

Speed Keto Meal Plan



Day 1: Keto chili with loaded cauliflower casserole

Day 2: Spicy keto salmon patties with keto crack slaw

Day 3: Grass-fed ribeye steak with cauliflower mac and cheese

Day 4: Keto taco salad with Mexican chicken soup and avocado

Day 5: Keto meatballs with creamed spinach

Day 6: Instant pot carnitas with loaded keto coleslaw

Day 7: Creamy, garlicky chicken with pan-fried zucchini cakes

