

Keto Meal Plan

Low carb, high-fat recipes to help you burn fat and stay on track with keto.



DAY 1



BREAKFAST
KETO BUTTER COFFEE SHAKE

75% FAT | 20% PROTEIN | 5% CARBS
200 CALORIES



LUNCH
TACO BOWL

70% FAT | 22% PROTEIN | 10% CARBS
517 CALORIES



DINNER
GRILLED SALMON

72% FAT | 18% PROTEIN | 10% CARBS
595 CALORIES



SNACK
QUICK ITALIAN EATS

71% FAT | 22% PROTEIN | 7% CARBS
300 CALORIES

DAY 2



BREAKFAST
MUSHROOM OMELET

71% FAT | 22% PROTEIN | 7% CARBS
540 CALORIES



LUNCH
ITALIAN SAUSAGE

71% FAT | 19% PROTEIN | 10% CARBS
606 CALORIES



DINNER
SIRLOIN WITH CAULIFLOWER MASHED POTATOES

71% FAT | 22% PROTEIN | 7% CARBS
699 CALORIES



SNACK
CAPRESE SALAD

74% FAT | 19% PROTEIN | 7% CARBS
190 CALORIES

DAY 3



BREAKFAST
EGGS AND FRUIT

69% FAT | 21% PROTEIN | 10% CARBS
555 CALORIES



LUNCH
CHICKEN SALAD

64% FAT | 26% PROTEIN | 10% CARBS
606 CALORIES



DINNER
SHRIMP AND VEGETABLES

71% FAT | 18% PROTEIN | 11% CARBS
764 CALORIES



SNACK
WHITE CHOCOLATE COCONUT SHAKE

72% FAT | 19% PROTEIN | 9% CARBS
297 CALORIES

DAY 4



BREAKFAST
WALNUT STRAWBERRY YOGURT AND COFFEE

78% FAT | 13% PROTEIN | 9% CARBS
515 CALORIES



LUNCH
SALMON AND KALE

73% FAT | 17% PROTEIN | 10% CARBS
595 CALORIES



DINNER
PORK SHOULDER AND SALAD

72% FAT | 20% PROTEIN | 8% CARBS
799 CALORIES



SNACK
KETO POWDER SMOOTHIE

73% FAT | 17% PROTEIN | 10% CARBS
270 CALORIES

DAY 5



BREAKFAST
ASPARAGUS, EGGS, AND BACON

72% FAT | 20% PROTEIN | 8% CARBS
529 CALORIES



LUNCH
HAM ROLL-UP

72% FAT | 17% PROTEIN | 11% CARBS
545 CALORIES



DINNER
SPINACH-TOPPED STEAK

69% FAT | 19% PROTEIN | 12% CARBS
780 CALORIES



SNACK
KETO-TOAST STICKS

77% FAT | 13% PROTEIN | 10% CARBS
280 CALORIES

100 calories plus up: 1oz brie cheese and 1 medium egg fried in ½ Tbsp butter, and 1 slice bacon **200 calories plus up:** 25 pistachios + 1oz gouda and 1 serving ZonePerfect Keto shake + large mug of strong coffee, and 1 cup cauliflower sauteed in 1 Tbsp oil and topped with 2Tbsp whole milk mozzarella **300 calories plus up:** 3oz broiled salmon topped with 1 Tbsp olive oil and spices and ¼ cup deluxe mixed nuts + 5 slices deli salami