

KETO 7-DAY MEAL PLAN

WEEK 1 — SIMPLE, DONE-FOR-YOU MEALS



✓ Full 7-day menu

✓ All meals are new

✓ Quick & easy
recipes

✓ Grocery list
included

HOW TO USE THIS PLAN

This plan is designed to make your week easier, not harder. Follow the steps below.

Use the grocery list before starting

Follow the days in order

Eat only what is listed

Keep meals simple – no improvising

Drink water throughout the day

♥ REMINDER: Don't overthink it. Just cook the next meal on the list.

Simple meals to keep you full and consistent today.

BREAKFAST

10 min

Bacon & Fried Eggs

Bacon	2 slices
Eggs	2 large
Butter	1 tsp

1. Fry bacon in a pan until crispy.
2. Remove bacon, keep fat in pan.
3. Fry eggs in the bacon fat.
4. Season with salt and serve.

Swap: Sausage links

LUNCH

5 min

Deli Roll-Ups

Turkey/Ham	4 slices
Cheese	2 slices
Pickle	1 spear
Mayo	1 tbsp

1. Lay out deli meat slices.
2. Spread mayo on meat.
3. Place cheese and pickle inside.
4. Roll tight and eat.

Swap: Roast beef

DINNER

20 min

Pork Chops & Green Beans

Pork Chop	6 oz
Green Beans	1 cup
Olive Oil	1 tbsp

1. Season pork chop with salt/pepper.
2. Pan-sear in oil for 4-5 mins per side.
3. Remove pork, add beans to same pan.
4. Sauté beans until tender.

Swap: Chicken thighs

Easy cooking and satisfying flavors today.

BREAKFAST

10 min

Sausage & Pepper Skillet

Sausage	2 links
Bell Pepper	1/2 cup
Oil	1 tsp

1. Slice sausage and peppers.
2. Sauté sausage in oil until brown.
3. Add peppers and cook until soft.
4. Serve hot.

Swap: Bacon

LUNCH

15 min

Taco Salad Bowl

Ground Beef	5 oz
Lettuce	2 cups
Cheese	1/4 cup
Salsa	2 tbsp

1. Brown beef in a pan with salt/spices.
2. Wash and chop lettuce.
3. Top lettuce with hot beef and cheese.
4. Add salsa (check sugar!) and eat.

Swap: Ground turkey

DINNER

15 min

Butter Steak Bites

Steak	6 oz
Butter	1 tbsp
Mushrooms	1/2 cup

1. Cut steak into bite-sized cubes.
2. Sear in hot pan for 2-3 mins.
3. Add butter and sliced mushrooms.
4. Cook 3 more mins and serve.

Swap: Pork chops

Fast meals to get you over the mid-week hump.

BREAKFAST

5 min

Cottage Cheese & Berries

Cottage Cheese	3/4 cup
Raspberries	1/4 cup
Walnuts	1 tbsp

1. Scoop full-fat cottage cheese into bowl.
2. Wash berries and top cheese.
3. Sprinkle nuts for crunch.
4. Eat cold.

Swap: Greek yogurt

LUNCH

5 min

Leftover Taco Salad

Beef (Cooked)	5 oz
Greens	2 cups
Sour Cream	1 tbsp

1. Use leftover beef from Day 2.
2. Place over fresh mixed greens.
3. Top with sour cream.
4. Enjoy cold or reheat beef slightly.

Swap: Canned chicken

DINNER

10 min

Shrimp & Asparagus

Shrimp	6 oz
Asparagus	10 spears
Butter	1 tbsp

1. Melt butter in a skillet.
2. Add shrimp and chopped asparagus.
3. Cook for 5-6 mins until shrimp is pink.
4. Add squeeze of lemon (optional).

Swap: White fish

DAY 4

THURSDAY

No-fuss ingredients to keep things moving.

BREAKFAST

10 min

Spinach & Mushroom Frittata

Eggs	2 large
Spinach	1/2 cup
Mushrooms	1/4 cup
Butter	1 tsp

1. Sauté veggies in butter.
2. Whisk eggs and pour over veggies.
3. Cook on low without stirring until set.
4. Slide onto plate.

Swap: Peppers/Onions

LUNCH

5 min

Turkey Lettuce Wraps

Turkey Slices	4 oz
Romaine	3 leaves
Mayo	1 tbsp
Cheese	1 slice

1. Wash large romaine leaves.
2. Spread mayo on inside of leaf.
3. Layer turkey and cheese.
4. Eat like a taco.

Swap: Ham

DINNER

20 min

Meatballs & Green Beans

Ground Beef	6 oz
Marinara	1/4 cup
Green Beans	1 cup

1. Form beef into balls (seasoned).
2. Brown in pan, then add marinara.
3. Simmer until cooked through.
4. Steam or sauté green beans on side.

Swap: Italian sausage

End the work week with simple comfort food.

BREAKFAST

10 min

Fried Eggs & Tomato

Eggs	2 large
Tomato	1/2 medium
Butter	1 tsp

1. Slice tomato into thick rounds.
2. Sear tomato slices in butter.
3. Crack eggs into same pan.
4. Cook to preference and serve.

Swap: Spinach

LUNCH

10 min

Cobb Salad (No Chicken)

Hard Boiled Egg	2
Bacon	2 slices
Lettuce	2 cups
Blue Cheese	2 tbsp

1. Chop boiled eggs and cooked bacon.
2. Place over bed of lettuce.
3. Sprinkle with crumbled cheese.
4. Dress with olive oil or Ranch.

