# 1600-Calorie Keto Meal Plan

# **Breakfast Options**

# Egg & Avocado Plate

### Ingredients:

- 2 whole eggs
- 1 tsp olive oil
- 1/2 avocado
- 2 slices turkey bacon

### Instructions:

- Fry eggs in olive oil.
- Slice avocado and cook turkey bacon.
- Plate together.

Macros: 320 cal | 22g P | 6g C | 24g F

# Veggie Omelet with Cheese

## Ingredients:

- 2 whole eggs + 1 egg white
- 1/2 cup spinach
- 1/4 cup mushrooms
- 1/4 cup shredded cheddar

### Instructions:

- Sauté veggies.
- Pour in eggs and cook as omelet.
- Sprinkle cheese, fold, and serve.

Macros: 310 cal | 27g P | 6g C | 20g F

# Turkey & Spinach Scramble

## Ingredients:

- 2 whole eggs
- 3 oz ground turkey (93% lean)
- 1 cup spinach
- 1 tsp olive oil

## Instructions:

- Cook turkey until browned.
- Add eggs and spinach, scramble together.

Macros: 340 cal | 34g P | 4g C | 20g F

# **Lunch Options**

# Chicken Caesar Salad (Keto)

#### Ingredients:

- 4 oz grilled chicken breast
- 3 cups romaine lettuce
- 2 tbsp Caesar dressing
- 1 tbsp Parmesan cheese

### Instructions:

- Grill chicken.
- Toss lettuce with dressing.
- Top with chicken and Parmesan.

Macros: 390 cal | 34g P | 8g C | 25g F

# Egg Salad Lettuce Wraps

## Ingredients:

- 2 boiled eggs, chopped
- 1 tbsp mayo
- 2 romaine lettuce leaves
- 1 tbsp diced celery

### Instructions:

- Mix eggs with mayo and celery.
- Scoop mixture into lettuce leaves.

Macros: 320 cal | 22g P | 4g C | 25g F

# Turkey & Avocado Bowl

## Ingredients:

- 4 oz turkey breast
- 1/2 avocado
- 1 cup spinach
- 1 tsp olive oil

### Instructions:

- Slice turkey breast.
- Combine with spinach and avocado.
- Drizzle with olive oil.

Macros: 350 cal | 30g P | 7g C | 22g F

# **Dinner Options**

# Garlic Butter Salmon with Asparagus

## Ingredients:

- 4 oz salmon fillet
- 1 cup asparagus
- 1 tsp butter
- 1/2 cup cauliflower rice

## Instructions:

- Bake salmon with butter.
- Roast asparagus.
- Serve with cauliflower rice.

Macros: 420 cal | 38g P | 9g C | 28g F

## Zucchini Noodles with Pesto Chicken

### Ingredients:

- 4 oz grilled chicken breast
- 2 cups zucchini noodles
- 1 tbsp pesto sauce

- 1 tbsp Parmesan cheese

### Instructions:

- Spiralize zucchini.
- Sauté briefly and toss with pesto.
- Top with chicken and Parmesan.

Macros: 400 cal | 34g P | 10g C | 25g F

# Beef & Broccoli Stir Fry

### Ingredients:

- 4 oz ground beef (90% lean)
- 1 cup broccoli
- 1 tsp sesame oil
- 1 tbsp soy sauce

### Instructions:

- Cook beef until browned.
- Add broccoli, soy sauce, and sesame oil.

Macros: 390 cal | 32g P | 9g C | 24g F

# **Snack Options**

## Cheese & Almonds

### Ingredients:

- 1 oz cheddar cheese
- 10 almonds

## Instructions:

- Pair cheese with almonds.

Macros: 180 cal | 10g P | 4g C | 14g F

## Apple + Peanut Butter

## Ingredients:

- 1 medium apple
- 1 tbsp peanut butter

### Instructions:

- Slice apple and dip in peanut butter.

Macros: 190 cal | 4g P | 22g C | 9g F

## Keto Protein Balls (2 balls)

## Ingredients:

- 1 cup almond flour
- 1/2 cup peanut butter
- 2 scoops low-carb protein powder
- 2 tbsp sugar-free chocolate chips Instructions:
- Mix ingredients until dough forms.
- Roll into 12 small balls.
- Serving = 2 balls.

Macros: 190 cal | 13g P | 8g C | 11g F