



1400 KETO MEAL PLAN



MEAL PLAN



Keto Breakfast Burger / 3.
Avocado Tuna Salad / 4.
Cheese Egg Bacon Scramble / 5.
Tuna Salad / 6.
Pan-fried Steak / 7
Egg, Avocado, Bacon Scramble / 8.
Gordon Ramsay Scrambled Eggs / 9.
Buffalo Chicken Salad / 10.

Parmesan Crusted Trout / 11.
Garlic Sirloin Steak / 12.
Cheesy Scramble Eggs / 13.
Flank Steak / 14.
Scramble Eggs with Mushrooms / 15.
Cheesy Meatballs / 16.

INSTRUCTIONS: FOR 7 DAY REVOLVING MEAL PLAN



In this 7 day meal plan you will be eating 2 meals a day. The best times to have your 1 meal is between 12 p.m. - 6 p.m.

These meal plans are just suggestions and you can do all 7 days or you can eat the same meals everyday. It's completely up to you!

You will not have to track any calories or macros using this meal plan. All of the calories and macros have been figured out for you. However, if you decide to make your own meals that are not listed here you will need to make sure you are tracking your calories and macros (1400 cal) 75% Fat, 20% Protein and 5% carbs.

Following the meal plans will give what your body needs to get fat adapted right away so you can begin to experience the benefits of weight loss.

FOODS:

- 2 strip Bacon (24 grams)
- 2 oz Pork sausage (56.5 grams)
- 1 oz Monterey cheese (28.4 grams)
- 1/2 tbsp Butter (7.1 grams)
- 1 large Egg (50 grams)

Calories/Macros

686.3 Calories
2.6g Net Carbs
63g Fat
27.6g Protein

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Start by cooking the bacon. Lay the strips (however many you want) on a wire rack over a cookie sheet. Bake for 15-20 minutes or until crisp.
3. Form the sausage patties and cook them in a pan over medium-high heat. Flip when the bottom side is browned.
4. Grate the cheese and have it ready.
5. Once the other side of the sausage patty is browned, add cheese and cover with a cloche or lid.
6. Remove sausage patties with melted cheese and set aside. Fry an egg over easy in the same pan.
7. Assemble everything together: sausage patty, egg, bacon. Enjoy!



DAY 1

MEAL 1

KETO BREAKFAST

BURGER/ 1OZ SIDE OF

PECANS

FOODS:

1 Avocado, without skin and seed
Avocados (136 grams)
1 slice (1/8 lemon) Lemons (7
grams)
1 tbsp chopped Onions (10 grams)
5 oz Tuna (142 grams)
1 dash Salt (0.40 grams)
1 dash Pepper (0.10 grams)

DIRECTIONS:

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.

2. Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt, and pepper, and stir to combine. Taste and adjust if needed.

3. Fill avocado shells with tuna salad and serve.

SIDE FOOD:

2 tbsp Almond butter (32 grams)
2 stalks, large (11 inches long)
Celery (128 grams)

Calories/Macros

731 Calories

8.2g Net Carbs

50.6g Fat

51.7g Protein



DAY 1

MEAL 2

AVOCADO TUNA SALAD/ ALMOND BUTTER & CELERY

FOODS:

- 3 strip Bacon (36 grams)
- 3 jumbo Egg (189 grams)
- 1 tbsp Heavy whipping cream (15 grams)
- 1 oz Cheddar cheese (28.4 grams)

DIRECTIONS:

1. Cut raw bacon into 1/2" pieces.
2. In a pan, cook bacon until well done. Remove bacon and let drain over paper towels. Pour out most of the grease from pan
3. Whisk eggs and cream together. Pour into the pan.
4. Cook scrambled eggs over medium heat until slightly runny.
5. Turn off heat. mix in bacon and cheddar cheese. Serve and enjoy!

SIDE FOOD:

- 2 strip Bacon (24 grams)

Calories/Macros

687.3 Calories

2.9g Net Carbs

56.9g Fat

38.4g Protein



DAY 2

MEAL 1

**CHEESE, BACON, AND EGG
BREAKFAST SCRAMBLE**

FOODS:

- 1 can Tuna (165 grams)
- 1 tbsp Mayonnaise-like dressing (14.7 grams)
- 1 dash Salt (0.40 grams)
- 1 dash Pepper (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mix all ingredients together in a bowl.
2. Serve with bread or side of choice if desired, just be sure to add that item to your plan so those calories are tracked! Enjoy!

