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!

### KETO DIET MEAL PLAN

#### 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

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### MACRO RATIO FOR KETO DIET

- **Carbs:** 5% to 10%
- **Protein:** 20% to 25%
- **Fat:** 60% to 80%

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