

Keto Lacto-Veg. Mealplan

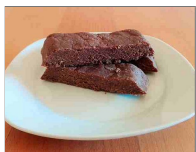
Week 1

Shopping List:

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Cream cheese 110g | <input type="checkbox"/> Tomatoes 150g | <input type="checkbox"/> Cabbage 70g | <input type="checkbox"/> Broccoli 75g |
| <input type="checkbox"/> Paneer 320g | <input type="checkbox"/> Cucumber 135g | <input type="checkbox"/> Mushrooms 140g | <input type="checkbox"/> Sunflower seeds 35g |
| <input type="checkbox"/> Tofu 150g | <input type="checkbox"/> Lettuce/spinach 360g | <input type="checkbox"/> Spinach frozen 25g | <input type="checkbox"/> Peanuts 10g |

Day 1

Breakfast



Protein bars (x2) + Tea w/ 2 tbsp heavy cream
Preptime: 10min, netcarbs: 8.5g
[Recipe](#).

Lunch



Bhindi masala + Roti (x2)
Preptime: 45min, netcarbs: 5g
Recipes: [Bhindi](#), [Roti](#).
Tip: Store flax dough in the fridge.

Dinner



Sauteed Paneer Salad
Preptime: 20min, netcarbs: 7.9g
[Recipe](#).
Tip: Make an extra serving for day 2.

Energy: 1620kcal, Netcarbs: 25.9g, Protein: 70.5g, Fiber: 36.9g, Fat: 134g

Day 2

Breakfast



Egg-free Hash Browns + Tea w/ heavy cream
Preptime: 15min, netcarbs: 7.1g
[Recipe](#).

Lunch



Sauteed Paneer Salad
Preptime: 5min, netcarbs: 7.9g
[Recipe](#).
Tip: Bake bread for day 3 breakfast.

Dinner



Creamy Mushroom curry + One roti
Preptime: 20min, netcarbs: 7g
Recipes: [Curry](#), [Roti](#).
Tip: Add protein powder to the curry.

Energy: 1714kcal, Netcarbs: 21.9g, Protein: 73.9g, Fiber: 21.4g, Fat: 150g

Day 3

Breakfast



Bread bun (x2) w/ 2tbsp butter + Tea w/ heavy cream
Preptime: 5min, netcarbs: 5.8g
[Recipe](#).
Tip: Freeze leftover bread buns.

Lunch



Paneer Makhani + Roti
Preptime: 40min, netcarbs: 8.8g
Recipes: [Paneer](#), [Roti](#).

Dinner



Thai Curry
Preptime: 20min, netcarbs: 9g
[Recipe](#).
Tip: Can replace tofu with paneer.

Energy: 1555kcal, Netcarbs: 25g, Protein: 67.5g, Fiber: 29.3g, Fat: 140g

Note: The shopping list above excludes some basic keto ingredients (listed below) that you must always have.

Keto Basics: Butter, ghee, coconut oil, heavy cream, flax seeds, psyllium husk (isabgol), almond flour, cacao powder, protein powder, [cauliflower rice](#) (frozen).