

Meal Plan - 1200 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

1166 cals ● 78g protein (27%) ● 88g fat (68%) ● 9g carbs (3%) ● 7g fiber (2%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Bacon omelet
280 cals

Lunch

440 cals, 23g protein, 6g net carbs, 34g fat



Mixed nuts
1/8 cup(s)- 109 cals



Avocado and bacon egg salad
333 cals

Dinner

445 cals, 36g protein, 2g net carbs, 32g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Simple salmon
6 oz- 385 cals

Day 2

1166 cals ● 78g protein (27%) ● 88g fat (68%) ● 9g carbs (3%) ● 7g fiber (2%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Bacon omelet
280 cals

Lunch

440 cals, 23g protein, 6g net carbs, 34g fat



Mixed nuts
1/8 cup(s)- 109 cals



Avocado and bacon egg salad
333 cals

Dinner

445 cals, 36g protein, 2g net carbs, 32g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Simple salmon
6 oz- 385 cals

Day 3

1192 cals ● 113g protein (38%) ● 74g fat (56%) ● 11g carbs (4%) ● 8g fiber (3%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Bacon omelet

280 cals

Lunch

465 cals, 44g protein, 7g net carbs, 26g fat



Roasted almonds

1/6 cup(s)- 166 cals



Low-sugar Greek Yogurt

1 container(s)- 78 cals



Buffalo chicken lettuce wrap

1 wrap(s)- 220 cals

Dinner

450 cals, 49g protein, 3g net carbs, 26g fat



Caprese chicken

6 oz- 448 cals

Day 4

1245 cals ● 112g protein (36%) ● 77g fat (56%) ● 14g carbs (4%) ● 12g fiber (4%)

Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



Pesto scrambled eggs

3 eggs- 297 cals

Lunch

500 cals, 43g protein, 8g net carbs, 28g fat



Chicken avocado salad

500 cals

Dinner

450 cals, 49g protein, 3g net carbs, 26g fat



Caprese chicken

6 oz- 448 cals

Day 5

1251 cals ● 98g protein (31%) ● 89g fat (64%) ● 11g carbs (3%) ● 4g fiber (1%)

Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



Pesto scrambled eggs
3 eggs- 297 cals

Lunch

450 cals, 36g protein, 4g net carbs, 32g fat



Cheesy cauliflower mashed 'potatoes'
202 cals



Basic ground turkey
5 1/3 oz- 250 cals

Dinner

500 cals, 42g protein, 4g net carbs, 34g fat



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



Bacon cauliflower mashed 'potatoes'
216 cals



Basic chicken thighs
6 oz- 255 cals

Day 6

1153 cals ● 104g protein (36%) ● 72g fat (56%) ● 14g carbs (5%) ● 9g fiber (3%)

Breakfast

170 cals, 8g protein, 5g net carbs, 10g fat



Egg & avocado salad
133 cals



Blackberries
1/2 cup(s)- 35 cals

Lunch

485 cals, 54g protein, 5g net carbs, 27g fat



Buttery garlic cauliflower mashed 'potatoes'
168 cals



Balsamic chicken breast
8 oz- 316 cals

Dinner

500 cals, 42g protein, 4g net carbs, 34g fat



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



Bacon cauliflower mashed 'potatoes'
216 cals



Basic chicken thighs
6 oz- 255 cals

Day 7

1186 cals ● 139g protein (47%) ● 60g fat (46%) ● 13g carbs (4%) ● 9g fiber (3%)

Breakfast

170 cals, 8g protein, 5g net carbs, 10g fat



Egg & avocado salad
133 cals



Blackberries
1/2 cup(s)- 35 cals

Dinner

535 cals, 77g protein, 3g net carbs, 23g fat



Roasted cauliflower
58 cals



Basic chicken breast
12 oz- 476 cals

Lunch

485 cals, 54g protein, 5g net carbs, 27g fat



Buttery garlic cauliflower mashed 'potatoes'
168 cals



Balsamic chicken breast
8 oz- 316 cals



Grocery List



Nut and Seed Products

- ☐ mixed nuts
4 tbsp (34g)
- ☐ almonds
3 tbsp, whole (27g)

Other

- ☐ mixed greens
2 cup (60g)
- ☐ low-sugar Greek yogurt, flavored
1 container(s) (150g)
- ☐ italian seasoning
1 1/4 tsp (5g)

