

1700 Calorie Keto Meal Plan

Breakfast Options

Cheesy Spinach Omelet with Avocado

Ingredients:

- 2 whole eggs + 2 egg whites
- ¼ cup shredded cheddar cheese
- ½ cup spinach
- ½ avocado
- 1 tsp butter

Instructions:

- Heat butter in skillet, wilt spinach.
- Whisk eggs, cook into an omelet with cheese and spinach.
- Serve with avocado.

Macros: ~380 cal | 23g P | 6g C | 29g F

Keto Chia Seed Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp almond butter
- ½ tsp cinnamon
- Stevia/monk fruit to taste

Instructions:

- Stir all ingredients together.
- Refrigerate overnight.
- Stir before serving.

Macros: ~320 cal | 10g P | 12g C (net ~4g) | 24g F

Scrambled Eggs with Sausage & Zucchini

Ingredients:

- 2 eggs
- 2 oz breakfast sausage (sugar-free)
- ½ cup diced zucchini
- 1 tsp olive oil

Instructions:

- Cook sausage.
- Add zucchini, cook until tender.
- Scramble eggs in same pan.

Macros: ~400 cal | 27g P | 5g C | 32g F

Lunch Options

Cobb Salad (Keto Style)

Ingredients:

- 4 oz grilled chicken breast
- 2 cups romaine lettuce
- ½ avocado
- 1 boiled egg
- 1 slice bacon, crumbled
- 1 tbsp ranch/blue cheese dressing

Instructions:

- Layer lettuce, chicken, avocado, egg, bacon.
- Drizzle with dressing.

Macros: ~450 cal | 32g P | 8g C | 32g F

Keto Turkey Lettuce Wraps

Ingredients:

- 3 oz ground turkey
- 2 romaine lettuce leaves
- ¼ avocado, sliced
- 1 tbsp mayo
- 1 slice provolone cheese

Instructions:

- Cook turkey with seasoning.
- Layer turkey, avocado, mayo, cheese in lettuce.
- Wrap tightly.

Macros: ~380 cal | 29g P | 7g C | 27g F

Salmon & Creamed Spinach Bowl

Ingredients:

- 4 oz salmon fillet
- 1 cup spinach
- 2 tbsp heavy cream
- 1 tsp olive oil

Instructions:

- Pan-sear salmon.
- Sauté spinach with cream and oil.
- Serve together.

Macros: ~420 cal | 33g P | 6g C | 29g F

Dinner Options

Garlic Butter Steak & Cauliflower Mash

Ingredients:

- 4 oz sirloin steak
- 1 cup cauliflower florets
- 1 tbsp butter
- 1 tbsp heavy cream
- 1 tsp garlic powder

Instructions:

- Cook steak with garlic butter.
- Steam cauliflower, mash with cream and garlic.
- Serve together.

Macros: ~480 cal | 38g P | 7g C | 33g F

Chicken Thighs with Zoodles**Ingredients:**

- 5 oz chicken thighs (skin-on)
- 1 cup zucchini noodles
- 1 tbsp olive oil
- 1 tbsp parmesan cheese

Instructions:

- Pan-sear chicken thighs.
- Sauté zucchini noodles in olive oil.
- Top with parmesan.

Macros: ~450 cal | 34g P | 6g C | 33g F

Shrimp Alfredo with Broccoli**Ingredients:**

- 4 oz shrimp
- ½ cup broccoli
- 2 tbsp heavy cream
- 1 tbsp parmesan
- 1 tsp olive oil

Instructions:

- Sauté shrimp in olive oil.
- Add broccoli and cream, simmer lightly.
- Top with parmesan.

Macros: ~420 cal | 35g P | 7g C | 29g F

Snack Options***Cheese & Almonds*****Ingredients:**

- 1 oz cheddar cheese
- 10 raw almonds

Instructions:

- Pair cheese with almonds.

Macros: ~200 cal | 10g P | 4g C | 17g F

Keto Fat Bomb (Peanut Butter Chocolate)**Ingredients:**

- 1 tbsp peanut butter
- 1 tsp coconut oil
- 1 tsp cocoa powder
- Stevia to taste (optional)

Instructions:

- Melt all ingredients.
- Freeze into molds.
- Eat once set.

Macros: ~150 cal | 4g P | 3g C | 14g F

Hard-Boiled Eggs + Mayo Dip**Ingredients:**

- 2 boiled eggs
- 1 tsp mayo

Instructions:

- Slice eggs, dip in mayo.

Macros: ~190 cal | 12g P | 2g C | 15g F