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I'm so glad you took the time to download your 7 day Keto Meal Plan. Below you will find the food plan for an entire week. Each day contains Breakfast, Lunch, Dinner & a Snack.

While this plan is a great start, we highly recommend you customize the plan to maximize your results.

To create your own custom keto plan in about 30 seconds just head on over to https://CustomKetoDiet.com/get-diet now.

Enjoy your plan!



Rachel Roberts

Custom Keto Diet

They Did It With Keto – Why Can't You?



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7-DAY MEAL PLAN

DAY 1

BREAKFAST

Egg Chard Breakfast



Nutritional Information:

- Calories: 353.8
- Fat:31g
- Protein: 15.8g
- Net Carbs: 2.9g

Ingredients:

- 1 Sausage
- 1 Egg
- 2 oz. Chard, chopped
- ½ tbsp. Olive Oil
- Black pepper and salt to taste
- 1 oz. Tomatoes, sliced

Directions:

1. In a pan over medium-high heat add olive oil and cook the sausage for 5 minutes. Turn to cook all sides.



2. Lower the heat to medium and add the chard. Top with one egg and cook for 5 minutes.



3. Serve the egg chard with sausage and tomato slices and enjoy!



LUNCH

Hoisin Butter Prawns



Nutritional Information:

- Calories – 252
- Protein – 21g
- Fat – 15g
- Carbs – 8g
- Fiber – 1g

Ingredients:

- 100 grams Prawns, peeled and deveined
- 1 tbsp Butter
- 1 tsp Cracked Black Peppercorns
- 1 tsp Ginger, minced
- 1 tbsp Hoisin Sauce
- 1.5 tsp Sesame Seeds
- Spring Onions for garnish

Procedure:

1. Heat butter in a pan.



2. Add ginger and black pepper. Sautee until aromatic.



3. Add prawns and stir for 1-2 minutes.



4. Stir in hoisin sauce.



5. Top with sesame seeds and spring onions to serve.



DINNER

Chicken with Fresh Cabbage Plate



- Calories: 1041
- Fat: 91g
- Protein: 48g
- Carbs: 7g

Ingredients:

- 3.5 oz cabbage (fresh)
- salt and black pepper to taste
- 0.5 lb rotisserie chicken
- 0.25 red onion
- 0.5 tbsp olive oil
- 0.25 cup Mayonnaise

Procedure:

1. Shred the cabbage using a sharp knife or a mandolin and place on a plate.
2. Slice the onion thinly and add it to the plate, together with the rotisserie chicken and a hearty dollop of mayonnaise.
3. Drizzle olive oil over the cabbage and add some salt and pepper to taste.

SNACKS

No-Bake Chocolate Chip Cookies

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Nutritional Information (per cookie):

- Energy – 136 kcal
- Protein – 2.7g
- Fat – 13g
- Carbohydrates – 1.8 g
- Fiber – 0.7 g

Ingredients:

- 4 oz Cream Cheese, softened
- 2 oz Butter, softened
- 1 tbsp Erythritol
- 1 tsp Vanilla Extract
- 1/3 cup Almond Flour
- ¼ cup Sugar-Free Chocolate Chips

Procedure:

1. Combine cream cheese, butter, erythritol, and vanilla extract in a food processor. Pulse until smooth.



2. Add in the almond flour and blend until into a smooth dough.



3. Fold the chocolate chips into the mixture.



4. Divide the dough into balls and gently flatten into shape.



5. Chill until ready to serve.

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DAY 2

BREAKFAST

Berry Smoothie

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- Calories: 297.3
- Fat: 27.7g
- Protein: 4.4g
- Carbs: 7.6g

Ingredients:

- ½ cup Coconut Milk
- 3 - 4 Strawberries, frozen
- 1 oz. Raspberries, frozen
- 2 Black berries. Frozen
- 1 tsp. Currant, red
- 2 tsp. Almond, ground
- 1 tsp. Chia seeds
- ½ tsp. Flex seeds

Procedure:

1. In a blender add the milk and add the almonds.



2. Add the chia and flax seeds.



3. Add the berries and blend until very smooth and serve. Top with berries, mint leave, and ground Almonds and serve.



LUNCH

Bacon and Broccoli Salad



- Calories: 382
- Fat: 59g
- Protein: 27g
- Carbs: 11g

Ingredients:

