

# Speed Keto Meal Plan



**Day 1:** Keto chili with loaded cauliflower casserole

**Day 2:** Spicy keto salmon patties with keto crack slaw

**Day 3:** Grass-fed ribeye steak with cauliflower mac and cheese

**Day 4:** Keto taco salad with Mexican chicken soup and avocado

**Day 5:** Keto meatballs with creamed spinach

**Day 6:** Instant pot carnitas with loaded keto coleslaw

**Day 7:** Creamy, garlicky chicken with pan-fried zucchini cakes

