

30 DAY

From satisfying breakfasts to tasty options to keep you feeling energized and on track with your keto lifestyle. Whether you're new to keto or looking for fresh inspiration, this challenge is your opportunity to embrace the benefits of low-carb, high-fat eating and experience the transformative power of the ketogenic diet. Let's dive in and make this journey to ketosis both enjoyable and rewarding!

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KETO CHALLENGE



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<p>DAY 1</p> <p>SCRAMBLED EGGS COOKED IN BUTTER WITH AVOCADO SLICES.</p>	<p>DAY 2</p> <p>GRILLED CHICKEN SALAD WITH MIXED GREENS, CHERRY TOMATOES, AND RANCH DRESSING.</p>	<p>DAY 3</p> <p>BAKED SALMON WITH ROASTED BROCCOLI DRIZZLED WITH OLIVE OIL.</p>	<p>DAY 4</p> <p>CELERY STICKS WITH CREAM CHEESE.</p>	<p>DAY 5</p> <p>BEEF STIR-FRY WITH BELL PEPPERS AND BROCCOLI COOKED IN COCONUT OIL.</p>
<p>DAY 6</p> <p>KETO SMOOTHIE MADE WITH ALMOND MILK, SPINACH, AND PROTEIN POWDER.</p>	<p>DAY 7</p> <p>EGG SALAD WRAPPED IN LETTUCE LEAVES.</p>	<p>DAY 8</p> <p>CAULIFLOWER CRUST PIZZA WITH PEPPERONI, MUSHROOMS, AND MOZZARELLA CHEESE.</p>	<p>DAY 9</p> <p>KETO PANCAKES MADE WITH ALMOND FLOUR AND TOPPED WITH SUGAR-FREE SYRUP.</p>	<p>DAY 10</p> <p>SNACK - CHEESE SLICES WITH CUCUMBER SLICES.</p>
<p>DAY 11</p> <p>TUNA SALAD WITH MAYO, DICED PICKLES, AND LETTUCE WRAPS.</p>	<p>DAY 12</p> <p>SNACK - ALMONDS AND RASPBERRIES.</p>	<p>DAY 13</p> <p>SNACK - PORK RINDS WITH GUACAMOLE</p>	<p>DAY 14</p> <p>ZUCCHINI NOODLES WITH PESTO SAUCE AND GRILLED SHRIMP</p>	<p>DAY 15</p> <p>GRILLED STEAK WITH ASPARAGUS AND A SIDE SALAD WITH OLIVE OIL AND VINEGAR DRESSING</p>
<p>DAY 16</p> <p>GREEK YOGURT WITH CHIA SEEDS AND UNSWEETENED COCONUT FLAKES.</p>	<p>DAY 17</p> <p>BAKED CHICKEN THIGHS WITH ROASTED BRUSSELS SPROUTS.</p>	<p>DAY 18</p> <p>FLAXSEED PORRIDGE WITH ALMOND MILK AND SLICED STRAWBERRIES.</p>	<p>DAY 19</p> <p>GROUND BEEF TACOS IN LETTUCE WRAPS WITH CHEESE, SALSA, AND AVOCADO.</p>	<p>DAY 20</p> <p>KETO MUFFINS MADE WITH ALMOND FLOUR AND TOPPED WITH BUTTER.</p>
<p>DAY 21</p> <p>KETO-FRIENDLY LASAGNA MADE WITH ZUCCHINI NOODLES, GROUND BEEF, AND RICOTTA CHEESE.</p>	<p>DAY 22</p> <p>CREAMY CHICKEN ALFREDO WITH ZUCCHINI NOODLES.</p>	<p>DAY 23</p> <p>SCRAMBLED EGGS COOKED IN COCONUT OIL WITH SPINACH AND FETA CHEESE.</p>	<p>DAY 24</p> <p>STUFFED BELL PEPPERS WITH GROUND TURKEY, CAULIFLOWER RICE, AND TOMATO SAUCE.</p>	<p>DAY 25</p> <p>CHICKEN CURRY WITH CAULIFLOWER RICE.</p>
<p>DAY 26</p> <p>GRILLED SALMON WITH STEAMED BROCCOLI AND A SIDE SALAD WITH</p>	<p>DAY 27</p> <p>KETO-FRIENDLY SMOOTHIE WITH SPINACH, MANGO, AND</p>	<p>DAY 28</p> <p>BAKED PORK CHOPS WITH ROASTED CAULIFLOWER AND</p>	<p>DAY 29</p> <p>SHRIMP SALAD WITH MIXED GREENS, CHERRY TOMATOES, AND</p>	<p>DAY 30</p> <p>KETO OMELET WITH MUSHROOMS, BELL PEPPERS, AND CHEDDAR</p>