

Keto 1800-Calorie Meal Plan (7 Days, 6 Meals/Day)

Day 1

Breakfast: Omelet with bacon, cheddar, and avocado (P: 25g C: 5g F: 30g)

AM Snack: Celery with cream cheese (P: 4g C: 4g F: 10g)

Lunch: Chicken thighs with zucchini noodles in pesto (P: 30g C: 6g F: 24g)

PM Snack: Hard-boiled eggs and olives (P: 12g C: 2g F: 15g)

Dinner: Grilled salmon with sautéed spinach in butter (P: 28g C: 5g F: 26g)

Evening Snack: Keto chocolate fat bomb (P: 3g C: 2g F: 16g)

Day 2

Breakfast: Scrambled eggs with sausage and mushrooms (P: 22g C: 4g F: 28g)

AM Snack: Cheddar cheese slices (P: 7g C: 1g F: 9g)

Lunch: Ground beef bowl with cauliflower rice and sour cream (P: 35g C: 7g F: 25g)

PM Snack: Pepperoni chips (P: 8g C: 1g F: 10g)

Dinner: Pork chops with green beans in butter (P: 30g C: 6g F: 22g)

Evening Snack: Coconut chia pudding (P: 5g C: 4g F: 14g)

Day 3

Breakfast: Keto pancakes with butter and sugar-free syrup (P: 20g C: 6g F: 22g)

AM Snack: Almonds (P: 6g C: 5g F: 15g)

Lunch: Tuna salad lettuce wraps with mayo (P: 28g C: 3g F: 22g)

PM Snack: Boiled eggs + cheese cube (P: 12g C: 1g F: 9g)

Dinner: Grilled chicken with roasted Brussels sprouts (P: 30g C: 5g F: 20g)

Evening Snack: Protein mousse (keto) (P: 6g C: 2g F: 12g)

Day 4

Breakfast: Avocado egg bake (P: 20g C: 5g F: 26g)

AM Snack: Turkey slices wrapped in cheese (P: 10g C: 1g F: 8g)

Lunch: Shrimp and zucchini stir fry in sesame oil (P: 28g C: 6g F: 18g)

PM Snack: Macadamia nuts (P: 2g C: 3g F: 18g)

Dinner: Stuffed bell pepper with ground beef and cheese (P: 30g C: 5g F: 22g)

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Evening Snack: Bone broth with ghee (P: 10g C: 0g F: 10g)

Day 5

Breakfast: Sausage links with eggs (P: 25g C: 3g F: 30g)

AM Snack: Boiled eggs with hot sauce (P: 12g C: 1g F: 10g)

Lunch: Grilled salmon salad with olive oil dressing (P: 28g C: 4g F: 22g)

PM Snack: Keto nut butter pouch (P: 5g C: 3g F: 16g)

Dinner: Zucchini lasagna with ricotta and ground turkey (P: 30g C: 6g F: 24g)

Evening Snack: Coconut cream whip (P: 3g C: 2g F: 14g)

Day 6

Breakfast: Chorizo and egg scramble with cheddar (P: 25g C: 4g F: 28g)

AM Snack: Walnuts (P: 5g C: 4g F: 15g)

Lunch: Turkey meatballs with creamy mushroom sauce (P: 30g C: 5g F: 24g)

PM Snack: Cucumber slices with ranch dip (P: 3g C: 4g F: 10g)

Dinner: Baked chicken with parmesan crust and green beans (P: 30g C: 5g F: 20g)

Evening Snack: Fat bomb with cocoa and coconut oil (P: 4g C: 2g F: 16g)

Day 7

Breakfast: Egg muffins with bacon, spinach, and cheese (P: 24g C: 3g F: 26g)

AM Snack: Mini charcuterie: salami, cheese, olives (P: 10g C: 2g F: 14g)

Lunch: Grilled steak with garlic butter mushrooms (P: 35g C: 4g F: 28g)

PM Snack: Hard-boiled egg + pork rinds (P: 10g C: 0g F: 12g)

Dinner: Creamy shrimp alfredo over zucchini noodles (P: 30g C: 6g F: 24g)

Evening Snack: Whipped cream cheese with berries (P: 5g C: 4g F: 10g)

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Keto Grocery List

Proteins

- baked chicken with parmesan crust
- chicken thighs with zucchini noodles in pesto
- grilled chicken with roasted brussels sprouts
- grilled salmon salad with olive oil dressing
- grilled salmon with sautéed spinach in butter
- grilled steak with garlic butter mushrooms
- ground beef bowl with cauliflower rice
- ground turkey
- omelet with bacon
- pork chops with green beans in butter
- pork rinds
- shrimp
- stuffed bell pepper with ground beef

Other

- avocado
- bone broth with ghee
- cheddar
- chorizo
- fat bomb with cocoa
- keto chocolate fat bomb
- mini charcuterie: salami
- olives
- protein mousse (keto)
- sugar-free syrup

Eggs & Dairy

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- avocado egg bake
- boiled eggs
- boiled eggs with hot sauce
- celery with cream cheese
- cheddar cheese slices
- cheese
- cheese cube
- coconut cream whip
- creamy shrimp alfredo over zucchini noodles
- egg muffins with bacon
- egg scramble with cheddar
- hard-boiled egg
- hard-boiled eggs
- sausage links with eggs
- scrambled eggs with sausage
- sour cream
- turkey meatballs with creamy mushroom sauce
- turkey slices wrapped in cheese
- whipped cream cheese with berries

Vegetables

- cucumber slices with ranch dip
- green beans
- mushrooms
- pepperoni chips
- spinach
- zucchini lasagna with ricotta
- zucchini stir fry in sesame oil

Pantry & Condiments

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- almonds
- coconut chia pudding
- coconut oil
- keto nut butter pouch
- keto pancakes with butter
- macadamia nuts
- tuna salad lettuce wraps with mayo
- walnuts