

# KETO DIET 7-DAY MEAL PLAN FOR BEGGINERS

	Breakfast	Lunch	Dinner	Snack
Monday	Fried eggs with sautéed mushrooms, kale, and garlic	Cobb salad with turkey and cheese	Chicken and peanut butter stew with cauliflower rice	Ants on a log
Tuesday	Huevos rancheros with sliced avocado	Baked lemon pepper salmon with roasted asparagus	Pork chop with sautéed green beans	Avocado with chili flakes and fresh ginger
Wednesday	Greek yogurt with strawberries and almonds	Herb omelett with sundried tomatoes	Cod with tomato, avocado, and mango salsa	Spiced macadamia nuts
Thursday	Chia pudding with coconut and walnuts	Chickpea pasta with spinach and Parmesan cheese	Roasted chicken, peppers, and zucchini with crumbled feta	Keto double chocolate muffins (using sugar-free chocolate and almond flour)
Friday	Brussels sprouts and bacon hash	Taco lettuce wraps	Turkey meatballs in tomato sauce	Raspberry, strawberry, and coconut milk smoothie
Saturday	Keto pancakes (made with eggs, cream cheese, and almond flour) and blackberries	Stir-fry cashew and chili chicken with bulgar wheat	Cauliflower pizza with basil and mozzarella	Keto peanut butter cups (made with coconut oil, peanut butter, and sugar-free chocolate)
Sunday	Roasted bell pepper stuffed with eggs and feta cheese	Broccoli cheddar soup with a slice of whole wheat sourdough	Chimichurri skirt steak with baked beans	Guacamole with zucchini chips