- 1 cups broccoli, steamed, drained

- 2 bacon slices, cooked, chopped
- 2 Tbsp cheddar cheese, in cubes
- 1 Tbsp red onions, sliced
- 1 Tbsp whole almonds
- 2 Tbsp Ranch dressing

Procedure:

1. In a large mixing bowl, place the steamed broccoli.



2. Add the chopped bacon, cheddar cheese, red onions and almonds.



3. Lastly, add the ranch dressing.



4. Toss the salad with the dressing until well combined. Serve.



DINNER

Chicken and Green Beans



- Calories: 1009
- Fat: 89g
- Protein: 48g
- Carbs: 5g

Ingredients:

- 3 ½ oz fresh green beans
- 1 tbsp butter for frying
- ½ lb rotisserie chicken
- 1½ oz. butter for serving
- salt and pepper, to taste

Procedure:

1. Fry the green beans in butter over medium heat for a couple of minutes. Season with salt and pepper to taste.
2. Put chicken, green beans and butter on a plate and serve.

SNACKS

Coconut Flour Crepes



- Energy – 148 kcal
- Protein – 9g
- Fat – 11g
- Carbs – 4g
- Fiber – 2g

Ingredients:

- 2 Eggs
- 2 tbsp Whole Milk
- 1.5 tbsp Coconut Flour
- ½ tsp Vanilla Extract
- 1 tbsp Powdered Erythritol
- ¼ tsp Cinnamon

Procedure:

1. Add eggs in a bowl.
2. Whisk in milk and vanilla.



3. Stir in coconut flour until smooth.



4. Ladle the batter into a lightly oiled non-stick pan. Swirl around and cook for about 30 seconds. Flip and cook for a few more seconds.



5. Dust with powdered erythritol and cinnamon powder to serve.

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BREAKFAST

Low Carb Bacon and Eggers



- Calories: 197
- Fat: 15g
- Protein: 14g
- Carbs: 1g

Ingredients:

- 3 Eggs (hard-boiled)
- 1-2 Bacon slices
- 2 Cheese (slices)

Procedure:

1. To assemble, your low carb bacon and eggers, simply cut the hard-boiled egg lengthwise, and layer on one piece of cheese, and half a slice of bacon.
2. Use a toothpick to hold it together if not eating right away.

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LUNCH

Parmesan Patty



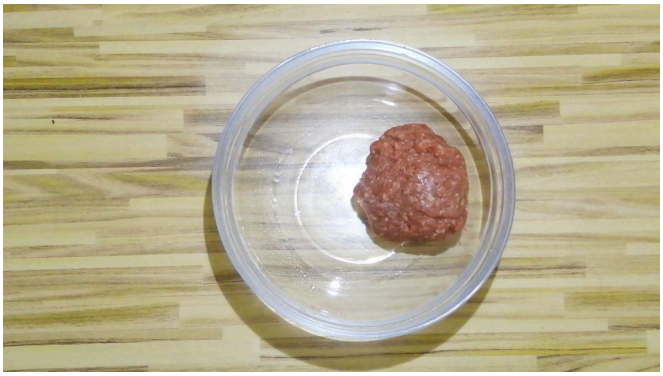
- Calories: 636
- Fat: 57g
- Protein: 24.4g
- Carbs: 6.3g

Ingredients:

- 5 oz. Ground Beef
- ½ tbsp. Olive oil
- Salt and Black Pepper to taste
- 2 tbsp. Onion, chopped
- 3 tbsp. Parmesan, grated
- 2 tbsp. Egg (beaten)
- 1 cup shredded Lettuce
- 4 Cucumber circles
- 1 tbsp. Pomegranate seeds
- 3 Arugula leaves

Procedure:

1. In a bowl place the ground beef.



2. Add black pepper and salt.



3. Add onion.



4. Add grated Parmesan.



5. Add the eggs.



6. Mix until well combined and form a patty.



7. On a grill pan add olive oil and place the patty.



8. Cook for about 10 minutes, or until well done.



9. Serve with shredded lettuce, cucumber, arugula, and pomegranate.



DINNER

Mayonnaise and Parmesan chicken Thighs



- Calories: 652
- Fat: 55.5g
- Protein: 35.9g
- Carbs: 2.2g

Ingredients:

- 150 grams chicken thighs
- 2 Tbsp parmesan cheese
- 2 Tbsp mayonnaise
- ¼ tsp garlic powder
- 1 Tbsp olive oil
- 1 cup fresh spinach, to serve

Procedure:

1. In a bowl, place the chicken thighs and add the parmesan cheese.



2. Add the mayonnaise.



3. Season it with garlic powder.



4. Marinade the chicken thighs in the parmesan-mayonnaise mixture for 20 minutes.



5. Heat a pan with olive oil and cook the chicken over medium heat. Once the chicken is thoroughly cooked, serve it with fresh spinach.



