



# Strict Keto Meal Plan

## Breakfast

## Lunch

## Dinner

**DAY 1**

Eggs (two) fried in pastured butter served with sauteed greens

A bunless grass-fed burger topped with cheese, mushrooms, and avocado atop a bed of greens

Pork chops with green beans sauteed in coconut oil

**DAY 2**

Mushroom omelet

Tuna salad with celery and tomato, atop a bed of greens

Roast chicken with cream sauce and sauteed broccoli

**DAY 3**

Bell pepper stuffed with cheese and eggs

Arugula salad with hard-boiled eggs, turkey, avocado, and blue cheese

Grilled salmon with spinach sauteed in coconut oil

**DAY 4**

Full-fat yogurt topped with Keto granola

Steak bowl with cauliflower rice, cheese, herbs, avocado, and salsa

Bison steak with cheesy broccoli

**DAY 5**

Baked avocado egg boats

Caesar salad with chicken

Pork chops with vegetables

**DAY 6**

Cauliflower toast topped with cheese and avocado

Bunless salmon burgers topped with pesto

Meatballs served with zucchini noodles and parmesan cheese

**DAY 7**

Coconut milk chia pudding topped with coconut and walnuts

Cobb salad made with greens, hard-boiled eggs, avocado, cheese, and turkey

Coconut chicken curry

