

# 1700 Keto - 3 Day - Meal Plan V1

## DAY 1

<b>Breakfast</b> 6:30 AM	drinking water	16 fl oz (473 ml)	0 cal
	egg (scrambled)	3 large egg(s)	234 cal

MEAL TOTAL: **Calories** 234 cal / **Carbs** 3 g (5%) / **Protein** 18 g (33%) / **Fat** 15 g (62%) / **Fluid** 473 g

NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	nuts pecans	30 gm	207 cal

MEAL TOTAL: **Calories** 207 cal / **Carbs** 4 g (7%) / **Protein** 3 g (5%) / **Fat** 22 g (88%) / **Fluid** 474 g

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	egg (hard boiled)	2 large	155 cal
	chicken breast (cooked)	2 breast	189 cal
	avocado, whole	1/2 avocado	161 cal
	feta cheese	50 gm	132 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 12 g (7%) / **Protein** 57 g (36%) / **Fat** 40 g (57%) / **Fluid** 724 g

NOTES:

<b>Snack</b> 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	nuts pecans	30 gm	207 cal
	whey protein powder	1 Scoop	113 cal
	original almond milk(unsweetened)	1 Cup(s) (240 ml)	31 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 6 g (7%) / **Protein** 29 g (32%) / **Fat** 25 g (61%) / **Fluid** 475 g

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	 salmon & avocado, keto egg wrap	1 serving	337 cal
	baby spinach	30 gm	7 cal
	broccoli	100 grams	34 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 8 g (9%) / **Protein** 17 g (19%) / **Fat** 28 g (72%) / **Fluid** 611 g

NOTES:



Eating right, simplified.

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**DAY 1 TOTAL: Calories 1,807 cal / Carbs 33 g (7%) / Protein 124 g (28%) / Fat 129 g (65%) / Fluid 2757 g**

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**DAY 2**

<b>Breakfast</b> 6:30 AM	drinking water	16 fl oz (473 ml)	0 cal
	spinach omelette	1 serving	223 cal

**MEAL TOTAL: Calories** 223 cal / **Carbs** 2 g (4%) / **Protein** 19 g (35%) / **Fat** 15 g (61%) / **Fluid** 473 g

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	nuts pecans	30 gm	207 cal

**MEAL TOTAL: Calories** 207 cal / **Carbs** 4 g (7%) / **Protein** 3 g (5%) / **Fat** 22 g (88%) / **Fluid** 474 g

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	egg (hard boiled)	2 large	155 cal
	avocado, whole	1/2 avocado	161 cal
	lamb patties	1 serving	320 cal
	cucumber	1/2 cucumber	23 cal

**MEAL TOTAL: Calories** 658 cal / **Carbs** 15 g (9%) / **Protein** 34 g (21%) / **Fat** 52 g (70%) / **Fluid** 832 g

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	peanut butter	2 Tbsp	200 cal

**MEAL TOTAL: Calories** 200 cal / **Carbs** 8 g (17%) / **Protein** 4 g (8%) / **Fat** 16 g (75%) / **Fluid** 473 g

**NOTES:**

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	mackerel fish (cooked)	2 fillet	461 cal
	romaine lettuce	5 leaf	5 cal
	celery	2 medium stalk	13 cal

**MEAL TOTAL: Calories** 479 cal / **Carbs** 3 g (3%) / **Protein** 43 g (37%) / **Fat** 32 g (60%) / **Fluid** 672 g

**NOTES:**

**DAY 2 TOTAL: Calories** 1,768 cal / **Carbs** 33 g (7%) / **Protein** 103 g (23%) / **Fat** 136 g (70%) / **Fluid** 2925 g

**DAY 3**

<b>Breakfast</b> 6:30 AM	drinking water	16 fl oz (473 ml)	0 cal
	smoked salmon scrambled eggs	1 serving	310 cal

**MEAL TOTAL: Calories** 310 cal / **Carbs** 5 g (6%) / **Protein** 31 g (38%) / **Fat** 20 g (56%) / **Fluid** 477 g

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	nuts pecans	30 gm	207 cal

**MEAL TOTAL: Calories** 207 cal / **Carbs** 4 g (7%) / **Protein** 3 g (5%) / **Fat** 22 g (88%) / **Fluid** 474 g

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	egg (hard boiled)	1 large	78 cal
	avocado, whole	1 avocado	322 cal
	turkey breast (cooked)	150 gm	204 cal
	romaine lettuce	5 leaf	5 cal

