



1800 Calorie Keto Performance Meal Plan

High-fat, moderate-protein, ultra-low-carb plan to fuel focus, endurance, and body composition.

Approx. 1800 cal | 150g Protein | <25g Carbs | 120g Fat

Breakfast Options (400–450 cal)

Bacon & Eggs

3 eggs cooked in butter, 2 slices bacon

420 cal | 28g P | 2g C | 34g F

Keto Omelet

2 eggs, 1 oz cheddar, 1 oz avocado, 1 tsp olive oil

430 cal | 30g P | 3g C | 33g F

Bulletproof Protein Coffee

1 scoop whey protein, 1 tbsp MCT oil, 1 tbsp heavy cream, black coffee

410 cal | 38g P | 3g C | 28g F

Scrambled Eggs with Cheese & Spinach

3 eggs, 1 oz shredded cheese, 1 cup spinach cooked in butter

440 cal | 33g P | 3g C | 32g F

Smoked Salmon Plate

2 oz smoked salmon, 2 boiled eggs, 1 tsp olive oil drizzle

430 cal | 35g P | 1g C | 30g F

Lunch Options (400–450 cal)

Chicken Thighs & Avocado

5 oz chicken thighs, ¼ avocado, 1 tsp olive oil

440 cal | 38g P | 2g C | 31g F

Beef & Cheese Bowl

5 oz 85/15 ground beef, 1 oz shredded cheddar, butter for cooking

450 cal | 40g P | 2g C | 32g F

Tuna Mayo Bowl

1 can tuna, 1 tbsp mayo, 1 tsp olive oil, celery

420 cal | 38g P | 1g C | 30g F

Egg Salad Bowl

2 eggs + 3 whites, 1 tbsp mayo, lettuce

430 cal | 35g P | 2g C | 29g F

Chicken Caesar (Keto)

4 oz grilled chicken, romaine lettuce, 1 tbsp Caesar dressing, 1 tsp olive oil, parmesan

440 cal | 36g P | 3g C | 31g F

Dinner Options (450–500 cal)**Ribeye Steak & Butter**

5 oz ribeye cooked in 1 tbsp butter

490 cal | 40g P | 0g C | 38g F

Salmon & Ghee

5 oz salmon, 1 tsp ghee, lemon juice

470 cal | 38g P | 1g C | 35g F

Pork Chop & Zucchini

5 oz pork chop, 1 cup zucchini sautéed in olive oil

480 cal | 42g P | 3g C | 33g F

Ground Turkey Bowl

5 oz ground turkey (85/15), 1 oz avocado, butter

460 cal | 40g P | 2g C | 32g F

Shrimp & Cream Sauce

5 oz shrimp cooked in 1 tbsp heavy cream and butter

490 cal | 43g P | 3g C | 34g F

Snack Options (150–200 cal)**Cheese Cubes**

1 oz cheddar or gouda

170 cal | 11g P | 0g C | 14g F

Hard-Boiled Eggs

2 eggs with sea salt

160 cal | 12g P | 1g C | 11g F

Beef Jerky (No Sugar)

2 oz jerky

190 cal | 28g P | 2g C | 7g F

Pork Rinds

1 oz pork rinds

180 cal | 18g P | 0g C | 12g F

Almonds

1 oz almonds (about 23)

190 cal | 7g P | 6g C | 16g F

Approximate Daily Summary

Calories: 1800

Protein: 145–155g

Carbs: <25g

Fat: 115–125g