

7 DAY

Keto Meal

Plan PDF




7 DAY KETO MEAL PLAN

Monday



BREAKFAST

Raspberry Chia Pudding with Toasted Almonds

	Prep	Cook	Total
	15m	5m	20m

Ingredients

- 1 (13.66-oz) can light coconut milk
- 1/3 cup chia seeds
- 1 Tbsp lemon juice
- 1½ tsp vanilla extract
- 1/8 tsp salt
- Stevia
- ½ cup sliced almonds
- 2 cups raspberries

Instructions

Combine coconut milk, chia seeds, lemon juice, vanilla, salt, and desired amount of stevia. Chill overnight.

Toast nuts in a dry skillet over medium heat 2 to 3 minutes until golden and fragrant.

Divide pudding among 4 bowls; top with raspberries and nuts through mixture to form large curds. Cook just until thickened. Sprinkle with cheese. Top with green onion.

Servings	4
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Calories	219
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Fat (g)	15
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Sat. Fat (g)	3
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Protein (g)	7
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Carb (g)	19
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Fiber (g)	14
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Sodium (mg)	155
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Tuesday



BREAKFAST

Quick Breakfast Flat-Iron Steak

	Prep	Cook	Total
	20m	10m	30m

Ingredients

- 1 lb flat iron steak
- 2 tsp fresh thyme
- 1 tsp garlic salt
- ¼ tsp pepper
- 2 Tbsp olive oil

Instructions

Sprinkle steak with thyme, garlic salt, and pepper. Cook steak in hot oil in a large nonstick skillet over medium-high heat 4 to 6 minutes per side or to desired doneness.

Remove from heat, and let stand 10 minutes. Thinly slice steak across the grain. Serve with Tomato-Basil Toss recipe.

Servings	4
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Calories	219
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Fat (g)	15
----------------	----

Sat. Fat (g)	3
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Protein (g)	7
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Carb (g)	19
-----------------	----

Fiber (g)	14
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Sodium (mg)	155
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7 DAY KETO MEAL PLAN

Wednesday



BREAKFAST

Simple Roasted Salmon with Avocado

	Prep	Cook	Total
	20m	10m	30m

Ingredients

- 1 lb salmon fillet
- 3 Tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- 2 green onions, finely chopped
- 2 Tbsp chopped fresh dill
- 1 lemon, cut into wedges
- 2 avocados, sliced

Instructions

Preheat oven to 400°F. Brush fish with oil; sprinkle with salt and pepper. Place on a baking sheet.

Bake 15 minutes or until fish flakes with a fork. Sprinkle with onions and dill. Serve with lemon wedges and avocado.

Servings 4

Calories 399

Fat (g) 30

Sat. Fat (g) 4

Protein (g) 25

Carb (g) 10

Fiber (g) 7

Sodium (mg) 384

Thursday



BREAKFAST

Tomato-Bacon Frittata with Arugula Salad

	Prep	Cook	Total
	10m	20m	30m

Ingredients

- 8 slices bacon
- 8 large eggs
- ½ tsp salt
- ¼ tsp pepper
- 1 cup grape tomatoes, halved
- 1 (5-oz) pkg arugula
- ¼ cup thinly sliced red onion
- 3 Tbsp extra virgin olive oil
- 2 tsp balsamic vinegar

Instructions

Preheat broiler. Cook bacon in a 10-inch ovenproof skillet over medium-high heat 6 to 8 minutes or until crisp. Drain, reserving 2 Tbsp drippings in skillet. Crumble bacon.

Meanwhile, whisk together eggs, salt, and pepper.

Reduce heat to medium. Add eggs to skillet; stir quickly. Cook, without stirring, 5 minutes or until eggs begin to set. Sprinkle with bacon and tomatoes.

Transfer skillet to oven; broil 3 to 4 minutes or until top is golden and frittata is firm.

Combine arugula, onion, oil, and vinegar in a bowl. Serve with frittata.

