

# Meal Plan - 1200 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

1222 cals ● 95g protein (31%) ● 86g fat (64%) ● 7g carbs (2%) ● 9g fiber (3%)

### Lunch

555 cals, 37g protein, 4g net carbs, 43g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Buffalo drumsticks](#)

8 oz- 467 cals

### Dinner

665 cals, 58g protein, 3g net carbs, 44g fat



[Slow cooker carnitas](#)

10 2/3 oz- 547 cals



[Garlic collard greens](#)

119 cals

## Day 2

1222 cals ● 95g protein (31%) ● 86g fat (64%) ● 7g carbs (2%) ● 9g fiber (3%)

### Lunch

555 cals, 37g protein, 4g net carbs, 43g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Buffalo drumsticks](#)

8 oz- 467 cals

### Dinner

665 cals, 58g protein, 3g net carbs, 44g fat



[Slow cooker carnitas](#)

10 2/3 oz- 547 cals



[Garlic collard greens](#)

119 cals

## Day 3

1199 cals ● 185g protein (62%) ● 42g fat (31%) ● 10g carbs (3%) ● 11g fiber (4%)

### Lunch

565 cals, 82g protein, 5g net carbs, 20g fat



[Garlic collard greens](#)

119 cals



[Lemon pepper chicken breast](#)

12 oz- 444 cals

### Dinner

635 cals, 104g protein, 5g net carbs, 21g fat



[Marinated chicken breast](#)

16 oz- 565 cals



[Olive oil drizzled broccoli](#)

1 cup(s)- 70 cals

## Day 4

1199 cals ● 185g protein (62%) ● 42g fat (31%) ● 10g carbs (3%) ● 11g fiber (4%)

### Lunch

565 cals, 82g protein, 5g net carbs, 20g fat



Garlic collard greens

119 cals



Lemon pepper chicken breast

12 oz- 444 cals

### Dinner

635 cals, 104g protein, 5g net carbs, 21g fat



Marinated chicken breast

16 oz- 565 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals

## Day 5

1172 cals ● 140g protein (48%) ● 63g fat (48%) ● 7g carbs (2%) ● 4g fiber (1%)

### Lunch

560 cals, 79g protein, 2g net carbs, 26g fat



Buttered broccoli

2/3 cup(s)- 89 cals



Balsamic chicken breast

12 oz- 473 cals

### Dinner

610 cals, 62g protein, 4g net carbs, 37g fat



Olive oil drizzled green beans

72 cals



Pork rind crusted cod

10 ounces- 537 cals

## Day 6

1150 cals ● 94g protein (33%) ● 77g fat (60%) ● 9g carbs (3%) ● 12g fiber (4%)

### Lunch

600 cals, 49g protein, 3g net carbs, 41g fat



Simple plain turkey burger

2 burger(s)- 375 cals



Buttered broccoli

1 2/3 cup(s)- 223 cals

### Dinner

550 cals, 44g protein, 6g net carbs, 36g fat



Avocado

176 cals



Thai chicken lettuce wraps

3 lettuce wrap(s)- 377 cals

## Day 7

1150 cals ● 94g protein (33%) ● 77g fat (60%) ● 9g carbs (3%) ● 12g fiber (4%)

### Lunch

600 cals, 49g protein, 3g net carbs, 41g fat



Simple plain turkey burger

2 burger(s)- 375 cals



Buttered broccoli

1 2/3 cup(s)- 223 cals

### Dinner

550 cals, 44g protein, 6g net carbs, 36g fat



Avocado

176 cals



Thai chicken lettuce wraps

3 lettuce wrap(s)- 377 cals

## Vegetables and Vegetable Products

- ☐ tomatoes  
3 small whole (2-2 5/8" dia) (273g)
- ☐ collard greens  
1 1/2 lbs (680g)
- ☐ garlic  
5 1/2 clove(s) (17g)
- ☐ frozen broccoli  
6 cup (546g)
- ☐ frozen green beans  
2/3 cup (81g)
- ☐ romaine lettuce  
6 leaf inner (36g)
- ☐ serrano pepper  
1 pepper(s) (6g)
- ☐ fresh ginger  
1 inch (2.5cm) cube (5g)
- ☐ onion  
1/2 small (35g)

