

7-Day 1700-Calorie Keto Meal Plan

Day 1

Meal	Food	Calories
Breakfast	3 scrambled eggs with spinach cooked in olive oil	300
Morning Snack	Boiled egg with avocado	200
Lunch	Grilled chicken Caesar salad (no croutons)	400
Afternoon Snack	Almonds and cheese slices	200
Dinner	Salmon with garlic butter and asparagus	450
Evening Snack	Dark chocolate square with peanut butter	150

Day 2

Meal	Food	Calories
Breakfast	Avocado with bacon and 1 boiled egg	300
Morning Snack	Celery with cream cheese	200
Lunch	Zucchini noodles with pesto and shrimp	400
Afternoon Snack	Greek yogurt (unsweetened, full fat)	200
Dinner	Beef stir-fry with mushrooms and zucchini	450
Evening Snack	Coconut yogurt with chia seeds	150

Day 3

Meal	Food	Calories
Breakfast	Chia seed pudding with unsweetened almond milk	300
Morning Snack	Handful of macadamia nuts	200
Lunch	Cobb salad with turkey and blue cheese	400
Afternoon Snack	Beef jerky (no sugar)	200
Dinner	Grilled chicken with creamy cauliflower mash	450
Evening Snack	Mini cheese and pepperoni plate	150

Day 4

Meal	Food	Calories
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Breakfast	Keto pancakes with sugar-free syrup	300
Morning Snack	Cheddar cheese cubes and olives	200
Lunch	Tuna salad lettuce wraps	400
Afternoon Snack	Mini bell peppers with cream cheese	200
Dinner	Pork chops with roasted brussels sprouts	450
Evening Snack	Cottage cheese with cinnamon	150

Day 5

Meal	Food	Calories
Breakfast	Sausage and egg muffins	300
Morning Snack	Turkey roll-ups with cream cheese	200
Lunch	Burger patty with cheese and side salad	400
Afternoon Snack	Boiled egg and olives	200
Dinner	Shrimp sautéed in olive oil with kale	450
Evening Snack	Keto fat bomb	150

Day 6

Meal	Food	Calories
Breakfast	Omelet with cheese, mushrooms, and peppers	300
Morning Snack	Cucumber slices with guacamole	200
Lunch	Chicken thighs with broccoli in butter sauce	400
Afternoon Snack	Pork rinds with guac	200
Dinner	Lamb chops with garlic spinach	450
Evening Snack	Almond butter on celery	150

Day 7

Meal	Food	Calories
Breakfast	Keto smoothie with coconut milk and almond butter	300
Morning Snack	Keto fat bomb	200
Lunch	Egg salad in avocado halves	400
Afternoon Snack	Walnuts and cucumber slices	200
Dinner	Stuffed bell peppers with ground beef and cheese	450

Evening Snack	1 boiled egg	150
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