Servings 4

Calories 551

Fat (g) 49

Sat. Fat (g) 15

Protein (g) 21

Carb (g) 7

Fiber (g) 1

Sodium (mg) 831


7 DAY KETO MEAL PLAN

Friday



BREAKFAST

Sausage-and-Cheddar Breakfast Burritos

	Prep	Cook	Total
	10m	10m	20m

Ingredients

- ½ lb ground Italian sausage
- 4 large eggs, lightly beaten
- 4 (0.67-oz) slices Cheddar cheese
- 4 soft taco size low carb tortillas
- 1 tomato, chopped
- 2 Tbsp chopped green onion

Instructions

Cook sausage in a large nonstick skillet over medium heat 6 minutes or until browned and crumbly. Drain on a paper towel-lined plate, reserving 2 Tbsp drippings in skillet.

Add eggs to hot drippings; cook over medium heat 2 minutes, without stirring, until eggs begin to set on bottom.

Draw a spatula through mixture to form large curds. Cook just until thickened.

Place 1 slice cheese in center of each tortilla. Top with sausage, egg, tomato, and onion.

Fold bottom of each tortilla over filling; fold in sides, and roll up. Cut in half to serve.


Servings	4
Calories	416
Fat (g)	32
Sat. Fat (g)	12
Protein (g)	26
Carb (g)	12
Fiber (g)	7
Sodium (mg)	465

Saturday



BREAKFAST

Egg Salad Wraps with Bacon

	Prep	Cook	Total
	20m	10m	30m

Ingredients

- 6 large eggs
- 8 slices bacon
- ¼ cup mayonnaise
- 1 Tbsp lemon juice
- 1 tomato, chopped
- 1 avocado, chopped
- 1 green onion, chopped
- ¼ tsp salt
- ¼ tsp pepper
- 4 large romaine lettuce leaves

Instructions

Place eggs in a single layer in a stainless steel saucepan. Add water to cover; bring to a rolling boil. Remove from heat; let stand, covered, 15 minutes.

Drain; run cold water over eggs. Peel and coarsely chop eggs.

Meanwhile, cook bacon in a large nonstick skillet over medium heat 6 minutes or until crisp. Crumble.

Combine mayonnaise and lemon juice in a large bowl. Add eggs, bacon, tomato, avocado, onion, salt, and pepper; mix gently.

Spoon egg salad on lettuce leaves.

Servings	4
Calories	528
Fat (g)	47
Sat. Fat (g)	12
Protein (g)	18
Carb (g)	10
Fiber (g)	5
Sodium (mg)	565

7 DAY KETO MEAL PLAN

Sunday



BREAKFAST

Italian Sausage Scramble



Prep	Cook	Total
10m	10m	30m

Ingredients

- 8 large eggs
- ¼ tsp salt
- ¼ tsp pepper
- ½ lb ground Italian sausage
- ½ cup finely chopped onion
- 1 red bell pepper, chopped
- 1 clove garlic, minced
- 4 (0.67-oz) slices Cheddar cheese, torn into small pieces
- 2 Tbsp chopped green onion

Instructions

Whisk together eggs, salt, and pepper in a bowl; set aside. Cook sausage, onion, and bell pepper in a large nonstick skillet over medium heat 10 minutes or until browned and crumbly.

Add garlic to skillet; cook 30 seconds. Add beaten eggs; cook 2 minutes, without stirring, until mixture begins to set on bottom. Draw a spatula through mixture to form large curds. Cook just until thickened. Sprinkle with cheese. Top with green onion.

Servings	6
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Calories	496
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Fat (g)	30
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Sat. Fat (g)	10
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Protein (g)	44
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Carb (g)	9
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Fiber (g)	3
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Sodium (mg)	408
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Bonus Dessert



BREAKFAST

Lemony Ricotta and Strawberry Toasts



Prep	Cook	Total
20m	0m	20m

Ingredients

- 2½ cups sliced strawberries
- 2 Tbsp honey
- 1 cup ricotta cheese
- 1 Tbsp lemon zest
- 8 (1-oz) slices whole grain bread, toasted

Instructions

Toss together strawberries and honey in a bowl; let stand 10 minutes.

Meanwhile, whisk together ricotta and lemon zest. Spread ricotta mixture on one side of each bread slice; top with strawberries.