**MEAL TOTAL: Calories** 608 cal / **Carbs** 19 g (12%) / **Protein** 55 g (35%) / **Fat** 38 g (53%) / **Fluid** 787 g

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	nuts pecans	30 gm	207 cal

**MEAL TOTAL: Calories** 207 cal / **Carbs** 4 g (7%) / **Protein** 3 g (5%) / **Fat** 22 g (88%) / **Fluid** 474 g

**NOTES:**

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	broccoli	100 grams	34 cal
	korean bbq keto bowl	1 serving	270 cal
	asparagus (boiled)	3 spears	10 cal

**MEAL TOTAL: Calories** 314 cal / **Carbs** 6 g (9%) / **Protein** 27 g (38%) / **Fat** 16 g (53%) / **Fluid** 595 g

**NOTES:**

**DAY 3 TOTAL: Calories** 1,647 cal / **Carbs** 39 g (9%) / **Protein** 118 g (28%) / **Fat** 118 g (63%) / **Fluid** 2808 g



2 Servings

# salmon & avocado, keto egg wrap

## Ingredients

egg	3 large
black pepper	2 dash
chives	2 tsp
cream cheese	2 Tbsp
unsalted butter	1 Tbsp
avocado	1/2 avocado
fish salmon chinook smoked	2 oz (56 grams)
green onion	1 tbsp

## Nutrition Totals

**Calories** 674 / **Carbs** 13 g / **Protein** 32 g / **Fat** 56 g / **Fluid** 275 g

## Instructions

1. Crack the eggs into a mixing bowl and whisk. Add in black pepper.
2. Slice chives and place in a small bowl, along with cream cheese.
3. Melt butter in a medium sized omelette pan. Pour in whisked eggs.
4. Cook omelette until soft, yet cooked through.
5. Slide the omelette onto a plate and top with cream cheese/chive mixture.
6. Slice avocado, salmon and green onions and place on top of cream cheese mixture.
7. Fold the omelette into a wrap.

# Nutrition Label

<b>Salmon &amp; Avocado, Keto Egg Wrap</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>337</b>
% Daily Value*		
<b>Total Fat</b> 27.8g		<b>43%</b>
Saturated Fat 9.9g		<b>50%</b>
Trans Fat 0.8g		
<b>Cholesterol</b> 286.3mg		<b>95%</b>
<b>Sodium</b> 364.5mg		<b>15%</b>
<b>Total Carbohydrates</b> 6.4g		<b>2%</b>
Dietary Fiber 3.4g		<b>14%</b>
Total Sugar 2g		
<b>Protein</b> 16g		
<b>Vitamin D</b> 266.8IU		<b>44%</b>
<b>Calcium</b> 84.5mg		<b>8%</b>
<b>Iron</b> 1.8mg		<b>10%</b>
<b>Potassium</b> 442.1mg		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 Servings

# spinach omelette

## Ingredients

baby spinach by organic girl	1 Cup(s) (240 ml)
farmers organic free range eggs	3 Egg

## Nutrition Totals

**Calories** 223 / **Carbs** 2 g / **Protein** 19 g / **Fat** 15 g / **Fluid** 0 g

## Instructions

Scramble all together

# Nutrition Label

<b>Spinach Omelette</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>223</b>
		<b>% Daily Value*</b>
<b>Total Fat</b> 15g		<b>23%</b>
Saturated Fat 4.5g		<b>23%</b>
Trans Fat 0g		
<b>Cholesterol</b> 555mg		<b>185%</b>
<b>Sodium</b> 253.3mg		<b>11%</b>
<b>Total Carbohydrates</b> 1.9g		<b>1%</b>
Dietary Fiber 1.3g		<b>5%</b>
Total Sugar 0g		
<b>Protein</b> 19.3g		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 137.3mg		<b>14%</b>
<b>Iron</b> 4.8mg		<b>27%</b>
<b>Potassium</b> 313.3mg		

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1 Servings

# lamb patties

## Ingredients

lamb meat, ground	4 oz (112 grams)
lemon pepper seasoning	1/4 tsp

## Nutrition Totals

**Calories** 320 / **Carbs** 0 g / **Protein** 19 g / **Fat** 27 g / **Fluid** 68 g

## Instructions

1. Form meat into a patty.
2. Season each side with lemon pepper.
3. Heat a skillet, coated with non-stick spray, over medium-heat.
4. Add patty and cook, flipping at least once, until patty is fully cooked (145 degrees F).