Spices and Herbs

- ☐ garlic powder
1 tsp (3g)
- ☐ salt
1/4 tbsp (5g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ fresh basil
3 tbsp, chopped (8g)
- ☐ thyme, dried
1 dash, leaves (0g)

Pork Products

- ☐ bacon, cooked
8 2/3 slice(s) (87g)
- ☐ bacon, raw
1 1/2 slice(s) (43g)

Fruits and Fruit Juices

- ☐ avocados
1 2/3 avocado(s) (335g)
- ☐ lime juice
2 tsp (10mL)
- ☐ blackberries
1 cup (144g)

Dairy and Egg Products

- ☐ eggs
18 large (900g)
- ☐ fresh mozzarella cheese
3 oz (85g)

Fats and Oils

- ☐ oil
2 1/2 oz (79mL)
- ☐ olive oil
1 tbsp (15mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

Vegetables and Vegetable Products

- ☐ tomatoes
3 medium whole (2-3/5" dia) (362g)
- ☐ romaine lettuce
1 leaf outer (28g)
- ☐ onion
1 tbsp chopped (10g)
- ☐ brussels sprouts
5 sprouts (95g)
- ☐ cauliflower
2/3 head medium (5-6" dia.) (387g)
- ☐ garlic
1 1/6 clove (4g)

Finfish and Shellfish Products

- ☐ salmon
3/4 lbs (340g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
4 tsp (19mL)
- ☐ pesto sauce
6 tbsp (96g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1409g)
- ☐ boneless skinless chicken thighs
3/4 lbs (340g)
- ☐ ground turkey, raw
1/3 lbs (151g)

☐ **heavy cream**
5 tbsp (74mL)

☐ **butter**
3 tbsp (40g)

☐ **cheese**
2/3 slice (1 oz each) (19g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Bacon omelet

280 cals ● 20g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
1 tsp (5mL)
eggs
2 large (100g)
bacon, cooked, cooked and chopped
2 slice(s) (20g)

For all 3 meals:

olive oil
1 tbsp (15mL)
eggs
6 large (300g)
bacon, cooked, cooked and chopped
6 slice(s) (60g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Pesto scrambled eggs

3 eggs - 297 cals ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
pesto sauce
1 1/2 tbsp (24g)

For all 2 meals:

eggs
6 large (300g)
pesto sauce
3 tbsp (48g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



For single meal:

garlic powder

1 1/3 dash (1g)

avocados

1/6 avocado(s) (34g)

mixed greens

1/3 cup (10g)

eggs, hard-boiled and chilled

1 large (50g)

For all 2 meals:

garlic powder

1/3 tsp (1g)

avocados

1/3 avocado(s) (67g)

mixed greens

2/3 cup (20g)

eggs, hard-boiled and chilled

2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
 3. Serve on top of bed of greens.
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Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries

1/2 cup (72g)

For all 2 meals:

blackberries

1 cup (144g)

1. Rinse blackberries and serve.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.

Avocado and bacon egg salad

333 cals ● 19g protein ● 25g fat ● 4g carbs ● 5g fiber



For single meal:

mixed greens
2/3 cup (20g)
garlic powder
1/3 tsp (1g)
bacon, cooked
1 1/3 slice(s) (13g)
avocados
1/3 avocado(s) (67g)
eggs, hard-boiled and chilled
2 large (100g)

For all 2 meals:

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 3

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds

3 tbsp, whole (27g)

1. The recipe has no instructions.

Low-sugar Greek Yogurt

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



Makes 1 container(s)

low-sugar Greek yogurt, flavored

1 container(s) (150g)

1. The recipe has no instructions.

Buffalo chicken lettuce wrap

1 wrap(s) - 220 cals ● 27g protein ● 10g fat ● 2g carbs ● 3g fiber



Makes 1 wrap(s)

salt

2/3 dash (1g)

black pepper

2/3 dash, ground (0g)

Frank's Red Hot sauce

4 tsp (20mL)

romaine lettuce

1 leaf outer (28g)

avocados, chopped

1/6 avocado(s) (34g)

oil

1/2 tsp (3mL)

boneless skinless chicken breast, raw, cubed

4 oz (113g)

tomatoes, halved

4 tsp cherry tomatoes (12g)

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 3 [↗](#)

