

Meal Plan - 1700 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

1718 cals ● 168g protein (39%) ● 108g fat (57%) ● 12g carbs (3%) ● 6g fiber (1%)

Breakfast

280 cals, 22g protein, 2g net carbs, 21g fat



Egg & cheese mini muffin
5 mini muffin(s)- 280 cals

Lunch

645 cals, 68g protein, 2g net carbs, 40g fat



Basic chicken thighs
12 oz- 510 cals



Buttered broccoli
1 cup(s)- 134 cals

Snacks

175 cals, 18g protein, 3g net carbs, 9g fat



Pork rinds and salsa
174 cals

Dinner

620 cals, 61g protein, 5g net carbs, 39g fat



Basic ground turkey
8 oz- 375 cals



Bacon cauliflower rice
1 1/2 cup(s)- 245 cals

Day 2

1697 cals ● 161g protein (38%) ● 108g fat (57%) ● 14g carbs (3%) ● 6g fiber (1%)

Breakfast

280 cals, 22g protein, 2g net carbs, 21g fat



Egg & cheese mini muffin
5 mini muffin(s)- 280 cals

Lunch

625 cals, 60g protein, 3g net carbs, 39g fat



Thyme & lime chicken thighs
490 cals



Buttered broccoli
1 cup(s)- 134 cals

Snacks

175 cals, 18g protein, 3g net carbs, 9g fat



Pork rinds and salsa
174 cals

Dinner

620 cals, 61g protein, 5g net carbs, 39g fat



Basic ground turkey
8 oz- 375 cals



Bacon cauliflower rice
1 1/2 cup(s)- 245 cals

Day 3

1683 cals ● 145g protein (35%) ● 113g fat (61%) ● 15g carbs (4%) ● 6g fiber (1%)

Breakfast

240 cals, 20g protein, 1g net carbs, 18g fat



Bacon & egg cups
2 cup(s)- 240 cals

Lunch

625 cals, 60g protein, 3g net carbs, 39g fat



Thyme & lime chicken thighs
490 cals



Buttered broccoli
1 cup(s)- 134 cals

Snacks

215 cals, 17g protein, 2g net carbs, 16g fat



Cheesy ham roll ups
2 roll up(s)- 216 cals

Dinner

605 cals, 48g protein, 9g net carbs, 41g fat



Honey mustard chicken thighs w/ skin
4 oz- 279 cals



Bacon zucchini noodles
325 cals

Day 4

1635 cals ● 128g protein (31%) ● 115g fat (64%) ● 16g carbs (4%) ● 6g fiber (1%)

Breakfast

240 cals, 20g protein, 1g net carbs, 18g fat



Bacon & egg cups
2 cup(s)- 240 cals

Lunch

575 cals, 43g protein, 4g net carbs, 42g fat



Low carb fried chicken
8 oz- 468 cals



Buttered sugar snap peas
107 cals

Snacks

215 cals, 17g protein, 2g net carbs, 16g fat



Cheesy ham roll ups
2 roll up(s)- 216 cals

Dinner

605 cals, 48g protein, 9g net carbs, 41g fat



Honey mustard chicken thighs w/ skin
4 oz- 279 cals



Bacon zucchini noodles
325 cals

Day 5

1731 cals ● 109g protein (25%) ● 134g fat (70%) ● 14g carbs (3%) ● 8g fiber (2%)

Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



Southwest bacon omelet
287 cals

Lunch

575 cals, 43g protein, 4g net carbs, 42g fat



Low carb fried chicken
8 oz- 468 cals



Buttered sugar snap peas
107 cals

Snacks

215 cals, 17g protein, 2g net carbs, 16g fat



Cheesy ham roll ups
2 roll up(s)- 216 cals

Dinner

655 cals, 29g protein, 6g net carbs, 55g fat



Olive oil drizzled sugar snap peas
122 cals



Steak with herb butter
531 cals

Day 6

1697 cals ● 109g protein (26%) ● 130g fat (69%) ● 13g carbs (3%) ● 10g fiber (2%)

Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



Southwest bacon omelet
287 cals

Lunch

545 cals, 42g protein, 2g net carbs, 40g fat



Slow cooker carnitas
8 oz- 410 cals



Buttered broccoli
1 cup(s)- 134 cals

Snacks

215 cals, 17g protein, 3g net carbs, 14g fat



Macadamia nuts
109 cals



Ham chips with salsa
4 slices- 105 cals

Dinner

655 cals, 29g protein, 6g net carbs, 55g fat



Olive oil drizzled sugar snap peas
122 cals



Steak with herb butter
531 cals

Day 7

1667 cals ● 126g protein (30%) ● 120g fat (65%) ● 14g carbs (3%) ● 8g fiber (2%)

Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



Southwest bacon omelet
287 cals

Snacks

215 cals, 17g protein, 3g net carbs, 14g fat



Macadamia nuts
109 cals



Ham chips with salsa
4 slices- 105 cals

Lunch

545 cals, 42g protein, 2g net carbs, 40g fat



Slow cooker carnitas
8 oz- 410 cals



Buttered broccoli
1 cup(s)- 134 cals

Dinner

625 cals, 47g protein, 7g net carbs, 44g fat



Baked chicken thighs
6 oz- 385 cals



Sauteed mushrooms
10 oz mushrooms- 238 cals

Grocery List



Dairy and Egg Products

- eggs
15 large (750g)
- cheddar cheese
1/2 cup, shredded (53g)
- butter
1 stick (117g)
- cheese
1 cup, shredded (126g)

Beverages

- water
5 tsp (25mL)

Poultry Products

- boneless skinless chicken thighs
2 lbs (945g)
- ground turkey, raw
1 lbs (454g)
- chicken thighs, with bone and skin, raw
14 oz (397g)

Fats and Oils

- oil
2 oz (66mL)
- olive oil
2 tbsp (30mL)

Spices and Herbs

- salt
3 g (3g)
- black pepper
5 dash (1g)
- thyme, dried
1 1/2 g (1g)
- brown deli mustard
3/4 tbsp (11g)
- cajun seasoning
1/4 tbsp (1g)
- dijon mustard
1 tsp (5g)

Vegetables and Vegetable Products

- frozen broccoli
5 cup (455g)

Soups, Sauces, and Gravies

- salsa
3/4 cup (216g)
- hot sauce
1 tbsp (15mL)

Other

- pork rinds
2 1/2 oz (71g)
- frozen cauliflower
3 cup (340g)
- Chicken, drumsticks, with skin
1 lbs (454g)

Pork Products

- bacon, raw
7 slice(s) (198g)
- bacon, cooked
10 slice(s) (100g)
- pork shoulder
1 lbs (453g)

Fruits and Fruit Juices

- lime juice
2 2/3 tbsp (40mL)

Sausages and Luncheon Meats

- ham cold cuts
14 slice (322g)

Sweets

- honey
1/2 tbsp (11g)

Beef Products

- ribeye, raw
10 oz (284g)

Nut and Seed Products

- Macadamia nuts, shelled, roasted
1 oz (28g)

- zucchini**
2 medium (392g)
- frozen sugar snap peas**
3 1/3 cup (480g)
- bell pepper**
3 tbsp, diced (28g)
- onion**
3 tbsp chopped (30g)
- fresh parsley**
1 tbsp (4g)
- garlic**
1 clove (3g)
- mushrooms**
10 oz (284g)

Breakfast 1 ↗

Eat on day 1 and day 2

Egg & cheese mini muffin

5 mini muffin(s) - 280 cals ● 22g protein ● 21g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 1/2 large (125g)
water
2 1/2 tsp (12mL)
cheddar cheese
1/4 cup, shredded (26g)

For all 2 meals:

eggs
5 large (250g)
water
5 tsp (25mL)
cheddar cheese
1/2 cup, shredded (53g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 2 ↗

Eat on day 3 and day 4

Bacon & egg cups

2 cup(s) - 240 cals ● 20g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
bacon, cooked
2 slice(s) (20g)

For all 2 meals:

eggs
4 large (200g)
bacon, cooked
4 slice(s) (40g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Southwest bacon omelet

287 cals ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

olive oil
1 tsp (5mL)
bell pepper
1 tbsp, diced (9g)
onion
1 tbsp chopped (10g)
eggs
2 large (100g)
bacon, cooked, cooked and chopped
2 slice(s) (20g)

For all 3 meals:

olive oil
1 tbsp (15mL)
bell pepper
3 tbsp, diced (28g)
onion
3 tbsp chopped (30g)
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 a 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 bell pepper, onion, and 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.

Lunch 1 ↗

Eat on day 1

Basic chicken thighs

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



Makes 12 oz

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.

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.

Lunch 2 ↗

Eat on day 2 and day 3

Thyme & lime chicken thighs

490 cals ● 58g protein ● 28g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken thighs
2/3 lb (302g)
thyme, dried
1/3 tsp, leaves (0g)
lime juice
4 tsp (20mL)
oil
2 tsp (10mL)

For all 2 meals:

boneless skinless chicken thighs
1 1/3 lb (605g)
thyme, dried
1/4 tbsp, leaves (1g)
lime juice
2 2/3 tbsp (40mL)
oil
4 tsp (20mL)

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.

Buttered broccoli

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



For single meal:

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

For all 2 meals:

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.

Lunch 3 ↗

Eat on day 4 and day 5

Low carb fried chicken

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



For single meal:

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)

For all 2 meals:

hot sauce
3 tsp (15mL)
cajun seasoning
1/4 tbsp (1g)
Chicken, drumsticks, with skin
16 oz (454g)
pork rinds, crushed
1/2 oz (14g)

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.

Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
butter
2 tsp (9g)
frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
4 tsp (18g)
frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 4 ↗

Eat on day 6 and day 7

Slow cooker carnitas

8 oz - 410 cals ● 40g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

pork shoulder
1/2 lbs (227g)

For all 2 meals:

pork shoulder
1 lbs (453g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Buttered broccoli

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



For single meal:

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

For all 2 meals:

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.

Snacks 1 ↗

Eat on day 1 and day 2

Pork rinds and salsa

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



For single meal:

salsa
4 tbsp (72g)
pork rinds
1 oz (28g)

For all 2 meals:

salsa
1/2 cup (144g)
pork rinds
2 oz (57g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Cheesy ham roll ups

2 roll up(s) - 216 cals ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

cheese
6 tbsp, shredded (42g)
ham cold cuts
2 slice (46g)

For all 3 meals:

cheese
1 cup, shredded (126g)
ham cold cuts
6 slice (138g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Snacks 3 ↗

Eat on day 6 and day 7

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.

Ham chips with salsa

4 slices - 105 cals ● 16g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

ham cold cuts
4 slice (92g)
salsa
2 tbsp (36g)

For all 2 meals:

ham cold cuts
8 slice (184g)
salsa
4 tbsp (72g)

1. Cut ham into bite-sized shapes.
2. Cook in toaster oven set to 400 F (200 C) or you can fry in a pan with non-stick spray.
3. Cook until edges are starting to brown and ham is getting more firm, about 6 minutes.
4. Remove from oven and let cool. They will firm up more when cool.
5. Serve with salsa.

Dinner 1 ↗

Eat on day 1 and day 2

Basic ground turkey

8 oz - 375 cals ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

ground turkey, raw
1/2 lbs (227g)
oil
1 tsp (5mL)

For all 2 meals:

ground turkey, raw
1 lbs (454g)
oil
2 tsp (10mL)

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.

Bacon cauliflower rice

1 1/2 cup(s) - 245 cals ● 16g protein ● 17g fat ● 5g carbs ● 2g fiber



For single meal:

bacon, raw
1 1/2 slice(s) (43g)
frozen cauliflower
1 1/2 cup (170g)

For all 2 meals:

bacon, raw
3 slice(s) (85g)
frozen cauliflower
3 cup (340g)

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.

Dinner 2 ↗

Eat on day 3 and day 4

Honey mustard chicken thighs w/ skin

4 oz - 279 cals ● 26g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

brown deli mustard
1 tsp (6g)
honey
1/4 tbsp (5g)
thyme, dried
2 dash, ground (0g)
salt
1/2 dash (0g)
chicken thighs, with bone and skin, raw
4 oz (113g)

For all 2 meals:

brown deli mustard
3/4 tbsp (11g)
honey
1/2 tbsp (11g)
thyme, dried
4 dash, ground (1g)
salt
1 dash (1g)
chicken thighs, with bone and skin, raw
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

zucchini
2 medium (392g)
bacon, raw
4 slice(s) (113g)

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.

Dinner 3 ↗

Eat on day 5 and day 6

Olive oil drizzled sugar snap peas

122 cals ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen sugar snap peas
1 cup (144g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Steak with herb butter

531 cals ● 25g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

ribeye, raw
5 oz (142g)
dijon mustard
4 dash (3g)
oil
1 tsp (5mL)
fresh parsley, chopped
1/2 tbsp (2g)
butter, softened
1 tbsp (14g)
garlic, minced
1/2 clove (2g)

For all 2 meals:

ribeye, raw
10 oz (284g)
dijon mustard
1 tsp (5g)
oil
2 tsp (10mL)
fresh parsley, chopped
1 tbsp (4g)
butter, softened
2 tbsp (28g)
garlic, minced
1 clove (3g)

1. If butter is not softened, place it in a small microwave-safe bowl and microwave for 3-8 seconds until it has softened somewhat. Add garlic, dijon, just half of the parsley, and some salt and pepper to the butter. Mix until combined.
2. Pat steak dry and season with some salt and pepper.
3. Heat oil in a skillet over medium-high heat. Cook steak until it reaches desired doneness, about 3-5 minutes per side. Transfer steak to a cutting board to rest.
4. Slice steak and serve topped with herb butter and remaining parsley.

Dinner 4 ↗

Eat on day 7

Baked chicken thighs

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



Makes 6 oz

chicken thighs, with bone and skin, raw

6 oz (170g)

thyme, dried

1/2 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.

Sauteed mushrooms

10 oz mushrooms - 238 cals ● 9g protein ● 19g fat ● 7g carbs ● 3g fiber



Makes 10 oz mushrooms

oil

1 1/4 tbsp (19mL)

mushrooms, sliced

10 oz (284g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5–10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.