



# Keto Meal Plan

Low carb, high-fat recipes to help you burn fat and stay on track with keto.

**DAY 1**



**BREAKFAST**  
**KETO BUTTER COFFEE SHAKE**

75% FAT | 20% PROTEIN | 5% CARBS  
200 CALORIES



**LUNCH**  
**TACO BOWL**

70% FAT | 22% PROTEIN | 10% CARBS  
517 CALORIES



**DINNER**  
**GRILLED SALMON**

72% FAT | 18% PROTEIN | 10% CARBS  
595 CALORIES



**SNACK**  
**QUICK ITALIAN EATS**

71% FAT | 22% PROTEIN | 7% CARBS  
300 CALORIES

**DAY 2**



**BREAKFAST**  
**MUSHROOM OMELET**

7% FAT | 22% PROTEIN | 7% CARBS  
540 CALORIES



**LUNCH**  
**ITALIAN SAUSAGE**

71% FAT | 19% PROTEIN | 10% CARBS  
606 CALORIES



**DINNER**  
**SIRLOIN WITH CAULIFLOWER MASHED POTATOES**

71% FAT | 22% PROTEIN | 7% CARBS  
699 CALORIES



**SNACK**  
**CAPRESE SALAD**

74% FAT | 19% PROTEIN | 7% CARBS  
190 CALORIES

**DAY 3**



**BREAKFAST**  
**EGGS AND FRUIT**

69% FAT | 21% PROTEIN | 10% CARBS  
555 CALORIES



**LUNCH**  
**CHICKEN SALAD**

64% FAT | 26% PROTEIN | 10% CARBS  
606 CALORIES



**DINNER**  
**SHRIMP AND VEGETABLES**

71% FAT | 18% PROTEIN | 11% CARBS  
764 CALORIES



**SNACK**  
**WHITE CHOCOLATE COCONUT SHAKE**

72% FAT | 19% PROTEIN | 9% CARBS  
297 CALORIES

**DAY 4**



**BREAKFAST**  
**WALNUT STRAWBERRY YOGURT AND COFFEE**

78% FAT | 13% PROTEIN | 9% CARBS  
515 CALORIES



**LUNCH**  
**Salmon and Kale**

73% FAT | 17% PROTEIN | 10% CARBS  
595 CALORIES



**DINNER**  
**PORK SHOULDER AND SALAD**

72% FAT | 20% PROTEIN | 8% CARBS  
799 CALORIES



**SNACK**  
**KETO POWDER SMOOTHIE**

73% FAT | 17% PROTEIN | 10% CARBS  
270 CALORIES

**DAY 5**



**BREAKFAST**  
**ASPARAGUS, EGGS, AND BACON**

72% FAT | 20% PROTEIN | 8% CARBS  
529 CALORIES



**LUNCH**  
**HAM ROLL-UP**

72% FAT | 17% PROTEIN | 11% CARBS  
545 CALORIES



**DINNER**  
**SPINACH-TOPPED STEAK**

69% FAT | 19% PROTEIN | 12% CARBS  
780 CALORIES



**SNACK**  
**KETO-TOAST STICKS**

77% FAT | 13% PROTEIN | 10% CARBS  
280 CALORIES

**100 calories plus up:** 1oz brie cheese and 1 medium egg fried in ½ Tbsp butter, and 1 slice bacon **200 calories plus up:** 25 pistachios + 1oz gouda and 1 serving ZonePerfect Keto shake + large mug of strong coffee, and 1 cup cauliflower sauteed in 1 Tbsp oil and topped with 2Tbsp whole milk mozzarella **300 calories plus up:** 3oz broiled salmon topped with 1 Tbsp olive oil and spices and ¼ cup deluxe mixed nuts + 5 slices deli salami