

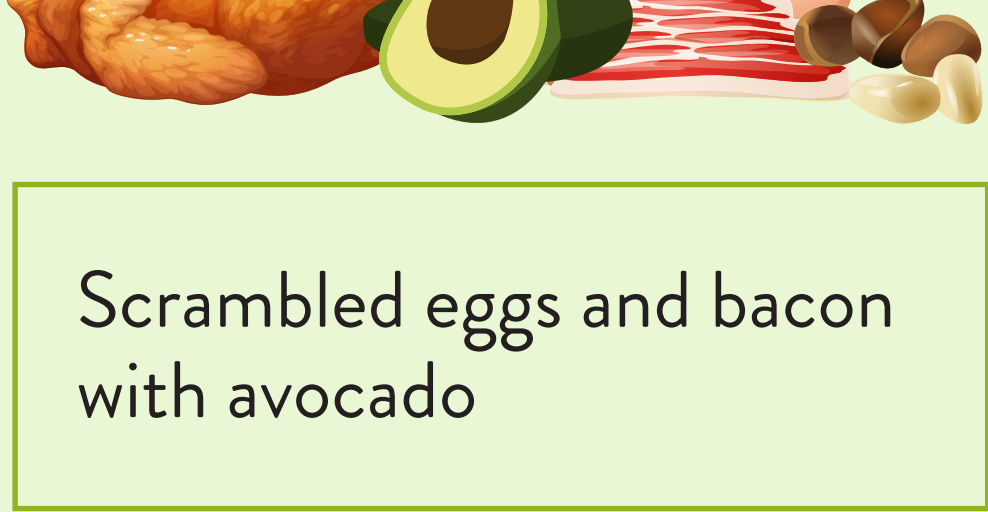


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7 DAY KETO DIET MEAL PLAN FOR BEGINNERS

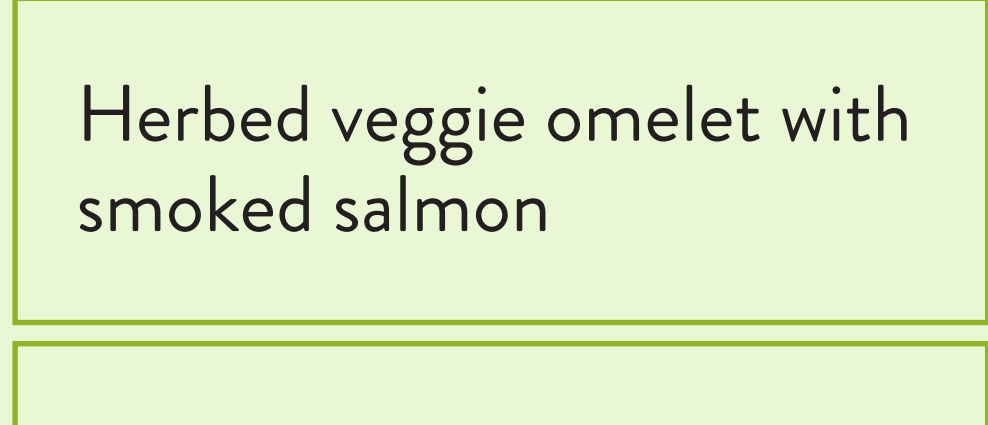
The keto diet is a high fat, low carb diet with adequate protein. Our 7 Day keto diet meal plan for beginners will ignite your journey towards living a healthier lifestyle that results in rapid weight loss!

DAY 1



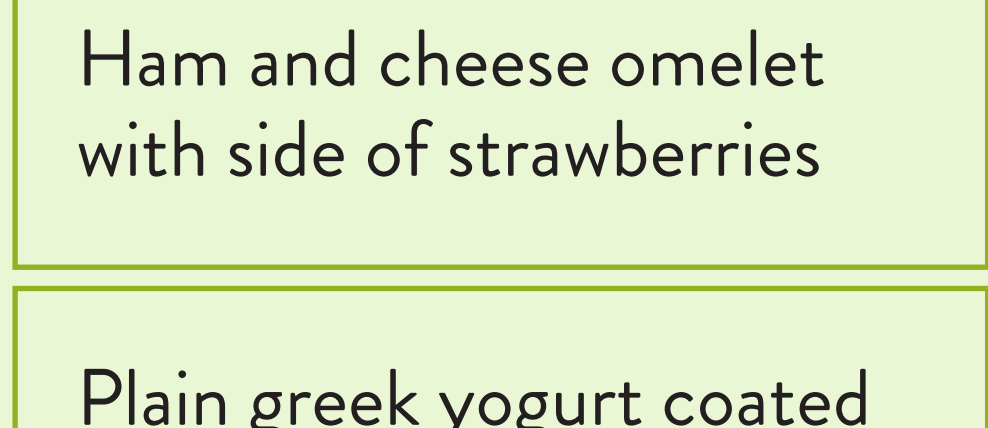
	BREAKFAST	Scrambled eggs and bacon with avocado
	SNACK	Peanuts or cashews
	LUNCH	Avocado salad with grilled chicken
	SNACK	Stuffed celery sticks
	DINNER	Beef and broccoli with cauliflower rice

DAY 2



	BREAKFAST	Herbed veggie omelet with smoked salmon
	SNACK	Almonds
	LUNCH	Broccoli salad stuffed in shredded cheese and red onions
	SNACK	High-fat cheese and dill pickle slices or organic pepperoni slices
	DINNER	Zucchini noodles with butter and garlic topped with parmesan cheese

