

■ 1800 Calorie Keto High-Protein Meal Plan

High-protein, low-carb fuel designed for fat loss, focus, and metabolic flexibility.

Approx. 1800 cal | 170g Protein | 50g Carbs | 100g Fat

Breakfast Options (400–450 cal)

Eggs & Avocado: 3 eggs, ½ avocado, 1 tsp olive oil, spinach — 430 cal | 36g P | 10g C | 30g F

Protein Coffee Shake: 1 scoop whey protein, 8 oz cold brew coffee, 1 tbsp MCT oil, ice — 410 cal | 38g P | 5g C | 28g F

Cheese Omelet: 3 eggs, 1 oz cheddar cheese, mushrooms, 1 tsp butter — 440 cal | 35g P | 6g C | 33g F

Keto Yogurt Bowl: ¾ cup Greek yogurt, 1 tbsp chia seeds, 10 almonds, cinnamon — 420 cal | 40g P | 10g C | 25g F

Egg Muffins: 2 eggs + 3 whites baked with spinach, feta, and peppers — 400 cal | 38g P | 8g C | 20g F

Lunch Options (400–450 cal)

Grilled Chicken & Zoodles: 5 oz chicken breast, zucchini noodles, 1 tsp olive oil — 440 cal | 42g P | 8g C | 24g F

Tuna Avocado Bowl: 4 oz tuna, ½ avocado, celery, olive oil drizzle — 430 cal | 40g P | 10g C | 28g F

Egg Salad Plate: 2 boiled eggs + 3 whites, 1 tbsp light mayo, lettuce — 420 cal | 40g P | 5g C | 25g F

Turkey Lettuce Wraps: 4 oz ground turkey, lettuce wraps, cucumber, avocado — 430 cal | 38g P | 9g C | 26g F

Keto Cobb Salad: 2 eggs, 3 oz grilled chicken, bacon bits, 1 tbsp ranch — 450 cal | 39g P | 7g C | 30g F

Dinner Options (450–500 cal)

Salmon & Asparagus: 4 oz salmon, 1 cup asparagus, 1 tsp olive oil — 480 cal | 40g P | 10g C | 32g F

Steak & Broccoli: 4 oz sirloin, 1 cup broccoli sautéed in butter — 490 cal | 42g P | 8g C | 33g F

Chicken Alfredo Bowl: 5 oz chicken breast, ¼ cup heavy cream, 1 tbsp parmesan — 470 cal | 44g P | 6g C | 30g F

Shrimp Zoodle Stir Fry: 5 oz shrimp, zucchini noodles, coconut aminos — 460 cal | 41g P | 9g C | 28g F

Eggplant Parmesan (Keto): 4 oz baked eggplant with mozzarella, marinara — 470 cal | 38g P | 10g C | 32g F

Snack Options (150–200 cal)

Protein Shake: 1 scoop whey isolate + water — 160 cal | 25g P | 2g C | 2g F

Hard-Boiled Eggs: 2 eggs — 160 cal | 13g P | 2g C | 10g F

String Cheese & Nuts: 1 mozzarella stick + 10 almonds — 180 cal | 14g P | 6g C | 11g F

Keto Fat Bomb: 1 tbsp peanut butter, 1 tsp coconut oil — 190 cal | 8g P | 4g C | 16g F

Turkey Roll-Ups: 2 oz turkey slices rolled with cheese — 170 cal | 18g P | 3g C | 9g F

Approximate Daily Summary

Calories: 1800

Protein: 165–175g

Carbs: 45–55g

Fat: 90–105g