Servings	4
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Calories	275
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Fat (g)	9
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Sat. Fat (g)	5
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Protein (g)	11
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Carb (g)	42
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Fiber (g)	11
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Sodium (mg)	187
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7 DAY KETO MEAL PLAN

Monday



LUNCH

Buttery Oregano Chicken



Prep	Cook	Total
15m	20m	35m

Ingredients

- ½ lb boneless, skinless chicken breasts
- ½ tsp dried oregano
- 1/8 tsp salt
- 1/8 tsp pepper
- 1 tsp olive oil
- 1 Tbsp light butter with canola oil
- ½ tsp Dijon mustard

Instructions

Cut chicken in half lengthwise and pound to ½-inch-thickness in a zip-top plastic bag using the heel of your hand or a meat mallet. Sprinkle with oregano, salt, and pepper.

Cook chicken in hot oil in a nonstick skillet over medium-high heat 5 minutes per side or until done. Remove from skillet; keep warm.

Add butter and mustard to skillet, stirring until butter melts. Drizzle sauce over chicken.

Servings	2
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Calories	183
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Fat (g)	8
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Sat. Fat (g)	2
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Protein (g)	26
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Carb (g)	0
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Fiber (g)	0
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Sodium (mg)	272
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Tuesday



LUNCH

Beef Burrito Salad Bowls



Prep	Cook	Total
15m	15m	30m

Ingredients

- ¾ lb lean ground beef
- ½ (8-oz) pkg chopped onion
- ½ (1-oz) envelope fajita seasoning
- 2 Tbsp water
- ½ cup refrigerated salsa
- 1 (8.8-oz) pouch microwavable brown rice
- ½ (15-oz) can pinto beans, rinsed and drained
- ½ (8-oz) pkg shredded iceberg lettuce
- ¼ cup shredded Mexican blend cheese
- 1 cup tortilla chips, coarsely crushed

Instructions

Sprinkle steak with thyme, garlic salt, and pepper. Cook steak in hot oil in a large nonstick skillet over medium-high heat 4 to 6 minutes per side or to desired doneness.

Remove from heat, and let stand 10 minutes. Thinly slice steak across the grain. Serve with Tomato-Basil Toss recipe.

Servings	3
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Calories	469
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Fat (g)	14
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Sat. Fat (g)	5
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Protein (g)	34
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Carb (g)	51
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Fiber (g)	8
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Sodium (mg)	770
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7 DAY KETO MEAL PLAN

Wednesday



LUNCH

Asian Ground Beef Cabbage Wraps

	Prep	Cook	Total
	20m	10m	30m

Ingredients

- 1 lb ground beef
- ½ cup shredded carrots
- ½ Tbsp minced garlic
- 1 Tbsp low sodium soy sauce
- 1 Tbsp chili garlic sauce
- ¼ cup thinly sliced fresh basil
- 6 savoy cabbage leaves
- 2 Tbsp dry roasted, salted peanuts

Instructions

Cook beef in a large skillet over medium heat until browned and crumbly; drain and return to skillet.

Stir in carrots and garlic; cook, stirring often, 2 minutes. Stir in soy sauce and chili garlic sauce; cook 3 minutes. Stir in basil. Serve in cabbage leaves; sprinkle with nuts. Serve with additional chili garlic sauce, if desired.

Servings	6
Calories	496
Fat (g)	30
Sat. Fat (g)	10
Protein (g)	44
Carb (g)	9
Fiber (g)	3
Sodium (mg)	408

Thursday



LUNCH

Easy Chicken and Rice Quesadillas

	Prep	Cook	Total
	10m	15m	25m

Ingredients

- ½ (22-oz) pkg frozen oven roasted diced chicken breasts, thawed
- ½ (8.5-oz) pouch microwavable Mexican style rice and street corn
- 1 cup shredded Colby Jack cheese
- 1 tsp chili powder
- 3 burrito size flour tortillas
- 2 Tbsp olive oil, divided
- ½ cup refrigerated salsa

Instructions

Heat chicken and rice according to package directions. Stir together chicken, rice, cheese, and chili powder in a large bowl. Spread over one side of each tortilla. Fold tortillas in half over filling.

