

Ketogenic Diet Plan

Name:

Phone number:

Email address:

Day 1

| Time | Meal | Notes |
|-----------|--|-------|
| 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

| Time | Meal | Notes |
|-----------|--|-------|
| Breakfast | Herbed veggie omelette 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 | | |
|-----------|---|-------|
| Time | Meal | Notes |
| Breakfast | Ham and cheese omelette sided with strawberries | |
| Snack | Plain Greek yoghurt 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 | | |
| Time | Meal | Notes |
| Breakfast | Avocado smoothie made with coconut or almond milk, fresh spinach, and berries | |
| Snack | Two deviled eggs or two hard-boiled eggs | |
| Lunch | A 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 | | |
| Time | Meal | Notes |
| Breakfast | Scrambled eggs and bacon sided with avocado or sliced tomato | |
| Snack | A cup of berries with nuts of your choice (almonds, pecan, walnuts, etc.) | |

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| 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 | | |
| Time | Meal | Notes |
| 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 | | |
| Time | Meal | Notes |
| 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.