# Nutrition Label

<b>Lamb Patties</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 26.5g	<b>41%</b>
Saturated Fat 11.5g	<b>58%</b>
Trans Fat 0g	
<b>Cholesterol</b> 82.8mg	<b>28%</b>
<b>Sodium</b> 86.8mg	<b>4%</b>
<b>Total Carbohydrates</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugar 0g	
<b>Protein</b> 18.8g	
<b>Vitamin D</b> 2.2IU	<b>0%</b>
<b>Calcium</b> 18.1mg	<b>2%</b>
<b>Iron</b> 1.7mg	<b>10%</b>
<b>Potassium</b> 251.6mg	

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2 Servings

# smoked salmon scrambled eggs

## Ingredients

salt	1/4 tsp
chives	2 tsp
black pepper	1/4 tsp
wild nova smoked sockeye salmon by trader joe's	4 oz (112 grams)
drinking water	1 Tbsp
eggs free range organic large brown eggs by organic valley	6 egg
coconut oil	1 Tbsp

## Nutrition Totals

**Calories 620 / Carbs 10 g / Protein 62 g / Fat 41 g / Fluid 7 g**

## Instructions

Brighten up your morning scrambled eggs with this delicious and well-balanced Paleo breakfast recipe featuring smoked salmon, farm fresh eggs, creamy avocado, and peppery chives. You can finish this dish with capers and fresh dill to kick the flavor up even more, and sautéing some kale in the pan prior to cooking the eggs adds nutrition and texture.

1. Heat a medium skillet over medium heat. Add coconut oil to pan when hot.
2. Meanwhile, crack eggs into a small bowl. Add water and scramble with a fork.
3. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.
4. Remove from heat. Top with black pepper, avocado, and chives to serve.

# Nutrition Label

<b>Smoked Salmon Scrambled Eggs</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>310</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 20.2g		<b>31%</b>
Saturated Fat 10.3g		<b>52%</b>
Trans Fat 0g		
<b>Cholesterol</b> 640.1mg		<b>213%</b>
<b>Sodium</b> 1179.1mg		<b>49%</b>
<b>Total Carbohydrates</b> 5.2g		<b>2%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugar 0g		
<b>Protein</b> 31.2g		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 62.2mg		<b>6%</b>
<b>Iron</b> 3.2mg		<b>18%</b>
<b>Potassium</b> 6.5mg		

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4 Servings

# korean bbq keto bowl

## Ingredients

sriracha, hot chili sauce	2 Tbsp
ginger, ground	1/2 Tbsp
garlic	1 clove
coconut oil	2 Tbsp
skirt steak, lean	16 oz (448 grams)
fresh cilantro leaves	1 Tbsp

## Nutrition Totals

**Calories** 1080 / **Carbs** 18 g / **Protein** 102 g / **Fat** 65 g / **Fluid** 323 g

## Instructions

1. Mix sriracha, ginger and garlic for the marinade in a gallon sized sealable bag.
2. Place the sliced steak in the bag with the marinade and make sure the steak is well-coated.
3. Marinade for a minimum of 1 hour; recommended to marinate overnight.
4. Heat 1 Tbsp of coconut oil in a large nonstick skillet. Add cauliflower. Cook cauliflower until tender.
5. Heat remaining oil in a large cast iron skillet or grill pan on high heat until very hot.
6. Cut steak into strips. Add steak to hot oil and grill steak in batches, cooking until desired doneness.
7. Place steak over prepared cauliflower; garnish with minced fresh cilantro and serve.

