

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

1037 cals ● 65g protein (25%) ● 82g fat (71%) ● 4g carbs (2%) ● 5g fiber (2%)

Lunch

520 cals, 23g protein, 3g net carbs, 45g fat



[Lettuce bun BLT](#)
2 sandwich(es)- 518 cals

Dinner

520 cals, 43g protein, 2g net carbs, 37g fat



[Blue cheese stuffed chicken thighs](#)
1 thigh- 452 cals



[Buttered broccoli](#)
1/2 cup(s)- 67 cals

Day 2

1052 cals ● 60g protein (23%) ● 84g fat (72%) ● 6g carbs (2%) ● 8g fiber (3%)

Lunch

535 cals, 17g protein, 5g net carbs, 47g fat



[Cheese and guac tacos](#)
2 taco(s)- 350 cals



[Pecans](#)
1/4 cup- 183 cals

Dinner

520 cals, 43g protein, 2g net carbs, 37g fat



[Blue cheese stuffed chicken thighs](#)
1 thigh- 452 cals



[Buttered broccoli](#)
1/2 cup(s)- 67 cals

Day 3

981 cals ● 54g protein (22%) ● 77g fat (71%) ● 7g carbs (3%) ● 10g fiber (4%)

Lunch

535 cals, 17g protein, 5g net carbs, 47g fat



[Cheese and guac tacos](#)
2 taco(s)- 350 cals



[Pecans](#)
1/4 cup- 183 cals

Dinner

450 cals, 37g protein, 2g net carbs, 31g fat



[Buttered broccoli](#)
1 1/4 cup(s)- 167 cals



[Basic ground turkey](#)
6 oz- 281 cals

Day 4

963 cals ● 71g protein (30%) ● 69g fat (64%) ● 7g carbs (3%) ● 7g fiber (3%)

Lunch

515 cals, 34g protein, 5g net carbs, 38g fat



Beef and cabbage skillet
514 cals

Dinner

450 cals, 37g protein, 2g net carbs, 31g fat



Buttered broccoli
1 1/4 cup(s)- 167 cals



Basic ground turkey
6 oz- 281 cals

Day 5

1040 cals ● 122g protein (47%) ● 56g fat (48%) ● 6g carbs (2%) ● 6g fiber (2%)

Lunch

545 cals, 80g protein, 2g net carbs, 23g fat



Balsamic chicken breast
12 oz- 473 cals



Spinach cauliflower mince
1 cup(s)- 71 cals

Dinner

495 cals, 42g protein, 4g net carbs, 33g fat



Coriander and cumin rubbed pork chops
1 chop(s)- 428 cals



Buttered broccoli
1/2 cup(s)- 67 cals

Day 6

959 cals ● 64g protein (27%) ● 73g fat (68%) ● 7g carbs (3%) ● 5g fiber (2%)

Lunch

485 cals, 42g protein, 3g net carbs, 33g fat



Simple sauteed spinach
100 cals



Baked chicken thighs
6 oz- 385 cals

Dinner

475 cals, 22g protein, 4g net carbs, 40g fat



Pepper steak
4 ounce(s)- 352 cals



Garlic zucchini noodles
122 cals

Day 7

959 cals ● 64g protein (27%) ● 73g fat (68%) ● 7g carbs (3%) ● 5g fiber (2%)

Lunch

485 cals, 42g protein, 3g net carbs, 33g fat



Simple sauteed spinach
100 cals



Baked chicken thighs
6 oz- 385 cals

Dinner

475 cals, 22g protein, 4g net carbs, 40g fat



Pepper steak
4 ounce(s)- 352 cals



Garlic zucchini noodles
122 cals

Vegetables and Vegetable Products

- ☐ pickles
2 spear (70g)
- ☐ tomatoes
4 slice, medium (1/4" thick) (80g)
- ☐ iceberg lettuce
4 slice(s) (140g)
- ☐ frozen broccoli
4 cup (364g)
- ☐ cabbage
1/4 head, small (about 4-1/2" dia) (149g)
- ☐ fresh spinach
8 1/2 cup(s) (255g)
- ☐ garlic
4 1/4 clove(s) (13g)
- ☐ zucchini
1 1/2 medium (294g)

Fats and Oils

- ☐ mayonnaise
2 tbsp (30mL)
- ☐ olive oil
1/4 cup (56mL)
- ☐ oil
3/4 oz (19mL)
- ☐ balsamic vinaigrette
3 tbsp (46mL)

Pork Products

- ☐ bacon
6 slice(s) (60g)
- ☐ pork loin chops, boneless, raw
1 chop (185g)

Spices and Herbs

- ☐ paprika
2 dash (1g)
- ☐ thyme, dried
4 dash, ground (1g)
- ☐ black pepper
5 1/2 g (5g)
- ☐ salt
1/6 oz (6g)
- ☐ yellow mustard
5 dash (3g)
- ☐ ground cumin
1/2 tbsp (3g)

Dairy and Egg Products

- ☐ blue cheese
1 oz (28g)
- ☐ butter
5 tbsp (71g)
- ☐ cheddar cheese
1 cup, shredded (113g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)
- ☐ ground turkey, raw
3/4 lbs (340g)
- ☐ boneless skinless chicken breast, raw
3/4 lbs (340g)

Other

- ☐ guacamole, store-bought
1/2 cup (124g)
- ☐ ground beef (20% fat)
6 2/3 oz (189g)
- ☐ italian seasoning
3 dash (1g)
- ☐ frozen riced cauliflower
1 cup, frozen (106g)

