

1200 Calories 2nd Day Keto Diet Plan

Breakfast

295 Calories



Kale and Egg Cups

1 serving

Lunch

322 Calories



Avocado

1 avocado

Dinner

392 Calories



Chicken Burrito Bowl

1 serving

Snack

185 Calories



Plum and Greek Yogurt Snack

1 serving

1200 CALORIES DIET

BreakFast (Kale and Egg Cups)

5 mins to prep 20 mins to cook

Kale and Egg Cups



[Full Recipe](#)

Per serving:

- 295 Calories
- 19.7g Carbs (3.8g Fiber)
- 16.5g Fat
- 20.4g Protein

Lunch (Avocado)

1 mins to prep 0 mins to cook

Blueberries



[Full Recipe](#)

Per serving:

- 322 Calories
- 17.1g Carbs (13.5g Fiber)
- 29.5g Fat
- 4g Protein

Dinner (Chicken Burrito Bowl)

Per serving: 392 Calories • 42.1g Carbs (14.5g Fiber) • 10.3g Fat • 36.6g Protein

10 mins to prep – 15 mins to cook

Chicken Burrito Bowl



[Full Recipe](#)

- Ingredients scaled to: 1 serving
- Directions are based on the original recipe of 4 servings

Snack (Plum and Greek Yogurt Snack)

Per serving: 185 Calories • 12.5g Carbs (2g Fiber) • 6.8g Fat • 20.1g Protein

5 mins to prep 0 mins to cook

Plum and Greek Yogurt Snack



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Ingredients scaled to: 1 serving:

- 1/2 fruit (2-1/8" dia) Plums (33 grams)
- 6 oz Nonfat greek yogurt (170 grams) 1
- 0 almond Almonds (12 grams)

Directions are based on the original recipe of 1 serving

1. Pit plum. Dice into bite-size pieces. Layer fruit and greek yogurt in a bowl or mug. Sprinkle with sliced almonds. Enjoy!

1200 CALORIES DIET

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