Lemon Cookies



Nutritional Information:

- Calories: 324
- Fat: 30.4g
- Protein: 7.2g
- Carbs: 4.8g

Ingredients:

- 1.5 cup Almond Butter
- 1 cup softened coconut butter
- 0.5 cup powdered erythritol
- 2 lemon juice (organic)
- 2 large eggs

Procedure:

1. Preheat the oven to 160 °C/ 320 °F (fan assisted). In a bowl, mix the almond butter (preferably roasted), softened coconut butter, Erythritol, lemon juice and egg.
2. Create 12 small cookie dough balls. Place them on baking sheet lined with parchment paper or a non-stick silicon baking mat.
3. Using a fork, press down to flatten each cookie about ½ inch thick.
4. Bake for 12-15 minutes until lightly browned. When done, remove from oven.

DAY 4

BREAKFAST

Breakfast Sandwich



- Calories: 286
- Fat: 24.4g

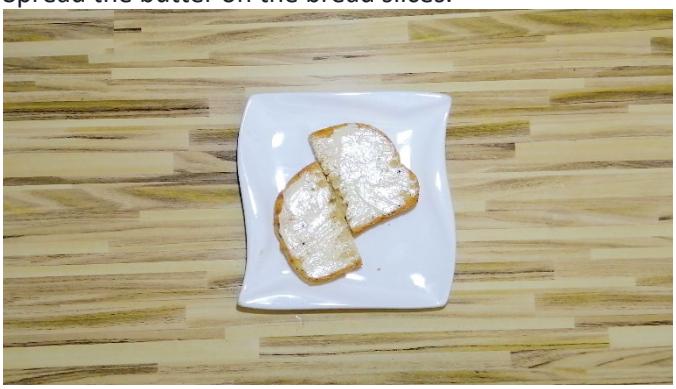
- Protein: 4.3g
- Carbs: 2.4g

Ingredients:

- 1 Keto bread slice (1.5 oz.), cut in half, toasted
- 1 Lettuce leaf, cut in half
- 1 Chicken Ham, cut in half
- 1 Pork Ham, cut in half
- 2 Tomato slices, cut in half
- 2 tsp. Butter softened

Procedure:

1. Spread the butter on the bread slices.



2. Layer the lettuce and tomatoes.



3. Layer the chicken and pork ham.



4. Put the two pieces together and serve.



LUNCH

Fried Salmon with Scrambled Egg

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- Calories: 655
- Fat: 49.3g
- Protein: 49.8g
- Carbs: 3g

Ingredients:

- 150 grams fried Salmon Fillet

For the scrambled egg:

- 2 Tbsp Butter
- 1 Egg, whisked
- ¼ cup Heavy Cream
- Salt, to taste
- 1 cup fresh Spinach, to serve

Procedure:

1. Prepare all the ingredients.



2. Heat a pan and melt the butter.













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DINNER

Smoky Cheeseburger Salad



- Calories – 368
- Protein – 28g
- Fat – 25g
- Carbohydrates – 9g
- Fiber – 3.4g

Ingredients:

- 100 grams Hamburger Mince
- Salt and Pepper, to taste
- 1 cup Iceberg Lettuce, shredded
- 2 tbsp Shredded Cheddar
- 6 pcs Cherry Tomatoes, halved

For the Dressing:

- 1.5 tbsp Mayonnaise
- 1 tbsp Sugar-Free Tomato Ketchup
- ½ tsp Liquid Smoke

Procedure:

1. Sear beef in a pan until brown. Season with salt and pepper to taste.
2. In a bowl, toss lettuce, cherry tomatoes, cheddar, and cooked mince.



