

PERFECT KETO

A 7-DAY KETO
DIET MEAL PLAN
UNDER 1,600
DAILY CALORIES

INTRODUCTION TO KETO MEAL PLANNING

To find success on a ketogenic diet, planning is key. This guide will teach you how to create a 7-day keto diet meal plan to fit your needs and macro goals.

CREATING YOUR KETO MEAL PLAN

To help you create the best meal plan for your body, we've broken down our guide into four easy steps:

1



SET YOUR GOALS

2



CALCULATE YOUR MACROS

3



PLAN YOUR MEALS

4



START COOKING!

Now that you know what's in store, let's jump right in.



1. SET YOUR GOALS

Why do you want to start a ketogenic diet?

Do you want to finally lose the stubborn excess body weight you've been lugging around? Are you looking for better mental clarity and more energy?

Or will you be using a ketogenic diet to lower your blood sugar and cholesterol levels, and generally find better overall health?

Whatever your reasons, think about the results you're hoping to achieve on keto. Now write them down somewhere you can see them every day.

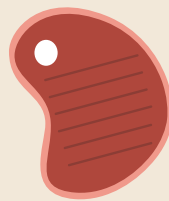
Remembering why you started will make it easier to stick to your keto diet along the way.

2. CALCULATE YOUR MACROS

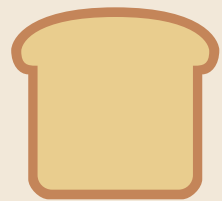
Macronutrient ratios are very important on a ketogenic diet. The macro ratios on a keto diet typically look like this:



HIGH FAT:
70-80% OF
YOUR CALORIES



MODERATE PROTEIN:
20-25%



LOW CARB:
5-10% OR LESS

Start by using our [keto macro calculator here](#) to help you determine what and how much of each category to eat based on your specific body composition and lifestyle.

You'll have a rough estimate of how many grams of fat, protein and carbs your meals need to cover over the course of one day.



3. PLAN YOUR MEALS

Based on your daily macros, pick one day each week to sit down and plan out your meals for the next seven days.

We have your first week on a keto diet covered today, but after that you'll want to check our [new recipes on the Perfect Keto website](#) and add them to your repertoire so you're never bored.

All the recipes we share list the macro breakdown so you don't have to calculate it.

If you stumble on a recipe without a macro count, you can enter the ingredients into a diet app like KetoDietApp or MyFitnessPal to get the macros and calorie count of any meal sans complicated math equation.

And guess what?

We've included a cheat sheet at the end of this guide -- the Ultimate Keto Diet Foods List -- so you can plan your ketogenic diet meals with the right foods in a snap.

To figure out which meals you'll have each day, it helps to list them out on a sheet of paper. Consider:

- How many people in your home will be eating the meals (i.e., How many servings will you need to make?)
- Whether you plan to make enough for leftovers the next day
- How you want to structure each day (Do you plan to eat breakfast every morning, or will you just have lunch and dinner most days?)

Once your meals are planned out, make a shopping list with the ingredients you'll need for each meal and head out to the store.

4. START COOKING!

You have your meals planned. You have your ingredients. Now everything comes down to the specifics.



4. START COOKING!

Maybe you'll want to prep and cook most of your meals on your day off and store them for easy grab 'n go during your hectic work week. Or maybe you'll want to make each meal the day you plan to eat it to unwind with your boo.

Consider what fits your schedule and lifestyle most. That's the easiest way to stick with it.

Making any new change can seem overwhelming, but having a plan in place will set you up for success.

So let's check out a sample 7-day ketogenic diet menu plan now.

SAMPLE 7-DAY KETO MEAL PLAN

Since you're awesome and we like you so much, you'll find seven separate days of meal planning you can use for inspiration to start your new ketogenic diet.

The example macros are set for a single person who is eating 1,600 calories per day and sticking to 100 grams or less of protein, 25 grams or less of carbs and around 125 grams of fat.

Feel free to mix and match meals from different days and adjust your daily macros according to how your body feels.

