

1800 Calorie High-Protein Keto Meal Plan

This keto-friendly plan includes 3 breakfast, 3 lunch, 3 dinner, and 3 snack options. Each meal prioritizes protein first, keeps carbs very low, and includes moderate healthy fats for satiety.

Breakfasts

Egg & Smoked Salmon Scramble

Ingredients: 3 whole eggs + 2 egg whites, 2 oz smoked salmon, 1 cup spinach, 1 tsp olive oil

Instructions: Scramble eggs with spinach. Top with smoked salmon.

Macros: 390 kcal | Protein: 40g | Carbs: 5g | Fat: 22g

Cottage Cheese Bowl with Walnuts & Raspberries

Ingredients: 1 cup cottage cheese (2%), 1 tbsp walnuts, ¼ cup raspberries, ½ scoop protein powder

Instructions: Mix protein powder into cottage cheese. Top with walnuts and raspberries.

Macros: 400 kcal | Protein: 38g | Carbs: 9g | Fat: 18g

Omelet with Cheese & Avocado

Ingredients: 3 eggs, 1 oz cheddar cheese, ¼ avocado, 1 cup mushrooms

Instructions: Cook eggs into omelet with mushrooms. Fill with cheese and avocado.

Macros: 395 kcal | Protein: 36g | Carbs: 7g | Fat: 21g

Lunches

Grilled Chicken Caesar Salad (No Croutons)

Ingredients: 5 oz chicken breast, 2 cups romaine lettuce, 1 tbsp parmesan, 1 tbsp olive oil + lemon

Instructions: Grill chicken and slice. Serve over lettuce with parmesan and dressing.

Macros: 430 kcal | Protein: 42g | Carbs: 8g | Fat: 21g

Turkey Lettuce Wraps with Avocado

Ingredients: 5 oz ground turkey, 4 romaine leaves, ¼ avocado, 1 tbsp Greek yogurt

Instructions: Cook turkey with spices. Serve in lettuce wraps with avocado and yogurt.

Macros: 420 kcal | Protein: 40g | Carbs: 7g | Fat: 19g

Salmon & Zucchini Noodles with Pesto

Ingredients: 5 oz salmon, 2 cups zucchini noodles, 1 tbsp pesto

Instructions: Pan-sear salmon. Toss zucchini noodles with pesto and serve together.

Macros: 445 kcal | Protein: 43g | Carbs: 9g | Fat: 20g

Dinners

Steak with Garlic Butter Broccoli

Ingredients: 6 oz sirloin steak, 1 cup broccoli, 1 tsp garlic butter

Instructions: Grill steak. Steam broccoli and toss with garlic butter.

Macros: 475 kcal | Protein: 48g | Carbs: 6g | Fat: 22g

Baked Cod with Cauliflower Mash

Ingredients: 6 oz cod fillet, 1½ cups cauliflower florets, 1 tsp olive oil

Instructions: Bake cod at 375°F for 15 minutes. Mash cauliflower with olive oil.

Macros: 455 kcal | Protein: 47g | Carbs: 8g | Fat: 18g

Chicken Thighs with Asparagus

Ingredients: 5 oz chicken thighs, 1 cup asparagus, 1 tsp olive oil + lemon

Instructions: Pan-sear chicken thighs. Roast asparagus with olive oil and lemon.

Macros: 460 kcal | Protein: 42g | Carbs: 7g | Fat: 19g

Snacks

Hard-Boiled Eggs & Cheese Sticks

Ingredients: 2 boiled eggs, 1 mozzarella string cheese

Instructions: Pair eggs with cheese stick.

Macros: 210 kcal | Protein: 22g | Carbs: 3g | Fat: 11g

Protein Shake with Almond Milk & Peanut Butter

Ingredients: 1 scoop protein powder, 1 cup almond milk, 1 tsp peanut butter

Instructions: Blend all ingredients.

Macros: 230 kcal | Protein: 30g | Carbs: 6g | Fat: 9g

Greek Yogurt with Chia Seeds

Ingredients: $\frac{3}{4}$ cup Greek yogurt (2%), 1 scoop protein powder, 1 tsp chia seeds

Instructions: Mix protein powder into yogurt. Top with chia seeds.

Macros: 240 kcal | Protein: 34g | Carbs: 8g | Fat: 7g