



Keto 7-Day Sample Meal Plan

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The following meal plan shows you an example of the types of foods, drinks, and snacks you can eat on a typical keto diet. This meal plan is meant to give you 20 net carbs or less per day. Your carb amounts might be slightly higher or lower, depending on portion sizes, brands, and other factors. You should still log in everything you buy so you can track your net carbs.

The snacks listed are optional depending on your net carbs for the three main meals.

(Affiliate links included below. We only recommend products we would use ourselves.)

Day 1

Breakfast – 3 pastured eggs, 1 medium avocado

Lunch – Shrimp salad – Shrimp on a bed of lettuce with [extra virgin olive oil](#) and [raw apple cider vinegar](#) as dressing. Add any veggies you like to the salad.

Dinner – Turkey or chicken thigh or breast, broccoli w/butter, [cauliflower rice](#)

Day 2

Breakfast – Keto coffee ([coffee](#), 1-2 tbsp heavy whipping cream, 1 tbsp butter, 1 tbsp [virgin coconut oil](#))

Lunch – Bunless bacon cheeseburger – Top a grass-fed hamburger patty with cheese and bacon with your choice of toppings, like lettuce, tomato, [mustard](#), and onion

Dinner – Ham and mushroom omelet with cheese

Day 3

Breakfast – Cream cheese pancakes – Cream cheese, 2 pastured eggs, [cinnamon](#), and [stevia](#) blended into a pancake consistency. Serve with butter and [sugar-free syrup](#).

Lunch – Grilled turkey or chicken thigh or breast, cauliflower mashed potatoes, asparagus

Dinner – Low-carb taco salad – Grass-fed ground beef with lettuce, tomato, avocado or guacamole, sour cream, shredded cheese, and [black olives](#).

Day 4

Breakfast – 2 pastured eggs, 2 sausage, 2 bacon

Lunch – Strawberry and spinach salad – Spinach with sliced strawberries, [walnuts](#), and sugar-free dressing.

Dinner – Zucchini lasagna – Use zucchini instead of lasagna noodles ([make your own zucchini noodles](#)), fill with grass-fed ground beef, [sugar-free pasta choice](#), your choice of cheese or [cheese crisps](#).

Day 5

Breakfast – Keto coffee ([coffee](#), 1-2 tbsp heavy whipping cream, 1 tbsp butter, 1 tbsp [virgin coconut oil](#))

Lunch – BLT wrap – Bacon, tomato, and [mayonnaise](#) inside a lettuce wrap.

Dinner – [Smoked salmon](#) w/side salad

Day 6

Breakfast – Veggie scramble ([3 pastured eggs](#), cheese, bell peppers, onion, tomato)

Lunch – Loaded egg salad – Egg salad with your choice of chopped veggies, put inside a large lettuce leaf

Dinner – Bunless cheeseburger w/jicama fries

Day 7

Breakfast – Keto coffee ([coffee](#), 1-2 tbsp heavy whipping cream, 1 tbsp butter, 1 tbsp [virgin coconut oil](#))

Lunch – Sandwich roll-ups – Make your favorite sandwich as a roll-up, such as an Italian sandwich with salami, ham, cheese, red onion, shredded lettuce

Dinner – Grass-fed steak w/mashed cauliflower, green beans

Optional Snacks:

Hardboiled pastured eggs

Meat and cheese roll-ups

Lunch meat with cream cheese

[Sugar-free cookies](#)

Handful of [walnuts](#) (raw is best)

[Black olives](#)

A few strawberries or other berries

To get your own custom keto diet meal plan with more recipes, check out [Custom Keto Diet](#)

Shopping List for the 7-Day Keto Meal Plan

Produce

Lettuce
Spinach
4 Avocados
Bell peppers
Onions
Mushrooms
Broccoli
Cauliflower
Tomatoes
Zucchini
Asparagus
Walnuts
Strawberries
Jicama
Green beans

Dairy and Eggs

2 dozen pastured eggs
Shredded cheese
Butter
Heavy whipping cream
Feta cheese
Parmesan cheese
Mozzarella cheese
Cream cheese

Deli Section

Ham
Lunch meats

Meat and Seafood

Shrimp 8 oz.
Turkey or chicken 1 lb. thigh or breast
Grass-fed ground beef 1 ½ lb.
Grass-fed steak 8 oz.
Sockeye salmon 8 oz.
Bacon 1 lb uncooked or 1 package cooked
Sausage ½ lb.

Pantry

Extra Virgin Olive oil
Raw Apple Cider Vinegar
Virgin coconut oil
Coffee
Black olives
Mayonnaise
Stevia
Cinnamon
Sugar-free raspberry vinaigrette