

# 7-Day 1600 Calorie Keto Meal Plan (40% Protein / 50% Fat / 10% Carbs)

## Day 1

Meal 1: Breakfast - 3 eggs scrambled with spinach + 2 slices turkey bacon

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp peanut butter

Meal 3: Lunch - Grilled chicken thighs + avocado + leafy greens + olive oil dressing

Meal 4: Afternoon Snack - 2 boiled eggs + cucumber slices

Meal 5: Dinner - Baked chicken thighs + green beans + butter

Meal 6: Evening Snack - Greek yogurt (plain, full fat, ½ cup) + cinnamon

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

*Carbs: 40g (10%)*

## Day 2

Meal 1: Breakfast - Omelet with 3 eggs, mushrooms, and light cheddar cheese

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp peanut butter

Meal 3: Lunch - Tuna salad with mayo + celery + lettuce wraps

Meal 4: Afternoon Snack - Turkey roll-ups + 1 slice cheddar

Meal 5: Dinner - Steak + garlic butter + sautéed spinach

Meal 6: Evening Snack - Cottage cheese (½ cup) + a few raspberries

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

*Carbs: 40g (10%)*

## Day 3

Meal 1: Breakfast - 3 low-carb egg muffins (egg, cheese, bell pepper)

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp almond butter

Meal 3: Lunch - Ground beef patty + sautéed mushrooms + cheese + spinach

Meal 4: Afternoon Snack - Beef jerky (low sodium) + 1 boiled egg

Meal 5: Dinner - Ground turkey skillet with zucchini and cheese

Meal 6: Evening Snack - Boiled egg + 1 slice cheddar

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

*Carbs: 40g (10%)*

## **Day 4**

Meal 1: Breakfast - 2 boiled eggs + Greek yogurt (plain, full fat, ¼ cup)

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp peanut butter

Meal 3: Lunch - Shrimp with garlic butter + asparagus

Meal 4: Afternoon Snack - Cottage cheese (¼ cup) + celery sticks

Meal 5: Dinner - Pork chops + cauliflower mash + broccoli

Meal 6: Evening Snack - Low-fat Greek yogurt + cinnamon

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

*Carbs: 40g (10%)*

## **Day 5**

Meal 1: Breakfast - Scrambled eggs with 3 oz smoked salmon

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp peanut butter

Meal 3: Lunch - Cobb salad with chicken, egg, avocado, bacon, blue cheese

Meal 4: Afternoon Snack - Hard-boiled egg + a few olives

Meal 5: Dinner - Salmon + roasted brussels sprouts + olive oil

Meal 6: Evening Snack - 1 boiled egg + a few almonds

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

*Carbs: 40g (10%)*

## **Day 6**

Meal 1: Breakfast - 3 eggs over easy + sautéed zucchini

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp peanut butter

Meal 3: Lunch - Turkey lettuce wraps + avocado + mayo

Meal 4: Afternoon Snack - Turkey slices + cheddar cubes

Meal 5: Dinner - Shrimp alfredo (zoodles + cream sauce)

Meal 6: Evening Snack - Sliced turkey + 1 tbsp guacamole

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

*Carbs: 40g (10%)*

## **Day 7**

Meal 1: Breakfast - Keto pancakes (almond flour) + 1 sausage link

Meal 2: Protein Shake + Fat - Protein shake + 1 tbsp peanut butter

Meal 3: Lunch - Salmon fillet + creamy dill sauce + roasted cauliflower

Meal 4: Afternoon Snack - Pepperoni slices + pickles

Meal 5: Dinner - Meatballs (no breadcrumbs) + marinara + mozzarella

Meal 6: Evening Snack - 1 slice cheddar + a few blueberries

*Macros:*

*Protein: 160g (40%)*

*Fat: 89g (50%)*

Carbs: 40g (10%)