



KETO MEAL PREP PLAN



	Breakfast	Lunch	Dinner	Dessert	Snack
Sunday	Almond flour pancakes with blueberries	Lettuce-wrapped cheeseburger	Grilled salmon with pesto and zucchini noodles	Keto lava cake	Full-fat Greek yogurt
Monday	Egg muffins with spinach and sundried tomatoes	Baked chicken with lemon and herbs	Taco lettuce wraps	Coconut milk ice cream	Celery sticks with peanut butter
Tuesday	Yogurt with raspberries and chia seeds	Tuna and avocado salad	Ham-wrapped beef skewers	Lemon bar	Hard boiled egg
Wednesday	Scrambled eggs	Pork chops with broccoli	Chicken and creamy mushroom sauce	Low-carb brownie	Olives and cheese cubes
Thursday	Strawberry smoothie	Cobb salad	Grilled swordfish with asparagus	Sugar-free cheesecake	Turkey and cheese rollups
Friday	Omelet with bell pepper and goat cheese	Baked eggplant parmesan	Bacon and Brussels sprouts	Peanut butter mousse	Macadamia nuts
Saturday	Bacon and eggs with tomatoes	Cauliflower pizza	Steak with rosemary garlic sauce	Fat bomb	Cucumbers and guacamole



Time-Saving Tips

- Use these as ideas to pick and choose from. You don't have to cook them all!
- Make a double recipe of your favorite meals and repeat them later in the week.
- Freeze leftover meals, sauces, and ingredients in individual portions to enjoy in future weeks.



Keys to Keto

- Monitor your portion sizes.
- Track your macros.
- Drink lots of water.
- Add exercise for best results.

