

1700-Calorie Keto Meal Plan

Day 1

Meal 1: Breakfast: Scrambled eggs (2) with spinach and cheddar cooked in olive oil

Calories: 350 | Protein: 20g | Carbs: 4g | Fat: 28g

Meal 2: Morning Snack: Avocado (1/2) with sea salt and lime

Calories: 150 | Protein: 2g | Carbs: 6g | Fat: 13g

Meal 3: Lunch: Grilled chicken thigh (4 oz) with zucchini noodles and pesto

Calories: 400 | Protein: 30g | Carbs: 6g | Fat: 28g

Meal 4: Afternoon Snack: Celery sticks with 2 tbsp almond butter

Calories: 200 | Protein: 6g | Carbs: 8g | Fat: 18g

Meal 5: Dinner: Salmon filet (5 oz) with roasted cauliflower and butter

Calories: 450 | Protein: 35g | Carbs: 6g | Fat: 30g

Meal 6: Evening Snack: Chia seed pudding with coconut milk and stevia

Calories: 150 | Protein: 6g | Carbs: 5g | Fat: 12g

1700-Calorie Keto Meal Plan

Day 2

Meal 1: Breakfast: Omelette with 2 eggs, mushrooms, feta cheese, and avocado

Calories: 350 | Protein: 22g | Carbs: 5g | Fat: 30g

Meal 2: Morning Snack: Hard-boiled eggs (2) with a sprinkle of sea salt

Calories: 140 | Protein: 12g | Carbs: 1g | Fat: 10g

Meal 3: Lunch: Ground beef (4 oz) lettuce wraps with shredded cheese and sour cream

Calories: 400 | Protein: 28g | Carbs: 5g | Fat: 30g

Meal 4: Afternoon Snack: Olives (1/4 cup) and a mozzarella cheese stick

Calories: 180 | Protein: 7g | Carbs: 3g | Fat: 15g

Meal 5: Dinner: Grilled chicken breast (5 oz) with creamed spinach cooked in butter

Calories: 450 | Protein: 38g | Carbs: 7g | Fat: 28g

Meal 6: Evening Snack: Coconut fat bombs (2 small) with cacao and stevia

Calories: 180 | Protein: 5g | Carbs: 4g | Fat: 15g

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Day 3

Meal 1: Breakfast: Keto pancakes (almond flour, egg, cream cheese) with butter

Calories: 350 | Protein: 20g | Carbs: 6g | Fat: 30g

Meal 2: Morning Snack: Beef jerky (1 oz) and macadamia nuts (1 tbsp)

Calories: 160 | Protein: 10g | Carbs: 3g | Fat: 13g

Meal 3: Lunch: Tuna salad (with mayo and celery) on romaine leaves

Calories: 400 | Protein: 30g | Carbs: 4g | Fat: 28g

Meal 4: Afternoon Snack: Boiled egg (1) with 2 slices of cucumber and cream cheese

Calories: 180 | Protein: 8g | Carbs: 3g | Fat: 14g

Meal 5: Dinner: Pork chops (5 oz) with sautéed Brussels sprouts in olive oil

Calories: 450 | Protein: 35g | Carbs: 6g | Fat: 30g

Meal 6: Evening Snack: Mini keto cheesecake fat bomb (almond flour base)

Calories: 160 | Protein: 6g | Carbs: 4g | Fat: 13g

1700-Calorie Keto Meal Plan

Day 4

Meal 1: Breakfast: Bacon (2 slices) and scrambled eggs (2) with sautéed spinach

Calories: 350 | Protein: 22g | Carbs: 3g | Fat: 30g

Meal 2: Morning Snack: Cottage cheese (½ cup) with chia seeds and cinnamon

Calories: 150 | Protein: 12g | Carbs: 4g | Fat: 10g

Meal 3: Lunch: Turkey meatballs (4 oz) with roasted broccoli in olive oil

Calories: 400 | Protein: 32g | Carbs: 5g | Fat: 28g

Meal 4: Afternoon Snack: Cucumber slices with guacamole (2 tbsp)

