

7 DAY KETOGENIC diet meal plan

MONDAY



BREAKFAST:

- 3 egg omelet with butter and cheese
- Coffee with cream
- Small yogurt with cinnamon and erythritol

DINNER:

- Grilled chicken & cauliflower or broccoli with cheese and garlic

LUNCH:

- Tuna fish salad

TUESDAY



BREAKFAST:

- 3 egg omelet with butter and cheese
- Small yogurt with cinnamon and erythritol
- Coffee with cream

DINNER:

- Pork steak & baked zucchini with parmesan

LUNCH:

- Chicken salad with cheese and olive oil

WEDNESDAY



BREAKFAST:

- 3 egg omelet with butter and cheese
- Coffee with cream

DINNER:

- Chicken meatballs fried in coconut oil

LUNCH:

- Grilled fish & baked zucchini with parmesan

THURSDAY



BREAKFAST:

- Yogurt, berries and nuts
- Coffee with cream

DINNER:

- Grilled chicken & cauliflower or broccoli with cheese and garlic

LUNCH:

- Chicken meatballs fried in coconut oil

FRIDAY



BREAKFAST:

- Bacon and Eggs with Avocado
- Coffee with cream

DINNER:

- Baked salmon & asparagus with parmesan

LUNCH:

- Baked chicken leg and tight & cabbage salad

SATURDAY



BREAKFAST:

- Coconut flakes, yogurt and fruit
- Coffee with cream

DINNER:

- Chicken leg and thigh & spinach in butter and lemon juice

LUNCH:

- Broccoli cream soup

SUNDAY



BREAKFAST:

- 3 egg omelet with butter and cheese
- Small yogurt with cinnamon and erythritol
- Coffee with cream

DINNER:

- Grilled chicken & cauliflower or broccoli with cheese and garlic

LUNCH:

- Avocado with tuna

SNACKS: Nuts, seeds, berries, sugar free chocolate, avocado slices, zucchini chips, plain yogurt, pork rinds, peanut butter, ham&cheese roll, string cheese. Limit these to small servings.

ALSO: Stay extra hydrated, drinking at least 1,5 L of water per day or more if you are active.