



3-Day Keto Meal Plan for Insulin Resistance

Day 1

Breakfast: Keto Spinach & Feta Omelet

Calories: 300 | Fat: 25g | Protein: 16g | Net Carbs: 3g

Lunch: Grilled Chicken Salad with Avocado

Calories: 450 | Fat: 35g | Protein: 30g | Net Carbs: 4g

Dinner: Zucchini Noodles with Ground Beef & Parmesan

Calories: 500 | Fat: 38g | Protein: 32g | Net Carbs: 6g

Snack: Keto Chia Pudding

Calories: 180 | Fat: 13g | Protein: 6g | Net Carbs: 2g

Total Macros

Calories: 1,430 | Fat: 111g | Protein: 84g | Net Carbs: 15g

Day 2

Breakfast: Avocado & Egg Breakfast Bowl

Calories: 370 | Fat: 32g | Protein: 14g | Net Carbs: 3g

Lunch: Tuna Salad Lettuce Wraps

Calories: 420 | Fat: 35g | Protein: 25g | Net Carbs: 3g

Dinner: Baked Salmon with Cauliflower Mash

Calories: 540 | Fat: 40g | Protein: 35g | Net Carbs: 5g

Snack: Mozzarella Cheese + 5 Olives

Calories: 180 | Fat: 14g | Protein: 7g | Net Carbs: 2g

Total Macros

Calories: 1,510 | Fat: 121g | Protein: 81g | Net Carbs: 13g

Day 3

Breakfast: Keto Coconut Pancakes

Calories: 340 | Fat: 28g | Protein: 13g | Net Carbs: 4g

Lunch: Cobb Salad

Calories: 480 | Fat: 38g | Protein: 26g | Net Carbs: 5g

Dinner: Zoodle Chicken Alfredo

Calories: 520 | Fat: 40g | Protein: 32g | Net Carbs: 6g



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Snack: Coconut Fat Bomb

Calories: 160 | Fat: 15g | Protein: 1g | Net Carbs: 1g

Total Macros

Calories: 1,500 | Fat: 121g | Protein: 72g | Net Carbs: 16g