

# Keto Meal Plan - Day 1 (1700 Calories)

This is a realistic, sustainable 1700-calorie Keto meal plan built for busy people. Use this as guidance - feel free to swap out meals or ingredients to match your preferences, schedule, or pantry.

## Day 1

### Breakfast

- 3 eggs scrambled in butter
- 2 slices turkey bacon

Calories: 400 | Protein: 28g | Carbs: 2g | Fat: 30g

### Mid-Morning Snack

- 1 oz almonds
- 1 mozzarella string cheese

Calories: 250 | Protein: 15g | Carbs: 3g | Fat: 22g

### Lunch

- Grilled chicken (6 oz)
- Mixed greens with olive oil + vinegar
- Avocado (1/2)

Calories: 450 | Protein: 40g | Carbs: 5g | Fat: 30g

### Afternoon Snack

- Boiled egg (1)
- Beef jerky (1 oz)

Calories: 200 | Protein: 20g | Carbs: 1g | Fat: 14g

### Dinner

- Grilled salmon (5 oz)
- Asparagus roasted in olive oil

Calories: 300 | Protein: 30g | Carbs: 3g | Fat: 20g

### Evening Snack

- Cottage cheese (1/2 cup)
- 1 tbsp almond butter

Calories: 200 | Protein: 18g | Carbs: 4g | Fat: 14g

**Daily Total Macros:**

Calories: 1700 | Protein: 151g | Carbs: 18g | Fat: 130g

# Keto Meal Plan - Day 2 (1700 Calories)

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## Day 2

### Breakfast

- Low-carb egg muffins (3) with spinach, cheese, and sausage

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

### Mid-Morning Snack

- Hard-boiled eggs (2)

- 5 olives

Calories: 200 | Protein: 14g | Carbs: 2g | Fat: 16g

### Lunch

- Ground beef (5 oz) lettuce wraps with mustard + pickles

- Side of sautéed zucchini in olive oil

Calories: 450 | Protein: 35g | Carbs: 4g | Fat: 32g

### Afternoon Snack

- Beef jerky (1 oz)

- 1 cheddar cheese stick

Calories: 200 | Protein: 18g | Carbs: 1g | Fat: 15g

### Dinner

- Grilled chicken thighs (6 oz)

- Steamed broccoli with butter

Calories: 350 | Protein: 35g | Carbs: 3g | Fat: 22g

### Evening Snack

- Cottage cheese (1/2 cup)

- Handful of macadamia nuts

Calories: 200 | Protein: 18g | Carbs: 2g | Fat: 16g

### Daily Total Macros:

Calories: 1700 | Protein: 150g | Carbs: 16g | Fat: 129g

# Keto Meal Plan - Day 3 (1700 Calories)

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## Day 3

### Breakfast

- 2 egg omelet with mushrooms, cheddar, and spinach
- 2 turkey sausage links

Calories: 400 | Protein: 30g | Carbs: 3g | Fat: 28g

### Mid-Morning Snack

- 1 oz walnuts
- 1 boiled egg

Calories: 200 | Protein: 10g | Carbs: 2g | Fat: 18g

### Lunch

- Chicken salad with mayo, celery, and cucumber slices (6 oz chicken)
- Side of olives

Calories: 450 | Protein: 40g | Carbs: 4g | Fat: 32g

### Afternoon Snack

- Beef snack stick
- Mini babybel cheese wheel

Calories: 200 | Protein: 15g | Carbs: 2g | Fat: 15g

### Dinner

- Grilled steak (5 oz)
- Roasted Brussels sprouts in olive oil

Calories: 350 | Protein: 35g | Carbs: 3g | Fat: 24g

### Evening Snack

- Greek yogurt (plain, whole milk, 1/2 cup)
- 1 tbsp sunflower seeds

Calories: 200 | Protein: 20g | Carbs: 2g | Fat: 13g

### Daily Total Macros:

Calories: 1700 | Protein: 150g | Carbs: 16g | Fat: 130g

# Keto Meal Plan - Day 4 (1700 Calories)

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## Day 4

### Breakfast

- Keto pancakes (made with almond flour, 2 medium) + butter
- Turkey bacon (2 slices)

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

### Mid-Morning Snack

- Cottage cheese (1/2 cup)
- A few raspberries

Calories: 200 | Protein: 18g | Carbs: 3g | Fat: 14g

### Lunch

- Tuna salad lettuce wraps (6 oz tuna + mayo, celery)
- Side of cucumber slices with Tajin

Calories: 450 | Protein: 40g | Carbs: 4g | Fat: 30g

### Afternoon Snack

- Hard-boiled eggs (2)
- Pickle spear

Calories: 200 | Protein: 14g | Carbs: 2g | Fat: 15g

### Dinner

- Bunless turkey burger (6 oz)
- Sautéed mushrooms + a side of grilled zucchini

Calories: 350 | Protein: 35g | Carbs: 3g | Fat: 22g

### Evening Snack

- Mini cheese board: 1 oz gouda + 4 pecans + 2 slices salami

Calories: 200 | Protein: 15g | Carbs: 2g | Fat: 14g

### Daily Total Macros:

Calories: 1700 | Protein: 150g | Carbs: 20g | Fat: 123g

# Keto Meal Plan - Day 5 (1700 Calories)

This is a realistic, sustainable 1700-calorie Keto meal plan built for busy people. Use this as guidance - feel free to swap out meals or ingredients to match your preferences, schedule, or pantry.

