

# 7-DAY KETO DIET MENU TO LOSE 10 LBS IN 1 WEEK



KETODIETRULE.COM

## DAY 1

**Breakfast:** Bacon & Egg Cup with Avocado

**Snack:** Plain Greek Yogurt + Nuts

**Lunch:** Pesto Chicken

**Dinner:** Baked Salmon



## DAY 2

**Breakfast:** Coconut Cereal

**Snack:** Green Smoothie

**Lunch:** Keto Tortilla Soup

**Dinner:** Baked Chicken with Herbs



## DAY 3

**Breakfast:** Keto Bread with Butter

**Snack:** Chili Pepper Cauliflower Bites

**Lunch:** Chorizo Casserole with Broccoli Cheese Soup

**Dinner:** Chicken Marsala w/ Cauliflower



## DAY 4

**Breakfast:** Keto Breakfast Sausage Sandwich

**Snack:** Iced Bullet Proof Coffee

**Lunch:** Eggs Salad

**Dinner:** Beef Stroganoff



## DAY 5

**Breakfast:** Eggs in an Avocado Basket

**Snack:** Keto Fat Bombs

**Lunch:** Stuffed Chicken Avocado Salad

**Dinner:** Seared Scallops with Cheese Sauce



GET THE FULL-MENU : [KETODIETRULE.COM](http://KETODIETRULE.COM)