3. Stir together ingredients for the dressing and drizzle over salad.



SNACKS

Almond Chia Pudding



- Calories: 660

- Fat: 51g
- Protein: 17.4g
- Carbs: 32.6g

Ingredients:

- 2 cups Almond Milk
- 4 Tbsp Desiccated Coconut
- 2 tsp Cocoa Powder
- 2 Tbsp Erythritol
- 1/2 tsp Vanilla Extract
- 2 Tbsp Chia Seeds
- 4 Tbsp Almond, chopped, as toppings
- 2 tsp Chocolate Chips, unsweetened

Procedure:

1. In a bowl, add all the ingredients.



2. Use a wire whisk to fully combine the mixture. Chill for at least 2 hours.



3. Serve with chopped almonds and chocolate chips.



DAY 5

BREAKFAST

Maple and Walnut Hemp Porridge



- Calories: 177
- Fat: 8g
- Protein 8g
- Carbs: 13g

Ingredients:

- ¼ cup Hemp Hearts
- 2 tbsp Coconut Flour
- 1 tbsp Flax Seeds
- ½ cup Almond Milk

- 1 tbsp Chopped Walnuts
- 1 tbsp Sugar-Free Maple Syrup

Procedure:

1. Stir together hemp hearts, coconut flour, flax seeds, and almond milk in a heat-proof bowl. Set in the microwave for 60-90 seconds.



2. Top with sugar-free maple syrup and chopped walnuts.



LUNCH

Smoked Salmon Plate



- Calories: 1016
- Fat: 97g
- Protein: 33g
- Carbs: 1g

Ingredients:

- 170g smoked salmon (0.375 lbs)
- ½ cup mayonnaise
- 1oz baby spinach
- ½ Tbsp olive oil
- ½ lime optional
- Salt and pepper

Procedure:

1. Put salmon, spinach, a wedge of lime, and a hearty dollop of mayonnaise on a plate.
2. Drizzle olive oil over the spinach and season with salt and pepper.

DINNER

Simple Salami Platter

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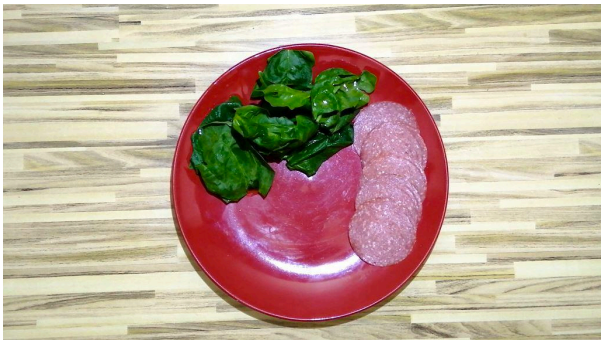
- Calories: 366
- Fat: 30.5g
- Protein: 18.6g
- Carbs: 4.2g

Ingredients:

- 2 cups Spinach
- 1 Egg, boiled, cut in half
- 5 Salami Slices
- 6 Olives
- 1 tbsp. Mayonnaise
- 2 oz. Cucumber, cut into circles
- 2 tsp. Olive oil
- Salt to taste

Procedure:

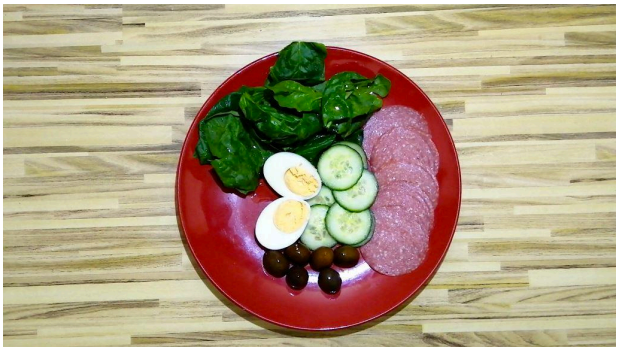
1. On a plate place the spinach and drizzle with olive oil. Season with salt to taste.



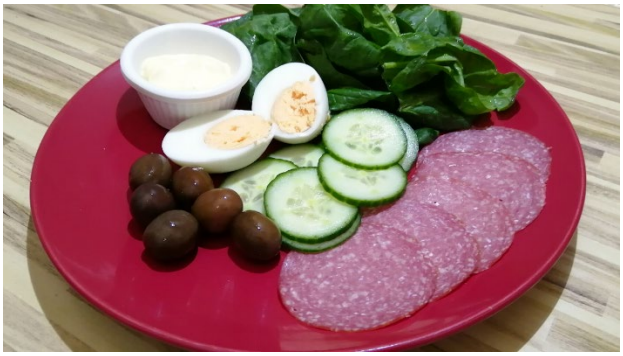
2. Now layer the cucumber circles and Salami slices.