Cook quesadillas, in batches, in 1 Tbsp hot oil per batch in a large nonstick skillet over medium heat 3 to 4 minutes per side or until tortillas are lightly browned and cheese is melted. Cut into wedges, and serve with salsa

Servings	4
Calories	219
Fat (g)	15
Sat. Fat (g)	3
Protein (g)	7
Carb (g)	19
Fiber (g)	14
Sodium (mg)	155

7 DAY KETO MEAL PLAN

Friday



LUNCH

Salmon Sushi Bowls

	Prep	Cook	Total
	20m	20m	40m

Ingredients

- 1¼ lb salmon fillets
- ¼ tsp kosher salt
- 2 Tbsp sesame oil, divided
- 2 cloves garlic, minced
- 1 (12-oz) pkg frozen riced cauliflower
- ½ cup chopped green onions
- 2 avocados, chopped
- 6 Tbsp low-sodium soy sauce

Instructions

Sprinkle fish with salt; cook in 1 Tbsp hot oil in a large skillet over medium-high heat 5 minutes per side. Remove fish from skillet; keep warm.

Heat 1 Tbsp oil in skillet. Add garlic and cauliflower. Cook 5 to 6 minutes, stirring occasionally, or until cauliflower is thawed. Add onions; cook 1 minute or until thoroughly heated.

Chop or flake fish using two forks.

Divide cauliflower among 4 bowls. Top with fish and avocado. Drizzle soy sauce over each serving.

Servings	4
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Calories	498
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Fat (g)	32
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Sat. Fat (g)	5
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Protein (g)	38
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Carb (g)	14
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Fiber (g)	9
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Sodium (mg)	1278
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Saturday



LUNCH

King Ranch Chicken Casserole

	Prep	Cook	Total
	10m	8hrs	10m8h

Ingredients

- 1 cup crushed tortilla chips, divided
- 1 lb boneless, skinless chicken breasts, chopped
- ½ (14.5-oz) can diced tomatoes with green chiles, drained
- 1 (10.5-oz) can cream of chicken soup
- ½ cup chopped onion
- 1½ tsp ground cumin
- 1 cup shredded Cheddar cheese, divided

Instructions

Sprinkle ½ cup tortilla chips in a lightly greased 3- to 4-quart slow cooker. Top with chicken.

Stir together tomatoes, soup, onion, cumin, and ½ cup cheese. Pour over chicken; sprinkle with ½ cup chips and ½ cup cheese. Cover and cook on LOW 8 hours.

Servings	3
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Calories	511
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Fat (g)	22
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Sat. Fat (g)	9
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Protein (g)	47
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Carb (g)	29
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Fiber (g)	3
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Sodium (mg)	1014
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7 DAY KETO MEAL PLAN

Sunday



LUNCH

Shrimp Totadotes

	Prep	Cook	Total
	10m	15m	25m

Ingredients

- ¾ lb peeled and deveined, large raw shrimp
- 1 tsp salt free Southwest seasoning
- 2 tsp olive oil
- 2 (0.63-oz) corn tostada shells
- ¼ cup guacamole
- 2 Tbsp sliced radishes
- 2 Tbsp crumbled cotija cheese
- 3 Tbsp fresh salsa

Instructions

Preheat oven to 400°F. Toss shrimp with seasoning. Cook shrimp in hot oil in a large skillet over medium-high heat 2 to 3 minutes or until shrimp turn pink.

Meanwhile, place tostada shells on a baking sheet. Bake 5 to 6 minutes or until toasted.

Spread guacamole on shells; top with shrimp, radishes, cheese, and salsa.

Servings	2
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Calories	346
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Fat (g)	17
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Sat. Fat (g)	5
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Protein (g)	27
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Carb (g)	20
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Fiber (g)	4
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Sodium (mg)	677
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Bonus Dessert



LUNCH

Strawberry Cheesecake Shakes

	Prep	Cook	Total
	15m	0m	15m

Ingredients

- 4 (6-oz) cartons low-fat strawberry cheesecake yogurt
- 4 cups strawberries, frozen
- ½ to ¾ cup unsweetened vanilla almond milk
- 1 tsp vanilla extract
- ¼ cup sliced strawberries

Instructions

Process yogurt, frozen strawberries, ½ cup almond milk, and vanilla in a blender until smooth. Add more almond milk to reach desired consistency.

