

# 1800-Calorie Keto Meal Plan

## Breakfast Options

### *Keto Egg & Avocado Skillet*

#### **Ingredients:**

- 3 whole eggs
- 1/2 avocado, sliced
- 1 oz shredded cheddar cheese
- 1 tsp olive oil

#### **Instructions:**

Heat olive oil in skillet.

Scramble eggs until cooked.

Top with cheese and avocado.

**Macros:** 450 cal | 26g P | 8g C | 34g F

### *Greek Yogurt Keto Bowl*

#### **Ingredients:**

- 3/4 cup full-fat plain Greek yogurt
- 1 tbsp chia seeds
- 1 tbsp almond butter

#### **Instructions:**

Mix all ingredients together.

**Macros:** 400 cal | 22g P | 9g C | 30g F

### *Bacon & Egg Cups*

#### **Ingredients:**

- 3 whole eggs
- 2 slices bacon
- 1/4 cup spinach
- 1 tsp butter

#### **Instructions:**

Cook bacon until crisp.

Scramble eggs with spinach in butter.

Serve with bacon.

**Macros:** 420 cal | 28g P | 6g C | 32g F

## Lunch Options

### ***Chicken Caesar Salad (Keto)***

#### **Ingredients:**

- 6 oz grilled chicken breast
- 2 cups romaine lettuce
- 2 tbsp Caesar dressing (keto-friendly)
- 1 tbsp parmesan cheese

#### **Instructions:**

Chop chicken.

Toss with lettuce, dressing, and parmesan.

**Macros:** 450 cal | 45g P | 7g C | 30g F

### ***Tuna Mayo Lettuce Wraps***

#### **Ingredients:**

- 5 oz tuna
- 2 tbsp mayonnaise
- 2 large romaine leaves

#### **Instructions:**

Mix tuna with mayo.

Spoon into lettuce leaves.

**Macros:** 420 cal | 40g P | 3g C | 30g F

### ***Beef & Broccoli (Keto)***

#### **Ingredients:**

- 5 oz flank steak
- 1 cup broccoli
- 1 tbsp sesame oil
- 1 tsp coconut aminos

#### **Instructions:**

Cook steak in sesame oil.

Add broccoli and coconut aminos.

**Macros:** 460 cal | 38g P | 9g C | 34g F

## **Dinner Options**

### ***Salmon & Buttered Asparagus***

#### **Ingredients:**

- 6 oz salmon
- 1½ cups asparagus
- 1 tbsp butter

**Instructions:**

Bake salmon.

Sauté asparagus in butter.

**Macros:** 500 cal | 42g P | 6g C | 38g F

***Creamy Tuscan Chicken*****Ingredients:**

- 6 oz chicken thighs
- 1/4 cup heavy cream
- 1/4 cup spinach
- 1 tbsp olive oil

**Instructions:**

Cook chicken in olive oil.

Add cream and spinach.

**Macros:** 480 cal | 40g P | 6g C | 36g F

***Steak & Garlic Butter Zucchini*****Ingredients:**

- 6 oz sirloin steak
- 1 cup zucchini
- 1 tbsp butter

**Instructions:**

Grill steak.

Sauté zucchini in butter.

**Macros:** 520 cal | 45g P | 7g C | 38g F

**Snack Options*****Keto Protein Shake*****Ingredients:**

- 1 scoop low-carb protein powder
- 1 cup unsweetened almond milk
- 1 tbsp MCT oil

**Instructions:**

Blend until smooth.

**Macros:** 300 cal | 25g P | 3g C | 22g F

***Cheese & Almonds*****Ingredients:**

- 1 oz cheddar cheese

- 15 almonds

**Instructions:**

Enjoy together.

**Macros:** 280 cal | 10g P | 4g C | 24g F

***Hard-Boiled Eggs***

**Ingredients:**

- 2 hard-boiled eggs

**Instructions:**

Season lightly with salt and pepper.

**Macros:** 140 cal | 12g P | 2g C | 10g F