

KETO DIET

1 WEEK MEAL PLAN

LOWCARBALPHA

MONDAY

BREAKFAST

Almond Milk
Protein Shake

LUNCH

Chicken
Salad

SNACK

Beef Jerky

DINNER

Chicken &
Cauliflower
Rice

TUESDAY

BREAKFAST

Scrambled
Eggs
& Bacon

LUNCH

Tuna Salad

SNACK

Macadamia
Nuts

DINNER

Steak &
Steamed
Veggies

WEDNESDAY

BREAKFAST

Almond Flour
Pancakes

LUNCH

Avocado &
Diced Pork

SNACK

Strawberries
& Cream

DINNER

Salmon &
Green
Veggies

THURSDAY

BREAKFAST

Hardboiled
Eggs &
Mayonaise

LUNCH

Beef Jerky

SNACK

Avocado

DINNER

Chicken &
Spinach

FRIDAY

BREAKFAST

Cream
Cheese
Pancakes

LUNCH

BLT Lettuce
Wrap

SNACK

Peanut/Almond
Butter Fat
Bombs

DINNER

Crockpot
Chili & Salad

SATURDAY

BREAKFAST

Ground Beef
& Eggs

LUNCH

Hummus &
Celery Sticks

SNACK

Hardboiled
Eggs

DINNER

Beef Steak &
Cauliflower
Rice

SUNDAY

BREAKFAST

Strawberries
& Cream

LUNCH

Shrimp &
Asparagus

SNACK

Almonds

DINNER

Chicken &
Broccoli

SOURCE: LOWCARBALPHA.COM