

Your Personalized

30-Day Keto Meal Plan

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Daily Calorie Target	2246 kcal
Fat	70%
Protein	25%
Net Carbs	5%

Your personalized keto journey starts here!

*Each meal has been carefully crafted to keep you in ketosis
while providing delicious, satisfying nutrition.*

What's Inside:

90 unique keto recipes (3 meals x 30 days)

Complete macronutrient breakdown for every meal

4 organized weekly shopping lists

Day 1

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado Egg Bowl	8	15	30	350
Lunch	Lamb and Spinach Salad	6	25	45	540
Dinner	Mackerel with Zucchini Noodles	5	30	50	600
DAILY TOTAL		19g	70g	125g	1490

Day 2

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Goat Cheese Omelette	5	20	35	400
Lunch	Shrimp Avocado Salad	10	25	40	550
Dinner	Lamb Curry	8	30	60	700
DAILY TOTAL		23g	75g	135g	1650

Day 3

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Keto Smoothie	7	10	25	300
Lunch	Grilled Lamb Chops	3	30	50	600
Dinner	Mackerel and Asparagus	5	30	55	650
DAILY TOTAL		15g	70g	130g	1550

Day 4

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Shrimp Skillet	6	25	30	400
Lunch	Lamb and Cauliflower Rice	5	30	40	550
Dinner	Zucchini Shrimp Scampi	6	25	50	650
DAILY TOTAL		17g	80g	120g	1600

Day 5

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Mackerel and Avocado Toast	8	20	35	450
Lunch	Spinach and Lamb Wrap	9	30	45	600
Dinner	Shrimp Coconut Curry	8	30	55	700
DAILY TOTAL		25g	80g	135g	1750

Day 6

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Baked Avocado Eggs	6	15	35	400
Lunch	Lamb and Feta Salad	7	25	50	550
Dinner	Mackerel Cakes	5	30	60	700
DAILY TOTAL		18g	70g	145g	1650

Day 7

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Spinach and Egg Muffins	4	20	30	350
Lunch	Shrimp Zoodle Bowl	7	25	40	500
Dinner	Lamb Stew	8	30	50	700
DAILY TOTAL		19g	75g	120g	1550

Day 8

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado Smoothie	7	10	25	300
Lunch	Lamb and Eggplant Bake	8	30	45	550
Dinner	Mackerel and Broccoli Stir Fry	6	30	50	700
DAILY TOTAL		21g	70g	120g	1550

Day 9

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Avocado Toast	8	20	35	450
Lunch	Shrimp Caesar Salad	7	25	40	550
Dinner	Lamb Skewers with Peppers	6	30	45	700
DAILY TOTAL		21g	75g	120g	1700

Day 10

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Chia Seed Pudding	8	10	30	350
Lunch	Lamb and Kale Salad	10	25	45	550
Dinner	Mackerel with Cauliflower Mash	5	30	55	700
DAILY TOTAL		23g	65g	130g	1600

Day 11

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Spinach and Goat Cheese Scramble	5	20	35	400
Lunch	Shrimp and Avocado Bowl	10	25	40	550
Dinner	Lamb and Zucchini Stir Fry	6	30	45	700
DAILY TOTAL		21g	75g	120g	1650

Day 12

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Bacon Breakfast Bowl	5	20	35	400
Lunch	Lamb and Broccoli Salad	8	25	50	550
Dinner	Mackerel and Spinach Casserole	7	30	55	700
DAILY TOTAL		20g	75g	140g	1650

Day 13

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado and Egg Cups	6	15	35	400
Lunch	Shrimp and Zoodle Salad	6	25	40	500
Dinner	Lamb and Tomato Stew	8	30	45	700
DAILY TOTAL		20g	70g	120g	1600

Day 14

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Keto Pancakes	7	15	30	350
Lunch	Lamb Greek Salad	8	25	45	550
Dinner	Mackerel and Vegetable Bake	7	30	50	700
DAILY TOTAL		22g	70g	125g	1600

Day 15

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Sausage Muffins	5	20	35	400
Lunch	Shrimp and Avocado Wrap	9	25	45	600
Dinner	Lamb Curry with Cauliflower	8	30	50	700
DAILY TOTAL		22g	75g	130g	1700

Day 16

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado and Bacon Bowl	5	20	35	400
Lunch	Lamb and Spinach Wrap	9	30	45	600
Dinner	Mackerel with Garlic Butter	5	30	55	700
DAILY TOTAL		19g	80g	135g	1700

Day 17

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Chia and Almond Porridge	8	10	30	350
Lunch	Shrimp and Broccoli Stir Fry	6	25	40	500
Dinner	Lamb and Eggplant Stir Fry	8	30	45	700
DAILY TOTAL		22g	65g	115g	1550

Day 18

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Spinach and Egg Breakfast Bowl	5	20	35	400
Lunch	Lamb and Zucchini Noodles	6	30	45	600
Dinner	Mackerel and Bell Pepper Bake	7	30	50	700
DAILY TOTAL		18g	80g	130g	1700

Day 19

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Keto Granola	8	10	30	350
Lunch	Shrimp and Feta Salad	7	25	40	550
Dinner	Lamb and Cauliflower Rice	5	30	45	700
DAILY TOTAL		20g	65g	115g	1600

Day 20

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Avocado Omelette	5	20	35	400
Lunch	Lamb and Tomato Salad	8	25	45	550
Dinner	Mackerel and Spinach Stir Fry	6	30	50	700
DAILY TOTAL		19g	75g	130g	1650

Day 21

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Chia and Coconut Pudding	8	10	30	350
Lunch	Shrimp and Avocado Tacos	10	25	45	600
Dinner	Lamb and Bell Pepper Stir Fry	7	30	45	700
DAILY TOTAL		25g	65g	120g	1650

Day 22

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado and Bacon Plate	5	20	35	400
Lunch	Lamb and Cucumber Salad	8	25	45	550
Dinner	Mackerel and Zoodle Stir Fry	6	30	50	700
DAILY TOTAL		19g	75g	130g	1650

Day 23

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Keto Egg Muffins	5	20	30	350
Lunch	Shrimp and Avocado Bowl	10	25	45	600
Dinner	Lamb and Eggplant Bake	8	30	50	700
DAILY TOTAL		23g	75g	125g	1650

Day 24

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Spinach and Avocado Smoothie	7	10	25	300
Lunch	Lamb and Feta Wrap	9	30	45	600
Dinner	Mackerel and Cauliflower Mash	5	30	55	700
DAILY TOTAL		21g	70g	125g	1600

Day 25

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Sausage Wrap	6	25	35	450
Lunch	Shrimp and Spinach Salad	7	25	40	550
Dinner	Lamb and Zucchini Bake	8	30	50	700
DAILY TOTAL		21g	80g	125g	1700

Day 26

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Chia and Almond Yogurt	8	10	30	350
Lunch	Lamb and Kale Wrap	9	30	45	600
Dinner	Mackerel and Bell Pepper Stir Fry	8	30	50	700
DAILY TOTAL		25g	70g	125g	1650

Day 27

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado and Goat Cheese Toast	6	15	30	350
Lunch	Shrimp and Avocado Salad	10	25	40	550
Dinner	Lamb and Tomato Bake	9	30	50	700
DAILY TOTAL		25g	70g	120g	1600

Day 28

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Spinach and Egg Omelette	5	20	35	400
Lunch	Lamb and Zoodle Stir Fry	6	30	45	600
Dinner	Mackerel and Broccoli Bake	7	30	50	700
DAILY TOTAL		18g	80g	130g	1700

Day 29

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Chia and Almond Porridge	8	10	30	350
Lunch	Shrimp and Zoodle Bowl	6	25	40	500
Dinner	Lamb and Cauliflower Bake	8	30	50	700
DAILY TOTAL		22g	65g	120g	1550

Day 30

Meal	Recipe	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Egg and Avocado Bowl	6	15	35	400
Lunch	Lamb and Spinach Wrap	9	30	45	600
Dinner	Mackerel and Asparagus Bake	5	30	55	700
DAILY TOTAL		20g	75g	135g	1700

Weekly Shopping Lists

Week 1

Proteins

- lamb — 900g
- mackerel — 450g
- shrimp — 450g
- eggs — 24

Vegetables

- spinach — 6 cups
- zucchini — 6
- broccoli — 2 heads
- onion — 3
- avocado — 6
- asparagus — 2 bunches
- cauliflower — 2 heads

Dairy

- goat cheese — 1.5 cups

Fats & Oils

- olive oil — 1 bottle
- butter — 1 stick

Pantry Staples

- keto bread — 1 loaf
- almond flour — 1 bag
- chia seeds — 1 bag
- coconut milk — 4 cans

Week 2

Proteins

- lamb — 900g
- mackerel — 450g
- shrimp — 450g
- eggs — 24

Vegetables

- spinach — 6 cups
- zucchini — 6
- broccoli — 2 heads
- onion — 3
- avocado — 6
- bell pepper — 3
- eggplant — 2

Dairy

- goat cheese — 1.5 cups

Fats & Oils

- olive oil — 1 bottle
- butter — 1 stick

Pantry Staples

- low-carb wrap — 1 pack
- almond butter — 1 jar
- mustard — 1 bottle
- curry powder — 1 jar

Week 3

Proteins

- lamb — 900g
- mackerel — 450g
- shrimp — 450g
- eggs — 24

Vegetables

- spinach — 6 cups
- zucchini — 6
- broccoli — 2 heads
- onion — 3
- avocado — 6
- cucumber — 3
- tomatoes — 1 pack

Dairy

- goat cheese — 1.5 cups

Fats & Oils

- olive oil — 1 bottle
- butter — 1 stick

Pantry Staples

- keto bread — 1 loaf
- almond flour — 1 bag
- chia seeds — 1 bag
- coconut milk — 4 cans

Week 4

Proteins

- lamb — 900g
- mackerel — 450g
- shrimp — 450g
- eggs — 24

Vegetables

- spinach — 6 cups
- zucchini — 6
- broccoli — 2 heads
- onion — 3
- avocado — 6
- bell pepper — 3
- cauliflower — 2 heads

Dairy

- goat cheese — 1.5 cups

Fats & Oils

- olive oil — 1 bottle
- butter — 1 stick

Pantry Staples

- low-carb wrap — 1 pack
- almond butter — 1 jar
- mustard — 1 bottle
- curry powder — 1 jar