicken thighs, with bone and skin, raw</b>	<b>chicken thighs, with bone and skin, raw</b>
6 oz (170g)	3/4 lbs (340g)
<b>thyme, dried</b>	<b>thyme, dried</b>
1/2 dash, ground (0g)	1 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

### Cauliflower rice

1 cup(s) - 61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:	For all 2 meals:
<b>frozen cauliflower</b>	<b>frozen cauliflower</b>
1 cup (113g)	2 cup (227g)
<b>oil</b>	<b>oil</b>
1 tsp (5mL)	2 tsp (10mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.



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## Dinner 5 [↗](#)

Eat on day 7

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### Chicken thighs with tomatoes & feta

1 thigh(s) - 455 cal ● 42g protein ● 29g fat ● 5g carbs ● 2g fiber



Makes 1 thigh(s)

**chicken thighs, with bone and skin, raw**

1 thigh(s) (170g)

**feta cheese**

1/2 oz (14g)

**italian seasoning**

2 dash (1g)

**pasta sauce**

1 tbsp (16g)

**tomatoes**

3/8 pint, cherry tomatoes (112g)

1. Season the chicken generously with salt and pepper.
  2. Heat a deep skillet over medium heat. Add the chicken skin-side down and cook until the skin is well browned and crispy, about 12-15 minutes. Transfer the chicken to a plate, skin-side up, and set aside.
  3. Add the tomatoes, tomato sauce, and seasoning. Stir to combine and simmer for about 10 minutes, until the tomatoes begin to burst and the sauce thickens slightly.
  4. Return the chicken to the skillet, skin-side up, nestling it so the meat touches the sauce while keeping the skin exposed. Continue cooking for 8-12 minutes, or until the chicken reaches an internal temperature of 165°F (75°C).
  5. Remove from heat, crumble feta over the top, and serve.
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