DAY 3



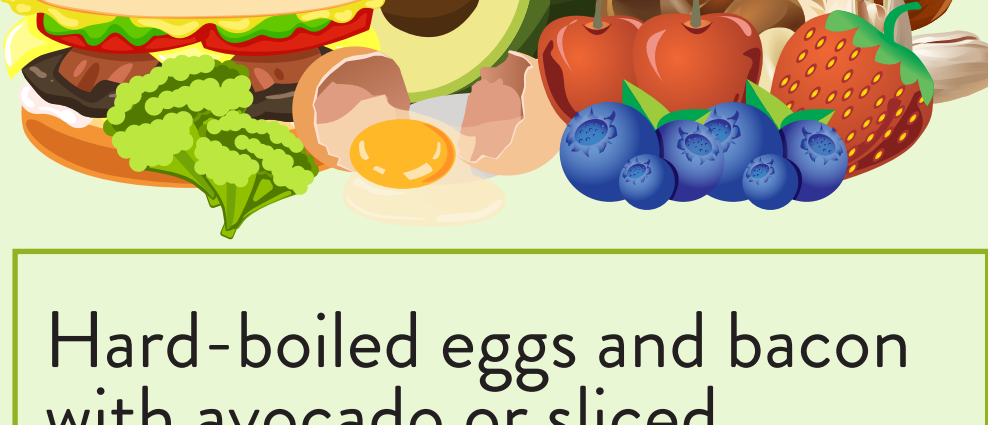
	BREAKFAST	Ham and cheese omelet with side of strawberries
	SNACK	Plain greek yogurt coated in 1 tsp of crushed almonds
	LUNCH	Sesame chicken wings and keto "swede" fries
	SNACK	Delicious smoothie made with coconut milk, raspberries and blackberries
	DINNER	Lemon pepper chicken topped with parsley and asparagus

DAY 4



	BREAKFAST	Avocado smoothie made with coconut or almond milk, fresh spinach, and berries
	SNACK	Two deviled eggs or two hard-boiled eggs
	LUNCH	Chicken parmesan with zucchini noodles topped with cheesy tomato sauce
	SNACK	Pizza or taco rolls (use cheese as the "wrap" and fill with pizza or taco meat)
	DINNER	Avocado chicken salad served with celery and tomatoes

DAY 5



	BREAKFAST	Hard-boiled eggs and bacon with avocado or sliced tomato
	SNACK	A cup of berries with nuts of your choice (almonds, pecan or walnuts)
	LUNCH	Lettuce wrapped beef burger topped with tomato, cheddar cheese and avocado
	SNACK	Zucchini and homemade guacamole with full-fat cheese
	DINNER	Cheesy chicken fried cauliflower rice and broccoli

DAY 6



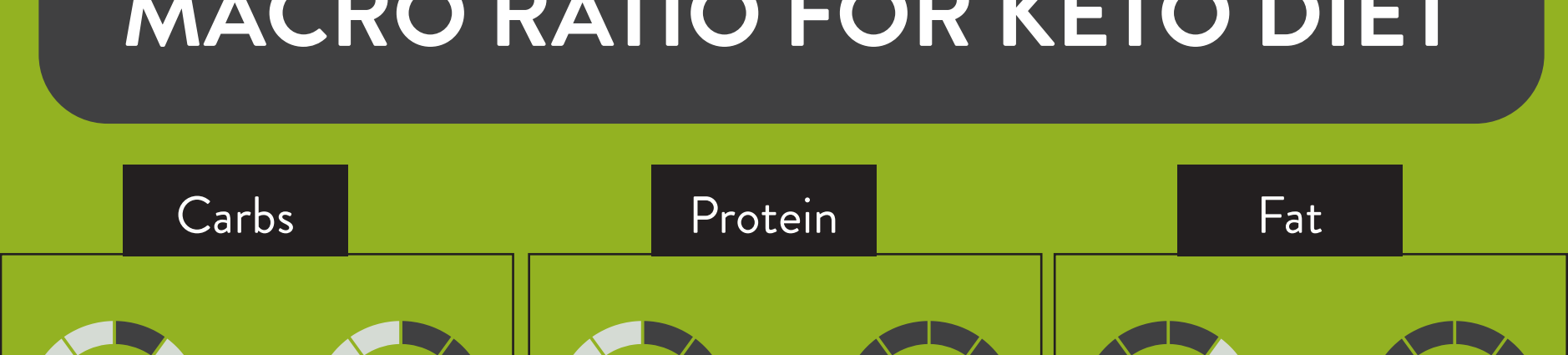
	BREAKFAST	Egg burrito loaded with avocado, bacon, cheese, and chives
	SNACK	Keto bar
	LUNCH	Tuna stuffed avocado seasoned with lemon and topped with green onions
	SNACK	Cheese and meat snack pack
	DINNER	Roasted lemon garlic butter shrimp and asparagus

DAY 7



	BREAKFAST	Smoked salmon mixed with scrambled eggs sprinkled with scallion
	SNACK	Kale chips
	LUNCH	Salmon salad with boiled egg, cucumber and cherry tomatoes
	SNACK	Baked celery stuffed in goat or cottage cheese
	DINNER	Zucchini noodles shrimp scampi topped with lime

MACRO RATIO FOR KETO DIET



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