

Here are the three 2000 k/cal meal plans with detailed instructions, ingredient amounts, approximate macro percentages, and calories per meal:

Meal Plan 1:

Breakfast:

- Sous Vide Egg Bites with Spinach and Cheese:
 - Approximate Macro Percentage: 70% fat, 25% protein, 5% carbs
 - Approximate Calories: 400-450 calories per serving
 - Ingredients:
 - 4 large eggs
 - 1/4 cup of heavy cream
 - 1/2 cup of shredded cheese
 - 1/2 cup of chopped spinach
 - Salt and pepper to taste
 - Instructions:
 1. Preheat the sous vide machine to 172°F (77°C).
 2. In a bowl, whisk together the eggs, heavy cream, salt, and pepper.
 3. Stir in the shredded cheese and chopped spinach.
 4. Pour the mixture into sous vide egg bite molds or small mason jars.
 5. Place the molds or jars in the sous vide water bath and cook for 60-90 minutes until the egg bites are set.
 6. Remove from the water bath and let them cool slightly before enjoying.

Snack:

- Air Fryer Asparagus Wrapped in Bacon:
 - Approximate Macro Percentage: 70% fat, 25% protein, 5% carbs
 - Approximate Calories: 150-200 calories per serving
 - Ingredients:
 - Asparagus spears
 - Bacon slices
 - Instructions:
 1. Wrap each asparagus spear with a bacon slice.
 2. Place the wrapped asparagus in a preheated air fryer at 400°F (200°C).
 3. Cook for 8-10 minutes or until the bacon is crispy and the asparagus is tender.
 4. Serve as a delicious and low-carb snack.

Lunch:

- Instant Pot Chicken Curry with Bell Peppers:
 - Approximate Macro Percentage: 70% fat, 25% protein, 5% carbs
 - Approximate Calories: 500-550 calories per serving
 - Ingredients:
 - 2 boneless, skinless chicken breasts
 - Salt and pepper to taste
 - 1 cup of bell peppers, sliced
 - 1/2 cup of coconut milk
 - 2 tablespoons of curry powder
 - 1 teaspoon of garlic powder

- 1 teaspoon of ginger powder
- Instructions:
 1. Season the chicken breasts with salt, pepper, curry powder, garlic powder, and ginger powder.
 2. Place the seasoned chicken breasts in the Instant Pot.
 3. Add the sliced bell peppers and pour in the coconut milk.
 4. Close the lid and set the Instant Pot to high pressure for 10 minutes.
 5. Once the cooking is complete, allow for natural pressure release for 5 minutes, then manually release the remaining pressure.
 6. Shred the chicken using two forks.
 7. Serve the chicken curry with steamed cauliflower rice or zucchini noodles.

Snack:

- Protein shake with MCT oil powder:
 - Approximate Macro Percentage: 70% fat, 25% protein, 5% carbs
 - Approximate Calories: 200-250 calories per serving
 - Ingredients:
 - 1 scoop of protein powder
 - 1 tablespoon of MCT oil powder
 - Water or low-carb milk alternative
 - Instructions:
 1. In a shaker bottle or blender, mix the protein powder, MCT oil powder, and your preferred liquid.
 2. Shake or blend until well combined and smooth.
 3. Adjust the amount of liquid based on your desired consistency.

Dinner:

- Grilled Ribeye Steak with Garlic Butter:
 - Approximate Macro Percentage: 70% fat, 25% protein, 5% carbs
 - Approximate Calories: 700-750 calories per serving
 - Ingredients:
 - 10-12 ounce ribeye steak
 - Salt and pepper to taste
 - 2 tablespoons of butter
 - 2 cloves of garlic, minced
 - Fresh herbs (such as rosemary or thyme) for garnish
 - Instructions:
 1. Preheat the grill to medium-high heat.
 2. Season the ribeye steak with salt and pepper.
 3. Grill the steak for 4-5 minutes per side for medium-rare or until desired doneness.
 4. Remove the steak from the grill and let it rest for a few minutes before slicing.
 5. Meanwhile, melt the butter in a small saucepan over low heat.
 6. Add the minced garlic and cook for 1-2 minutes until fragrant.
 7. Slice the grilled steak and drizzle the garlic butter sauce over the top.
 8. Garnish with fresh herbs before serving.