

# Ketogenic Meal 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 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

Time	Meal	Notes
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

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	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...)	
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.