

1800 Calorie High-Protein Keto Meal Plan

(Low-Carb | Busy-Friendly | Batch-Cook Approved)

■ Target Macros (approximate):

- Protein: 150–160g
- Carbs: 30–40g (net)
- Fat: 100–110g

Breakfast Options (pick 1 per day)

Egg & Avocado Scramble

3 whole eggs + 2 egg whites, ½ avocado sliced, 1 tbsp olive oil for cooking

Macros: 36g protein | 9g carbs | 29g fat | ~440 cals

Keto Yogurt Bowl

¾ cup unsweetened Greek yogurt, ½ scoop protein powder, 2 tbsp walnuts, 1 tbsp chia seeds

Macros: 34g protein | 11g carbs | 19g fat | ~370 cals

Bacon & Egg Muffins

2 eggs + 2 egg whites, 2 strips turkey bacon, ¼ cup shredded cheese (bake in muffin tins)

Macros: 33g protein | 4g carbs | 23g fat | ~350 cals

Lunch Options (pick 1 per day)

Chicken Caesar Salad (keto style)

4 oz grilled chicken, 2 cups romaine, 1 tbsp parmesan, 2 tbsp Caesar dressing (low-carb)

Macros: 37g protein | 7g carbs | 18g fat | ~360 cals

Chicken & Broccoli Alfredo

4 oz chicken breast, 1 cup steamed broccoli, 2 tbsp heavy cream, 1 tbsp parmesan

Macros: 39g protein | 9g carbs | 20g fat | ~380 cals

Lettuce-Wrapped Chicken Fajitas

4 oz grilled chicken, ½ cup peppers/onions, 2 large romaine leaves, 1 tbsp shredded cheese

Macros: 35g protein | 10g carbs | 11g fat | ~300 cals

Dinner Options (pick 1 per day)

Salmon with Garlic Butter Veggies

5 oz salmon, 1 cup zucchini sautéed in 1 tbsp butter, side salad with olive oil

Macros: 40g protein | 8g carbs | 23g fat | ~410 cals

Ground Turkey Taco Skillet

5 oz ground turkey, ½ cup peppers/onions, ¼ avocado, 1 tbsp shredded cheese

Macros: 38g protein | 10g carbs | 21g fat | ~390 cals

Beef & Cauliflower Rice Bowl

5 oz ground beef (85/15), 1 cup riced cauliflower, ½ cup spinach sautéed in olive oil

Macros: 39g protein | 7g carbs | 22g fat | ~370 cals

Snack Options (pick 2 per day)

Cheese & Turkey Roll-Ups

3 slices deli turkey, 2 slices cheddar, 1 tbsp mustard

Macros: 25g protein | 2g carbs | 9g fat | ~200 cals

Hard-Boiled Eggs with Guac

2 boiled eggs, 2 tbsp guacamole

Macros: 19g protein | 3g carbs | 13g fat | ~210 cals

Protein Smoothie (Keto Style)

1 scoop whey protein, 1 cup unsweetened almond milk, 1 tbsp almond butter, ice + blend

Macros: 32g protein | 5g carbs | 11g fat | ~240 cals

■ **Coach's Note:** Keto doesn't mean bacon overload. Keep it clean, lean, and intentional with protein. Use fats like avocado, olive oil, and nuts for balance.