

Keto-Med Balance: A Mediterranean-Inspired Plan for Healthy Weight Loss

Sample nutrition plan for a day, based on a Mediterranean-style Keto diet, aimed at providing approximately 2000 calories per day and suitable for a 40-year-old individual looking to lose 1 kilo of fat per week. Please note that individual nutritional needs may vary, and consulting a healthcare professional or a registered dietitian before starting any new diet plan is recommended.

Meal Plan:

Breakfast:

- Scrambled Eggs with Spinach and Feta Cheese (2 eggs, 100g spinach, 30g feta cheese)
- 1 medium Avocado (150g)
- Coffee or Tea with 2 tbsp Heavy Cream

Morning Snack:

- 30g Almonds

Lunch:

- Greek Salad with Grilled Chicken Breast (150g grilled chicken breast, 100g mixed greens, 50g cucumber, 50g cherry tomatoes, 30g feta cheese, 15g olives, olive oil, and vinegar dressing)

Afternoon Snack:

- 100g Greek Yogurt with 30g Blueberries

Dinner:

- Grilled Salmon with Roasted Vegetables (150g salmon, 150g mixed vegetables such as zucchini, bell peppers, and eggplant, roasted with olive oil)

Evening Snack:

- 1 serving of Keto Chocolate Mousse (prepared with heavy cream, cocoa powder, and sweetener)

Total Protein Calculation (Approximate):

- Breakfast: 24g protein
- Chicken Breast: Approximately 30g protein

- Greek Yogurt: Approximately 10g protein
- Salmon: Approximately 20g protein
- Almonds: Approximately 6g protein
- Total Protein: $24g + 30g + 10g + 20g + 8g + 6g = 98g$ protein

This sample meal plan provides a balanced intake of protein, healthy fats, and fiber-rich carbohydrates while keeping the net carbs low to maintain ketosis. Adjust portion sizes and food choices based on individual preferences and dietary restrictions. Additionally, staying hydrated and incorporating physical activity into your daily routine can enhance weight loss efforts.

MICRO-BIOHACK
LONGEVITY