DAY #1 MEALS

DAY 1: BREAKFAST

1 serving Keto Brunch Spread

MACROS

FAT:



38G

PROTEIN:



17G

CARBS:



3G

CALORIES:







426







DAY 1: LUNCH

1 serving Crispy Skin Salmon with Pesto Cauliflower Rice





MACROS	FAT:  51G	PROTEIN:  34G	CARBS:  10G	CALORIES:  647
---------------	---	---	---	--

DAY 1: DINNER

1 serving Superfood Meatballs
1 serving Keto Creamed Spinach

MACROS	FAT:  36G	PROTEIN:  36G	CARBS:  7G	CALORIES:  485
---------------	---	---	--	--

MACROS FOR THE DAY





FAT:  125G	PROTEIN:  87G	CARBS:  20G	CALORIES:  1,558
--	---	--	--



DAY #2 MEALS



DAY 2: BREAKFAST

1 serving Chocolate Pancakes with Blueberry Butter

	FAT:	PROTEIN:	CARBS:	CALORIES:
MACROS	 50G	 27G	 11.5G	 611





DAY 2: LUNCH

1 serving Turkey Sausage Frittata
4 slices bacon fried in 1 tbsp butter
1 cup coffee or tea with MCT Oil Powder

	FAT:	PROTEIN:	CARBS:	CALORIES:
MACROS	 50G	 25G	 5.5G	 572




DAY 2: DINNER

1 serving Lemon Herb Low Carb Keto Meatloaf

	FAT:	PROTEIN:	CARBS:	CALORIES:
MACROS	 29G	 33G	 2G	 344







MACROS FOR THE DAY

<p>FAT:</p>  <p>129G</p>	<p>PROTEIN:</p>  <p>85G</p>	<p>CARBS:</p>  <p>19G</p>	<p>CALORIES:</p>  <p>1,527</p>
--	---	--	--

DAY #3 MEALS





DAY 3: BREAKFAST

1 serving **Bacon, Egg & Cheese Breakfast Casserole**

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
	 <p>38G</p>	 <p>43G</p>	 <p>2G</p>	 <p>437</p>

DAY 3: LUNCH

1 serving **White Turkey Chili**
2 cups mixed leafy greens with 1 tbsp olive oil

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
	 <p>44.5G</p>	 <p>28.8G</p>	 <p>5.5G</p>	 <p>568</p>



DAY 3: DINNER

- 1 serving [Portobello Bun Cheeseburger](#)
- 1 serving [Celeriac Everything Oven Fries](#)
- 1 serving [Homemade Keto Mayo](#)

MACROS

FAT:



40G

PROTEIN:



31G

CARBS:



13G

CALORIES:



539

MACROS FOR THE DAY

FAT:



122.5G

PROTEIN:



102.8G

CARBS:



20.5G

CALORIES:



1,544

DAY #4 MEALS

DAY 4: BREAKFAST

- 1 serving [Keto Power Breakfast Bowl](#)

MACROS

FAT:



27G

PROTEIN:



10.5G

CARBS:



7G

CALORIES:







305




DAY 4: LUNCH

1 serving Crispy Cheesy Chicken Salad

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
				
	36.5G	55G	8G	575



DAY 4: DINNER

4 oz grilled Ribeye steak
2 tbsp grass-fed butter
2 cups mixed leafy greens with 1 tbsp avocado oil and salt

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
				
	62G	20G	1G	636





DAY 4: DESSERT

1 MCT Fat Bomb

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
				
	8G	1G	2G	81







MACROS FOR THE DAY

<p>FAT:</p>  <p>133.5G</p>	<p>PROTEIN:</p>  <p>86.5G</p>	<p>CARBS:</p>  <p>18G</p>	<p>CALORIES:</p>  <p>1,597</p>
---	--	---	---

DAY #5 MEALS





DAY 5: BREAKFAST

1 Avocado Breakfast Bowl

MACROS	<p>FAT:</p>  <p>40G</p>	<p>PROTEIN:</p>  <p>25G</p>	<p>CARBS:</p>  <p>3G</p>	<p>CALORIES:</p>  <p>500</p>
--------	--	--	---	---

DAY 5: LUNCH

1 serving Roasted Chicken Stacks

MACROS	<p>FAT:</p>  <p>25G</p>	<p>PROTEIN:</p>  <p>34G</p>	<p>CARBS:</p>  <p>5.5G</p>	<p>CALORIES:</p>  <p>369</p>
--------	--	--	---	---



DAY 5: DINNER

1 serving Cheesy Broccoli Meatza

MACROS

FAT:



24G

PROTEIN:



32G

CARBS:



7G

CALORIES:



375

DAY 5: DESSERT

2 servings Macadamia Nut Fat Bomb

MACROS

FAT:



34G

PROTEIN:



2G

CARBS:



4G

CALORIES:



200

MACROS FOR THE DAY

FAT:



123G

PROTEIN:



93G

CARBS:



19.5G

CALORIES:







