

1600 Calorie Keto Meal Plan

High-fat, moderate-protein, low-carb plan for energy, focus, and metabolic balance.

Breakfast Options

- Bacon & Eggs (Classic Keto Start) 2 slices bacon, 2 whole eggs, 1 tsp butter. Cook bacon, fry eggs in rendered fat. Macros: ~350 cal | 22g P | 1g C | 29g F
- Avocado Scramble 2 eggs + 1 egg white, ¼ avocado, 1 tsp olive oil. Scramble eggs in olive oil, top with avocado. Macros: ~330 cal | 25g P | 3g C | 24g F
- Keto Coffee & Almonds 1 cup coffee, 1 tbsp MCT oil or butter, 12 almonds. Blend coffee with MCT oil, pair with almonds. Macros: ~310 cal | 8g P | 3g C | 29g F

Lunch Options

- Chicken Caesar Salad 4 oz grilled chicken, 2 cups romaine lettuce, 1 tbsp Caesar dressing, 1 tbsp parmesan. Toss lettuce in dressing, top with chicken and cheese. Macros: ~370 cal | 35g P | 6g C | 22g F
- Bunless Burger Bowl 4 oz ground beef (80/20), ½ oz cheddar, ¼ avocado, lettuce and tomato. Cook beef patty, top with cheese and avocado, serve on lettuce. Macros: ~400 cal | 32g P | 6g C | 28g F
- Egg Salad Bowl 2 boiled eggs, 1 tbsp mayo, 2 oz diced chicken or tuna. Mix all ingredients and chill. Macros: ~340 cal | 28g P | 2g C | 24g F

Dinner Options

- Salmon & Asparagus 4 oz salmon, 1 tsp butter, 1 cup asparagus. Bake or air-fry salmon, pan-sear asparagus in butter. Macros: ~380 cal | 32g P | 2g C | 25g F
- Pork Chop & Cauliflower Mash 4 oz pork chop, 1 cup cauliflower mash (cauliflower, butter, cream). Pan-fry pork chop, mash cauliflower with butter and cream. Macros: ~400 cal | 33g P | 5g C | 26g F
- Shrimp Zucchini Skillet 4 oz shrimp, 1 cup zucchini, 1 tsp olive oil, 1 tbsp parmesan. Cook shrimp and zucchini in olive oil, top with parmesan. Macros: ~330 cal | 30g P | 4g C | 20g F

Snack Options

- Cheese Sticks 1 oz mozzarella cheese. Macros: ~80 cal | 7g P | 1g C | 6g F
- Keto Fat Bombs 1 tbsp peanut butter, 1 tsp coconut oil, 1 tsp cocoa powder. Mix ingredients and freeze 15 minutes. Macros: ~160 cal | 4g P | 4g C | 15g F
- Hard-Boiled Eggs 2 boiled eggs. Macros: ~140 cal | 12g P | 1g C | 9g F

Daily Macro Summary (Approximate)

Calories: 1600 | Protein: 120–135g | Carbs: 15–25g | Fat: 110–120g