



1600 KETO MEAL PLAN



MEAL PLAN



Scrambled Eggs with bacon & Mushroom / 3.
Pepper Steak & Mushrooms / 4.
Ham, Pepper, and Tomato Scramble / 5.
4 Cheesy Meatballs/Easy Sautéed Spinach / 6.
Egg, Avocado, Bacon Scramble / 8.
Pan Fried T-bone / 9.
Eggs, Cheese, Turkey Sausage Omelet / 10.

Easy Sautéed Salmon / 11.
Eggs Spinach & Cream Cheese / 12.
Turkey Swiss "Melt" / 13.
Eggs -Spinach & Feta / 14.
Baked Chicken Breast / 15.
Ham, Pepper & Tomato Scramble / 17.
Taco Salad / 18..

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:

6 extra large Egg (336 grams)
6 strip Bacon (72 grams)
3/4 cup diced Mushrooms (64.5 grams)

DIRECTIONS:

1. Crack the eggs into a bowl and beat with a fork until thoroughly combined.
2. Rinse the mushrooms and pat dry.
3. Heat a skillet over medium heat.
4. Cook the bacon over low heat, then remove from the pan and drain on paper towels.
5. Add the mushroom to the pan and cook over medium-low heat until soft.
6. Add the eggs to the mushrooms in the pan, and cook over medium-high heat until it begins to set. Alternatively, you can cook the eggs separately.
7. While cooking, mix the eggs with a spatula to ensure even cooking.
8. Serve the egg and mushroom mixture with the bacon.

Calories/Macros

795 Calories
5g Net Carbs
60.9g Fat
52.5g Protein



DAY 1

MEAL 1

SCRAMBLED EGGS WITH BACON AND MUSHROOMS

FOODS:

1/2 lb Beef tenderloin (227 grams)
1/2 tsp Pepper (1.1 grams)
1/2 tbsp Olive oil (6.8 grams)
2 tbsp Beef broth or bouillon canned soup (30 grams)
1 1/2 cup diced Mushrooms (129 grams)

DIRECTIONS:

1. Rub both sides of steaks with pepper. In a large skillet heat olive oil over medium-high heat.
2. Add steaks; reduce heat to medium. Cook to desired temperature, 7 to 9 minutes for medium rare (145 degrees F) to medium (160 degrees), turning once halfway through cooking time.
3. Transfer steaks to serving platter; keep warm.
4. Add beef broth to skillet. Cook and stir until bubbly to loosen any browned bits in bottom of skillet. Add mushrooms; simmer, uncovered for 4 minutes.

SIDE FOOD:

Sautéed Zucchini 3/4 large Zucchini
1/2 tbsp Butter (7.1 grams)
1/8 tsp Salt (0.75 grams)
1/16 tsp Pepper (0.13 grams)

Sliced bell pepper

Calories/Macros

819 Calories

18.2g Net Carbs

55.7g Fat

53g Protein



DAY 1

MEAL 2

PEPPERED STEAKS & MUSHROOMS/ZUCCHINI/PEPPERS

FOODS:

- 1 tbsp Olive oil (13.5 grams)
- 1 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (119 grams)
- 1 medium whole (2-3/5" dia) Tomatoes (123 grams)
- 1 large Egg (50 grams)
- 1 slice Sliced ham (28 grams)
- 1 oz Cheddar cheese (28.4 grams)

DIRECTIONS:

1. Chop vegetables and ham. Heat oil in a skillet over medium and add vegetables to the pan. Cook until tender, about 5-7 minutes.
2. Whisk eggs together in a bowl. Pour over the vegetables and allow to cook. Once eggs begin to look dry on top add the chopped ham and cheese.
3. Fold eggs over themselves to cover filling. Cook until cheese is melted and eggs have reached desired doneness.

SIDE FOOD:

- 2 oz Cheddar cheese
- 1 oz (23 whole kernels) Almonds (28.4 grams)

Calories/Macros

- 804.9 Calories
- 12.7g Net Carbs
- 64.2g Fat
- 39.6g Protein



DAY 2

MEAL 1

HAM, PEPPER, AND TOMATO SCRAMBLE

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 and 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:

- Easy Sautéed Spinach
- 2 cup, whole Strawberries

Calories/Macros

664.6 Calories

8.5g Net Carbs

48.4g Fat

42.2g Protein



DAY 2

MEAL 2

4 CHEESY

MEATBALLS/EASY SAUTÉED SPINACH/STRAWBERRIES

SIDE FOOD FOR MEAL 2:

Easy Sautéed Spinach

- 1 tbsp Butter (14.2 grams)
- 2 cup Spinach (60 grams)
- 1 dash Salt (0.40 grams)
- 5 dash Pepper (0.50 grams)

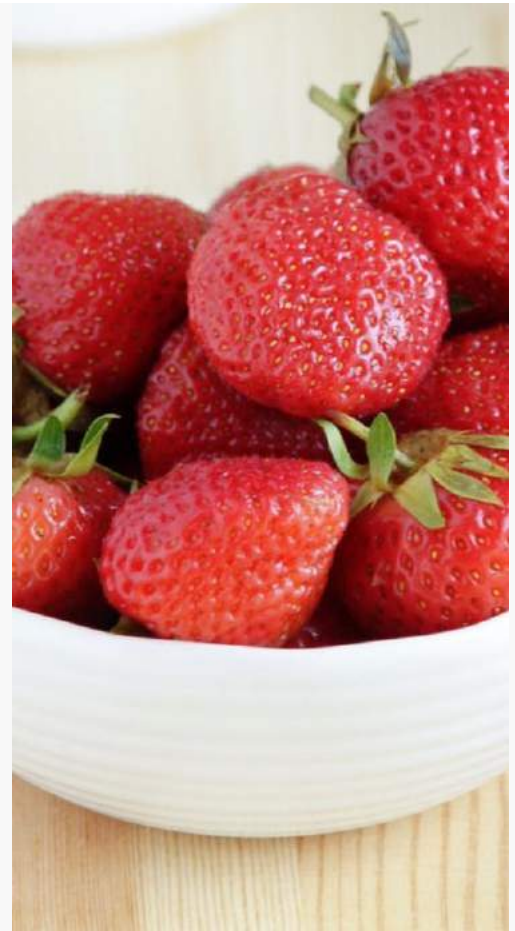
Directions:

1. Melt butter in sauté pan over medium heat; add spinach. Season with salt and pepper to taste. Sauté until just wilted, about 3-4 minutes. Enjoy!

2 Cups Of Strawberries.

DIRECTIONS:

1. Wash and eat.



DAY 2

MEAL 2 SIDES SAUTÉED SPINACH/STRAWBERRIES

FOODS:

4 strip Bacon (48 grams)
4 large Egg (200 grams)
6 egg white (separated from yolk)
Egg white (240 grams)
1/2 fruit, without skin and seed
Avocados (68 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:

1 cup, whole Strawberries (144 grams)

Calories/Macros

771.0 Calories
13.3g Net Carbs
49.4g Fat
59.7g Protein



DAY 3

MEAL 1

EGG, AVOCADO, AND BACON SCRAMBLE/STAWBERRIES

FOODS:

8 oz T-bone steak (227 grams)

1 tbsp Butter (14.2 grams)

1 tbsp Olive oil (13.5 grams)

DIRECTIONS:

1. Heat butter in large pan or on griddle/cooking surface.
2. Rub or brush olive oil over both sides of steak (this lets it cook evenly without over-charring) and then season with salt and pepper or your choice of steak rub.
3. Once butter is totally melted and smells awesome drop Steak(s) on pan and cook ~4 minutes per side depending on thickness. It should develop slight charring on the edges and be thoroughly browned if your heat is high enough.
4. If cook steak to just under your preferred level, then remove from heat and cover with aluminum foil.
5. Let rest a few minutes and then enjoy!

SIDE FOOD:

Zucchini Spears

3/16 tsp Salt (1 grams)

1 2/3 large Zucchini (538 grams)

1 Red Bell Pepper sliced

Calories/Macros

837.0 Calories

16.0g Net Carbs

59.3g Fat

53.8g Protein



DAY 3

MEAL 2

PAN FRIED T-BONE/ZUCCHINI SPEARS/RED BELL PEPPER

FOODS:

1 large Egg (50 grams)
3 large Egg white (99 grams)
1 slice (1 oz) Cheddar cheese (28 grams)
2 oz, 1 link Turkey sausage (56 grams)

DIRECTIONS:

1. Mix 1 whole egg and 3 egg whites and place into hot pan. Heat turkey sausage in microwave and cut into cubes. Once egg has formed into a "pancake" place turkey sausage and cheese in the middle and fold egg over.

SIDE FOOD:

Easy Sautéed Spinach/1oz Almonds

2 tbsp Butter (28.4 grams)
4 cup Spinach (120 grams)
2 dash Salt (0.80 grams)
10 dash Pepper (1 grams)

DIRECTIONS: Melt butter in sauté pan over medium heat; add spinach. Season with salt and pepper to taste. Sauté until just wilted, about 3-4 minutes.