## Fats and Oils

- ☐ oil  
2 oz (66mL)
- ☐ olive oil  
2/3 oz (26mL)
- ☐ marinade sauce  
1 cup (240mL)
- ☐ balsamic vinaigrette  
3 tbsp (46mL)
- ☐ mayonnaise  
2 1/2 tbsp (38mL)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
2 3/4 tbsp (41mL)

## Spices and Herbs

- ☐ salt  
5 g (5g)
- ☐ black pepper  
1/8 oz (1g)
- ☐ lemon pepper  
1 1/2 tbsp (10g)
- ☐ ground coriander  
2 dash (0g)

## Other

- ☐ Chicken, drumsticks, with skin  
1 lbs (454g)
- ☐ italian seasoning  
3 dash (1g)
- ☐ pork rinds  
3/4 oz (18g)

## Pork Products

- ☐ pork shoulder  
1 1/3 lbs (604g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
4 1/4 lbs (1908g)
- ☐ ground turkey, raw  
1 lbs (454g)
- ☐ ground chicken, raw  
1 lbs (454g)

## Dairy and Egg Products

- ☐ butter  
4 tbsp (57g)

## Finfish and Shellfish Products

- ☐ cod, raw  
2 1/2 4oz fillet(s) (283g)

## Fruits and Fruit Juices

- ☐ avocados  
1 avocado(s) (201g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ lime juice  
1 tbsp (15mL)

## Legumes and Legume Products

- ☐ soy sauce  
2 tbsp (30mL)

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Roasted tomatoes

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



For single meal:

#### tomatoes

1 1/2 small whole (2-2 5/8" dia) (137g)

#### oil

1/2 tbsp (8mL)

For all 2 meals:

#### tomatoes

3 small whole (2-2 5/8" dia) (273g)

#### oil

1 tbsp (15mL)

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.

### Buffalo drumsticks

8 oz - 467 cal ● 36g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

#### Frank's Red Hot sauce

4 tsp (20mL)

#### oil

1/4 tbsp (4mL)

#### salt

1 dash (1g)

#### black pepper

1 dash, ground (0g)

#### Chicken, drumsticks, with skin

1/2 lbs (227g)

For all 2 meals:

#### Frank's Red Hot sauce

2 2/3 tbsp (40mL)

#### oil

1/2 tbsp (8mL)

#### salt

2 dash (2g)

#### black pepper

2 dash, ground (1g)

#### Chicken, drumsticks, with skin

1 lbs (454g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



For single meal:

#### **collard greens**

6 oz (170g)

#### **oil**

1 tsp (6mL)

#### **garlic, minced**

1 clove(s) (3g)

#### **salt**

3/4 dash (1g)

For all 2 meals:

#### **collard greens**

3/4 lbs (340g)

#### **oil**

3/4 tbsp (11mL)

#### **garlic, minced**

2 1/4 clove(s) (7g)

#### **salt**

1 1/2 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Lemon pepper chicken breast

12 oz - 444 cals ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

#### **lemon pepper**

3/4 tbsp (5g)

#### **olive oil**

1 tsp (6mL)

#### **boneless skinless chicken breast, raw**

3/4 lbs (336g)

For all 2 meals:

#### **lemon pepper**

1 1/2 tbsp (10g)

#### **olive oil**

3/4 tbsp (11mL)

#### **boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.



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## Lunch 3 [↗](#)

Eat on day 5

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### Buttered broccoli

2/3 cup(s) - 89 cals ● 2g protein ● 8g fat ● 1g carbs ● 2g fiber



Makes 2/3 cup(s)