## Day 5

### Breakfast

- Scrambled eggs (2 eggs + 1/4 cup cheese)
- Sliced avocado (1/4)
- 2 turkey sausage links

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

### Mid-Morning Snack

- 1 oz macadamia nuts
- 1 mozzarella cheese stick

Calories: 200 | Protein: 12g | Carbs: 2g | Fat: 18g

### Lunch

- Grilled chicken thigh (6 oz)
- Spinach salad with olive oil, feta, olives, and tomatoes

Calories: 450 | Protein: 40g | Carbs: 5g | Fat: 30g

### Afternoon Snack

- 2 deviled eggs
- 4 slices cucumber with cream cheese

Calories: 200 | Protein: 12g | Carbs: 2g | Fat: 16g

### Dinner

- Grilled pork chop (5 oz)
- Roasted cauliflower and broccoli (cooked in butter)

Calories: 350 | Protein: 35g | Carbs: 3g | Fat: 24g

### Evening Snack

- Plain Greek yogurt (1/2 cup, full fat)
- Cinnamon + a few pumpkin seeds

Calories: 200 | Protein: 18g | Carbs: 3g | Fat: 12g

**Daily Total Macros:**

Calories: 1700 | Protein: 145g | Carbs: 19g | Fat: 130g



# Keto Meal Plan - Day 6 (1700 Calories)

This is a realistic, sustainable 1700-calorie Keto meal plan built for busy people. Use this as guidance - feel free to swap out meals or ingredients to match your preferences, schedule, or pantry.

## Day 6

### Breakfast

- Keto egg muffins (2, made with spinach, cheese, and bacon)
- 1/2 avocado

Calories: 400 | Protein: 26g | Carbs: 5g | Fat: 30g

### Mid-Morning Snack

- Tuna packet (in olive oil)
- 4 cherry tomatoes

Calories: 200 | Protein: 20g | Carbs: 2g | Fat: 14g

### Lunch

- Ground beef (6 oz)
- Shredded lettuce, cheese, sour cream (keto taco bowl)

Calories: 450 | Protein: 38g | Carbs: 4g | Fat: 30g

### Afternoon Snack

- Boiled egg (1)
- 1 oz cheddar cheese

Calories: 200 | Protein: 15g | Carbs: 1g | Fat: 15g

### Dinner

- Grilled salmon (5 oz)
- Side of asparagus grilled in butter

Calories: 350 | Protein: 35g | Carbs: 3g | Fat: 22g

### Evening Snack

- Ricotta cheese (1/3 cup)
- Dash of cinnamon + slivered almonds (1 tbsp)

Calories: 100 | Protein: 10g | Carbs: 2g | Fat: 9g

### Daily Total Macros:

Calories: 1700 | Protein: 144g | Carbs: 17g | Fat: 120g

# Keto Meal Plan - Day 7 (1700 Calories)

This is a realistic, sustainable 1700-calorie Keto meal plan built for busy people. Use this as guidance - feel free to swap out meals or ingredients to match your preferences, schedule, or pantry.

## Day 7

### Breakfast

- Turkey bacon (3 slices)
- Scrambled eggs (2 eggs)
- Sautéed spinach (1/2 cup) in butter

Calories: 380 | Protein: 28g | Carbs: 2g | Fat: 28g

### Mid-Morning Snack

- Hard-boiled eggs (2)
- 4 olives

Calories: 200 | Protein: 14g | Carbs: 1g | Fat: 16g

### Lunch

- Chicken breast (5 oz)
- Zucchini noodles in pesto (1 cup)
- Side of parmesan

Calories: 450 | Protein: 40g | Carbs: 4g | Fat: 28g

### Afternoon Snack

- 1 oz almonds
- Mini cheese wheel (like Babybel)

Calories: 200 | Protein: 12g | Carbs: 3g | Fat: 18g

### Dinner

- Beef patty (6 oz)
- Roasted green beans
- Mayo or mustard

Calories: 350 | Protein: 35g | Carbs: 4g | Fat: 22g

### Evening Snack

- Keto-friendly chia pudding (1/2 cup unsweetened almond milk, 1 tbsp chia, vanilla extract)
- Topped with 1 tbsp sunflower seeds

Calories: 120 | Protein: 10g | Carbs: 3g | Fat: 9g

**Daily Total Macros:**

Calories: 1700 | Protein: 139g | Carbs: 17g | Fat: 121g