



1200 KETO MEAL PLAN



MEAL PLAN



- Turkey and Spinach Omelet / 3.
- Paleo Avocado Chicken Salad / 4.
- Scrambled Eggs with Bacon & Mushroom / 5.
- Spinach Salad with Blackberries / 6.
- 3 Herb Breakfast Patties / 7
- Quick Buffalo Chicken Salad/Almonds / 8.
- Egg, Avocado, and Bacon Scramble / 9.
- Avocado and Tomato Tuna Salad / 10.
- Feta Cheese Omelet Roll / 11.
- Salmon-filled Avocados / 12.
- Gordon Ramsay's Scrambled Eggs / 13.
- Turkey Lettuce Rollups / 14.
- Tomato & Basil Salad / 15.
- Panfried steak / 16.

INSTRUCTIONS: FOR 7 DAY REVOLVING MEAL PLAN



In this 7 day meal plan you will be eating 2 meals a day. The best times to have your 1 meal is between 12 p.m. - 6 p.m.

These meal plans are just suggestions and you can do all 7 days or you can eat the same meals everyday. It's completely up to you!

You will not have to track any calories or macros using this meal plan. All of the calories and macros have been figured out for you. However, if you decide to make your own meals that are not listed here you will need to make sure you are tracking your calories and macros (1200 cal) 75% Fat, 20% Protein and 5% carbs.

Following the meal plans will give what your body needs to get fat adapted right away so you can begin to experience the benefits of weight loss.

FOODS:

Ingredients scaled to: 2 serving

2 spray , about 1/3 second Pam cooking spray (0.60 grams)

6 oz Deli cut turkey (170 grams)

2 cup Spinach (60 grams)

2 large Egg (100 grams)

1/2 cup, shredded Cheddar cheese (56.5 grams)

Calories/Macros

581.4 Calories

14.8g Net Carbs

34.4g Fat

50.8g Protein

DIRECTIONS:

1. Lightly coat a nonstick pan with cooking spray and place over medium heat. Sauté turkey and spinach lightly for 30 seconds. Set aside.

2. In a small bowl mix the egg and pour it into the pan.

3. After a couple of minutes, you should see bubbles. Gently lift the edges of the omelet with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2-3 minutes or until the center of the omelet starts to look dry.

4. Place the cheese in the middle of the omelet and spread the turkey and spinach mixture on top (in the center of the omelet). Using a spatula gently fold one edge of the omelet over.

5. Let the omelet cook for another two minutes or until the cheese melts to your desired consistency. Slide the omelet out of the skillet and onto a plate.



DAY 1

MEAL 1

TURKEY AND SPINACH OMELET

FOODS:

- 1 fruit, without skin and seed
- Avocados (136 grams)
- 1 lemon yields Lemon juice (47 grams)
- 1/4 medium (2-1/2" dia) Onions (27.5 grams)
- 2 oz Premium Chunky Chicken Breast (56 grams)
- 1 dash Salt (0.40 grams)
- 1 dash Pepper (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about 1/4-inch thick on each half.

2. Add lemon juice and onion to the avocado in the bowl and mash together. Add drained chicken, salt and pepper, and stir to combine. Taste and adjust if needed.

3. Fill avocado shells with chicken salad and serve.

SIDE FOOD:

- 2 oz (23 whole kernels) Almonds (56.7 grams)

Calories/Macros

- 637 Calories
- 12.8g Net Carbs
- 50.4g Fat
- 12g Protein



DAY 1

MEAL 2

PALEO AVOCADO CHICKEN SALAD

FOODS:

- 4 extra large Egg (224 grams)
- 4 strip Bacon (48 grams)
- 1/2 cup diced Mushrooms (43 grams)

DIRECTIONS:

1. Crack the eggs into a bowl and beat with a fork until thoroughly combined.
2. Rinse the mushrooms and pat dry.
3. Heat a skillet over medium heat.
4. Cook the bacon over low heat, then remove from the pan and drain on paper towels.
5. Add the mushroom to the pan and cook over medium-low heat until soft.
6. Add the eggs to the mushrooms in the pan, and cook over medium-high heat until it begins to set.
Alternatively, you can cook the eggs separately.
7. While cooking, mix the eggs with a spatula to ensure even cooking.
8. Serve the egg and mushroom mixture with the bacon.