Calories/Macros

- 664.6 Calories
- 8.5g Net Carbs
- 48.4g Fat
- 42.2g Protein



SIDE FOOD:

- 1 fruit Avocados (201 grams)
- 1 oz (23 whole kernels) Almonds (28.4 grams)



DAY 2

MEAL 2

TUNA SALAD/ 1 AVOCADO & ALMONDS

FOODS:

- 2 tbsp Butter (28.4 grams)
- 1/6 cloves, minced Garlic (0.50 grams)
- 7 oz Beef tenderloin (198 grams)
- 1/4 tbsp Olive oil (3.4 grams)
- 1/2 dash Pepper (0.050 grams)
- 1/2 large Scallions (12.5 grams)

DIRECTIONS:

Directions are based on the original recipe of 4 steak

1. Makes 4 steaks, assuming each steak is about 7oz (220g).
2. Place butter in a mixing bowl and using a fork, beat until soft. Add crushed garlic and chopped scallions (spring onions) and mix.
3. Spoon butter mixture onto plastic wrap and roll into a log cylindrical shape. Refrigerate until firm (15 min).
4. Heat a frying pan over medium heat for 3-4 minutes until hot. Brush meat with olive oil and sprinkle with pepper.
5. Place steaks in frying pan and cook without turning until juices rise to uncooked side, 1-2 minutes. Then turn over and cook to your liking, 1 more minute for medium-rare or 2 minutes for medium to well-done.
6. Place steaks on serving plates, cut garlic butter into quarters and place one on each steak.

Calories/Macros

728.5 Calories

0.8g Net Carbs

62.5g Fat

39.4g Protein



DAY 3

MEAL 1

PANFRIED STEAK WITH GARLIC BUTTER

FOODS:

- 2 strip Bacon (24 grams)
- 2 large Egg (100 grams)
- 3 egg white (separated from yolk)
- Egg white (120 grams)
- 1/4 fruit, without skin and seed
- Avocados (34 grams)

DIRECTIONS:

1. Cook bacon in a sauté pan over medium-high heat to desired crispiness. Remove from pan, reserving some grease. Chop bacon and set aside.
2. Add eggs and egg whites to the pan and cook until they begin to look less wet. Add the bacon and scramble until cooked through.
3. Slice avocado and serve atop scramble.

SIDE FOOD:

- 2 oz (23 whole kernels) Almonds (28.4 grams)

Calories/Macros

690.6 Calories

7.7g Net Carbs

52.8g Fat

41.3g Protein



DAY 3

MEAL 2

**EGG, AVOCADO, AND BACON
SCRAMBLE/ALMONDS**

FOODS:

- 3 large Egg (150 grams)
- 1/2 tbsp Creme fraiche
- 2 tbsp Butter (28.4 grams)

DIRECTIONS:

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then serve!

SIDE FOOD:

- 4 Strips of bacon
- 1 cup Blueberries

Calories/Macros

729 Calories
19.9g Net Carbs
59.6g Fat
26.5g Protein



DAY 4

MEAL 1

GORDON RAMSAY'S SCRAMBLED EGGS/BACON/BLUEBERRIES

FOODS:

- 2 tbsp Pepper or hot sauce (28.8 grams)
- 1/2 cup Canned chicken (103 grams)
- 1 cup Spinach (30 grams)
- 1 medium Tomatoes (123 grams)

DIRECTIONS:

1. Mix hot sauce with chicken. Put on top of spinach, and add tomatoes to top. Toss together and enjoy!

SIDE FOOD:

- 1 Avocado
- 1 oz sliced cheese

Calories/Macros
665 Calories
10.7g Net Carbs
47.8g Fat
39.2g Protein



DAY 4

MEAL 2

QUICK BUFFALO CHICKEN SALAD
1 AVOCADO/1OZ CHEESE

FOODS:

- 1/2 tbsp Mayonnaise-like dressing (7.3 grams)
- 1/2 tbsp Parmesan cheese (2.5 grams)
- 2 fillet Trout (158 grams)
- 1/2 dash Salt (0.20 grams)
- 1/2 dash Pepper (0.050 grams)

DIRECTIONS:

1. Preheat broiler. Line rack of broiler pan with foil.
2. Stir parmesan cheese into the mayonnaise. Pat fillets dry. Place fillets, skin sides down, on broiler pan and season each fillet with a generous pinch of salt and pepper. Spread cheese mixture evenly over tops of fillets.
3. Broil 3 to 4 inches from heat until fish is just cooked through, about 8 minutes.

SIDE FOOD:

- 2 large Egg (100 grams)
- 1 Avocado

Calories/Macros

727 Calories

5.9g Net Carbs

51.7g Fat

50.1g Protein



DAY 5

MEAL 1

**PARMESAN CRUSTED TROUT/2
LARGE EGG/ 1 AVOCADO**

FOODS:

- 1 steak Sirloin steak (144 grams)
- 1 dash Salt (0.40 grams)
- 1 dash Pepper (0.10 grams)
- 1 tbsp Butter (14.2 grams)
- 1 clove Garlic (3 grams)
- 1 tsp Thyme (0.80 grams)

Calories/Macros

615 Calories
6.4g Net Carbs
41.9g Fat
52.6g Protein

DIRECTIONS:

1. Season steak with salt and pepper.
2. Melt butter in a pan over medium-high heat. Add steak to the pan. Add garlic and thyme to the butter. Cook steak 4-5 minutes per side (for medium-rare) basting with the garlic and thyme butter every so often.
3. Serve hot and enjoy!

