

Ketogenic Diet Plan

Full name: _____ Phone number: _____

Email address: _____

DAY 1

Breakfast: Sunny-side up or hard boiled eggs and bacon added with avocado

Notes:

Snack: Peanuts or cashews

Notes:

Lunch: Avocado salad with grilled chicken

Notes:

Snack: Stuffed celery sticks

Notes:

Dinner: Beef and broccoli with cauliflower rice

Notes:

DAY 2

Breakfast: Herbed veggie omelet with smoked salmon

Notes:

Snack: Almonds

Notes:

Lunch: Broccoli salad stuffed in shredded cheese and red onions

Notes:

Snack: High-fat cheese and dill pickle slices or organic pepperoni slices

Notes:

Dinner: Zucchini noodles with butter and garlic topped in parmesan

Notes:

DAY 3

Breakfast: Ham and cheese omelet sided with strawberries

Notes:

Snack: Plain Greek yogurt coated in 1 teaspoon crushed almonds

Notes:

Lunch: Sesame chicken wings and keto fries

Notes:

Snack: Delicious smoothie made with coconut milk, raspberries and blackberries.

Notes:

Dinner: Lemon pepper chicken topped in parsley sided with asparagus

Notes:

DAY 4

Breakfast: Avocado smoothie made with coconut or almond milk, fresh spinach, and berries

Notes:

Snack: Two deviled eggs or two hard-boiled eggs

Notes:

Lunch: Chicken parmesan on top of zucchini noodles topped with cheesy tomato sauce

Notes:

Snack: Pizza or taco rolls (used baked full-fat cheese as the "wrap" and fill with pizza or taco meat)

Notes:

Dinner: Avocado chicken salad served with celery and tomatoes

Notes:

DAY 5

Breakfast: Scrambled eggs and bacon sided with avocado or sliced tomato

Notes:

Snack: A cup of berries with nuts of your choice (almonds, pecan, walnuts, etc.)

Notes:

Lunch: Lettuce wrapped beef burger topped with tomato, cheddar cheese and avocado

Notes:

Snack: Zucchini and homemade guacamole or with full-fat cheese

Notes:

Dinner: Cheesy chicken fried cauliflower rice and broccoli

Notes:

DAY 6

Breakfast: Egg burrito loaded with avocado, bacon, cheese, and chives

Notes:

Snack: Keto bar

Notes:

Lunch: Tuna stuffed avocado seasoned with lemon and topped off in green onions

Notes:

Snack: Cheese and meat snack pack

Notes:

Dinner: Roasted lemon garlic butter shrimp and asparagus

Notes:

DAY 7

Breakfast: Smoked salmon mixed with scrambled eggs sprinkled with scallion

Notes:

Snack: Kale chips

Notes:

Lunch: Salmon salad and boiled egg topped with cucumber and cherry tomatoes

Notes:

Snack: Baked celery stuffed in goat or cottage cheese

Notes:

Dinner: Zucchini noodles shrimp scampi topped with lime

Notes:

Mix it up to create your own keto meal plans: