

Meal Plan

MONDAY

- Breakfast: Keto avocado and egg bowl with bacon
- Snack: Mixed nuts
- Lunch: Keto turkey lettuce wraps with avocado and cucumber
- Snack: Celery sticks with almond butter
- Dinner: Keto baked salmon with roasted asparagus

TUESDAY

- Breakfast: Keto spinach and feta omelet with a side of bacon
- Snack: Keto fat bomb
- Lunch: Keto chicken Caesar salad with parmesan cheese and Caesar dressing
- Snack: Keto smoothie with almond milk, spinach, and berries
- Dinner: Keto grilled steak with roasted Brussels sprouts

WEDNESDAY

- Breakfast: Keto cauliflower and bacon hash with avocado
- Snack: Keto beef jerky
- Lunch: Keto tuna salad with avocado and cucumber
- Snack: Keto fat bomb
- Dinner: Keto baked chicken thighs with roasted broccoli

THURSDAY

- Breakfast: Keto chia seed pudding with coconut milk and berries
- Snack: Keto fat bomb
- Lunch: Keto Cobb salad with avocado and ranch dressing
- Snack: Keto smoothie with almond milk, spinach, and avocado
- Dinner: Keto beef and broccoli stir-fry with cauliflower rice

FRIDAY

- Breakfast: Keto almond flour pancakes with sugar-free syrup and a side of bacon
- Snack: Keto beef jerky
- Lunch: Keto shrimp and avocado salad with lemon vinaigrette
- Snack: Keto fat bomb
- Dinner: Keto grilled pork chops with roasted zucchini



Meal Plan

MONDAY

- Breakfast: Keto breakfast burrito with scrambled eggs, avocado, and salsa wrapped in a low-carb tortilla
- Snack: Keto smoothie with coconut milk, spinach, and almond butter
- Lunch: Keto salmon and avocado salad with lemon vinaigrette
- Snack: Keto fat bomb
- Dinner: Keto cauliflower crust pizza with pepperoni and veggies

TUESDAY

- Breakfast: Keto omelet with mushrooms, spinach, and cheese
- Snack: Keto fat bomb
- Lunch: Keto chicken salad with avocado and mixed greens
- Snack: Raw veggies with keto-friendly dip
- Dinner: Keto stuffed bell peppers with ground beef and cauliflower rice

WEDNESDAY

- Breakfast: Keto smoothie with coconut milk, raspberries, and almond butter
- Snack: Hard-boiled egg
- Lunch: Keto tuna and avocado salad with mixed greens and lemon vinaigrette
- Snack: Keto fat bomb
- Dinner: Keto baked salmon with roasted broccoli

THURSDAY

- Breakfast: Keto egg muffins with bacon and cheese
- Snack: Mixed nuts
- Lunch: Keto beef and broccoli stir-fry with cauliflower rice
- Snack: Keto fat bomb
- Dinner: Keto grilled chicken with sautéed mushrooms and zucchini

FRIDAY

- Breakfast: Keto almond flour waffles with sugar-free syrup and a side of bacon
- Snack: Keto smoothie with almond milk, spinach, and avocado
- Lunch: Keto chicken Caesar salad with parmesan cheese and Caesar dressing
- Snack: Keto fat bomb
- Dinner: Keto grilled steak with roasted Brussels sprouts

