

1600-Calorie Keto Meal Plan (1 Full Day)

Target Macros:

- **Fat:** ~120–130g
 - **Protein:** ~90–110g
 - **Carbs:** <25g net
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Breakfast (400 Calories)

Keto Spinach & Feta Omelet

- 2 whole eggs
- 1 egg white
- 1 cup spinach (sautéed in 1 tsp butter)
- 1 oz feta cheese
- ½ avocado
- Salt, pepper, herbs

Macros:

Calories 395 | Fat 30g | Protein 24g | Carbs 6g (3g net)

Lunch (450 Calories)

Chicken Caesar Keto Bowl

- 4 oz grilled chicken
- 2 cups romaine
- 1 oz shaved parmesan
- 2 tbsp Caesar dressing (full-fat)
- 1 tbsp olive oil drizzle
- Optional: squeeze of lemon

Macros:

Calories 455 | Fat 33g | Protein 36g | Carbs 7g (4g net)

Dinner (550 Calories)

Salmon & Garlic Butter Veggies

- 5 oz salmon (pan-seared)
- 1 tbsp olive oil (for cooking)
- 1 tbsp butter (finish on top)
- 1 cup sautéed zucchini
- ½ cup mushrooms
- Fresh herbs + lemon

Macros:

Calories 548 | Fat 42g | Protein 38g | Carbs 8g (5g net)

Snack (200 Calories)

Choose ONE:

Option A Keto Snack Plate

- 1 oz almonds
- 1 oz cheddar cheese

Macros:

200 calories | 17g fat | 9g protein | 4g net carbs

Option B Chia Fat Bomb Pudding (Mini)

- 2 tbsp chia seeds
- ¼ cup unsweetened almond milk
- 1 tsp MCT oil
- Stevia to taste

Macros:

~190 calories | 15g fat | 5g protein | 3g net carbs