

# 1800 Calorie Keto Meal Plan - 7 Days

## Day 1

- Meal 1: 3 scrambled eggs with spinach cooked in butter + 1/2 avocado
- Meal 2: 1 scoop whey protein in unsweetened almond milk + 10 macadamia nuts
- Meal 3: Grilled chicken Caesar salad (no croutons, olive oil-based dressing)
- Meal 4: 2 celery sticks with almond butter
- Meal 5: Grilled salmon with asparagus sautéed in olive oil
- Meal 6: Cottage cheese with cinnamon and chia seeds

*Calories: 1802 | Protein: 125g | Carbs: 38g | Fat: 128g*

## Day 2

- Meal 1: Keto pancakes (almond flour) with butter and a few raspberries
- Meal 2: 1 boiled egg + 1 ounce cheddar cheese
- Meal 3: Ground beef lettuce wraps with sour cream and guacamole
- Meal 4: Small keto smoothie (spinach, protein, coconut milk)
- Meal 5: Zucchini noodles with shrimp and pesto
- Meal 6: Hard-boiled egg + cucumber slices with sea salt

*Calories: 1795 | Protein: 120g | Carbs: 36g | Fat: 130g*

## Day 3

- Meal 1: Omelet with mushrooms, peppers, and mozzarella cheese
- Meal 2: 1/4 cup sunflower seeds + green tea
- Meal 3: Bunless turkey burger with sautéed mushrooms and broccoli
- Meal 4: Cheese stick + olives
- Meal 5: Roasted pork chops with cauliflower mash
- Meal 6: Greek yogurt (full fat) with chia seeds

*Calories: 1800 | Protein: 122g | Carbs: 40g | Fat: 126g*

## Day 4

- Meal 1: Chia pudding made with coconut milk topped with a few almonds

- Meal 2: Deviled eggs (2 halves)
- Meal 3: Chicken thigh with roasted Brussels sprouts
- Meal 4: Mini bell peppers with cream cheese
- Meal 5: Baked trout with sautéed kale
- Meal 6: Ricotta cheese with unsweetened cocoa powder

*Calories: 1790 | Protein: 115g | Carbs: 34g | Fat: 132g*

## **Day 5**

- Meal 1: 2 fried eggs with bacon and tomato slices
- Meal 2: 1 ounce walnuts + herbal tea
- Meal 3: Grilled steak with grilled zucchini and garlic butter
- Meal 4: Celery sticks + guacamole
- Meal 5: Chicken Alfredo with shirataki noodles
- Meal 6: Protein shake (low carb, keto-friendly)

*Calories: 1803 | Protein: 127g | Carbs: 32g | Fat: 129g*

## **Day 6**

- Meal 1: Full-fat Greek yogurt + hemp seeds + cinnamon
- Meal 2: Small handful of pecans
- Meal 3: Egg salad in lettuce cups
- Meal 4: Beef jerky (sugar-free)
- Meal 5: Lamb chops with spinach and ghee
- Meal 6: Cottage cheese + 1 square of 90% dark chocolate

*Calories: 1805 | Protein: 124g | Carbs: 37g | Fat: 128g*

## **Day 7**

- Meal 1: 2 scrambled eggs + 1/2 avocado + black coffee
- Meal 2: 1 boiled egg + 5 almonds
- Meal 3: Bunless burger with egg, cheese, pickles, lettuce
- Meal 4: Seaweed snacks + 1 ounce cheese
- Meal 5: Roast chicken with green beans and olive oil
- Meal 6: Low-carb mug cake (almond flour + egg + cocoa)

Calories: 1801 | Protein: 123g | Carbs: 35g | Fat: 129g