

BASIC KETO MEAL PLAN



Day 1

B: Eggs Scrambled with Cheddar Cheese and Sautéed onions

S: Peanut Butter Fudge Crisp Bar

L: 6 oz deli ham on 2 cups mixed greens with 1/2 Hass avocado, five large black olives, 1/2 cup sliced cucumbers, and 2 Tbsp blue cheese dressing.

S: 3/4 medium zucchini sliced into sticks and 2 oz provolone cheese.

D: Baked Catfish with Broccoli and Herb Butter Blend

Day 1

B: Frozen Farmhouse-Style Sausage Scramble

S: Sliced red bell pepper (one cup) with 2 Tbsp ranch dressing

L: Tuna-Celery Salad with Mixed Greens and three cherry tomatoes.

S: One stalk celery with 2 Tbsp cream cheese

D: 7 oz bone-in pork chop and Cauliflower-Cheddar Mash

Day 1

B: Spinach and Swiss Cheese Omelet

S: Strawberry Shake

L: Grilled chicken on baby spinach, tomato, and avocado salad.

S: Two ounces ham, two tablespoons of cream cheese, and two dill pickle spears.

D: Beef Sautéed with Vegetables Over Romaine



Day 4

B: Spinach and Cheese Omelet with Avocado and Salsa topping

S: French Vanilla Shake

L: Frozen Crustless Chicken Pot Pie

S: 1/2 medium zucchini sliced into sticks and 1 oz Monterey jack cheese

D: Five ounces hamburger topped with 1 oz pepper jack cheese, one small tomato, 1/2 Hass avocado, two romaine lettuce leaves

Day 5

B: Two large eggs, 1/4 cup shredded cheddar, and 4 Tbsp Salsa Cruda

S: Café Caramel Shake

L: Frozen Chili con Carne plus a side of 2 cups mixed greens, and 2 Tbsp Italian Dressing

S: One cup sliced red bell pepper with 2 Tbsp ranch dressing

D: Half California Cobb salad with ranch dressing

Day 6

B: Red Bell Pepper with Creamy Eggs and Spinach

S: Strawberry Shake

L: Tuna salad with 4 oz tuna, two stalks celery, one dill pickle spear, 2 Tbsp mayonnaise

S: 1 Portobello mushroom cap, 1/4 cup Salsa Cruda, 1oz pepper Jack cheese

D: 5 oz Italian sausage, a quarter medium onion sliced, and 1/2 red bell pepper sliced with a side of 2 cups baby spinach, 1/2 cup sliced mushrooms, and 2 Tbsp Blue Cheese Dressing

Day 7

B: Pumpkin Flax Pancakes

S: Five whole snap peas and 2 oz cheddar

L: 6oz chicken breast over 2 cups Romaine hearts with five radishes and 2 Tbsp Creamy Italian Dressing

S: Two stalks celery and 2 Tbsp cream cheese

D: Baked Salmon With Charmoula Over Broccoli

