

7-Day High-Protein Keto Meal Plan

Standard 1800-Calorie Meal Plan - Use as a Guide, Substitute as Needed

Day 1

Breakfast - Egg scramble with spinach, turkey sausage, avocado - 400 cal | 30g protein | 28g fat | 5g carbs

Mid-Morning Snack - Protein shake with almond milk + chia seeds - 200 cal | 30g protein | 8g fat | 4g carbs

Lunch - Grilled chicken thigh, arugula salad, olive oil dressing - 420 cal | 35g protein | 25g fat | 6g carbs

Snack - Boiled eggs (2) with cucumber slices - 160 cal | 12g protein | 11g fat | 3g carbs

Dinner - Salmon fillet with asparagus, garlic butter - 460 cal | 38g protein | 30g fat | 4g carbs

PM Snack - Cottage cheese (1/3 cup) + walnuts - 160 cal | 14g protein | 10g fat | 2g carbs

Day 2

Breakfast - Omelet (2 eggs + egg whites) with feta, mushrooms - 390 cal | 28g protein | 26g fat | 5g carbs

Mid-Morning Snack - Protein shake with almond milk + flax - 200 cal | 30g protein | 8g fat | 3g carbs

Lunch - Tuna salad (olive oil, celery) in lettuce wraps - 410 cal | 36g protein | 24g fat | 4g carbs

Snack - Turkey slices (2 oz) + mini guac - 170 cal | 16g protein | 10g fat | 2g carbs

Dinner - Grilled shrimp over cauliflower rice, lemon drizzle - 450 cal | 37g protein | 28g fat | 5g carbs

PM Snack - Plain Greek yogurt (1/3 cup) + cinnamon - 180 cal | 15g protein | 9g fat | 3g carbs

Day 3

Breakfast - Turkey bacon (2 slices), eggs (2), sautéed greens - 400 cal | 30g protein | 27g fat | 4g carbs

Mid-Morning Snack - Shake with almond milk + frozen berries (1/4 cup) - 200 cal | 26g protein | 8g fat | 6g carbs

Lunch - Grilled steak (5 oz) with side arugula salad - 430 cal | 36g protein | 29g fat | 3g carbs

Snack - Celery sticks + almond butter (1 tbsp) - 170 cal | 8g protein | 14g fat | 4g carbs

Dinner - Baked cod, roasted zucchini, olive oil - 440 cal | 35g protein | 28g fat | 4g carbs

PM Snack - Hard-boiled egg + cucumber slices - 160 cal | 12g protein | 11g fat | 2g carbs

Day 4

Breakfast - Scrambled eggs (2) with turkey sausage + avocado - 390 cal | 28g protein | 27g fat | 4g carbs

Mid-Morning Snack - Protein shake with almond milk + greens powder - 200 cal | 30g protein | 8g fat | 3g carbs

Lunch - Chicken thigh (5 oz) with grilled zucchini, olive oil - 420 cal | 36g protein | 27g fat | 5g carbs

Snack - Mini guac + pork rinds (1 oz) - 170 cal | 9g protein | 12g fat | 2g carbs

Dinner - Grilled halibut with sautéed spinach in olive oil - 450 cal | 38g protein | 26g fat | 3g carbs

PM Snack - Greek yogurt (1/3 cup) + chopped pecans - 170 cal | 14g protein | 10g fat | 2g carbs

Day 5

Breakfast - Omelet with smoked salmon, capers, spinach - 400 cal | 30g protein | 25g fat | 4g carbs

Mid-Morning Snack - Protein shake + almond milk + chia - 200 cal | 30g protein | 8g fat | 4g carbs

Lunch - Beef burger patty (5 oz) with lettuce wrap, mayo - 430 cal | 35g protein | 28g fat | 3g carbs

Snack - Sliced turkey (2 oz) + cheese stick - 160 cal | 14g protein | 9g fat | 1g carbs

Dinner - Pan-seared chicken thighs, roasted cauliflower - 450 cal | 36g protein | 30g fat | 5g carbs

PM Snack - Hard-boiled egg + celery sticks - 160 cal | 12g protein | 11g fat | 2g carbs

Day 6

Breakfast - Egg muffins (2) with bacon, spinach, mushrooms - 400 cal | 28g protein | 26g fat | 4g carbs

Mid-Morning Snack - Protein shake + almond milk + 1 tsp peanut butter - 200 cal | 28g protein | 10g fat | 3g carbs

Lunch - Tuna salad with olive oil mayo, celery, over greens - 420 cal | 35g protein | 26g fat | 4g carbs

Snack - Boiled eggs (2) + pickles - 160 cal | 12g protein | 10g fat | 2g carbs

Dinner - Grilled shrimp skewers, steamed broccoli, olive oil - 450 cal | 36g protein | 28g fat | 4g carbs

PM Snack - Greek yogurt + cinnamon + 1 tsp sunflower seeds - 170 cal | 14g protein | 9g fat | 3g carbs

Day 7

Breakfast - Fried eggs (2) with avocado and sautéed kale - 390 cal | 26g protein | 28g fat | 5g carbs

Mid-Morning Snack - Protein shake + collagen + almond milk - 200 cal | 30g protein | 8g fat | 2g carbs

Lunch - Grilled chicken breast (5 oz), cucumber tomato salad - 430 cal | 36g protein | 22g fat | 6g carbs

Snack - Mini guac + celery sticks - 150 cal | 4g protein | 12g fat | 3g carbs

Dinner - Broiled salmon (5 oz) with roasted Brussels sprouts - 450 cal | 36g protein | 30g fat | 5g carbs

PM Snack - 1 boiled egg + sliced cucumber - 160 cal | 12g protein | 10g fat | 2g carbs