

7-Day Keto Meal Plan

Introduction

Starting a keto diet? This **7-Day Keto Meal Plan** makes it simple. It includes easy, delicious, and low-carb meals that keep you in ketosis without stress. Follow this guide to enjoy tasty meals while burning fat effectively.

Why Follow a Keto Meal Plan?

- **It helps with weight loss.** It burns fat instead of carbs.
- **Reduces sugar cravings** – No energy crashes.
- **Keeps you full** – Healthy fats and proteins are satisfying.
- **Supports mental clarity** – Avoids brain fog.
- **Balances blood sugar** – Great for managing diabetes.

7-Day Keto Meal Plan

Day 1

Breakfast: Scrambled eggs with avocado and cheese



Lunch: Grilled chicken salad with olive oil dressing

Dinner: Salmon with roasted asparagus

Snack: Handful of almonds

Day 2

Breakfast: Keto pancakes with butter

Lunch: Tuna salad with leafy greens

Dinner: Zucchini noodles with ground beef



Snack: Cheese cubes with olives

Day 3

Breakfast: Chia seed pudding with coconut milk

Lunch: Shrimp salad with avocado



Dinner: Grilled steak with sautéed spinach

Snack: Boiled egg with sea salt

Day 4

Breakfast: Keto smoothie with coconut milk and berries

Lunch: Turkey and cheese roll-ups



Dinner: Baked chicken thighs with roasted Brussels sprouts

Snack: Macadamia nuts

Day 5

Breakfast: Omelet with spinach and mushrooms

Lunch: Caesar salad with grilled shrimp



Dinner: Baked salmon with creamy cauliflower mash

Snack: Cucumber slices with guacamole

Day 6

Breakfast: Keto yogurt with nuts and seeds

Lunch: Stuffed bell peppers with ground beef and cheese



Dinner: Lamb chops with steamed broccoli

Snack: Dark chocolate (85% cocoa or higher)

Day 7

Breakfast: Keto waffles with sugar-free syrup

Lunch: Avocado chicken salad

Dinner: Garlic butter shrimp with zucchini noodles

Snack: Almond butter on celery sticks



7-Days Keto diet Chart



Day	Breakfast	Lunch	Dinner	Snacks
Monday	Scrambled eggs with avocado & bacon	Grilled chicken salad with avocado	Baked salmon with quinoa and broccoli	Cheese slices and almonds
Tuesday	Chia seed pudding with coconut milk	Cauliflower rice with beef stir-fry	Zucchini noodles with creamy alfredo sauce	Keto fat bombs
Wednesday	Omelette with spinach and feta	Bunless turkey burger with lettuce wrap	Pan-seared steak with roasted asparagus	Hard-boiled eggs with guacamole
Thursday	Coconut flour pancakes with butter	Grilled shrimp with avocado salsa	Creamy chicken alfredo over zucchini noodles	Almond butter on celery sticks
Friday	Keto smoothie with coconut milk and berries	Chicken Caesar salad with parmesan crisps	Garlic butter shrimp with cauliflower mash	Dark chocolate with almonds
Saturday	Keto pancakes with sugar-free syrup	Tuna salad with lettuce wraps	Lamb chops with Brussels sprouts	Cheese and olives
Sunday	Scrambled eggs with sausage	Grilled salmon with spinach salad	Stuffed bell peppers with ground beef and cheese	Mixed nuts



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Tips for Success on Keto

- 1. Stay Hydrated** – Drink plenty of water to prevent dehydration.
- 2. Track Your Macros** – Keep your carb intake low, and balance fats and proteins.
- 3. Avoid Hidden Carbs** – Check labels for sneaky sugars and additives.
- 4. Electrolytes Matter** – Increase salt intake to prevent keto flu symptoms.
- 5. Plan Meals Ahead** – Stick to your grocery list and prep meals to stay on track.

Enjoy your keto journey! Stay consistent and reap the benefits of sustained energy and better health.

Keto Grocery List Essentials

Stock up on these keto-friendly foods:

- **Proteins:** Eggs, chicken, beef, fish, bacon
- **Fats:** Butter, olive oil, avocado, nuts
- **Low-Carb Veggies:** Spinach, broccoli, zucchini, cauliflower
- **Dairy:** Cheese, heavy cream, Greek yogurt (full-fat)
- **Snacks:** Pork rinds, dark chocolate (85%+), nut butter



Best Keto Supplements

- **Electrolytes:** Prevents keto flu
- **MCT Oil:** Boosts energy and ketosis
- **Collagen Powder:** Supports skin and joints

Check out top keto supplements here! [keto supplements](#)

FAQs

Can I customize the meal plan?

Yes! Swap out meals based on your preferences while keeping them low-carb.

How many carbs should I eat per day?

Most keto plans suggest 20-50g of net carbs daily.

Will I lose weight on this plan?

Many people lose weight quickly due to ketosis.

What if I feel tired during keto?

Drink water, increase salt intake, and take electrolytes to avoid keto flu.

Can I eat dairy on keto?

Yes, but choose full-fat, low-carb options like cheese and heavy cream.

References

1. “**The Ketogenic Diet: Evidence for Optimizing Health**” – PubMed Central
2. “**Impact of Low-Carb Diets on Weight Loss**” – National Institutes of Health