# Nutrition Label

Korean Bbq Keto Bowl		
Amount Per Serving		
<b>Calories</b>		<b>270</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 16.1g		<b>25%</b>
Saturated Fat 9.4g		<b>47%</b>
Trans Fat 0g		
<b>Cholesterol</b> 64.6mg		<b>22%</b>
<b>Sodium</b> 226.3mg		<b>9%</b>
<b>Total Carbohydrates</b> 4.4g		<b>1%</b>
Dietary Fiber 0.1g		<b>0%</b>
Total Sugar 1.5g		
<b>Protein</b> 25.5g		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 11.2mg		<b>1%</b>
<b>Iron</b> 2.6mg		<b>15%</b>
<b>Potassium</b> 430.6mg		

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# Shopping List

## Accompaniments

sriracha, hot chili sauce 0.5 Tbsp

## Beef

skirt steak, lean 4 oz (112 grams)

## Beverages

drinking water 240 fl oz (7096 ml)  
0.5 Tbsp

## Dairy & Egg

cream cheese 1 Tbsp  
egg 3 large egg(s)  
6.5 large  
feta cheese 50 gm  
unsalted butter 0.5 Tbsp

## Fats & Oils

coconut oil 1 Tbsp

## Finfish & Shellfish

mackerel fish 2 fillet

## Fruits & Juices

avocado 0.25 avocado  
avocado, whole 2 avocado

## Lamb, Veal, Game

lamb meat, ground 4 oz (112 grams)

## Poultry

chicken breast	2 breast
turkey breast (cooked)	150 gm

## Spices & Herbs

black pepper	1 dash
	0.13 tsp
ginger, ground	0.13 Tbsp
lemon pepper seasoning	0.25 tsp
salt	0.13 tsp

## Sports & Diet Nutritional

whey protein powder	1 Scoop
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## Uncategorized

baby spinach by organic girl	1 Cup(s) (240 ml)
broccoli	200 grams
eggs free range organic large brown eggs by organic valley	3 egg
farmers organic free range eggs	3 Egg
fish salmon chinook smoked	1 oz (28 grams)
nuts pecans	150 gm
original almond milk(unsweetened)	1 Cup(s) (240 ml)
peanut butter	2 Tbsp
wild nova smoked sockeye salmon by trader joe's	2 oz (56 grams)

## Vegetables

asparagus	3 spears
baby spinach	30 gm
celery	2 medium stalk
chives	2 tsp
cucumber	0.5 cucumber
fresh cilantro leaves	0.25 Tbsp
garlic	0.25 clove
green onion	0.5 tbsp
romaine lettuce	10 leaf



# Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

## Basic Guidelines



**Golf Ball**

1/4 cup / 1 oz / 2 tbsp



**Tennis Ball**

1 cup



**Computer Mouse**

1/2 cup



**Baseball**

1 cup



**Rounded Handful**

1/2 cup  
1 oz dried goods



**Hockey Puck**

3 oz muffin or biscuit



**Matchbox**

1 oz serving of meat



**Deck of Cards**

3 oz of chicken, meat,  
or fish



**This Paperback Book**

8 oz serving of meat



**Thumb**

1 tsp



**Poker Chip**

1 tbsp



**Shot Glass**

1 oz / 2 tbsp



**CD**

1 slice of bread  
1 oz lunch meat



**3 Dice**

1 1/2 oz cheese



**Kids' Milk Carton**

8 oz drink

## Useful Examples



### Bread & Grains

1 cup of cereal = 1 baseball  
1/2 cup cooked rice = computer mouse  
1/2 cup cooked pasta = computer mouse  
1 slice of bread = CD  
3 cups of popcorn = 3 baseballs



### Fruits & Vegetables

1/2 cup grapes = about 16 grapes  
1 cup of strawberries = about 12 berries  
1 cup of salad greens = 1 baseball  
1 cup cooked vegetables = 1 baseball  
1 baked potato = computer mouse



### Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards  
3 oz tofu = deck of cards  
2 tbsp peanut butter = golf ball  
1/4 cup almonds = about 23 almonds  
1/4 cup pistachios = about 24 pistachios



### Dairy & Cheese

1 1/2 oz cheese = stacked dice  
1 cup yogurt = baseball  
1/2 cup ice cream = computer mouse



### Fats & Oils

1 tbsp butter or spread = poker chip  
1 tbsp salad dressing = poker chip  
1 tbsp oil or mayonnaise = poker chip



### Sweets & Treats

1 slice cake = deck of cards  
1 cookie = about 2 poker chips  
1 piece of chocolate = matchbox