



# Keto Meal Macros

Week	Keto Meals	Cal	Pro	Carb	Fat
A	Cheesy Stuffed Chicken Breast & Gratin	480	46	4	30
A	Grilled Chicken Thighs W/ Squash Mix	510	51	4	30
A	Chicken Pad Thai	270	32	5	13
A	Bacon Bison Beef Meatloaf/ /Cauliflower	480	41	5	33
A	Bacon Wrapped Pork Tenderloin/ Broccoli	440	44	8	25
A	Chicken Fried Pork Chop /Brussels Sprouts	420	48	8	27
A	Pan Seared Salmon & Asparagus	330	35	4	18
A	Taco Turkey Burger and Green Beans	520	36	10	36
A	Grilled Steak/ Loaded Cauliflower	700	68	6	44
A	Turkey Zucc. Cheddar Loaf/Grn. Bn	540	36	9	38
B	Chicken & Broccoli Creamy Garlic Sauce	590	59	4	36
B	Bacon & Mushroom Chicken Thigh & Squash	550	52	8	33
B	Chicken with Artichokes and Spinach	560	68	7	29
B	Cheese Stuffed Hamburger/ Asparagus	560	42	3	43
B	Creamy Mustard Pork Loin & Gr. Beans	510	52	4	30
B	Pork Chop alla Pizzaiola on Zucchini	380	43	9	17
B	Lemon Parmesan Cod with Zucchini Gratin	460	44	4	30
B	Bacon Wrapped Turkey Breast with	440	46	8	24
B	Grilled Steak/ Loaded Cauliflower	700	68	6	44
B	Turkey Zucc. Cheddar Loaf/Grn. Bn	540	36	9	38

Week	Keto Meals	Cal	Pro	Carb	Fat
C	Dijon Chicken Thighs/ Brussels Sprouts	510	37	8	35
C	Paprika Chicken / Roasted Vegetables	390	54	6	16
C	Italian Baked Chicken Thighs & Broccoli	650	58	3	43
C	Bacon Blue Cheese Burgers & Squash	630	51	7	44
C	Lemon Garlic Pork Steaks & Mushrooms	460	48	9.5	26
C	Stuffed Pork Chop / Brussels Sprouts	730	63	9	48
C	Mahi Mahi / Butter Sauce / Asparagus	760	39	4	31
C	Stuffed Salmon with Ricotta and Asparagus	500	50	8	29
C	Grilled Steak/ Loaded Cauliflower	700	68	6	44
C	Turkey Zucc. Cheddar Loaf/Grn. Bn	540	36	9	38
D	Pecan Crusted Chicken Cheesy Cauliflower	630	64	4	37
D	Crispy Chicken Thighs / Roasted Cauliflower	550	48	2	37
D	Chicken Tetrazzini with Zucchini Noodles	340	18	8	26
D	BLT Burger with Trimmings & Green Beans	600	52	9	40
D	Turkey Pork Apple Meatloaf / Asparagus	690	49	10	49
D	Cheese Crusted Pork Chops/ Brussels Spr.	590	62	7	32
D	Nantucket Cod with Roasted Vegetables	260	35	7	9
D	Turkey Stuffed Pepper	500	38	5	35
D	Grilled Steak/ Loaded Cauliflower	700	68	6	44
D	Turkey Zucc. Cheddar Loaf/Grn. Bn	540	36	9	38
E	Garlic Parmesan Chicken Thighs & Gratin*	530	55	4	31
E	Aromatic Chicken with Squash Mix	490	41	5	32
E	Creamy Tuscan Garlic Chicken /Spinach	470	56	10	23
E	Bacon Cheeseburger Casserole / Gr.Beans	480	25	10	38
E	Pan Pork Chop Bacon Brussels Sprout	510	52	9	29
E	Romano Dijon Crusted Pork & Broccoli	450	57	4	19
E	Grilled Salmon/Lemon Sauce /Asparagus	360	36	4	21
E	Turkey Spaghetti Squash Casserole	370	26	15	22
E	Grilled Steak/ Loaded Cauliflower	700	68	6	44
E	Turkey Zucc. Cheddar Loaf/Grn. Bn	540	36	9	38