

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Scrambled eggs cooked in butter with avocado slices	Handful of macadamia nuts	Grilled chicken breast with spinach salad and olive oil dressing	Celery sticks with cream cheese	Salmon fillet with steamed broccoli and cauliflower mash
Tuesday	Spinach and cheese omelette cooked in coconut oil	Sliced cucumber with ranch dressing	Beef stir-fry with mixed vegetables cooked in coconut aminos	Almond butter with celery sticks	Zucchini noodles with creamy Alfredo sauce and grilled shrimp
Wednesday	Keto-friendly smoothie made with coconut milk, spinach, avocado, and protein powder	Handful of olives	Turkey lettuce wraps with avocado and tomato	String cheese or cheese cubes	Cauliflower crust pizza topped with cheese, pepperoni, and vegetables
Thursday	Keto pancakes made with almond flour and served with sugar-free syrup	Hard-boiled eggs	Tuna salad made with mayonnaise, celery, and onions, served on a bed of lettuce	Pork rinds with guacamole	Grilled steak with roasted Brussels sprouts and garlic butter
Friday	Coconut flour porridge topped with berries and a dollop of coconut cream	Sugar-free beef jerky	Chicken Caesar salad with avocado and Caesar dressing (without croutons)	Sliced bell peppers with hummus (watch portion size for hummus)	Baked cod with asparagus spears and hollandaise sauce
Saturday	Frittata with bacon, cheese, and spinach	Keto-friendly protein shake	Egg salad wrapped in lettuce leaves	Cottage cheese with a sprinkle of chia seeds	Pork chops with roasted green beans and a side of avocado
Sunday	Chia seed pudding made with coconut milk and topped with unsweetened shredded coconut and almonds	Sugar-free gelatin	Shrimp and avocado salad with lemon vinaigrette	Kale chips baked with olive oil and sea salt	Chicken thighs cooked in garlic butter with cauliflower rice pilaf