3. Add 1 egg and olives.



4. Serve with 1 tbsp. mayonnaise and enjoy.



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SNACKS

One-Minute Keto Muffin



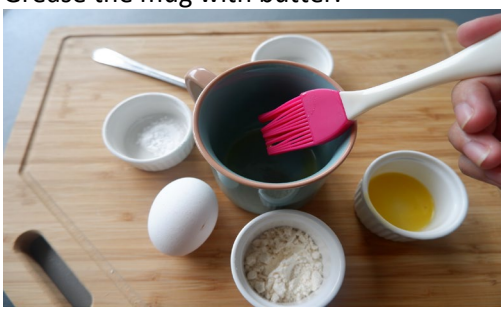
- Calories: 348
- Fat: 26.6g
- Protein: 15g
- Carbs: 12g

Ingredients:

- 2 Tbsp butter
- 4 tsp coconut flour
- 1 tsp of baking powder
- Pinch of salt and pepper
- 2 eggs

Procedure:

1. Grease the mug with butter.



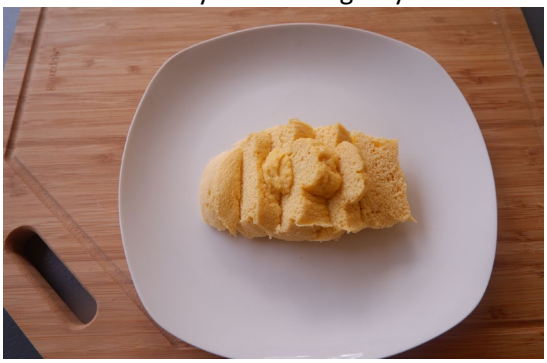
2. Add all ingredients to the mug.



3. Mix until well combined. Microwave for 45 seconds.



4. Consume directly on the mug or you can serve on a plate and slice it.

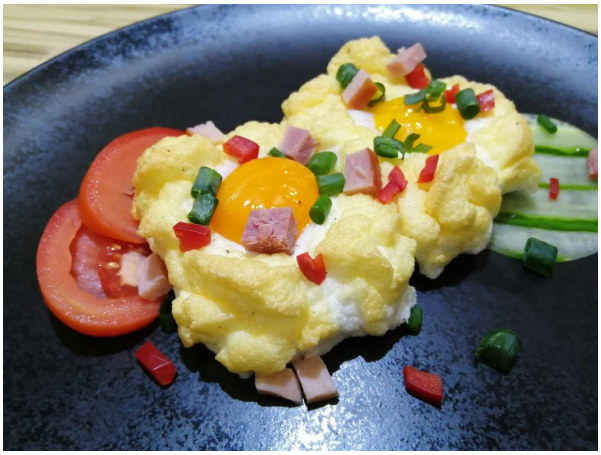


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DAY 6

BREAKFAST

Cloud Eggs



- Calories: 209
- Fat: 12g
- Protein: 15g
- Carbs: 10g

Ingredients:

- 2 Eggs
- 1 tbsp. Bacon, chopped, cooked
- 1 tbsp. Red Bell Pepper, chopped
- 1 tbsp. Green Onions, chopped (the greens)
- 2 Tomato Slices
- 2 Cucumber Slices
- Black pepper and salt

Procedure:

1. Preheat the oven to 390F. Separate the yolks from the whites and add the whites in a bowl. Season with black pepper and salt. Mix with a mixer until fluffy and stiff.



2. Place a parchment paper on a baking dish and separate the egg whites into equal parts.



3. In each part make a small hole and carefully add the yolks.



4. Bake for 10 minutes.



5. Serve topped with chopped bacon, bell pepper, green onions and serve with slices of tomatoes and cucumber. Enjoy!



Garlic and Rosemary Beef Shanks



- Calories – 269
- Protein – 33g
- Fat – 12g
- Carbohydrates – 4g
- Fiber – 0.5g

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Ingredients:

- 300 grams Beef Shank
- 3 cloves Garlic, crushed
- 2 sprigs Rosemary
- 1 tbsp Red Wine Vinegar
- 3 cups Beef Stock
- 1 tbsp Olive Oil
- Salt and Pepper, to taste

Procedure:

1. Season beef shanks with salt and pepper on both sides.



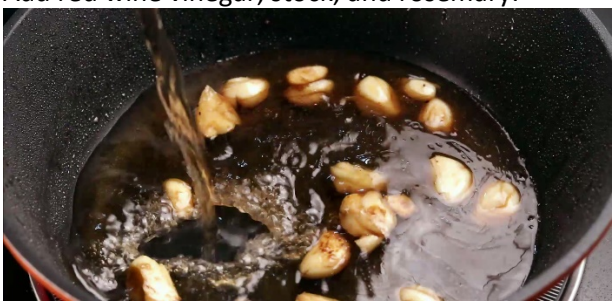
2. Heat olive oil in a braising pan. Sear beef shanks until brown on both sides. Set aside.