1,444



DAY #6 MEALS





DAY 6: BREAKFAST

1 Low-carb Acai Almond Butter Smoothie

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
	 20G	 15G	 6G	 345





DAY 6: LUNCH

1 serving Keto Beef Bulgogi

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
	 18G	 25G	 3G	 242

DAY 6: SNACK

1 hard boiled egg
1 oz. almonds

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
	 19G	 12G	 3G	 241



DAY 6: DINNER

1 serving Creamy Mushroom Chicken

MACROS

FAT:



27G

PROTEIN:



24G

CARBS:



3G

CALORIES:



334

DAY 6: DESSERT

1 Keto Chocolate Mousse

MACROS

FAT:



14G

PROTEIN:



17.5G

CARBS:



6G

CALORIES:



248

MACROS FOR THE DAY

FAT:



98G

PROTEIN:



93.5G

CARBS:



21G

CALORIES:







1,410



DAY #7 MEALS





DAY 7: BREAKFAST

1 Keto Bulletproof Coffee

MACROS	FAT:  31G	PROTEIN:  1G	CARBS:  .5G	CALORIES:  280
--------	--	---	--	---





DAY 7: LUNCH

1 serving Low Carb Crispy Keto "Fried" Chicken
1 cup steamed broccoli

MACROS	FAT:  27G	PROTEIN:  33.5G	CARBS:  6.5G	CALORIES:  494
--------	--	--	---	---

DAY 7: DINNER

1 serving Low Carb Keto Lasagna

MACROS	FAT:  21G	PROTEIN:  32G	CARBS:  12G	CALORIES:  364
--------	--	--	--	---







DAY 7: SNACK / DESSERT

1 Collagen Mug Cake

MACROS	FAT:	PROTEIN:	CARBS:	CALORIES:
	 43.5	 27G	 4G	 535

MACROS FOR THE DAY

FAT:  122.5G	PROTEIN:  93.5G	CARBS:  23G	CALORIES:  1,673
--	---	--	--

It's unlikely you'll be able to get your daily macro numbers right on the nose every day. Generally, it's better to stay under versus over your macros when it comes to your protein and carbs (since too much of these will kick you out of ketosis).

So now that you have an outline, let's go over the basics of meal planning so you can create your own keto meal plan for the next seven days.



CHEAT SHEET: KETOGENIC DIET FOODS

Below is a quick list of the best ketogenic diet foods by category:

SATURATED AND MONOUNSATURATED FATS

- Grass-fed Butter or Ghee
- Coconut Oil, [MCT Oil](#)
- Olive Oil
- Avocados / Avocado Oil
- Egg yolks
- Macadamia Nuts
- Almonds and Almond Butter
- Seeds (like Chia, Hemp, and Flax)
- Fatty Fish (including Mackerel, Tuna, Sardines, and Salmon)

PROTEINS

- **GRASS-FED BEEF**, preferably fattier cuts like steak, veal, roast, ground beef, and stew meat.
- **POULTRY**, including chicken, quail, duck and turkey; try to focus on the darker, fattier meats.
- **PORK**, including pork loin, tenderloin, chops, ham, bacon, and ground.
- **FISH**, in addition to the fatty fish above, try halibut, cod, catfish, and mahi-mahi.
- **SHELLFISH**, including oysters, clams, crab, mussels, shrimp, and lobster.
- **ORGAN MEATS** like heart, liver, tongue, kidney, and offal.
- **EGGS**. Always use the whole egg.
- **LAMB** and **GOAT**

Stay away from processed meats that contain suspect ingredients, sauces or added sugars. These can unknowingly increase your carb and sugar intake and derail your efforts.

VEGETABLES

Think low glycemic load, low-carb and non-starchy:

- Kale
- Spinach
- Swiss chard
- Bok choy
- Romaine lettuce
- Arugula
- Brussels sprouts
- Broccoli
- Bell peppers
- Asparagus
- Celery
- Cucumber
- Radish
- Zucchini
- Cauliflower
- Mushroom



FRUITS

Fruits must be limited and eaten in VERY small amounts as they have a high sugar content. When you do eat fruits, choose lower-sugar options like:

- Raspberries
- Blackberries
- Blueberries
- Strawberries
- Cranberries

For fruits and vegetables, it doesn't matter whether it's fresh or frozen, but organic is best (though not required).

DAIRY

Most dairy products get the green light on keto. Just opt for the full-fat version (low-fat versions remove fat and add sugar) and preferably organic and raw, if possible, like:

- Full-fat yogurts
- Heavy cream
- Sour cream
- Cottage cheese
- Cream cheese
- Hard cheeses like parmesan, swiss, feta and cheddar
- Soft cheese like brie, Monterrey jack, mozzarella and bleu

CONDIMENTS, SPICES, & SWEETENERS

When it comes to topping foods on the keto diet, homemade is always best so you can control the sugar count.

