



7-Day Vegetarian Keto Meal Plan

DAY 1

BREAKFAST: STRAWBERRY SMOOTHIE WITH TOFU
LUNCH: SOY EGG SALAD WITH SUMMER VEGETABLE BISQUE
SNACK: OLIVE TAPENADE WITH CUCUMBER SLICES
DINNER: BLACK BEAN SAUCE WITH VEGETABLE BURGERS
DESSERT: CHOCOLATE SILK PIE

DAY 2

BREAKFAST: HIGH-FIBER CONTENT CEREALS WITH FRUIT
LUNCH: GREEN SALAD BLACK WITH BEAN SOUP
SNACK: VEGETABLE SPRING ROLLS AND SPICY PEANUT SAUCE
DINNER: SPINACH PIE WITH A VEGETABLE SALAD
DESSERT: ALMOND CRUST WITH RED GRAPE TRUFFLES



DAY 3

BREAKFAST: SCRAMBLED TOFU
LUNCH: CAJUN TEMPEH CHICKEN SALAD WITH COLLARD GREENS
SNACK: SPINACH AND ARTICHOKE DIP
DINNER: VEGETARIAN SLOPPY JOES WITH A GREEN VEGETABLE SALAD
DESSERT: BLUEBERRY SOY CHEESECAKE.

DAY 4

BREAKFAST: MUSHROOM FRITTATA WITH SPINACH
LUNCH: TOFU WITH VEGETABLE CHEF SALAD
SNACK: EGGPLANT DIP ALONG WITH WHOLE GRAIN CRACKERS
DINNER: SPINACH PESTO ALONG WITH ROASTED EGGPLANT LASAGNA
DESSERT: POACHED PEARS IN CHOCOLATE SAUCE

DAY 5

BREAKFAST: TOFU BENEDICT
LUNCH: VEGETABLE SLAW WITH SPICED LENTIL SOUP
SNACK: JALAPENO HUMMUS WITH JICAMA STICKS
DINNER: PARSLEY WITH PORTOBELLO PATTIES
DESSERT: APPLE CRUMB PIE

DAY 6

BREAKFAST: OATMEAL ALONG WITH FRUIT
LUNCH: SPICED TEMPEH WITH VEGETABLE SALAD
SNACK: CELERY STUFFED WITH HUMMUS
DINNER: SESAME-STUFFED PORTOBELLO MUSHROOMS AND BLACK BEAN
DESSERT: APPLE AND ZUCCHINI CAKE

DAY 7

BREAKFAST: COFFEE WITH CHOCOLATE SMOOTHIE
LUNCH: FOUR HEARTS SALAD SERVE WITH SPLIT PEA SOUP WITH CABBAGE
SNACK: MUSHROOMS STUFFED WITH PINE NUTS
DINNER: STUFFED EGGPLANT WITH VEGETABLE SALAD
DESSERT: FUDGE TRUFFLES

