

1700-Calorie Keto

◆ KETO BREAKFAST OPTIONS (400–450 cal)

1. Keto Egg Scramble with Avocado & Cheese

~430 cal | 30g P | 6g C | 32g F

- 2 whole eggs
- 3 egg whites
- ½ medium avocado
- 1 oz shredded cheese
- ½ cup spinach
- 1 tsp olive oil or butter

Instructions:

Scramble eggs with spinach in oil/butter. Top with cheese and avocado.

2. Bacon, Eggs & Spinach

~420 cal | 32g P | 4g C | 32g F

- 2 whole eggs
- 3 slices bacon
- ½ cup sautéed spinach (cooked in bacon fat)

Instructions:

Cook bacon, then cook eggs and spinach in the rendered fat.

3. Keto Greek Yogurt Bowl

~410 cal | 28g P | 10g C | 30g F

- ¾ cup full-fat Greek yogurt (4–5%+)
- 1 tbsp chia seeds
- 10 raspberries
- 1 tbsp chopped walnuts or pecans

Instructions:

Stir yogurt, chia, and nuts; add raspberries on top.

4. Ham & Cheese Omelet

~400 cal | 34g P | 5g C | 28g F

- 3 whole eggs
- 2 oz deli ham (no sugar)
- 1 oz shredded cheese
- 1 tsp butter

Instructions:

Cook ham in butter, add eggs, fold cheese in the middle.

5. Keto Protein Smoothie

~390 cal | 30g P | 8g C | 26g F

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

Instructions:

Blend until smooth.

◆ KETO LUNCH OPTIONS (375–425 cal)

1. Chicken Caesar Salad (Keto)

~400 cal | 36g P | 7g C | 25g F

- 4 oz grilled chicken breast
- 2 cups romaine lettuce
- 2 tbsp full-fat Caesar dressing (low/no sugar)
- 1 tbsp shredded parmesan

Instructions:

Toss lettuce with dressing, top with chicken and parmesan.

2. Tuna Avocado Bowl

~410 cal | 35g P | 6g C | 27g F

- 1 can tuna in water
- ½ avocado
- 1 tbsp mayo
- ½ tbsp lemon juice
- Salt, pepper

Instructions:

Mash tuna, avocado, mayo, and lemon together; eat as a bowl or lettuce wrap.

3. Turkey & Zucchini Skillet

~390 cal | 34g P | 7g C | 25g F

- 4 oz ground turkey (93% or fattier)
- 1 cup sliced zucchini
- 1 tsp olive oil
- Garlic, salt, pepper

Instructions:

Brown turkey in oil, add zucchini, cook until tender.

4. Shrimp & Spinach in Garlic Butter

~380 cal | 32g P | 5g C | 26g F

- 4 oz shrimp
- 1 cup spinach
- 1 tbsp butter
- Garlic, lemon

Instructions:

Sauté shrimp in butter and garlic, add spinach until wilted.

5. Egg Salad Lettuce Cups

~400 cal | 28g P | 4g C | 32g F

- 3 hard-boiled eggs
- 1½ tbsp mayo
- 1 tsp mustard
- Chopped celery (small amount)

- 3–4 romaine leaves

Instructions:

Mix egg salad and scoop into lettuce cups.

◆ KETO DINNER OPTIONS (450–525 cal)

1. Salmon & Asparagus with Herb Butter

~500 cal | 36g P | 6g C | 36g F

- 5 oz salmon fillet
- 1 cup asparagus
- 1 tbsp butter (split between salmon and veg)
- Lemon, salt, pepper

Instructions:

Bake salmon and asparagus; finish with butter and lemon.

2. Ribeye & Side Salad

~520 cal | 38g P | 4g C | 40g F

- 4 oz ribeye steak
- 1½ cups mixed greens
- 1 tbsp olive oil + vinegar

Instructions:

Pan-sear or grill steak. Serve with side salad dressed in oil + vinegar.

3. Chicken Thighs with Creamed Spinach

~480 cal | 40g P | 7g C | 32g F

- 1 large skin-on chicken thigh (~5 oz cooked)
- 1 cup spinach
- 2 tbsp heavy cream
- 1 tsp butter

Instructions:

Bake or air-fry thigh until crispy. Sauté spinach in butter and cream.

4. Beef & Broccoli (Keto Style)

~470 cal | 36g P | 8g C | 32g F

- 4 oz sliced beef (sirloin or flank)
- 1 cup broccoli florets
- 1 tsp sesame oil
- 1 tsp coconut aminos or soy sauce

Instructions:

Stir-fry beef, then add broccoli and aminos/soy. Keep sauce light.

5. Bunless Burger Stack

~490 cal | 38g P | 6g C | 34g F

- 2 x 3 oz beef patties (or 1 x 6 oz)
- 1 oz cheese
- 1 tbsp mayo or aioli
- Lettuce, tomato slice, pickles (small amounts)

Instructions:

Stack patties with cheese and toppings, serve in lettuce leaves.

◆ KETO SNACK OPTIONS (100–200 cal)

Use 1–2 per day depending on which meals you pick to land near 1700.

1. **String Cheese + 10 Almonds**
 - ~170 cal | 9g P | 4g C | 13g F
2. **Hard-Boiled Eggs (2)**
 - ~140 cal | 12g P | 1g C | 9g F
3. **Mini Keto Protein Shake**
 - ½–¾ scoop low-carb protein + water or almond milk
 - ~90–120 cal | 15–22g P | 2–3g C | 1–2g F
4. **Pepperoni & Cheese Bites**
 - ~160 cal | 10g P | 2g C | 13g F
5. **Pork Rinds + Spreadable Cheese**
 - ~150–170 cal | 8–10g P | 2g C | 11–13g F