SIDE FOOD:

- Pan Fried Broccoli
- 1 oz (23 whole kernels) Almonds (28.4 grams)

DIRECTIONS:

- 1/4 package (16 oz) Broccoli (113 grams)
- 1/4 tbsp Olive oil (3.4 grams)
- 1/4 tsp Salt (1.5 grams)
- 1/4 tbsp Crushed red pepper flakes (0.24 grams)



DAY 5

MEAL 2

GARLIC AND THYME SEARED SIRLOIN STEAK/BROCCOLI/ALMONDS

FOODS:

3 extra large Egg (168 grams)
1/4 cup, shredded Cheddar cheese
(28.3 grams)
2 large Scallions (50 grams)
1/4 tsp, ground Pepper (0.60
grams)
1 dash Salt (0.40 grams)

DIRECTIONS:

1. Chop scallions; set aside.
Scramble eggs in a bowl; whisk in
scallions. Heat a pan over medium
heat and spray with non-stick
spray. Pour eggs into pan and use
a rubber spatula to continuously
move eggs around the pan. Once
they are mostly cooked through,
but still soft, add cheese to the
pan. Continue scrambling until
the eggs are cooked through.

SIDE FOOD:

12 Roasted asparagus with 1/4 tsp
Salt & 3/4 tbsp Olive oil
1 oz (23 whole kernels) Almonds
(28.4 grams)

DIRECTIONS:

Roast for 10-15 minutes in salt and
olive oil rolled up in foil at 425F

Calories/Macros

675 Calories
11.0g Net Carbs
50.2g Fat
40.2g Protein



DAY 6

MEAL 1

CHEESY SCRAMBLED EGGS WITH SCALLIONS/ASPARAGUS/ALMONDS

FOODS:

4 oz Beef flank (113 grams)
1/4 tbsp Olive oil (3.4 grams)
5/8 large (2-1/4 per pound, approx
3-3/4" lo Red bell pepper (103
grams)
1/2 medium (2-1/2" dia) Onions (55
grams)
1/4 tsp Salt (1.5 grams)
1/4 tsp Pepper (0.53 grams)
1/4 cup, shredded Cheddar cheese
(28.4 grams)

Calories/Macros

677 Calories
12.5g Net Carbs
48.5g Fat
36.8g Protein

DIRECTIONS:

1. Preheat grill to medium and oil the grates. Place steak on the grill and cook about 4 minutes per side for medium-rare.
2. Remove from grill, cut into bite size pieces.
3. Heat oil in a pan over medium heat. Sauté the veggies until tender and add the meat. Sauté until meat is no longer pink. Season with salt and pepper.
4. Sprinkle shredded cheddar cheese on top. Mix in to melt if desired.

SIDE FOOD:

1 Avocado



DAY 6

MEAL 2

SAUTÉED FLANK STEAK AND ONIONS WITH CHEDDAR CHEESE

FOODS:

- 1 tbsp Olive oil (13.5 grams)
- 1 cup, whole Mushrooms (96 grams)
- 2 large Egg (100 grams)
- 1 medium (2-1/2" dia) Onions (110 grams)
- 1 dash Salt (0.40 grams)

DIRECTIONS:

1. Put oil in a pan on high heat then chop mushrooms; place in pan; stir occasionally, until tender, 5-10 minutes.
2. While mushrooms cook chop onion and break eggs in a small bowl.
3. Whisk onions and eggs together.
4. Once mushrooms are done pour in eggs and stir until they are cooked, about 5 minutes. Season with salt, to taste.

SIDE FOOD:

- Almond Butter & Celery 4 tbsp
- Almond butter (64 grams)
- 4 stalks, large (11 inches long)
- Celery (256 grams)

Calories/Macros

761 Calories
20.3g Net Carbs
59.4g Fat
31.9g Protein



DAY 7

MEAL 1

SCRAMBLED EGGS WITH MUSHROOMS/CELERY WITH ALMOND BUTTER

FOODS:

- 1/4 cup, diced Cheddar cheese (33 grams)
- 1/2 small Egg (19 grams)
- 1/2 tsp Pepper (1.1 grams)
- 1/2 tsp Salt (3 grams)
- 1/2 tsp, ground Oregano (0.90 grams)
- 6 oz Ground beef (170 grams)

DIRECTIONS:

1. Preheat oven to 400 degrees F. Line a baking sheet with foil & set aside.
2. Dice cheese into 16 even cubes. Set aside.
3. In a medium bowl, mix together eggs and seasoning. Add ground beef and combine evenly.
4. Mold beef mixture around each cheese cube until a 1" meatball is formed. Arrange each meatball on the baking sheet about 1" apart from each other.
5. Bake for approximately 20 minutes and serve

SIDE FOOD:

- Zucchetti 2 medium Zucchini (392 grams).
1. Wash zucchini and cut into 2 or 3 inch chunks.
 2. Put through spiralizer.
 3. Put in boiling salted water for about 5 minutes or until they reach the consistency you like.
 4. Strain and serve.

Calories/Macros

665 Calories
9.5g Net Carbs
48.3g Fat
44.5g Protein



DAY 7

MEAL 2

CHEESY MEATBALLS WITH ZUCCHETTI