Since life is hectic, here are some pre-made condiments that are safe to use:

SAUCES AND CONDIMENTS

- Yellow mustard
- Ketchup without added sugars (or sugar alcohols)
- [One Minute Mayo](#)
- Horseradish
- Soy sauce
- Sauerkraut without added sugars
- High-fat salad dressings with low or no added sugars



HERBS AND SPICES

You'll need to toss most of your prepared spice mixes as many contain sugar or carbs as fillers. As long as you stick to dried herbs and spices only, you should be in safe flavortown.

A few examples include:

- Basil
- Oregano
- Parsley
- Rosemary
- Thyme
- Cilantro
- Cayenne pepper
- Chili powder
- Cumin
- Cinnamon
- Nutmeg
- Turmeric
- Garlic
- Lemon or Lime Juices
- Salt and pepper

SWEETENERS

Sweeteners can be tricky so keep these two rules in mind:

1. **Only use low glycemic index sweeteners.** These won't affect your blood sugar levels or contribute to your carb intake.
2. **Avoid sugar alcohol-based sweeteners** (even low/no-calorie or low/no-sugar) or fillers like maltitol, dextrose or maltodextrin. These can cause gas, bloating and diarrhea.

The safest, low-glycemic sweetener options on keto include:

- **STEVIA**, preferably in liquid form as the powder can sometimes have dextrose or maltodextrin added as a binding agent.
- **ERYTHRITOL**, which is not digested by the body and doesn't have any carbs or glycemic load when digested.
- **MONK FRUIT.** Extracts from this fruit are 300–400 times sweeter than cane sugar, but it doesn't have any effect on your blood sugar.

These are the basics of your ketogenic grocery list. If you want to take your fat burning to the next level, you'll need to get on board the supplement train.



SUPPLEMENTS

EXOGENOUS KETONES

The purpose of [exogenous ketone supplements](#) is to provide your body with extra ketones (i.e., energy). Ketone supplements can be a huge help when you're transitioning into a state of ketosis or entering a fasted state.

Exogenous ketones help you get back into ketosis at any time, instead of having to wait a couple of days. You can take them between meals for a quick punch of ketones or before a workout to help you slay gym day.

MCT OILS AND POWDERS

MCT is short for medium chain triglyceride. MCTs are precursors to ketones and help your body burn fat instead of burning carbs. They're super beneficial for weight loss, energy and digestion because they can be readily used for energy by your body and do not have to be shuttled around your digestive system first.

You can try [MCT Oil Powder](#), [liquid C8 MCT Oil](#), and even [MCT Oil Capsules](#) to see what you like most.

COLLAGEN PROTEIN SUPPLEMENTS

There are over 10,000 types of proteins in your body yet collagen is the most abundant one. Accounting for 25-35% of all your body's protein, it's considered the glue holding your body together.

While most other animal-based protein powders contain casein and whey, which can be inflammatory and hard to digest for some people, [collagen protein from grass-fed beef](#) is made low and slow to preserve the nutrition.

For more info on collagen, check out: [When and How to Use Keto Collagen Protein](#).



MICRONUTRIENT SUPPLEMENTS

Since you have to cut out several starchy fruits and veggies when you're on keto, you miss out on all the vitamins, antioxidants and nutrients these carby powerhouses provide.

[Keto Micro Greens](#) is the solution to getting enough nutrition from produce while staying in ketosis. It contains a:

- **GREENS AND VEGGIE BLEND** of raw, organic greens and vegetables from 12 different sources.
- **BERRY AND FRUIT BLEND** of raw, organic berries and fruits from 10 different sources.
- **MCT POWDER**. Made from coconut oil, MCTs helps you absorb the vitamins, minerals and nutrients from the greens and fruits and give you a boost of energy too.
- **LIVER SUPPORT AND DIGESTIVE ENZYMES** to help you get the most out of this micronutrient blend. These enzymes help make sure all these goodies are absorbed and used by your body.

Find out more here: [How to Use Micro Greens Powder](#)

NOW YOU'RE READY TO START YOUR KETO LIFE

Whatever your reasons for wanting to start a ketogenic diet, you're more than prepared to crush your new keto life with today's guide in your back pocket.

Once you figure out your macros, it's all about finding low-carb foods you like to meet your goals. Use our 7-day keto diet meal plan to start and then use our cheat list of approved keto foods to create your own winning meal plan.

Toss in a few supplements to boost your health and your body's fat burning potential and you'll be a few pounds lighter and have more energy than you know what to do with.

