

1600 Calorie Keto Meal Plan (No Yogurt / Cottage Cheese)

Breakfasts (~350–400 cal)

1. Egg Muffins - 2 eggs, diced peppers, spinach, shredded cheese baked in muffin tins (~340 cal | 25P / 4C / 24F)
2. Avocado & Smoked Salmon Plate - ½ avocado, 2 oz smoked salmon, drizzle olive oil (~370 cal | 22P / 4C / 29F)
3. Sausage & Eggs - 2 eggs, 2 small breakfast sausage links (~380 cal | 24P / 2C / 30F)
4. Bulletproof Shake - 1 scoop whey isolate, 1 cup almond milk, 1 tbsp MCT oil, 1 tbsp almond butter (~390 cal | 25P / 5C / 28F)

Snacks (~150–200 cal)

1. Hard-Boiled Eggs + Olives - 2 eggs + 6 olives (~190 cal | 13P / 2C / 14F)
2. Mini Meat & Cheese Plate - 1 oz salami + 1 oz cheddar cheese (~200 cal | 12P / 2C / 16F)
3. Almond Butter Celery Bites - 2 celery sticks + 1 tbsp almond butter (~160 cal | 5P / 4C / 12F)
4. 1 oz almonds (~165 cal | 6P / 6C [3 net] / 14F)

Lunches (~350–400 cal)

1. Chicken Caesar Salad - 4 oz chicken, 1 cup romaine, 1 tbsp parmesan, 2 tbsp Caesar dressing (~390 cal | 32P / 5C / 26F)
2. Chicken & Avocado Lettuce Wraps - 3 oz shredded chicken, 2 lettuce leaves, ¼ avocado (~350 cal | 28P / 5C / 24F)
3. Tuna Melt (Keto Style) - 1 can tuna, 1 tbsp mayo, 1 slice cheddar, zucchini slices (~360 cal | 32P / 4C / 25F)
4. Egg Salad Wraps - 2 boiled eggs, 1 tbsp mayo, mustard, wrapped in romaine (~310 cal | 19P / 2C / 24F)

Dinners (~450–500 cal)

1. Salmon & Asparagus - 4 oz salmon, 1 cup asparagus, cooked in olive oil (~460 cal | 35P / 5C / 32F)
2. Keto Beef Bowl - 4 oz ground beef (80/20), 1 cup zucchini, 1 tbsp olive oil (~480 cal | 30P / 6C / 36F)
3. Garlic Butter Shrimp - 5 oz shrimp, 1 tbsp butter, 1 cup broccoli (~440 cal | 33P / 5C / 28F)
4. Chicken Thighs & Spinach - 5 oz chicken thighs (skin on), 1 cup spinach cooked in 1 tbsp olive oil (~490 cal | 32P / 4C / 36F)

