

Ketogenic Meal Plan

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Name: _____ Phone Number: _____

Email Address: _____

DAY 1

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

Snack: peanuts or cashews

Lunch: Avocado salad with grilled chicken

Snack: stuffed celery sticks

Dinner: Beef and broccoli with cauliflower rice

DAY 2

Breakfast: Herbed veggie omelet with smoked salmon

Snack: almonds

Lunch: Broccoli salad stuffed in shredded cheese and red onions

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

Dinner: Zucchini noodles with butter and garlic topped in parmesan

DAY 3

Breakfast: Ham and cheese omelet sided with strawberries

Snack: Plain Greek yogurt coated in 1 teaspoon crushed almonds

Lunch: Sesame chicken wings and keto fries

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

Dinner: Lemon pepper chicken topped in parsley sided with asparagus

DAY 4

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

Snack: Two deviled eggs or two hard-boiled eggs

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

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

Dinner: Avocado chicken salad served with celery and tomatoes

DAY 5

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

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

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

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

Dinner: Cheesy chicken fried cauliflower rice and broccoli

DAY 6

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

Snack: Keto bar

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

Snack: Cheese and meat snack pack

Dinner: Roasted lemon garlic butter shrimp and asparagus

DAY 7

Breakfast: Smoked salmon mixed with scrambled eggs sprinkled with scallion

Snack: kale chips

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

Snack: Baked celery stuffed in goat or cottage cheese

Dinner: zucchini noodles shrimp scampi topped with lime

Mix it up to create your own keto meal plans.