

Keto Diet Plan for Fat Loss

Daily Macros

- Calories: ~1800-2000 kcal
- Carbs: < 50g (5-10%)
- Protein: 100-120g (20-25%)
- Fats: 120-150g (70-75%)

Meal Plan

Breakfast (8:00 AM)

- 2 boiled eggs or scrambled eggs with butter
- 1 slice of cheese
- Black coffee with 1 tbsp butter (Bulletproof coffee)

Snack (11:00 AM)

- Handful of almonds or walnuts
- Green tea (unsweetened)

Lunch (1:30 PM)

- Grilled chicken/fish with olive oil
- Avocado salad with lettuce, olive oil, and feta cheese
- Stir-fried spinach or broccoli

Evening Snack (4:30 PM)

- Cottage cheese (paneer) with nuts
- Herbal tea or lemon water

Dinner (8:30 PM)

- Paneer/butter chicken cooked in ghee
- Cauliflower rice or zucchini noodles
- Cucumber and bell pepper salad

Optional Late-Night Snack (10:00 PM)

- Greek yogurt with chia seeds
- Dark chocolate (85% cocoa)

Guidelines

- Drink 3-4 liters of water per day

- Avoid sugar, grains, and high-carb fruits
- Use healthy fats (olive oil, coconut oil, ghee)
- Include electrolytes (salt, magnesium, potassium)