Calories/Macros

766 Calories

7.0g Net Carbs

62.2g Fat

42.2g Protein



DAY 4

MEAL 1

EGGS, CHEESE, TURKEY SAUSAGE

OMELET/SPINACH/ALMONDS

FOODS:

- 2 tbsp Butter (28.4 grams)
- 13 oz Atlantic salmon (369 grams)
- 2 dash Salt (0.80 grams)
- 2 dash Pepper (0.20 grams)

Calories/Macros

- 801.3 Calories
- 9.4g Net Carbs
- 47.1g Fat
- 75.7g Protein

DIRECTIONS:

1. In a nonstick skillet, melt about 1 tablespoon butter over medium-high heat and cook until foam subsides and turns deep gold in color, about 3 minutes.
2. Season the fillet with salt and pepper and add to pan, skin side up.
3. Cook without turning for about 6 minutes, until fish turns deep brown. Flip the fish and cook, to taste, until done; 2 to 4 minutes longer. Enjoy!



SIDE FOOD:

- 2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (238 grams).

Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy!



DAY 4

MEAL 2

EASY SAUTÉED SALMON/SLICED BELL PEPPER

FOODS:
1 1/2 tsp Olive oil (6.8 grams)
3 cup Spinach (90 grams)
6 large Egg (300 grams)
3 tbsp Cream cheese (45 grams)

Calories/Macros
784.3 Calories
25.3g Net Carbs
52.6g Fat
47.9g Protein

DIRECTIONS:

1. Wilt spinach down in a small skillet over low heat with 1/2 teaspoon of olive oil, about 3-5 minutes. Season to taste.
2. Beat the eggs and add to the skillet with the spinach. Stir slowly over medium-low heat until they reach your desired doneness. Add in the cream cheese and stir to combine and soften the cheese. Enjoy!



SIDE FOOD:

- 2 strip Bacon (24 grams)
- 1 cup Blueberries (148 grams)



DAY 5

MEAL 1

**SCRAMBLED EGGS WITH SPINACH
AND CREAM
CHEESE/BACON/BLUEBERRIES**

FOODS:

1/2 tbsp Olive oil (6.8 grams)
4 slice rectangle Sliced turkey (116 grams)
2 slice (1 oz) Swiss cheese (56 grams)
1/2 fruit Avocados (101 grams)

DIRECTIONS:

1. Pour oil in frying pan and heat on medium-low heat. While oil is heating, lay turkey slices on a flat surface. Slice each slice of cheese into 4 strips. Slice the half avocado into 4 long pieces.
2. Place one strip of cheese in the middle of each slice of turkey breast. Place one piece of avocado on top of each strip of cheese. Place a second strip of cheese on top of the avocado. Roll the turkey into a tube.
3. Place turkey rolls in frying pan until brown and then flip over and brown other side. Cheese should be slightly melted and the avocado soft.

SIDE FOOD:

1 large Egg (50 grams)
1 oz (19 halves per) Pecans (28.4 grams)