Nut and Seed Products

- ☐ pecans
1/2 cup, halves (50g)

Soups, Sauces, and Gravies

- ☐ chicken bouillon
1/4 cube (1g)

Beef Products

- ☐ ribeye, raw
1/2 lbs (227g)

☐ ground coriander
1/2 tbsp (3g)

☐ rosemary
1/3 tsp (0g)

Lunch 1 [↗](#)

Eat on day 1

Lettuce bun BLT

2 sandwich(es) - 518 cals ● 23g protein ● 45g fat ● 3g carbs ● 3g fiber



Makes 2 sandwich(es)

pickles

2 spear (70g)

tomatoes

4 slice, medium (1/4" thick) (80g)

mayonnaise

2 tbsp (30mL)

bacon

6 slice(s) (60g)

iceberg lettuce

4 slice(s) (140g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

Lunch 2 [↗](#)

Eat on day 2, day 3

Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

cheddar cheese

1/2 cup, shredded (57g)

guacamole, store-bought

4 tbsp (62g)

For all 2 meals:

cheddar cheese

1 cup, shredded (113g)

guacamole, store-bought

1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Beef and cabbage skillet

514 cals ● 34g protein ● 38g fat ● 5g carbs ● 4g fiber



ground beef (20% fat)

6 2/3 oz (189g)

chicken bouillon

1/4 cube (1g)

yellow mustard

5 dash (3g)

cabbage, sliced

1/4 head, small (about 4-1/2" dia)
(149g)

1. Heat a large, walled skillet over medium heat.
 2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
 3. Cook until beef is browned and mostly done.
 4. Add in the mustard and mix.
 5. Add the cabbage and mix.
 6. Cook until cabbage is soft, but still firm, about 5 minutes.
 7. Serve.
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Lunch 4 [↗](#)

Eat on day 5

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

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.

Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



Makes 1 cup(s)

oil

1 tsp (5mL)

frozen riced cauliflower

1 cup, frozen (106g)

fresh spinach, chopped

1/2 cup(s) (15g)

garlic, diced

1 clove(s) (3g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Baked chicken thighs

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



For single meal:

chicken thighs, with bone and skin, raw
6 oz (170g)
thyme, dried
1/2 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw
3/4 lbs (340g)
thyme, dried
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.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Blue cheese stuffed chicken thighs

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



For single meal:

paprika

1 dash (0g)

olive oil

3/8 tsp (2mL)

thyme, dried

1 1/2 dash, ground (0g)

blue cheese

1/2 oz (14g)

chicken thighs, with bone and skin, raw

1 thigh (6 oz ea) (170g)

For all 2 meals:

paprika

2 dash (1g)

olive oil

1/4 tbsp (4mL)

thyme, dried

3 dash, ground (1g)

blue cheese

1 oz (28g)

chicken thighs, with bone and skin, raw

2 thigh (6 oz ea) (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.

Buttered broccoli

1/2 cup(s) - 67 cals ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



For single meal:

black pepper

1/4 dash (0g)

salt

1/4 dash (0g)

frozen broccoli

1/2 cup (46g)

butter

1/2 tbsp (7g)

For all 2 meals:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

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 2 [↗](#)

Eat on day 3, day 4

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

5/8 dash (0g)

salt

5/8 dash (0g)

frozen broccoli

1 1/4 cup (114g)

butter

1 1/4 tbsp (18g)

For all 2 meals:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

butter

2 1/2 tbsp (36g)

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

Basic ground turkey

6 oz - 281 cals ● 33g protein ● 16g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

ground turkey, raw

6 oz (170g)

For all 2 meals:

oil

1/2 tbsp (8mL)

ground turkey, raw

3/4 lbs (340g)

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.
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Dinner 3 [↗](#)

Eat on day 5

Coriander and cumin rubbed pork chops

1 chop(s) - 428 cals ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



Makes 1 chop(s)

salt

2 dash (2g)

ground cumin

1/2 tbsp (3g)

ground coriander

1/2 tbsp (3g)

garlic, minced

1 1/2 clove(s) (5g)

olive oil, divided

1 tbsp (15mL)

pork loin chops, boneless, raw

1 chop (185g)

black pepper

1 dash (0g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145 F (63 C).
4. Serve.

Buttered broccoli

1/2 cup(s) - 67 cals ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)

black pepper

1/4 dash (0g)

salt

1/4 dash (0g)

frozen broccoli

1/2 cup (46g)

butter

1/2 tbsp (7g)

1. Prepare broccoli according to instructions on package.
 2. Mix in butter until melted and season with salt and pepper to taste.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Pepper steak

4 ounce(s) - 352 cals ● 20g protein ● 29g fat ● 1g carbs ● 1g fiber



For single meal:

ribeye, raw

4 oz (113g)

salt

1 1/3 dash (1g)

butter

1/2 tbsp (7g)

rosemary

1 1/3 dash (0g)

black pepper

1 tsp, ground (2g)

For all 2 meals:

ribeye, raw

1/2 lbs (227g)

salt

1/3 tsp (2g)

butter

1 tbsp (14g)

rosemary

1/3 tsp (0g)

black pepper

2 tsp, ground (5g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.

Garlic zucchini noodles

122 cals ● 2g protein ● 11g fat ● 3g carbs ● 2g fiber



For single meal:

olive oil

3/4 tbsp (11mL)

zucchini

3/4 medium (147g)

garlic, minced

3/8 clove (1g)

For all 2 meals:

olive oil

1 1/2 tbsp (23mL)

zucchini

1 1/2 medium (294g)

garlic, minced

3/4 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.