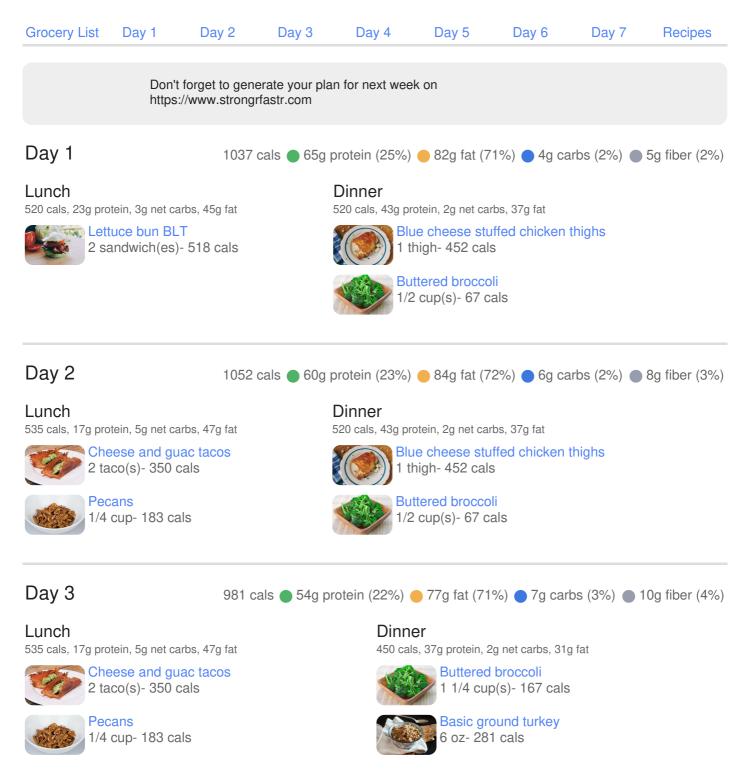
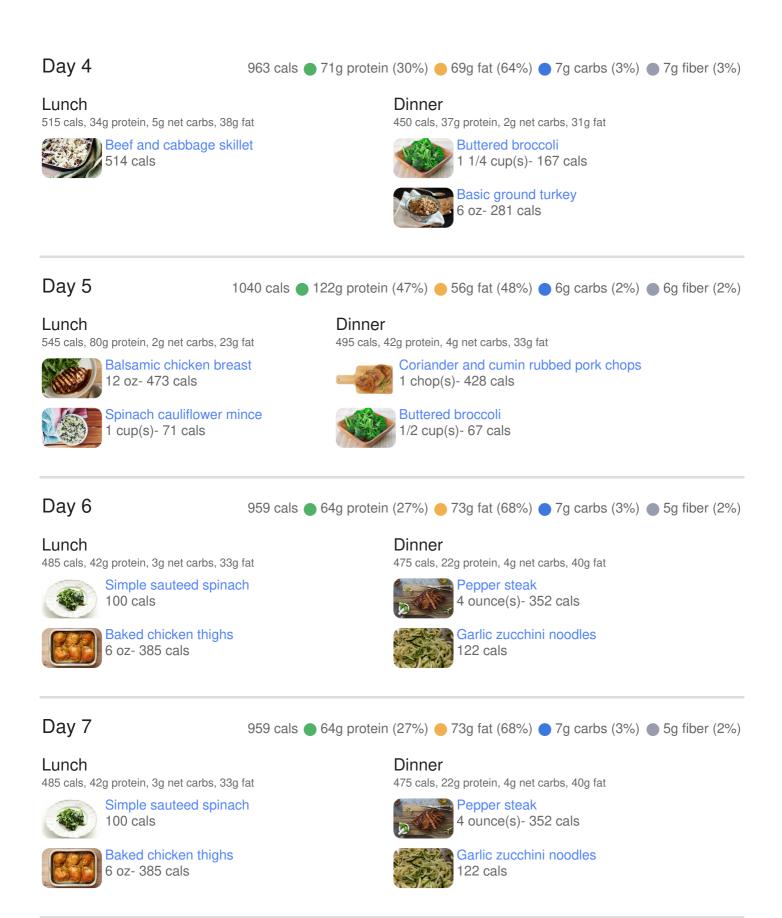
Meal Plan - 1000 calorie keto and intermittent fasting meal plan









Vegetables and Vegetable Products



Fats and Oils



Pork Products

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

Spices and Herbs



Dairy and Egg Products

	b	lue	cheese
	1	ΟZ	(28g)
butter			

- ^{__} 5 tbsp (71g)
- cheddar cheese
 1 cup, shredded (113g)

Poultry Products

- \Box 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

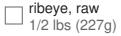
guacamole, store-bought 1/2 cup (124g)
ground beef (20% fat) 6 2/3 oz (189g)
italian seasoning 3 dash (1g)

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



ground coriander 1/2 tbsp (3g)
rosemary 1/3 tsp (0g)

Recipes



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.
- Cook until cabbage is soft, but still firm, about 5 minutes.
- 7. Serve.

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.

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.
- 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.

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. 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.
- 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)

1 dash (0g)

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.

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.