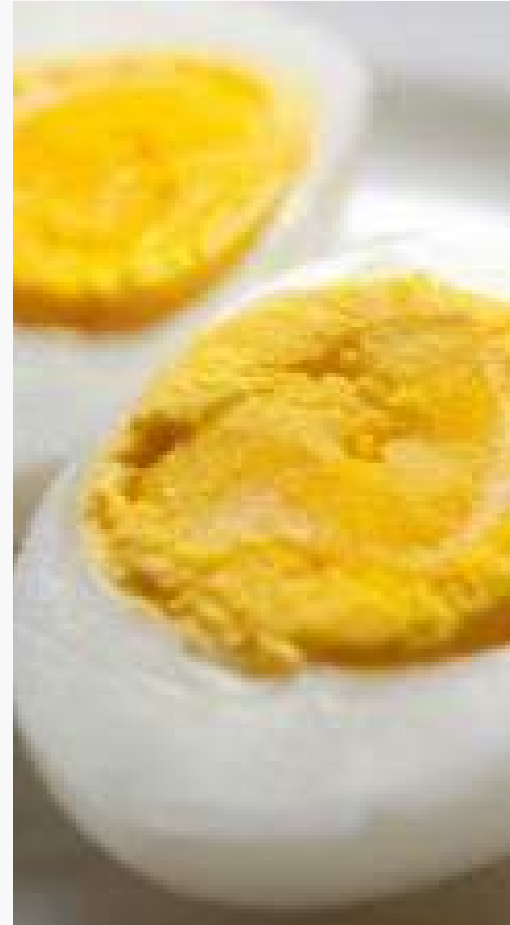
Calories/Macros

817 Calories

9.1g Net Carbs

65.0g Fat

44.9g Protein



DAY 5

MEAL 2

TURKEY SWISS "MELT"/PECANS, HARD BOILED EGGS

FOODS:	Calories/Macros
1/2 tsp Olive oil (2.3 grams)	656 Calories
1/8 cup, crumbled Feta cheese (18.8 grams)	6.0g Net Carbs
1 cup Spinach (30 grams)	54.9g Fat
2 large Egg (100 grams)	26.9g Protein

DIRECTIONS:

1. Wilt spinach down in a small skillet over low heat with ½ teaspoon of olive oil. Season to taste.

2. Beat the eggs and add to the skillet with the spinach. Stir slowly over medium-low heat until they reach your desired doneness. Sprinkle in the feta cheese and stir to combine and soften the cheese.



SIDE FOOD:

1 Avocado (201 grams)

1. Cut in half and remove the pit.
2. Optional topping ideas: Sea salt, black pepper, balsamic vinegar, lemon/lime juice, or paprika.



1 oz Cheddar cheese (28.4 grams)

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

DAY 6

MEAL 1

SCRAMBLED EGGS WITH SPINACH AND FETA/AVOCADO/ CHEESE

FOODS:
1 breast, bone and skin removed
Chicken breast (236 grams)
1/2 tsp Salt (3 grams)
1 tsp Pepper (2.1 grams)
2 tsp Poultry seasoning (3 grams)
1/2 cup Chicken broth (120 grams)

Calories/Macros
844.3 Calories
16.3g Net Carbs
49.8g Fat
76.5g Protein

DIRECTIONS:

1. Preheat your oven to 425 degrees F. Lightly season the chicken breast all around with salt and pepper
2. Lay it down on a baking dish and season it to your liking with poultry seasoning.
3. Add the chicken broth to the baking dish with your seasoned chicken breasts.
4. Bake chicken in the oven for 15-25 minutes or until it is cooked through, no longer pink, and the internal temperature has reached 165 degrees F.

SIDE FOOD:

3 oz (23 whole kernels) Almonds (85.1 grams)

Zucchini Spears (see page 15)



DAY 6

MEAL 2

**BAKED CHICKEN BREAST/ALMOND
/ZUCCHINI SPEARS**

SIDE FOOD FOR MEAL 1:

1/16 tsp Salt (0.50 grams)

13/16 large Zucchini (269 grams)

DIRECTIONS:

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 3-5 minutes. Drain and sprinkle with salt.



DAY 6

MEAL 2 SIDE ZUCCHINI SPEARS

FOODS:
2 tbsp Olive oil (27 grams)
2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (238 grams)
2 medium whole (2-3/5" dia) Tomatoes (246 grams)
2 large Egg (100 grams)
2 slice Sliced ham (56 grams)
2 oz Cheddar cheese (56.7 grams)

Calories/Macros
821 Calories
18.8g Net Carbs
61.7g Fat
40.0g Protein

DIRECTIONS:

1. Chop vegetables and ham. Heat oil in a skillet over medium and add vegetables to the pan. Cook until tender, about 5-7 minutes.

2. Whisk eggs together in a bowl. Pour over the vegetables and allow to cook. Once eggs begin to look dry on top add the chopped ham and cheese.

3. Fold eggs over themselves to cover filling. Cook until cheese is melted and eggs have reached desired doneness.

4. Enjoy!



DAY 7

MEAL 1

**HAM, PEPPER & TOMATO
SCRAMBLE/**

FOODS:
8 oz Ground beef (227 grams)
3 cup Spinach (90 grams)
1/3 cup, chopped Onions (52.8 grams)
1/4 cup, chopped Red bell pepper (37.3 grams)
1/4 cup Salsa (64.8 grams)

Calories/Macros
787 Calories
10.9g Net Carbs
51.9g Fat
62.8g Protein

DIRECTIONS:

1. Cook ground beef in a pan until evenly browned through and no longer pink.
2. Chop up greens and veggies and combine in a bowl. Add the beef; mix well. Add the salsa as a light dressing, mix well. Serve and enjoy!



SIDE FOOD:

- 4 strip Bacon (48 grams)
1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

1 oz Cheddar cheese (28.4 grams)



DAY 7

MEAL 2

TACO SALAD/BACON/CHEESE SLICES