Pour smoothies into glasses. Garnish with additional sliced strawberries.

Servings	4
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Calories	200
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Fat (g)	3
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Sat. Fat (g)	2
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Protein (g)	7
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Carb (g)	38
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Fiber (g)	3
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Sodium (mg)	113
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7 DAY KETO MEAL PLAN

Monday



DINNER

Artichoke and Sun-Dried Tomato Pesto Ravioli



Prep	Cook	Total
10m	15m	25m

Ingredients

- 1 (9-oz) pkg refrigerated four-cheese ravioli
- ½ (14-oz) can quartered artichoke hearts
- 1/3 cup sun-dried tomatoes in oil
- 2 cups baby spinach
- 1/3 cup pesto
- 1/3 cup low-sodium vegetable broth
- 2 Tbsp capers
- ½ tsp Italian seasoning

Instructions

Cook ravioli according to package directions.

Meanwhile, cook artichokes and tomatoes in a large skillet coated with cooking spray over medium-high heat 4 minutes.

Add ravioli, spinach, pesto, broth, capers, and seasoning; cook 3 minutes or until spinach is wilted and sauce is thickened.

Servings	3
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Calories	483
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Fat (g)	27
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Sat. Fat (g)	8
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Protein (g)	18
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Carb (g)	45
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Fiber (g)	4
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Sodium (mg)	477
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Tuesday



DINNER

Caprese Chicken Salad



Prep	Cook	Total
10m	0m	10m

Ingredients

- 1 (6-oz) pkg baby spinach
- 3 cups shredded rotisserie chicken
- 1½ cups grape tomatoes, halved
- 1 (8-oz) pkg fresh mozzarella cheese pearls
- 2/3 cup balsamic vinaigrette

Instructions

Toss spinach with chicken, tomatoes, and cheese. Drizzle with vinaigrette; toss gently.

Servings	3
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Calories	511
-----------------	-----

Fat (g)	22
----------------	----

Sat. Fat (g)	9
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Protein (g)	47
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Carb (g)	29
-----------------	----

Fiber (g)	3
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Sodium (mg)	1014
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7 DAY KETO MEAL PLAN

Wednesday



DINNER

Make-Ahead Philly-Style Beef Lettuce Wraps

	Prep	Cook	Total
	20m	5h10m	5h30m

Ingredients

- ¾ lb boneless chuck roast, trimmed
- ½ tsp garlic salt
- ¼ tsp pepper
- 1 Tbsp olive oil
- 1 bell pepper (any color), sliced
- 1 onion, sliced
- ¾ cup low-sodium beef broth
- 1 Tbsp balsamic vinegar
- 6 romaine lettuce leaves
- 6 thin slices provolone cheese

Instructions

Preheat oven to 400°F. Toss shrimp with seasoning. Cook shrimp in hot oil in a large skillet over medium-high heat 2 to 3 minutes or until shrimp turn pink.

Meanwhile, place tostada shells on a baking sheet. Bake 5 to 6 minutes or until toasted.

Spread guacamole on shells; top with shrimp, radishes, cheese, and salsa.


Servings	3
Calories	381
Fat (g)	26
Sat. Fat (g)	10
Protein (g)	30
Carb (g)	5
Fiber (g)	1
Sodium (mg)	451

Thursday



DINNER

Roasted Red Pepper Meat Loaf

	Prep	Cook	Total
	20m	1h	1h20m

Ingredients

- 1 lb ground beef
- ¼ cup chopped roasted red pepper
- 2 Tbsp diced onion
- 1 Tbsp tomato paste
- 1 Tbsp almond flour
- 1 clove garlic, minced
- 1 large egg, lightly beaten
- ½ tsp paprika
- ½ tsp pepper
- ½ tsp salt

Instructions

Preheat oven to 425°F. Gently mix together all ingredients in a large bowl using your hands. Shape into a freeform loaf on a lightly greased rack in a broiler pan.

Bake 50 minutes to 1 hour or until center is no longer pink. Cover with foil to prevent over browning, if needed.