SIDE FOOD:

- 2 strip Bacon (24 grams)

Calories/Macros

630 Calories

3.6g Net Carbs

50.0g Fat

38.1g Protein



DAY 2

MEAL 1

SCRAMBLED EGGS WITH BACON AND MUSHROOMS

FOODS:

- 4 cup Spinach (120 grams)
- 4 large Scallions (100 grams)
- 4 tbsp Olive oil (54 grams)
- 4 dash Pepper (0.40 grams)
- 2 lemon yields Lemon juice (94 grams)
- 1 cup Blackberries (144 grams)

DIRECTIONS:

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions.
2. Put spinach in a mixing bowl and add the scallions/green onions, oil, pepper, and the juice from 1 squeezed lemon. Toss and top with blackberries. Enjoy!

Calories/Macros

620.6 Calories

19g Net Carbs

55.6g Fat

7.6g Protein



DAY 2

MEAL 2

SPINACH SALAD WITH BLACKBERRIES

FOODS:

8 oz Ground beef (227 grams)
5/8 tsp Rosemary (0.42 grams)
3/4 tsp Thyme (0.60 grams)
11/16 tsp Sage (0.50 grams)
1/4 tsp Salt (1.5 grams)
3/4 tsp Coconut oil (3.4 grams)

DIRECTIONS:

Directions are based on the original recipe of 8 servings

1. In a large bowl combine the ground beef, fresh herbs, and sea salt. Form into patties using the palms of your hands.
2. Heat some of the coconut oil in a cast-iron skillet on medium heat. Cook the patties for about 5-8 minutes a side, until nicely browned on the outside and cooked throughout.

Calories/Macros

590 Calories

0.2g Net Carbs

39.6g Fat

54.6g Protein



DAY 3

MEAL 1

3 HERB BREAKFAST PATTIES

FOODS:

- 2 tbsp Pepper or hot sauce (28.8 grams)
- 1/2 cup Canned chicken (103 grams)
- 1 cup Spinach (30 grams)
- 1 medium Tomatoes (123 grams)

DIRECTIONS:

Mix hot sauce with chicken. Put on top of spinach, and add tomatoes to top. Toss together and enjoy

SIDE FOOD:

- 2 oz (23 whole kernels) Almonds (28.4 grams)

Calories/Macros
556.0 Calories
11.8g Net Carbs
37.1g Fat
40.4g Protein



DAY 3

MEAL 2

QUICK BUFFALO CHICKEN SALAD/ALMONDS

FOODS:

2 strip Bacon (24 grams)
2 large Egg (100 grams)
3 egg white (separated from yolk)
Egg white (120 grams)
1/4 fruit, without skin and seed
Avocados (34 grams)

DIRECTIONS:

1. Cook bacon in a sauté pan over medium-high heat to desired crispiness. Remove from pan, reserving some grease. Chop bacon and set aside.
2. Add eggs and egg whites to the pan and cook until wthey begin to look less wet. Add the bacon and scramble until cooked through.
3. Slice avocado and serve atop scramble.

