

KETO-7 DAY MEAL PLAN

- ✓ with net carbs
- ✓ full shopping list
- ✓ easy recipes
- ✓ perfect for keto beginners



Cheesy ground beef and broccoli: (4 g net carbs)

- 6 oz ground beef
- 1 tbsp oil
- 1 cup broccoli
- 1 garlic clove minced
- 1/4 cup shredded cheddar cheese

Instructions:

1. On a frying pan, cook the ground beef in 1 tbsp oil until browned. Season with salt & pepper.
2. Add in 1 minced garlic clove and cook for 2 minutes.
3. Add in broccoli and cook for 5-10 minutes until broccoli is tender.

7-Day Easy Keto Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS	DAILY TOTAL:
MONDAY	2 eggs cooked in 1 tbsp butter, 2 slices of bacon	ham pinwheels*	6 oz salmon fried in 1 tbsp butter or oil + 1 cup of steamed broccoli	2 oz almonds (6 g net carbs) keto vanilla shake* (3 g net carbs)	= 17 G NET CARBS
	1 G NET CARBS	3 G NET CARBS	4 G NET CARBS	9 G NET CARBS	
TUESDAY	keto avocado toast *	bell pepper & cheese egg cups*	bacon wrapped chicken breast & green beans*	fat bombs* (4 g net carbs) 1 oz peanuts (4 g net carbs)	= 19 G NET CARBS
	2 G NET CARBS	4 G NET CARBS	5 G NET CARBS	8 G NET CARBS	
WEDNESDAY	keto granola*	keto mayo chicken*	cheesy ground beef and broccoli*	1 oz macadamia nuts(5 g net carbs) keto chocolate mug cake* (4 g net carbs)	= 20 G NET CARBS
	3 G NET CARBS	4 G NET CARBS	4 G NET CARBS	9 G NET CARBS	
THURSDAY	keto berry smoothie*	ham pinwheels*	6 oz steak 2 large eggs cooked in 1 tbsp butter	2 oz almonds (6 g net carbs) keto vanilla shake*	= 19 G NET CARBS

7 Day Keto Meal Plan Shopping List

Protein

- 12 eggs
- 6 slices of bacon
- 6 slices of thick cut ham
- 4 chicken breasts
- 2 salmon fillets
- 1 steak
- 12 oz ground beef

Dairy & Dairy substitutes

- butter

Vegetables

- 1 avocado
- 1 lemon or lime
- 2 green bell peppers
- 5 cups broccoli
- 2 cups green beans
- 2 cloves of garlic

Pantry & Other

- 1 loaf keto bread
- mayo