

1700 Calorie Keto Meal Plan

High-fat, moderate-protein, low-carb plan designed for steady energy, hormonal balance, and body fat reduction.

Approx. 1700 cal | 110–120g Protein | 20–25g Carbs | 125–135g Fat

Breakfast Options (400–450 cal)

Classic Keto Scramble

2 whole eggs, 2 egg whites, 2 tbsp heavy cream, 2 slices bacon, 1 tbsp shredded cheese.

420 cal | 31g P | 2g C | 32g F

Avocado Egg Bowl

2 eggs, ½ avocado, 1 tbsp olive oil drizzle, sea salt, and black pepper.

430 cal | 26g P | 5g C | 36g F

Protein Coffee Shake

1 scoop whey protein, 1 cup unsweetened almond milk, 1 tbsp MCT oil, 1 tsp cocoa powder, ice.

400 cal | 33g P | 4g C | 29g F

Lunch Options (400–450 cal)

Chicken & Zoodle Bowl

4 oz grilled chicken breast, 1 cup zucchini noodles sautéed in 1 tbsp olive oil, 1 oz parmesan.

420 cal | 40g P | 6g C | 26g F

Tuna Avocado Salad

1 can tuna (4 oz), ¼ avocado, 1 tbsp mayo, lemon juice, salt, pepper.

410 cal | 35g P | 2g C | 30g F

Egg Salad Lettuce Wraps

2 hard-boiled eggs chopped with 1 tbsp mayo, wrapped in romaine or butter lettuce leaves.

395 cal | 25g P | 4g C | 32g F

Dinner Options (450–500 cal)

Salmon & Spinach Plate

4 oz salmon pan-seared in 1 tbsp butter, 1 cup spinach sautéed in olive oil.

470 cal | 35g P | 3g C | 36g F

Steak & Broccoli

4 oz sirloin steak, 1 cup steamed broccoli tossed in 1 tbsp butter.

460 cal | 38g P | 4g C | 34g F

Keto Chicken Alfredo

4 oz grilled chicken, ¼ cup heavy cream, 1 oz parmesan, 1 cup riced cauliflower.

480 cal | 40g P | 8g C | 34g F

Snack Options (150–200 cal)

Cheese & Almond Pack

1 oz cheddar, 10 almonds.

180 cal | 10g P | 3g C | 15g F

Keto Smoothie Shot

½ scoop protein powder, 1 tbsp peanut butter, ½ cup unsweetened almond milk, ice.

160 cal | 14g P | 3g C | 11g F

Boiled Eggs with Olive Oil Drizzle

2 eggs + 1 tsp olive oil.

170 cal | 13g P | 1g C | 12g F

Approximate Daily Summary

Calories: 1700 | Protein: 110–120g | Carbs: 20–25g | Fat: 125–135g