SIDE FOOD:

1 oz (19 halves per) Pecans
(28.4 grams)

Calories/Macros

558 Calories

3.8g Net Carbs

44.9g Fat

32g Protein



DAY 4

MEAL 1

EGG, AVOCADO, AND BACON SCRAMBLE/ PECANS

FOODS:

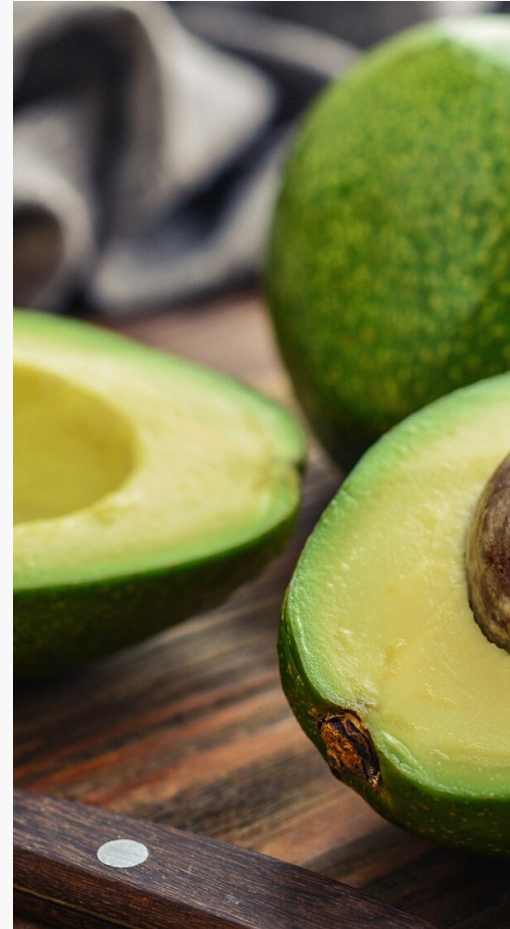
- 1/2 cup, chopped Onions (80 grams)
- 1/2 fruit Avocados (101 grams)
- 1/2 cup, chopped or sliced Tomatoes (90 grams)
- 2 oz Tuna (56.7 grams)
- 1 tbsp Lemon juice (15 grams)
- 3 tbsp Olive oil (40.5 grams)
- 1/4 cup Parsley (15 grams)
- 1/4 tsp Salt (1.5 grams)
- 1/4 tsp Pepper (0.53 grams)

DIRECTIONS:

Dice onion, avocado, and tomato. Toss all ingredients together in a bowl and mix well. Chill before serving.

Calories/Macros

- 625.7 Calories
- 12g Net Carbs
- 56.2g Fat
- 15.3g Protein



DAY 4

MEAL 2

AVOCADO AND TOMATO TUNA SALAD

FOODS:

- 4 large Egg (200 grams)
- 1/2 tsp Pepper (1.1 grams)
- 1 oz Feta cheese (28.4 grams)
- 1 tsp Reduced fat milk (5.1 grams)
- 1 tbsp Olive oil (14 grams)

DIRECTIONS:

1. In a small bowl, beat eggs and pepper together. In another small bowl, combine crumbled cheese with milk.

2. Heat oil in a large non-stick skillet over medium-high heat. Pour in eggs, and tilt pan until bottom is evenly covered. When edges appear cooked, place feta mixture in a line in the center of eggs. Using a spatula, fold eggs over top and bottom of cheese, then fold sides over.

SIDE FOOD:

- 1 cup, whole Strawberries (144 grams)

Calories/Macros

536 Calories

11.4g Net Carbs

39.6g Fat

30.4g Protein



DAY 5

MEAL 1

EGYPTIAN FETA CHEESE OMELET ROLL/ STRAWBERRIES

FOODS:

1/2 fruit without skin and seeds Avocados (152 grams)
1 1/2 oz, boneless Chinook salmon (42.5 grams)
1/4 cup, (not packed) Cottage cheese (56.5 grams)
1/2 dash Salt (0.20 grams)
1/2 dash Pepper (0.050 grams)

DIRECTIONS:

Directions are based on the original recipe of 2 servings

1. Cut avocados in half and remove the pit.
2. Place cottage cheese in each hollow of the avocado and add smoked salmon on top.
3. Season to taste with salt and pepper.

