

1600-Calorie Clean Keto Meal Plan

Breakfast Options

Avocado Omelet

Ingredients:

- 3 whole eggs
- 1/2 small avocado (sliced)
- 1 tsp olive oil
- Sea salt + pepper

Instructions:

- Heat olive oil in pan.
- Cook eggs, fold in avocado slices, and season.

Macros: 340 cal | 25g P | 5g C | 26g F

Keto Chia Protein Pudding

Ingredients:

- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- 1/2 cup unsweetened almond milk
- 1 tbsp almond butter

Instructions:

- Mix all ingredients, let sit overnight in fridge.

Macros: 310 cal | 28g P | 9g C | 18g F

Greek Yogurt & Walnuts

Ingredients:

- 3/4 cup full-fat Greek yogurt
- 1 tbsp chopped walnuts
- 1/4 cup raspberries

Instructions:

- Combine all ingredients and mix gently.

Macros: 280 cal | 20g P | 8g C | 18g F

Lunch Options

Salmon Power Salad

Ingredients:

- 4 oz baked salmon
- 2 cups spinach
- 1/2 avocado
- 1 tsp olive oil + lemon juice

Instructions:

- Combine spinach, avocado, and salmon; drizzle with dressing.

Macros: 370 cal | 32g P | 6g C | 25g F

Turkey Lettuce Wraps

Ingredients:

- 4 oz ground turkey (93% lean)
- 2 romaine lettuce leaves

- 1 tbsp mayo (avocado-based)
- 1/4 cup diced tomato

Instructions:

- Cook turkey, cool slightly, then wrap in lettuce with toppings.

Macros: 320 cal | 35g P | 5g C | 18g F

Egg Salad Bowl

Ingredients:

- 2 hard-boiled eggs
- 1 tbsp olive oil mayo
- 1 cup arugula
- 1 oz diced turkey or chicken

Instructions:

- Chop eggs and mix with mayo and turkey, serve over arugula.

Macros: 300 cal | 27g P | 4g C | 20g F

Dinner Options

Grilled Chicken with Zucchini Noodles

Ingredients:

- 5 oz grilled chicken breast
- 1 cup zucchini noodles
- 1 tsp olive oil
- Garlic & herbs

Instructions:

- Sauté zoodles in olive oil; top with grilled chicken and herbs.

Macros: 360 cal | 40g P | 8g C | 18g F

Beef & Cauliflower Mash

Ingredients:

- 4 oz lean ground beef (90%)
- 1/2 cup mashed cauliflower
- 1 tsp olive oil or ghee

Instructions:

- Cook beef, serve with mashed cauliflower and drizzle of oil.

Macros: 370 cal | 36g P | 7g C | 22g F

Shrimp & Broccoli Bowl

Ingredients:

- 4 oz shrimp
- 1 cup broccoli
- 1 tsp coconut oil
- 1 tsp soy or coconut aminos

Instructions:

- Sauté shrimp and broccoli in oil, season with aminos.

Macros: 310 cal | 33g P | 5g C | 15g F

Snack Options

Almonds & String Cheese

Ingredients:

- 1 oz almonds

- 1 mozzarella string cheese

Instructions:

- Pair and enjoy.

Macros: 200 cal | 15g P | 5g C | 14g F

Cottage Cheese & Cucumber

Ingredients:

- 1/2 cup full-fat cottage cheese
- 1/4 sliced cucumber
- Salt & pepper

Instructions:

- Mix and serve chilled.

Macros: 140 cal | 18g P | 3g C | 6g F

Keto Protein Shake

Ingredients:

- 1 scoop whey protein
- 1 cup unsweetened almond milk
- 1 tsp almond butter

Instructions:

- Blend all ingredients.

Macros: 180 cal | 28g P | 4g C | 7g F