

7-Day Keto Meal Plan with Macros

Note: This plan is designed to follow a ketogenic lifestyle - low in carbs, moderate to high in protein, and higher in healthy fats. Meals are based on whole, summer-friendly foods with no shakes or bars. Feel free to swap based on your preferences or dietary needs.

Day 1

Breakfast: Egg scramble with avocado, spinach, and turkey bacon

Mid-Morning Snack: Turkey slices + 1 boiled egg

Lunch: Grilled chicken thighs + spinach salad + olive oil dressing

Afternoon Snack: Cheese stick + almonds

Dinner: Grilled steak + sautéed green beans + garlic butter

Evening Snack: Cottage cheese + flaxseed

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat

Day 2

Breakfast: Egg muffins (egg, spinach, peppers) + 1/2 avocado

Mid-Morning Snack: Celery + almond butter

Lunch: Tuna salad lettuce wraps + olives

Afternoon Snack: Turkey roll-ups + cucumber slices

Dinner: Baked salmon + roasted cauliflower + tahini drizzle

Evening Snack: Boiled egg + avocado slices

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat

Day 3

Breakfast: Omelet with mushrooms, onions, and feta + cucumber slices

Mid-Morning Snack: Cucumber + tuna salad

Lunch: Ground turkey bowl + sautéed peppers + avocado

Afternoon Snack: Avocado + hard-boiled egg

Dinner: Stuffed peppers (turkey + zucchini + cheese)

Evening Snack: Turkey slices + cucumber

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat

Day 4

Breakfast: Boiled eggs + smoked salmon + cherry tomatoes

Mid-Morning Snack: Olives + hard-boiled eggs

Lunch: Grilled salmon + arugula salad + hemp seeds

Afternoon Snack: Cottage cheese + walnuts

Dinner: Shrimp stir-fry (zoodles + coconut oil + veggies)

Evening Snack: Cottage cheese + fresh berries

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat

Day 5

Breakfast: Scrambled eggs + sautéed kale + olives

Mid-Morning Snack: Avocado boat with cottage cheese

Lunch: Chicken breast + roasted zucchini + olive oil drizzle

Afternoon Snack: Bell pepper slices + hummus

Dinner: Pork chops + grilled asparagus

Evening Snack: Greek yogurt (unsweetened) + chia seeds

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat

Day 6

Breakfast: Eggs + turkey sausage + side of arugula

Mid-Morning Snack: Greek yogurt (low-carb) + walnuts

Lunch: Turkey burger (no bun) + coleslaw + pickles

Afternoon Snack: Greek yogurt + chia seeds

Dinner: Roasted chicken + broccoli + olive oil

Evening Snack: Hard-boiled eggs + olives

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat

Day 7

Breakfast: Egg white veggie scramble + avocado

Mid-Morning Snack: Beef jerky + mini cucumbers

Lunch: Egg salad + mixed greens + pumpkin seeds

Afternoon Snack: Olives + mozzarella balls

Dinner: Ground beef lettuce tacos + guacamole

Evening Snack: Celery sticks + almond butter

Daily Total: 1600 Calories, 140g Protein, 40g Carbs, 100g Fat