SIDE FOOD:

Caprese Salad

8 cherry tomato Cherry tomatoes (136 grams)
2 oz Mozzarella cheese (56.7 grams)
2 tbsp Olive oil (27 grams)
1/2 cup leaves, whole Basil (12 grams)
1/2 tsp Salt (3 grams)
1/2 tsp Pepper (1.1 grams)

DIRECTIONS:

Slice tomatoes in half. Slice mozzarella into bite size pieces. Tear basil leaves into pieces. Mix. Drizzle with olive oil, salt, and pepper.

Calories/Macros

691 Calories

11.8g Net Carbs

54.8g Fat

32.5g Protein



DAY 5

MEAL 2

KETO SALMON-FILLED AVOCADOS/ CAPRESE SALAD

FOODS:

- 3 large Egg (150 grams)
- 1/2 tbsp Creme fraiche
- 2 tbsp Butter (28.4 grams)

DIRECTIONS:

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then serve!

SIDE FOOD:

- 2 strip Bacon (24 grams)

Calories/Macros

545 Calories

1.7g Net Carbs

49.6g Fat

22.4g Protein



DAY 6

MEAL 1 GORDON RAMSAY'S SCRAMBLED EGGS/BACON

Calories/Macros

632 Calories

42.4g Net Carbs

42.4g Fat

54.1g Protein

FOODS:

Ingredients scaled to: 2 serving

4 leaf outer Lettuce (96 grams)

4 slice oval Sliced turkey (104 grams)

4 oz Provolone cheese (113 grams)



DIRECTIONS:

Place lettuce leaves on a flat surface. Top with turkey and cheese. Roll up and enjoy!

SIDE FOOD:

11 oz Cheddar cheese (28.4 grams)

DIRECTIONS:

Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.



DAY 6

MEAL 2

TURKEY LETTUCE CHEESE ROLLUPS / SLICED CHEESE

FOODS:

- 2 1/2 tomato Roma tomatoes (155 grams)
- 2 1/2 tbsp, chopped Basil (6.6 grams)
- 1/2 cup, chopped Onions (80 grams)
- 1/2 cup, diced Mozzarella cheese (66 grams)
- 2 tsp Balsamic vinegar (10.6 grams)
- 2 tbsp Olive oil (27 grams)
- 1/2 dash Pepper (0.050 grams)
- 1/2 dash Salt (0.20 grams)

Calories/Macros

477 Calories

14g Net Carbs

37.9g Fat

18.5g Protein



DIRECTIONS:

1. Wash and dice tomatoes. Chop fresh basil. Peel and dice onion.
2. Combine vinegar, oil, basil and toss to taste in a large bowl. Add tomatoes, onion, cheese and toss to coat.
3. You can serve right away or you can let sit for about an hour in the fridge to marry the flavors



DAY 7

MEAL 1

TOMATO & BASIL SALAD

FOODS:

- 2 tbsp Butter (28.4 grams)
- 3/16 cloves, minced Garlic (0.50 grams)
- 7 oz Beef tenderloin (198 grams)
- 3/4 tsp Olive oil (3.4 grams)
- 1/2 dash Pepper (0.050 grams)
- 1/2 large Scallions (12.5 grams)

DIRECTIONS:

1. Makes 4 steaks, assuming each steak is about 7oz (220g).
2. Place butter in a mixing bowl and using a fork, beat until soft. Add crushed garlic and chopped scallions (spring onions) and mix.
3. Spoon butter mixture onto plastic wrap and roll into a log cylindrical shape. Refrigerate until firm (15 min).
4. Heat a frying pan over medium heat for 3-4 minutes until hot. Brush meat with olive oil and sprinkle with pepper.
5. Place steaks in frying pan and cook without turning until juices rise to uncooked side, 1-2 minutes. Then turn over and cook to your liking, 1 more minute for medium-rare or 2 minutes for medium to well-done.
6. Place steaks on serving plates, cut garlic butter into quarters and place one on each steak

Calories/Macros

728 Calories
0.8g Net Carbs
62.5g Fat
39.4g Protein



DAY 7

MEAL 2

PANFRIED STEAK WITH GARLIC BUTTER