



7-Day Keto Meal Plan

Day 1

Breakfast:

Scrambled eggs with avocado and spinach cooked in olive oil

Lunch:

Grilled chicken salad with olive oil dressing

Dinner:

Baked salmon with steamed broccoli and butter

Snack:

Handful of almonds



7-Day Keto Meal Plan

Day 2

Breakfast:

Keto chia pudding with coconut milk and berries

Lunch:

Turkey lettuce wraps with cheese and mustard

Dinner:

Zucchini noodles with creamy garlic shrimp

Snack:

Boiled eggs



7-Day Keto Meal Plan

Day 3

Breakfast:

Keto pancakes with butter and sugar-free syrup

Lunch:

Cobb salad with turkey, bacon, avocado, and blue cheese

Dinner:

Bunless burger with cheese, lettuce, tomato, and pickles

Snack:

Celery sticks with peanut butter



7-Day Keto Meal Plan

Day 4

Breakfast:

Omelet with mushrooms, cheese, and onions

Lunch:

Tuna salad in avocado boats

Dinner:

Grilled steak with cauliflower mash

Snack:

Cheese slices



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Day 5

Breakfast:

Greek yogurt with chia seeds and a few raspberries

Lunch:

Chicken Caesar salad (no croutons)

Dinner:

Pork chops with sautéed green beans

Snack:

Hard-boiled eggs



7-Day Keto Meal Plan

Day 6

Breakfast:

Keto smoothie with spinach, coconut milk, and almond butter

Lunch:

Egg salad lettuce wraps

Dinner:

Roasted chicken thighs with asparagus

Snack:

Walnuts



7-Day Keto Meal Plan

Day 7

Breakfast:

Bacon and eggs with grilled tomatoes

Lunch:

Leftover roasted chicken with avocado slices

Dinner:

Cauliflower crust pizza with cheese and veggies

Snack:

Cucumber slices with cream cheese