

Meals maker



7-DAY KETOGENIC DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

OMELET WITH
ASPARAGUS

Lunch:

SALMON WITH BABY
SPINACH

Dinner:

COD SALAD

DAY 2

Breakfast:

BACON, EGGS AND
TOMATOES

Lunch:

SHRIMP AND
CAULIFLOWER BOWL

Dinner:

CHICKEN AND BROCCOLI
TOPPED WITH OLIVES

DAY 3

Breakfast:

FETA CHEESE AND TOMATO
OMELET

Lunch:

AVOCADO EGG SALAD

Dinner:

GARLIC SALMON AND
ZUCCHINI

DAY 4

Breakfast:

EGG MUFFINS

Lunch:

CHICKEN AND
BROCCOLI

Dinner:

BEEF AND BROCCOLI
STIR FRY

DAY 5

Breakfast:

BACON AND VEGETABLE
SCRAMBLE

Lunch:

ROASTED SALMON WITH
VEGETABLES

Dinner:

CHICKEN WITH LEMONY
ASPARAGUS

DAY 6

Breakfast:

EGGS AND VEGETABLES
TOPPED WITH CHEESE

Lunch:

SALMON AND AVOCADO
SALAD

Dinner:

SHRIMP LETTUCE LEAF
TACOS

DAY 7

Breakfast:

CHEESE OMELET

Lunch:

TUNA STUFFED AVOCADOS

Dinner:

CHICKEN SALAD

WEEKLY Notes



OMELET WITH ASPARAGUS

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Macros for 1 serving	
Fat (57%)	9 grams
Protein (34%)	12 grams
Net Carbs (6%)	2 grams
Total Calories	142

Ingredients:

4 eggs
4 asparagus spears, cut into small pieces
Olive oil
1 tsp. salt
1 tsp. pepper

Instructions:

1. Crack the eggs into a small bowl, whisk and season with salt and pepper.
2. Heat the olive oil in a large skillet over medium heat and add the asparagus, allow cooking for 5 minutes. Once done, set the asparagus to the side.
3. Pour the eggs inside the skillet and allow cooking for 2-3 minutes. Make sure to move the pan gently so that the uncooked parts of the eggs make contact with the heat of the pan and settle.
4. Place the asparagus in the center, using the spatula, fold one-third of the omelet over the top. Cook on both sides for 2-3 minutes.
5. Once done, remove from heat and transfer to a serving plate.



DAY 1 *Lunch*



SALMON WITH BABY SPINACH



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21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:

Olive oil
1 tsp. salt
1 tsp. pepper

Day 1 Lunch:

Olive oil
1 tsp. garlic powder
1 tbsp. salt, divided

Day 1 Dinner:

Olive oil
1 tbsp. salt
¼ tsp. pepper

Day 2 Breakfast:

1 tsp. salt
1 tsp. pepper

Day 2 Lunch:

¼ tsp. salt

Day 2 Dinner:

¼ tsp. salt
¼ tsp. pepper
¼ tsp. paprika powder

Day 3 Breakfast:

Olive oil
1 tsp. salt
1 tsp. pepper

Day 3 Lunch:

¼ tsp. pepper, garnish
¼ tsp. salt

Day 3 Dinner:

Olive oil
1 tsp. pepper
¼ tsp. crushed red pepper flakes, for the vegetables
¼ tsp. crushed red pepper flakes
¼ tsp. paprika powder
¼ tsp. salt

Day 4 Breakfast:

Olive oil
¼ tsp. salt
¼ tsp. pepper

Day 4 Lunch:

¼ cup sliced cashews
Olive oil
¼ tsp. salt, divided

Day 4 Dinner:

Olive oil
¼ tsp. salt
¼ tsp. pepper
4 tbsp. soy sauce, divided

Day 5 Breakfast:

Olive oil
1 tsp. salt
1 tsp. pepper
1 tsp. dried oregano

1 tbsp. salt, divided
¼ tsp. pepper

1 tsp. paprika powder

Day 6 Lunch:

1 tbsp. olive oil
1 tbsp. salt
1 tbsp. of dried oregano

Day 6 Dinner:

¼ cup of soy sauce
Olive oil
¼ tsp. salt
¼ tsp. cumin powder
¼ tsp. paprika powder

Day 7 Breakfast:

Olive oil
1 tsp. salt
1 tsp. pepper
1 tsp. hot sauce, for topping

Day 7 Lunch:

Olive oil
2 tsp. salt, divided
2 tsp. pepper, divided

Day 7 Dinner:

1 tbsp. salt
¼ tsp. pepper



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WEEK 1

GROCERY LIST



Produce:

- 1 bundle of asparagus
- 6 lemons
- 3 limes
- 1 red onion
- 3 onions
- 1 large garlic head
- 1 bundle of basil
- 1 bundle of mint
- 3 tomatoes
- 1 large cucumber
- 1 large bag of baby spinach
- 1 bag of kale leaves
- 9 avocados
- 6 zucchinis
- 1 large broccoli head
- 5 bell peppers
- 1 small head of romaine lettuce
- 1 small bundle of celery
- 1 head of cauliflower

Refrigerated:

- 31 eggs
- 1 bag of shredded Cheddar cheese
- 1 small block of feta cheese
- 3 sticks of grass-fed butter
- 1 small jar of mayonnaise

Seafood:

- 2 lbs. salmon
- 1 lb. of shrimp
- 1/4 lb. cod fillet

Meat:

- 7 strips of bacon
- 2 lbs. of skinless, boneless chicken breast
- 1/4 lb. of skirt steak, or similar steak of choice

Canned & Packaged:

- 1 bottle of sliced cashews
- 1 bottle of black olives
- 1 (8oz.) tin of tuna
- 1 can of heavy cream

Miscellaneous:

- Muffin tin
- Spatula
- Tongs
- Skillets
- Sauce pans
- Baking sheet
- Pan



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