

7-Day Keto Meal Plan

1600 calories/day | Very low carb, high fat

Plan Overview:

- Prep time: 25 min/day
- Meals per day: 2 meals + 1 snack
- Macro split: 25% protein, 5% carbs, 70% fats

7-Day Meal Plan:

Monday:

Breakfast: Avocado and eggs with bacon (450 cal)
Lunch: Keto Caesar salad with chicken (400 cal)
Dinner: Grilled steak with asparagus and butter (600 cal)
Snacks: Cheese and nuts (150 cal)

Tuesday:

Breakfast: Avocado and eggs with bacon (450 cal)
Lunch: Keto Caesar salad with chicken (400 cal)
Dinner: Grilled steak with asparagus and butter (600 cal)
Snacks: Cheese and nuts (150 cal)

Wednesday:

Breakfast: Avocado and eggs with bacon (450 cal)
Lunch: Keto Caesar salad with chicken (400 cal)
Dinner: Grilled steak with asparagus and butter (600 cal)
Snacks: Cheese and nuts (150 cal)

Thursday:

Breakfast: Avocado and eggs with bacon (450 cal)

Lunch: Keto Caesar salad with chicken (400 cal)

Dinner: Grilled steak with asparagus and butter (600 cal)

Snacks: Cheese and nuts (150 cal)

Friday:

Breakfast: Avocado and eggs with bacon (450 cal)

Lunch: Keto Caesar salad with chicken (400 cal)

Dinner: Grilled steak with asparagus and butter (600 cal)

Snacks: Cheese and nuts (150 cal)

Saturday:

Breakfast: Avocado and eggs with bacon (450 cal)

Lunch: Keto Caesar salad with chicken (400 cal)

Dinner: Grilled steak with asparagus and butter (600 cal)

Snacks: Cheese and nuts (150 cal)

Sunday:

Breakfast: Avocado and eggs with bacon (450 cal)

Lunch: Keto Caesar salad with chicken (400 cal)

Dinner: Grilled steak with asparagus and butter (600 cal)

Snacks: Cheese and nuts (150 cal)

Shopping List:

- Avocados
- Eggs
- Bacon
- Chicken thighs
- Romaine lettuce
- Parmesan cheese
- Ribeye steak
- Asparagus
- Butter
- Heavy cream

Tips for Success:

- Track your macros carefully, especially carbs
- Increase salt intake to prevent keto flu
- Drink plenty of water and electrolytes
- Be patient during the adaptation period
- Focus on healthy fats like avocado and olive oil