

1700 Calorie Keto Meal Plan

High-fat, moderate-protein, low-carb plan designed for steady energy, appetite control, 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, black pepper. 430 cal | 26g P | 5g C | 36g F

Sausage Spinach Omelet

2 eggs, 2 oz breakfast sausage, 1 cup spinach, 1 tbsp shredded cheese. 440 cal | 30g P | 4g C | 34g 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

Almond Butter Chia Pudding

2 tbsp chia seeds, ¾ cup unsweetened almond milk, 1 tbsp almond butter, cinnamon. 410 cal | 21g P | 7g C | 33g F

Lunch Options (400–450 cal)

Chicken & Zoodle Bowl

4 oz grilled chicken, 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. 395 cal | 25g P | 4g C | 32g F

Turkey Lettuce Boats

4 oz sliced turkey breast, 1 oz cheese, lettuce wraps, mustard or mayo drizzle. 440 cal | 42g P | 3g C | 28g F

Salmon Avocado Bowl

3 oz salmon, ¼ avocado, 1 cup greens, 1 tbsp olive oil dressing. 450 cal | 33g P | 4g C | 35g 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

Bunless Burger Bowl

4 oz ground beef patty, lettuce, tomato, pickle, 1 tbsp mayo or avocado. 470 cal | 36g P | 5g C | 35g F

Pork Chop & Asparagus

4 oz pork chop grilled in olive oil, 1 cup asparagus with butter. 490 cal | 40g P | 4g C | 36g 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 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

Pepperoni & Mozzarella Bites

1 oz mozzarella + 6 pepperoni slices. 190 cal | 13g P | 2g C | 14g F

Macadamia Nut Snack

12 macadamia nuts. 200 cal | 2g P | 2g C | 21g F

Approximate Daily Summary

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