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



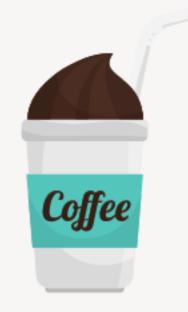
DAY 4

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