Calories: 160 | Protein: 4g | Carbs: 4g | Fat: 14g

Meal 5: Dinner: Grilled shrimp (5 oz) over zoodles with garlic butter sauce

Calories: 460 | Protein: 35g | Carbs: 6g | Fat: 32g

Meal 6: Evening Snack: Keto chocolate mug cake (almond flour, egg, cacao, stevia)

Calories: 180 | Protein: 8g | Carbs: 5g | Fat: 15g

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Day 5

Meal 1: Breakfast: Omelet with mushrooms, bell peppers, cheddar cheese (2 eggs)

Calories: 360 | Protein: 22g | Carbs: 5g | Fat: 30g

Meal 2: Morning Snack: Walnuts (1 oz) and string cheese

Calories: 170 | Protein: 10g | Carbs: 4g | Fat: 15g

Meal 3: Lunch: Grilled steak (4 oz) with sautéed green beans in butter

Calories: 420 | Protein: 32g | Carbs: 6g | Fat: 30g

Meal 4: Afternoon Snack: Pepperoni slices with mozzarella cheese (2 oz each)

Calories: 180 | Protein: 10g | Carbs: 2g | Fat: 14g

Meal 5: Dinner: Chicken thighs (5 oz) with cauliflower mash and gravy

Calories: 450 | Protein: 35g | Carbs: 5g | Fat: 32g

Meal 6: Evening Snack: Avocado mousse (avocado, cocoa powder, stevia, coconut cream)

Calories: 120 | Protein: 4g | Carbs: 5g | Fat: 10g

1700-Calorie Keto Meal Plan

Day 6

Meal 1: Breakfast: Keto chia pudding (chia seeds, almond milk, vanilla, stevia)

Calories: 350 | Protein: 12g | Carbs: 5g | Fat: 30g

Meal 2: Morning Snack: Boiled eggs (2) with a dash of hot sauce

Calories: 150 | Protein: 14g | Carbs: 1g | Fat: 10g

Meal 3: Lunch: Bunless bacon cheeseburger (4 oz beef, bacon, cheese, lettuce wrap)

Calories: 420 | Protein: 32g | Carbs: 4g | Fat: 30g

Meal 4: Afternoon Snack: Celery sticks with almond butter (1 tbsp)

Calories: 160 | Protein: 6g | Carbs: 4g | Fat: 14g

Meal 5: Dinner: Salmon filet (5 oz) with roasted asparagus and garlic butter

Calories: 460 | Protein: 36g | Carbs: 5g | Fat: 32g

Meal 6: Evening Snack: Keto coconut clusters (shredded coconut, coconut oil, stevia)

Calories: 160 | Protein: 4g | Carbs: 4g | Fat: 14g

1700-Calorie Keto Meal Plan

Day 7

Meal 1: Breakfast: Scrambled eggs (2) with smoked salmon and avocado slices

Calories: 360 | Protein: 22g | Carbs: 4g | Fat: 30g

Meal 2: Morning Snack: Keto fat bomb (coconut oil, almond butter, cacao, stevia)

Calories: 160 | Protein: 4g | Carbs: 3g | Fat: 14g

Meal 3: Lunch: Cobb salad (chicken breast, bacon, avocado, boiled egg, olive oil)

Calories: 420 | Protein: 35g | Carbs: 6g | Fat: 28g

Meal 4: Afternoon Snack: Cheddar cheese cubes (1 oz) with olives

Calories: 150 | Protein: 8g | Carbs: 2g | Fat: 12g

Meal 5: Dinner: Baked pork chops (5 oz) with creamed spinach (heavy cream, garlic)

Calories: 460 | Protein: 36g | Carbs: 4g | Fat: 34g

Meal 6: Evening Snack: Keto lemon mug cake with almond flour and stevia

Calories: 150 | Protein: 5g | Carbs: 4g | Fat: 13g