Servings	3
Calories	394
Fat (g)	29
Sat. Fat (g)	11
Protein (g)	26
Carb (g)	5
Fiber (g)	2
Sodium (mg)	523


7 DAY KETO MEAL PLAN

Friday



DINNER

Cajun Bacon Chicken

	Prep	Cook	Total
	10m	20m	30m

Ingredients

- 3 slices bacon
- ½ lb boneless, skinless chicken thighs, cubed
- ½ tsp Cajun seasoning
- 1 green onion, thinly sliced

Instructions

Cook bacon in a skillet over medium-high heat 6 minutes or until crisp. Remove from skillet, reserving drippings in skillet. Crumble bacon.

Sprinkle chicken with seasoning. Cook in drippings 5 to 6 minutes per side or until done. Sprinkle with bacon and onion. Serve over Dirty "Rice" Pilaf recipe, if desired.

Servings 2

Calories 282

Fat (g) 19

Sat. Fat (g) 6

Protein (g) 25

Carb (g) 1

Fiber (g) 0

Sodium (mg) 385

Saturday



DINNER

Cheeseburger Pie

	Prep	Cook	Total
	15m	35m	50m

Ingredients

- 1 lb ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- ½ tsp kosher salt, divided
- ½ cup almond flour
- ¾ tsp baking powder
- 2 Tbsp butter
- ½ cup heavy cream
- 1 egg, lightly beaten
- 1 cup chopped tomato
- 1 cup shredded Swiss cheese

Instructions

Preheat oven to 400°F. Cook beef, onion, and garlic in a skillet over medium heat, stirring, 6 minutes or until beef is browned and crumbly. Season with ¼ tsp salt. Spread on bottom of a 9-inch pie plate.

Combine flour, baking powder, and ¼ tsp salt in a small bowl; cut in butter. Stir in cream and egg. Pour over beef mixture.

Bake 25 minutes. Top with tomato and cheese.

Bake 5 to 8 minutes longer or until cheese melts and knife inserted in center comes out clean.

Servings 6

Calories 439

Fat (g) 36

Sat. Fat (g) 17

Protein (g) 22

Carb (g) 4

Fiber (g) 2

Sodium (mg) 342

7 DAY KETO MEAL PLAN

Sunday



DINNER

Italian Smothered Chicken



Prep	Cook	Total
10m	20m	30m

Ingredients

- ¾ lb boneless, skinless chicken breasts
- ½ cup Italian dressing
- ¼ tsp garlic salt
- 1 Tbsp olive oil
- ½ cup no-sugar-added pasta sauce
- 1 cup shredded Italian-blend cheese

Instructions

Place chicken in a large zip-top plastic bag; add dressing. Seal bag, and marinate in refrigerator for at least 1 hour or up to overnight. Remove chicken from marinade, discarding marinade; sprinkle chicken with garlic salt.

Cook chicken in hot oil in a large skillet over medium-high heat 3 minutes per side or until browned. Reduce heat to medium. Top chicken with pasta sauce; cook 8 to 10 minutes or until done, turning once. Top chicken with cheese; cover and cook 1 minute or until cheese is melted.

Servings	3
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Calories	396
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Fat (g)	26
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Sat. Fat (g)	8
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Protein (g)	36
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Carb (g)	4
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Fiber (g)	1
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Sodium (mg)	815
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Bonus Dessert



DINNER

Lemon Basil Mousse



Prep	Cook	Total
15m	5m	20m

Ingredients

- 1 (32-oz) carton heavy cream
- 2 (0.5-oz) pkg fresh basil
- ½ cup powdered sugar
- 2 (10-oz) jars lemon curd
- 1 (7-oz) pkg amaretti cookies

Instructions

Heat cream in a saucepan over medium-low heat. Add basil leaves, remove from heat, and let stand 30 minutes. Strain mixture, discarding solids. Chill cream at least 4 hours.

Beat chilled cream at medium speed with a mixer until foamy; gradually add sugar, beating until stiff peaks form. Fold in lemon curd until mixture is smooth.

Chill mousse up to 2 days. Serve with cookies.

Servings	12
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Calories	501
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Fat (g)	34
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Sat. Fat (g)	20
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Protein (g)	5
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Carb (g)	48
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Fiber (g)	0
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Sodium (mg)	50
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