Eat on day 4

Chicken avocado salad

500 cal ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



boneless skinless chicken breast, raw
6 oz (170g)
onion
1 tbsp chopped (10g)
lime juice
2 tsp (10mL)
oil
2 tsp (10mL)
brussels sprouts
5 sprouts (95g)
avocados, chopped
1/2 avocado(s) (101g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Lunch 4 [↗](#)

Eat on day 5

Cheesy cauliflower mashed 'potatoes'

202 cal ● 6g protein ● 17g fat ● 4g carbs ● 1g fiber



cauliflower
2/3 cup chopped (71g)
butter
1/2 tbsp (7g)
heavy cream
2 2/3 tsp (13mL)
cheese
2/3 slice (1 oz each) (19g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)

1. Combine all ingredients (besides the cheese) in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash with a fork.
4. Lay cheese slices on top and microwave a couple more minutes until melted.
5. Serve.

Basic ground turkey

5 1/3 oz - 250 cal ● 30g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

ground turkey, raw
1/3 lbs (151g)
oil
1/4 tbsp (3mL)

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 5 [↗](#)

Eat on day 6 and day 7

Buttery garlic cauliflower mashed 'potatoes'

168 cals ● 2g protein ● 15g fat ● 4g carbs ● 1g fiber



For single meal:

salt
1 1/3 dash (1g)
butter
2 tsp (9g)
cauliflower
2/3 cup chopped (71g)
heavy cream
4 tsp (20mL)
black pepper
2/3 dash, ground (0g)
garlic, minced
1/3 clove (1g)

For all 2 meals:

salt
1/3 tsp (2g)
butter
4 tsp (19g)
cauliflower
1 1/3 cup chopped (143g)
heavy cream
2 2/3 tbsp (40mL)
black pepper
1 1/3 dash, ground (0g)
garlic, minced
2/3 clove (2g)

1. Combine all ingredients in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash and mix with a fork.
4. Serve.

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (227g)
balsamic vinaigrette
2 tbsp (30mL)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (454g)
balsamic vinaigrette
4 tbsp (60mL)
oil
2 tsp (10mL)
italian seasoning
4 dash (2g)

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

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.

Simple salmon

6 oz - 385 cals ● 35g protein ● 27g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
6 oz (170g)
oil
1 tsp (5mL)

For all 2 meals:

salmon
3/4 lbs (340g)
oil
2 tsp (10mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: **PAN FRY:** Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. **BAKING:** Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Caprese chicken

6 oz - 448 cals ● 49g protein ● 26g fat ● 3g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (168g)
fresh basil
1 1/2 tbsp, chopped (4g)
oil
1/4 tbsp (4mL)
pesto sauce
1 1/2 tbsp (24g)
italian seasoning
3 dash (1g)
fresh mozzarella cheese, sliced
1 1/2 oz (43g)
tomatoes, quartered
2 1/4 cherry tomatoes (38g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (336g)
fresh basil
3 tbsp, chopped (8g)
oil
1/2 tbsp (8mL)
pesto sauce
3 tbsp (48g)
italian seasoning
1/4 tbsp (3g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, quartered
4 1/2 cherry tomatoes (77g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Dinner 3 [↗](#)

Eat on day 5 and day 6

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.

Bacon cauliflower mashed 'potatoes'

216 cals ● 9g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

black pepper

1/2 dash, ground (0g)

heavy cream

2 tsp (10mL)

butter

1/2 tbsp (7g)

salt

1 dash (1g)

cauliflower

1/2 cup chopped (54g)

bacon, raw

3/4 slice(s) (21g)

garlic, minced

1/4 clove (1g)

For all 2 meals:

black pepper

1 dash, ground (0g)

heavy cream

4 tsp (20mL)

butter

1 tbsp (14g)

salt

2 dash (2g)

cauliflower

1 cup chopped (107g)

bacon, raw

1 1/2 slice(s) (43g)

garlic, minced

1/2 clove (2g)

1. Combine all ingredients except bacon in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
5. Serve.

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.

Dinner 4 [↗](#)

Eat on day 7

Roasted cauliflower

58 cals ● 2g protein ● 4g fat ● 3g carbs ● 1g fiber



oil

1/4 tbsp (4mL)

thyme, dried

1 dash, leaves (0g)

cauliflower, cut into florets

1/4 head small (4" dia.) (66g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

oil

3/4 tbsp (11mL)

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.
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