

Keto Diet Plan

|| 7 Days Plan || Veg & Non-Veg ||

Day 1



Mushroom Tikka

Day 2



**Wheat Paneer
Roll**

Day 3



Keto Oat Meal

Day 4



Paneer Tikka

Day 5



Keto Poha

Day 6



Bulletproof Coffee

Day 7



Keto Upma