

1600-Calorie KETO Meal Plan

BREAKFAST RECIPES (350–400 calories)

1. Keto Egg Scramble with Avocado

380 cal | 30g P | 6g C | 26g F

Ingredients

- 2 whole eggs
- 3 egg whites
- ½ avocado
- ½ cup spinach
- 1 tbsp olive oil
- Salt + pepper

Instructions

1. Heat olive oil in a pan.
 2. Scramble eggs with spinach.
 3. Add sliced avocado on top.
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2. Keto Greek Yogurt Bowl

360 cal | 28g P | 10g C | 22g F

Ingredients

- ¾ cup full-fat Greek yogurt
- 1 tbsp chia seeds
- 5 raspberries
- 1 tsp unsweetened coconut flakes

Instructions

Mix everything in a bowl and serve chilled.

3. Bacon & Eggs Plate

400 cal | 28g P | 2g C | 30g F

Ingredients

- 2 whole eggs
- 3 slices turkey or pork bacon
- Salt + pepper

Instructions

Cook bacon.
Scramble or fry eggs in the leftover fat.

4. Keto Protein Smoothie

350 cal | 30g P | 8g C | 20g F

Ingredients

- 1 scoop low-carb protein
- ½ cup unsweetened almond milk
- 1 tbsp almond butter
- Ice + cinnamon

Instructions

Blend until smooth.

5. Ham & Cheese Roll-Ups

360 cal | 32g P | 4g C | 24g F

Ingredients

- 4 slices deli ham
- 2 slices cheese
- 1 tbsp mayo or avocado oil spread

Instructions

Roll ham with cheese and spread.
Slice into pinwheels.

LUNCH RECIPES (350–400 calories)

1. Keto Chicken Caesar Bowl

380 cal | 36g P | 6g C | 22g F

Ingredients

- 4 oz grilled chicken
- 2 cups romaine lettuce
- 2 tbsp Caesar dressing (low-carb)
- 1 tbsp parmesan

Instructions

Add lettuce, chicken, and dressing to a bowl.
Top with parmesan.

2. Tuna Avocado Salad

400 cal | 35g P | 8g C | 24g F

Ingredients

- 1 can tuna in water
- ½ avocado
- 1 tbsp mayo
- Lemon, salt, pepper

Instructions

Mash everything together in a bowl.
Serve chilled.

3. Keto Shrimp Bowl

360 cal | 32g P | 6g C | 20g F

Ingredients

- 4 oz shrimp
- 1 cup mixed greens
- 1 tbsp olive oil
- ¼ avocado
- Lemon + spices

Instructions

Cook shrimp, then serve over greens with avocado.

4. Turkey & Zucchini Skillet

370 cal | 34g P | 7g C | 22g F

Ingredients

- 4 oz ground turkey
- 1 cup zucchini slices
- 1 tsp olive oil
- Salt + garlic

Instructions

Brown turkey in olive oil.
Add zucchini and cook together.

5. Egg Salad Bowl

390 cal | 28g P | 4g C | 30g F

Ingredients

- 3 boiled eggs
- 1 tbsp mayo
- 1 tsp mustard
- Celery + spices

Instructions

Chop eggs and mix with mayo, mustard, and celery.

DINNER RECIPES (400–450 calories)

1. Salmon & Asparagus Plate

430 cal | 34g P | 6g C | 28g F

Ingredients

- 4 oz salmon
- 1 cup asparagus
- 1 tbsp olive oil

Instructions

Bake salmon.

Roast asparagus in olive oil.

2. Chicken Alfredo Zoodle Bowl

420 cal | 38g P | 10g C | 26g F

Ingredients

- 4 oz chicken
- 1 cup zucchini noodles
- 2 tbsp alfredo sauce (low-carb)

Instructions

Cook chicken.

Heat zucchini noodles + sauce.

Combine.

3. Beef & Broccoli Keto Stir-Fry

440 cal | 36g P | 8g C | 30g F

Ingredients

- 4 oz lean beef
- 1 cup broccoli
- 1 tsp sesame oil
- Coconut aminos

Instructions

Stir-fry beef in sesame oil.

Add broccoli + coconut aminos.

4. Keto Turkey Meatballs

410 cal | 38g P | 6g C | 24g F

Ingredients

- 4 oz ground turkey
- 1 egg

- Italian seasoning
- Sugar-free marinara

Instructions

Form meatballs and bake.
Add marinara on top.

5. Cheesy Cauliflower Chicken Bowl

450 cal | 40g P | 12g C | 28g F

Ingredients

- 4 oz chicken
- 1 cup cauliflower rice
- ¼ cup shredded cheese
- Butter

Instructions

Cook chicken.
Cook cauliflower rice in butter.
Top with cheese.

SNACK RECIPES (100–150 calories)

1. String Cheese + Almonds

150 cal | 8g P | 3g C | 11g F

Serving

1 cheese stick + 10 almonds

2. Hard-Boiled Eggs

140 cal | 12g P | 1g C | 9g F

2 boiled eggs

3. Keto Protein Shake

120–140 cal | 24–30g P | 2g C | 1–2g F

4. Turkey Roll-Ups

110 cal | 12g P | 2g C | 5g F

Ingredients

- 2 slices turkey
 - 1 tsp cream cheese
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5. Pepperoni & Cheese Bites

150 cal | 9g P | 1g C | 12g F

Serving

10 pepperoni slices + 1 cheese stick