

Keto Diet Meal Plan

Day 1:

Breakfast: Scrambled Eggs with Spinach and Avocado

Snack: Celery Sticks with Almond Butter

Lunch: Grilled Chicken Salad with Mixed Greens and Olive Oil Dressing

Snack: Cheese Slices with Almonds

Dinner: Baked Salmon with Asparagus and Lemon Butter Sauce

Day 2:

Breakfast: Bacon and Eggs with Sliced Tomatoes

Snack: Cucumber Slices with Cream Cheese

Lunch: Turkey Lettuce Wraps with Avocado and Bacon

Snack: Hard-Boiled Eggs

Dinner: Grilled Steak with Broccoli and Garlic Butter

Day 3:

Breakfast: Spinach and Feta Omelette with Side of Berries

Snack: Macadamia Nuts

Lunch: Zucchini Noodles with Pesto and Grilled Chicken

Snack: String Cheese

Dinner: Baked Cod with Cauliflower Rice and Green Beans

Day 4:

Breakfast: Avocado Smoothie with Coconut Milk and Protein Powder

Snack: Pork Rinds with Guacamole

Lunch: Egg Salad Lettuce Wraps with Bacon Bits

Snack: Olives

Dinner: Baked Chicken Thighs with Brussels Sprouts and Bacon

Day 5:

Breakfast: Keto Pancakes with Sugar-Free Syrup and Berries

Snack: Almond Flour Crackers with Cheese

Lunch: Tuna Salad with Avocado and Cucumber Slices

Snack: Beef Jerky

Dinner: Grilled Shrimp Skewers with Cauliflower Mash and Steamed Broccoli

Day 6:

Breakfast: Smoked Salmon and Cream Cheese Roll-Ups with Cucumber Slices

Snack: Pecan Halves

Lunch: Chicken Caesar Salad with Parmesan Cheese and Caesar Dressing

Snack: Sliced Bell Peppers with Ranch Dip

Dinner: Beef Stir-Fry with Bell Peppers and Mushrooms in Soy Sauce

Day 7:

Breakfast: Keto Breakfast Burrito with Scrambled Eggs, Bacon, and Avocado

Snack: Coconut Chips

Lunch: Greek Salad with Grilled Chicken and Feta Cheese

Snack: Walnuts

Dinner: Baked Trout with Roasted Asparagus and Lemon-Dill Sauce

Note: This meal plan adheres to the principles of the ketogenic diet by focusing on low-carb, high-fat foods. Adjust portion sizes and food choices according to individual preferences and dietary needs. Be sure to stay hydrated and consult with a healthcare professional before starting any new diet regimen.