Swap: Cheddar cheese

DINNER

20 min

Baked Fish & Broccoli

White Fish	6 oz
Broccoli	1 cup
Butter/Lemon	1 tbsp

1. Place fish and broccoli on sheet pan.
2. Top both with butter and lemon.
3. Bake at 400°F for 15 mins.
4. Serve hot.

Swap: Salmon

Weekend mode: minimal cleanup meals.

BREAKFAST

5 min

Ham & Cheese Roll-ups

Ham	4 slices
Cream Cheese	2 tbsp
Pickle (opt)	1 spear

1. Spread cream cheese on ham.
2. Add pickle if desired.
3. Roll tight.
4. Simple, no-cook start.

Swap: Turkey

LUNCH

10 min

Leftover Meatballs

Meatballs	4-5 count
Mozzarella	1 slice
Side Salad	1 cup

1. Reheat meatballs from Day 4.
2. Melt cheese on top.
3. Serve with a small side salad.
4. Quick and filling.

Swap: Deli meat

DINNER

20 min

Sheet Pan Sausage & Veg

Sausage	2 links
Peppers	1/2 cup
Zucchini	1/2 cup

1. Slice sausage and all veggies.
2. Toss with oil on baking sheet.
3. Bake at 400°F for 20 mins.
4. One pan to clean.

Swap: Chicken thighs

Relaxing meals to finish the week strong.

BREAKFAST

10 min

Scrambled Eggs & Cheese

Eggs	3 large
Cheddar	1/4 cup
Butter	1 tsp

1. Whisk eggs in a bowl.
2. Cook gently in butter.
3. Fold in cheese at the end.
4. Classic and hearty.

Swap: Bacon & Eggs

LUNCH

5 min

Cold Plate (Charcuterie)

Salami/Meat	3 oz
Cheese Cubes	2 oz
Olives	5-6
Nuts	1 tbsp

1. Arrange items on a plate.
2. No cooking required.
3. Perfect for easy Sunday.
4. Enjoy slowly.

Swap: Leftovers

DINNER

15 min

Cheeseburger Salad

Ground Beef	6 oz
Lettuce	2 cups
Pickles/Onion	2 tbsp

1. Cook beef patty or crumbles.
2. Place on top of lettuce.
3. Top with cheese, pickles, mustard.
4. All the flavor, no bun.

Swap: Steak

WEEKLY GROCERY LIST

Buy exactly what's on this list for a stress-free week. Quantities for 7 days / 1 person. If cooking for two, double quantities.

PROTEINS

- Eggs (18 count)
- Bacon (1 pack)
- Sausage Links (1 pack)
- Ground Beef (1.5 lbs)
- Pork Chops (2 thick)
- Steak (6-8 oz)
- White Fish (1 fillet)
- Shrimp (Frozen/Fresh, 6oz)
- Deli Turkey/Ham (1 lb)

VEGETABLES

- Lettuce/Greens (Large tub)
- Spinach (Bag)
- Green Beans (Fresh)
- Asparagus (1 bunch)
- Broccoli (1 head)
- Mushrooms (1 pack)
- Bell Peppers (2)
- Tomato (1)
- Raspberries (Small pack)

PANTRY & FATS

- Olive Oil
- Butter (Real)
- Mayonnaise
- Marinara (No sugar)
- Salsa
- Pickles
- Walnuts

DAIRY & EXTRAS

- Cheddar Cheese
- Mozzarella Slices
- Cream Cheese
- Cottage Cheese
- Blue Cheese (Opt)
- Sour Cream



SIMPLE MEAL PREP

Prep if you want. This plan works even without prep, but spending 45 minutes on Sunday saves you hours of stress later in the week.



COOK PROTEINS AHEAD

Cook the whole pack of bacon and sausage. Boil 6 eggs for snacks or salads. Store in the fridge—they reheat in 30 seconds.



WASH & CHOP

Wash lettuce immediately. Chop bell peppers and trim green beans. Store in glass containers so they are ready to toss in the pan instantly.



THE "NO-COOK" BACKUP

Always keep tuna cans, mayo, and nuts ready. If you're too tired to cook, these are your emergency fuel.

STORAGE CHEAT SHEET



COOKED MEAT
3-4 Days



WASHED GREENS
5-7 Days
(With paper towel)



BOILED EGGS
1 Week
(Keep shell on)



RAW FISH
1-2 Days
(Cook immediately)

WEEKLY FLEX SWAPS

Over a full week, flexibility matters. Use these swaps to stay on track without stress.

Chicken breast → turkey breast, shrimp

Ground beef → ground turkey, eggs

Salmon or fish → chicken, canned tuna
(add olive oil)

Zucchini → broccoli, green beans

Spinach → mixed greens, romaine

Avocado → olive oil, olives

Greek yogurt → cottage cheese (full fat)

Butter → olive oil, avocado oil

WEEK 1 COMPLETE



YOU DID IT!

You've completed your first full keto week. Following this routine should now feel easier and more natural.



HOW DO YOU FEEL?



Less bloating



More energy



Better sleep



Mental clarity



SUNDAY RESET



Clear out leftovers from the fridge



Review your Week 2 grocery list



Refill your water bottles



Pat yourself on the back!