3. Add garlic into the same pan and stir over low heat until lightly caramelized.



4. Add red wine vinegar, stock, and rosemary.



5. Return beef shanks into the pot and bring to a boil.



6. Cover and simmer for about 2 hours or until beef is fork tender, adding more water as needed.

DINNER

Quick Spinach and Salami Salad

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- Calories: 461
- Fat: 41g
- Protein: 16.1g
- Carbs: 7g

Ingredients:

- 25 grams Spinach
- 50 grams Salami
- 2 Tbsp Almonds
- 2 Lemon Wedges, to serve
- 1 Tbsp Olive Oil, to serve

Procedure:

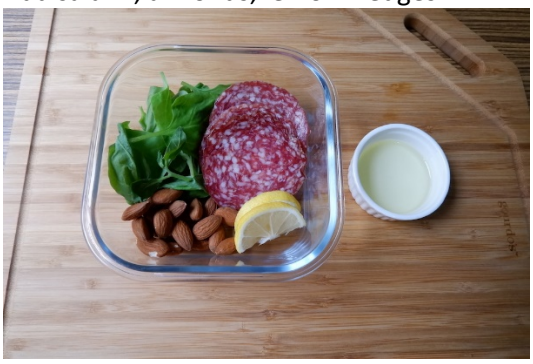
1. Prepare all the ingredients.



2. Prepare the lunch box and place spinach first.



3. Add salami, almonds, lemon wedges.



4. Drizzle with olive oil upon serving.



SNACKS

Bacon Sushi



- Calories: 1008
- Fat: 93.8g
- Protein: 29.4g
- Carbs: 11.8g

Ingredients:

- 8 slices Bacon, fried
- 30 grams Cream Cheese
- 50 grams Cucumber, in sticks
- 50 grams Carrot, in sticks
- 2 tsp Sesame Seeds

Procedure:

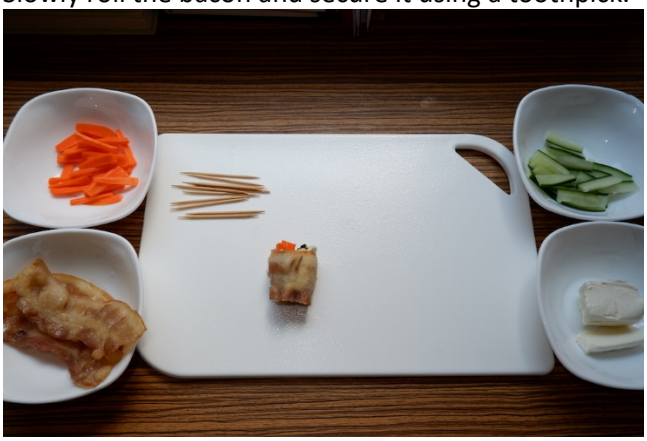
1. Spread cream cheese over bacon slices.



2. Add cucumber sticks on the rightmost side of the bacon. Then add carrots.



3. Slowly roll the bacon and secure it using a toothpick.



4. Repeat the same procedure with the rest of the bacon slices. Top with sesame seeds and serve.



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DAY 7

BREAKFAST

Low Carb Baked Eggs



- Calories: 498
- Fat: 35g
- Protein: 41g
- Carbs: 2g

Ingredients:

- 3 oz ground beef or ground pork,
- 2 eggs
- 2 oz shredded cheese

Procedure:

1. Preheat the oven to 400F (200C)
2. Arrange cooked ground beef mixture in a small baking dish. Then make two holes with a spoon and crack the eggs into them.
3. Sprinkle shredded cheese on top.
4. Bake in the oven until the eggs are done, about 10-15 minutes.
5. Let cool for a while. The eggs and ground meat get very hot!

