

7-Day Keto Meal Plan - Your New Original

Introduction

Planning a keto meal plan can be challenging at first. Your goal is clear: very low-carb intake and high intake of healthy fats. Although the keto diet is currently very popular, it can be confusing to figure out which foods are the right ones. That's why we've prepared this comprehensive 7-day keto meal plan for you. It will help you with recipe ideas, meal prep tips, and shopping guidance.

This meal plan is designed to provide you with plenty of energy and keep you in a state of ketosis.

Meal Planning Tips

- **Plan Ahead:** Start planning your meals and grocery list on Friday or Saturday.
- **Shop on the Weekend:** Do your shopping so you have all the ingredients ready for the week.
- **Read Labels:** Pay attention to added sugars and carbohydrate content.
- **Repeat Meals:** Repeating meals throughout the week saves time and money. Prepare multiple servings and store them in airtight containers in the refrigerator.

New 7-Day Meal Plan

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Keto Breakfast Skillet	Keto Turkey and Cheese Roll-ups	Avocado Slices with Everything Bagel Seasoning	Baked Chicken Thighs with Creamy Spinach
Day 2	Keto Egg Muffins (Spinach & Feta)	Chicken Salad in Lettuce Wraps	Chocolate Peanut Butter Fat Bombs	Salmon with Lemon-Dill Butter and Asparagus
Day 3	Keto Breakfast Skillet	Keto Turkey and Cheese Roll-ups	Keto Nuts and Seeds Mix	Pork Chops with Creamy Mushroom Sauce
Day 4	Keto Egg Muffins (Spinach & Feta)	Chicken Salad in Lettuce Wraps	Avocado Slices with Everything Bagel Seasoning	Keto Beef and Broccoli Stir-fry
Day 5	Keto Breakfast Skillet	Keto Chicken Caesar Salad	Chocolate Peanut Butter Fat Bombs	Baked Chicken Thighs with Creamy Spinach
Day 6	Keto Egg Muffins (Spinach & Feta)	Keto Turkey and Cheese Roll-ups	Keto Nuts and Seeds Mix	Salmon with Lemon-Dill Butter and Asparagus
Day 7	Keto Breakfast Skillet	Keto Chicken Caesar Salad	Avocado Slices with Everything Bagel Seasoning	Pork Chops with Creamy Mushroom Sauce

New Keto Recipes

1. Keto Breakfast Skillet



Description: A hearty, one-pan breakfast with eggs, sausage, and melted cheese. **Ingredients:** Eggs, ground sausage, bell peppers, onions, shredded cheese, salt, pepper. **Preparation:** Cook sausage and vegetables, pour in whisked eggs, top with cheese, and bake or cook until set.

2. Keto Turkey and Cheese Roll-ups



Description: A quick and easy, no-cook lunch or snack. **Ingredients:** Sliced turkey breast, cream cheese, chives, salt, pepper. **Preparation:** Spread cream cheese mixture on turkey slices and roll them up.

3. Avocado Slices with Everything Bagel Seasoning



Description: A simple, high-fat snack to keep you full. **Ingredients:** Avocado, Everything Bagel Seasoning. **Preparation:** Slice the avocado and sprinkle generously with seasoning.

4. Baked Chicken Thighs with Creamy Spinach



Description: A comforting and flavorful dinner. **Ingredients:** Chicken thighs, heavy cream, spinach, garlic, parmesan cheese, chicken broth. **Preparation:** Sear chicken, then bake in a creamy spinach sauce until cooked through.

5. Keto Egg Muffins (Spinach & Feta)



Description: Easy, make-ahead breakfast muffins. **Ingredients:** Eggs, spinach, Feta cheese, heavy cream, salt, pepper. **Preparation:** Mix all ingredients, pour into a muffin tin, and bake until firm.

6. Chicken Salad in Lettuce Wraps



Description: A light and crunchy lunch, perfect for keto. **Ingredients:** Cooked/grilled chicken, mayonnaise, celery, onion, salt, pepper. **Preparation:** Dice chicken, mix with other ingredients, and serve in crisp romaine lettuce leaves instead of bread.

7. Chocolate Peanut Butter Fat Bombs



Description: An ideal snack to boost fat intake and curb sweet cravings. **Ingredients:** Sugar-free peanut butter, coconut oil, cocoa powder, stevia/erythritol. **Preparation:** Melt and mix all ingredients, pour into silicone molds, and freeze until solid.

8. Salmon with Lemon-Dill Butter and Asparagus



Description: An elegant and nutritious dinner. **Ingredients:** Salmon fillets, butter, lemon juice, fresh dill, asparagus, olive oil. **Preparation:** Bake or pan-sear the salmon, roast the asparagus. Mix butter with lemon and dill, and serve over the salmon.

9. Keto Nuts and Seeds Mix



Description: A quick, portable, and energy-dense snack. **Ingredients:** Almonds, walnuts, pumpkin seeds, sunflower seeds. **Preparation:** Simply mix and portion out for the week.

10. Pork Chops with Creamy Mushroom Sauce



Description: A satisfying and rich dinner. **Ingredients:** Pork chops, mushrooms, heavy cream, broth, garlic, thyme. **Preparation:** Sear the chops, remove. Make the sauce with mushrooms, cream, and broth. Return chops and simmer.

11. Keto Beef and Broccoli Stir-fry



Description: A classic dish made keto-friendly. **Ingredients:** Beef strips, broccoli, soy sauce (or tamari), ginger, garlic, sesame oil. **Preparation:** Stir-fry the beef, add broccoli and sauce mixture.

12. Keto Chicken Caesar Salad



Description: Caesar salad without croutons and with a low-carb dressing.

Ingredients: Chicken breast, romaine lettuce, parmesan cheese, keto Caesar dressing (mayonnaise, anchovies, lemon). **Preparation:** Combine and serve.

Clean Keto Food List

Prioritize minimally processed and nutrient-dense foods:

Category	Examples
Fats	Olive oil, avocado oil, butter, coconut oil, lard
Proteins	Meat (beef, pork, poultry), fish (salmon, tuna), eggs
Vegetables	Leafy greens, broccoli, cauliflower, Brussels sprouts, zucchini, cucumbers, bell peppers
Dairy	Full-fat cheeses, heavy cream, full-fat cottage cheese (in moderation)
Nuts and Seeds	Almonds, walnuts, macadamia nuts, chia seeds, flax seeds
Fruit (in moderation)	Berries (strawberries, blueberries, raspberries)
Beverages	Water, unsweetened coffee, herbal teas
Condiments	Salt, pepper, herbs, mustard, apple cider vinegar

Frequently Asked Questions (FAQ)

What is the keto diet? The keto diet is a high-fat, low-carb eating plan that shifts your body into a state of “ketosis.” In ketosis, the body uses fat as its primary fuel source instead of carbohydrates. A typical calorie distribution is 70-75% fat, 15-20% protein, and only 5-10% carbohydrates.

How many carbs can I eat on the keto diet? The amount varies, but the usual range is 20-50 grams of net carbs per day.

Can I eat fruit on the keto diet? Yes, but you must choose low-carb fruits, such as berries (strawberries, raspberries, blueberries), and consume them in moderation.

Can I drink alcohol on the keto diet? Alcohol is generally not recommended, but if you choose to drink, select clear spirits (vodka, gin) or dry wine, which are low in carbohydrates, and drink in moderation.

Important Notice: Always consult your doctor or a registered dietitian before making a drastic change to your diet, especially if you have any health concerns.