



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