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LUNCH

Creamy Garlic Tuscan Chicken



- Calories: 640
- Fat: 63.9g
- Protein: 13g
- Carbs: 3.3g

Ingredients:

- 1 Tbsp Olive Oil
- 200 grams Chicken Thigh
- ¼ cup Cherry Tomatoes, halved
- ½ cup Spinach
- 2 Tbsp Parmesan Cheese
- ¼ cup Heavy Cream
- 2 Tbsp Water
- ¼ tsp Garlic powder
- ½ tsp Italian seasoning

Procedure:

1. Prepare all the ingredients.



2. Heat the pan and add the olive oil.















9. Mix again until well combined.



10. Add back again the cooked chicken.



11. Serve on a plate.

DINNER

Pork Fajita Lettuce Wrap



- Calories: 485
- Fat: 35.9g
- Protein: 32.5g
- Carbs: 8.1g

Ingredients:
For the Pork Fajita:

- 2 Tbsp olive oil, for cooking
- 150 grams pork slices
- ½ tsp chili powder

- ¼ tsp cumin seed
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp paprika
- Salt and pepper

For the Lettuce Wrap:

- 25 grams Romaine lettuce
- ¼ red onions, sliced
- ¼ red pepper, sliced
- 4 lemon slices, to serve

Procedure:

1. Using a non-stick pan, heat olive oil.



2. Add the pork slices and cook until tender.



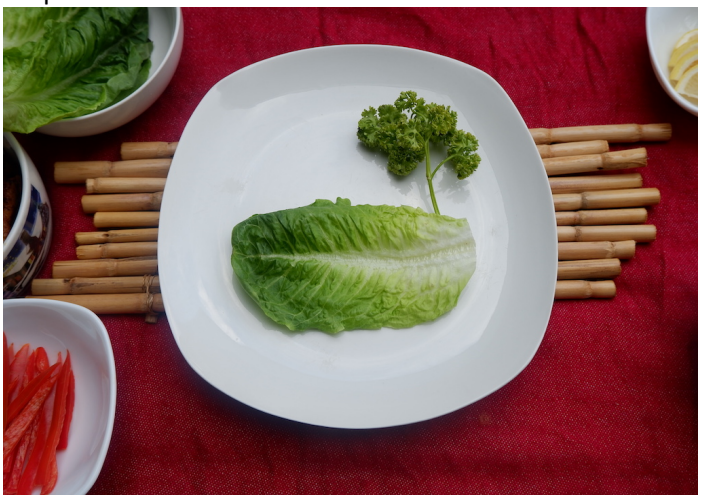
3. Add the fajita seasoning.



4. Stir until the pork slices are well coated with spices. Season with salt and pepper. Set aside.



5. Prepare the lettuce.



6. Add all the wrap ingredients. Serve with lemon slices.



SNACKS

Warm Kale Salad in Bacon Vinaigrette



- Calories: 208
- Fat: 17g
- Protein: 9g
- Carbs: 9g

Ingredients:

- 50 grams Bacon, chopped
- 2 cups Kale
- 10 grams Shallots, minced
- 1 tbsp Red Wine Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Sugar-Free Maple Syrup

- ½ tsp Black Peppercorns
- 1 tbsp Shaved Parmesan Cheese

Procedure:

1. Crisp bacon in a pan. Set aside, leaving the drippings in the pan.



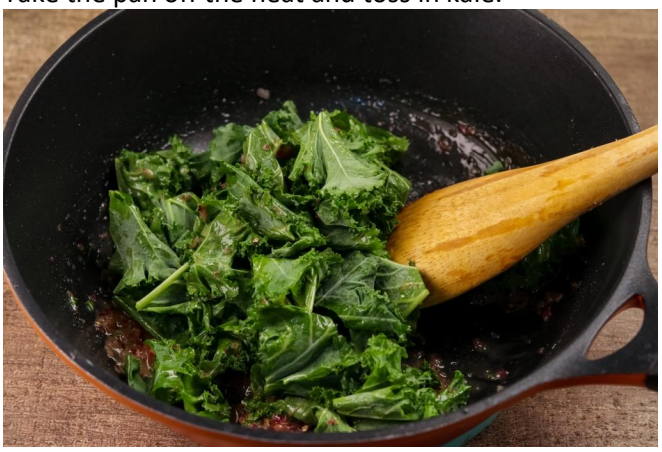
2. In the same pan, add shallots and black peppercorns. Stir until shallots are translucent.



3. Stir in mustard, maple syrup, and red wine vinegar.



4. Take the pan off the heat and toss in kale.



5. Transfer to a serving plate and top with bacon bits and shaved parmesan cheese.