



# 7-Day Vegetarian Keto Meal Plan

## DAY 1

**BREAKFAST:** STRAWBERRY SMOOTHIE WITH TOFU  
**LUNCH:** SOY EGG SALAD WITH SUMMER VEGETABLE BISQUE  
**SNACK:** OLIVE TAPENADE WITH CUCUMBER SLICES  
**DINNER:** BLACK BEAN SAUCE WITH VEGETABLE BURGERS  
**DESSERT:** CHOCOLATE SILK PIE

## DAY 2

**BREAKFAST:** HIGH-FIBER CONTENT CEREALS WITH FRUIT  
**LUNCH:** GREEN SALAD BLACK WITH BEAN SOUP  
**SNACK:** VEGETABLE SPRING ROLLS AND SPICY PEANUT SAUCE  
**DINNER:** SPINACH PIE WITH A VEGETABLE SALAD  
**DESSERT:** ALMOND CRUST WITH RED GRAPE TRUFFLES



## DAY 3

**BREAKFAST:** SCRAMBLED TOFU  
**LUNCH:** CAJUN TEMPEH CHICKEN SALAD WITH COLLARD GREENS  
**SNACK:** SPINACH AND ARTICHOKE DIP  
**DINNER:** VEGETARIAN SLOPPY JOES WITH A GREEN VEGETABLE SALAD  
**DESSERT:** BLUEBERRY SOY CHEESECAKE.

## DAY 4

**BREAKFAST:** MUSHROOM FRITTATA WITH SPINACH  
**LUNCH:** TOFU WITH VEGETABLE CHEF SALAD  
**SNACK:** EGGPLANT DIP ALONG WITH WHOLE GRAIN CRACKERS  
**DINNER:** SPINACH PESTO ALONG WITH ROASTED EGGPLANT LASAGNA  
**DESSERT:** POACHED PEARS IN CHOCOLATE SAUCE

## DAY 5

**BREAKFAST:** TOFU BENEDICT  
**LUNCH:** VEGETABLE SLAW WITH SPICED LENTIL SOUP  
**SNACK:** JALAPENO HUMMUS WITH JICAMA STICKS  
**DINNER:** PARSLEY WITH PORTOBELLO PATTIES  
**DESSERT:** APPLE CRUMB PIE

## DAY 6

**BREAKFAST:** OATMEAL ALONG WITH FRUIT  
**LUNCH:** SPICED TEMPEH WITH VEGETABLE SALAD  
**SNACK:** CELERY STUFFED WITH HUMMUS  
**DINNER:** SESAME-STUFFED PORTOBELLO MUSHROOMS AND BLACK BEAN  
**DESSERT:** APPLE AND ZUCCHINI CAKE

## DAY 7

**BREAKFAST:** COFFEE WITH CHOCOLATE SMOOTHIE  
**LUNCH:** FOUR HEARTS SALAD SERVE WITH SPLIT PEA SOUP WITH CABBAGE  
**SNACK:** MUSHROOMS STUFFED WITH PINE NUTS  
**DINNER:** STUFFED EGGPLANT WITH VEGETABLE SALAD  
**DESSERT:** FUDGE TRUFFLES