**black pepper**

1/3 dash (0g)

**salt**

1/3 dash (0g)

**frozen broccoli**

2/3 cup (61g)

**butter**

2 tsp (9g)

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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### 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.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

### Simple plain turkey burger

2 burger(s) - 375 cal● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

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

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

### Buttered broccoli

1 2/3 cup(s) - 223 cal● 5g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
1 2/3 cup (152g)  
**butter**  
5 tsp (24g)

For all 2 meals:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/3 cup (303g)  
**butter**  
1/4 cup (47g)

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

## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Slow cooker carnitas

10 2/3 oz - 547 cal ● 53g protein ● 37g fat ● 0g carbs ● 0g fiber



For single meal:

**pork shoulder**  
2/3 lbs (302g)

For all 2 meals:

**pork shoulder**  
1 1/3 lbs (604g)

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.

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### Garlic collard greens

119 cal ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



For single meal:

**collard greens**  
6 oz (170g)  
**oil**  
1 tsp (6mL)  
**garlic, minced**  
1 clove(s) (3g)  
**salt**  
3/4 dash (1g)

For all 2 meals:

**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**salt**  
1 1/2 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
  2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
  3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
  4. Season with salt and serve.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Marinated chicken breast

16 oz - 565 cals ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 lbs (448g)

**marinade sauce**

1/2 cup (120mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 lbs (896g)

**marinade sauce**

1 cup (240mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

### Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen broccoli**

1 cup (91g)

**olive oil**

1 tsp (5mL)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Dinner 3 [🔗](#)

Eat on day 5

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### Olive oil drizzled green beans

72 cal ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



#### **black pepper**

1/2 dash (0g)

#### **salt**

1/2 dash (0g)

#### **frozen green beans**

2/3 cup (81g)

#### **olive oil**

1 tsp (5mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

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### Pork rind crusted cod

10 ounces - 537 cal ● 60g protein ● 33g fat ● 0g carbs ● 0g fiber



Makes 10 ounces

#### **mayonnaise**

2 1/2 tbsp (38mL)

#### **pork rinds, crushed**

18 g (18g)

#### **cod, raw**

2 1/2 4oz fillet(s) (283g)

1. Preheat oven to 400 F (200 C).
  2. Coat all sides of the fish with mayonnaise.
  3. Pat on the crushed pork rinds into the mayonnaise.
  4. Place fillets on a wire rack on a baking sheet (for optimal crispness).
  5. Bake for 12-15 minutes until fish is flaky and done.
  6. Serve!
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### 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.

### Thai chicken lettuce wraps

3 lettuce wrap(s) - 377 cals ● 42g protein ● 21g fat ● 4g carbs ● 1g fiber



For single meal:

**romaine lettuce**  
3 leaf inner (18g)  
**ground coriander**  
1 dash (0g)  
**soy sauce**  
1 tbsp (15mL)  
**lime juice**  
1/2 tbsp (8mL)  
**serrano pepper, chopped**  
1/2 pepper(s) (3g)  
**fresh ginger, minced**  
1/2 inch (2.5cm) cube (3g)  
**garlic, minced**  
1/2 clove (2g)  
**onion, chopped**  
1/4 small (18g)  
**oil**  
1/2 tsp (3mL)  
**ground chicken, raw**  
1/2 lbs (227g)

For all 2 meals:

**romaine lettuce**  
6 leaf inner (36g)  
**ground coriander**  
2 dash (0g)  
**soy sauce**  
2 tbsp (30mL)  
**lime juice**  
1 tbsp (15mL)  
**serrano pepper, chopped**  
1 pepper(s) (6g)  
**fresh ginger, minced**  
1 inch (2.5cm) cube (5g)  
**garlic, minced**  
1 clove (3g)  
**onion, chopped**  
1/2 small (35g)  
**oil**  
1 tsp (5mL)  
**ground chicken, raw**  
1 lbs (454g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.