



## Some tips Before Getting Started

- *Do your shopping in advance* and don't buy anything you won't need to eat. Some foods may not last if you buy them a week in advance. In such case, place them in the freezer or buy just a few days before you cook.
- If you need to take any food with you to work, *cook it the day before*.
- *Be prepared* - check the plan and always have the essential low-carb foods ready in the fridge (hard-boiled eggs, crispy bacon, chicken strips, [bone broth](#), [mayonnaise](#), [pesto](#), [mustard](#), etc.)
- If you don't like an ingredient I used in this plan, substitute it with another ingredient with *similar amount of net carbs* (beef with pork, blackberries with raspberries, etc.)
- *Feel free to swap meals* (dinner for lunch, etc.) according to your needs.
- *Snacks are not always needed*, you can use them to sate your appetite.
- Keep an eye on your *intake of magnesium, potassium and sodium*. You can add more foods

rich in electrolytes, just [check out my post here](#). Electrolytes are essential for your health and weight loss, especially over the first few days of the ketogenic diet. For those who use KetoDiet iPad app, it's perfectly normal to have values higher than the RDA / EMR.

- If you want to *avoid pesticides in fruits or vegetables*, check out [this list of fruits and vegetables](#). It will tell you which ones are worth getting organic.

**According to the weekly meal plan below, your carbs intake will always stay under 20-25 grams (it's recommended to stay below 25 grams of net carbs if you have just started). If you need a snack, opt for healthy suggestions from [this list](#).**

## 7-Day Diet Plan

---

### Day 1

#### Breakfast

*All Day Keto Breakfast* - Egg, bacon, ½ avocado with pink Himalayan salt or sea salt, 2 portobello or other mushrooms, 1 tbsp ghee. You can have a few bacon rashers.



#### Lunch

*Autumn Oxtail Stew* - In case you cook just for yourself, make 2 servings and keep the rest for tomorrow. You can use any other type of beef suitable for slow-cooking. If you don't have [bone broth at home](#), you can get ready-made one, just avoid products with additives. You'll use the second serving throughout the week. If you need to take it to work, prepare it on a day in advance and place the meat and lettuce in separate boxes before heating.



#### Dinner

*Grilled Chicken & Blackberry Salad* - You can use fresh or frozen berries (thawed). If you don't have blackberries, use raspberries, strawberries or even cherry tomatoes. Tomatoes have less carbs, so you can use twice the amount. Also, instead of fruit vinegar, you can use your own sugar-free vinegar or just olive oil. You can save time by cooking the chicken in advance and have it ready in the fridge.



*Net carbs: 18 grams + add more for snacks*

---

## Day 2

### Breakfast

*Omelet topped with ½ serving of Autumn Oxtail Stew* - Use the remaining oxtail from yesterday as filling for your omelet made from 3 eggs, 1 tbsp ghee and salt (pink Himalayan or sea salt).



### Lunch

*Caprese Skewers with 1 avocado instead of mozzarella cheese* and crispy bacon rashers or a few slices of high-quality pastured ham. You can simply prepare a salad without skewers and place in a container to take with you to work. Also, be aware that my home-made pesto includes parmesan cheese. To prepare a dairy-free pesto recipe, simply blend 2 cloves garlic, ⅓ cup almonds, ¼ cup extra virgin olive oil, 1 bunch basil, splash of lemon juice and ¼ tsp salt.



## Dinner

*Baked or pan-roasted fish with a big bowl of green salad (greens such as lettuce, spinach, chard, rocket, spring onion, olive oil and lemon juice). Have a look at [this recipe for simple baked salmon](#). If you don't like salmon, use other types of fatty fish such as mackerel or trout.*



*Net carbs: 16 grams + add more for snacks*

---

## Day 3

### Breakfast

*Creamed coconut milk with nuts and berries - ¼ cup blackberries, raspberries or strawberries (fresh or frozen), handful of almonds and ½ cup creamed coconut milk with a pinch of cinnamon (avoid sweeteners). To find out how to "cream" coconut milk, [have a look at my post here](#). Make sure you place the can in the fridge overnight before you use it.*



### Lunch

*[Keto tuna salad](#) - 1 tin tuna, 1 small head crunchy lettuce, 2 hard-boiled eggs, 1 spring onion, splash of fresh lemon juice, salt, 2 tbsp [home-made mayo](#).*



## Dinner

*[Cajun Chicken Tacos](#) - Avoid cream (use coconut milk or beef bone broth instead).*

*Net carbs: 20 grams + add more for snacks*



---

## Day 4

### Breakfast

*All Day Keto Breakfast* - Egg, bacon, ½ avocado with pink Himalayan salt or sea salt, 2 portobello or other mushrooms, 1 tbsp ghee. You can have a few bacon rashers.



### Lunch

*Pumpkin & Beef Sauté* - In case you make it just for yourself, prepare 2 servings and keep the rest for tomorrow.



### Dinner

*Baked or pan-roasted fish with a big bowl of green salad* (greens such as lettuce, spinach, chard, rocket, spring onion, olive oil and lemon juice). Have a look at [this recipe for simple baked salmon](#). If you don't like salmon, use other types of fatty fish such as mackerel or trout.

*Net carbs: 20 grams + add more for snacks*



---

## Day 5

### Breakfast

*Keto Omelet Wrap* - Avoid cream cheese and butter, use ghee, lard or coconut oil instead of butter. You can use ham or cooked meat instead of smoked salmon.



### Lunch

*Pumpkin & Beef Sauté* (leftover from yesterday).



### Dinner

*Cajun Chicken Tacos* - Avoid cream (use coconut milk or [beef bone broth](#) instead).

*Net carbs: 19 grams + add more for snacks*



---

## Day 6

### Breakfast

*Egg & Celeriac Nests* with crispy bacon rashers.



### Lunch

*BBQ Pork Ribs* - Make  $\frac{1}{2}$  the recipe if it's just for you. Eat with pan-roasted asparagus (1 bunch) drizzled with olive oil and lemon. The net carbs in asparagus are similar to leafy greens (1.8 g net carbs per 100 g / 3.5 oz) - eat to satiety.



### Dinner

*Butter-roasted Prawn & Blackberry Salad* - Included at the [bottom of this post](#). If you don't have blackberries, use raspberries, strawberries or even cherry tomatoes. Tomatoes have less carbs, so you can use twice the amount. Also, instead of fruit vinegar, you can use your own sugar-free vinegar or just olive oil.



*Net carbs: 19 grams + add more for snacks*

---

## Day 7

### Breakfast

*Shamrock Eggs with Braised Spinach* - 2 green pepper rings, 2 eggs, cup of spinach (or more), bacon, ¼ onion, 1 tbsp ghee, salt.



### Lunch

*BBQ Pork Ribs* - Leftover from yesterday. Eat with pan-roasted asparagus (1 bunch) drizzled with olive oil and lemon. The net carbs in asparagus are similar to leafy greens (1.8 g net carbs per 100 g / 3.5 oz) - eat to satiety.



### Dinner

*Keto Omelet Wrap* - Avoid cream cheese and butter, use ghee, lard or coconut oil instead of butter. You can use ham or cooked meat instead of smoked salmon.

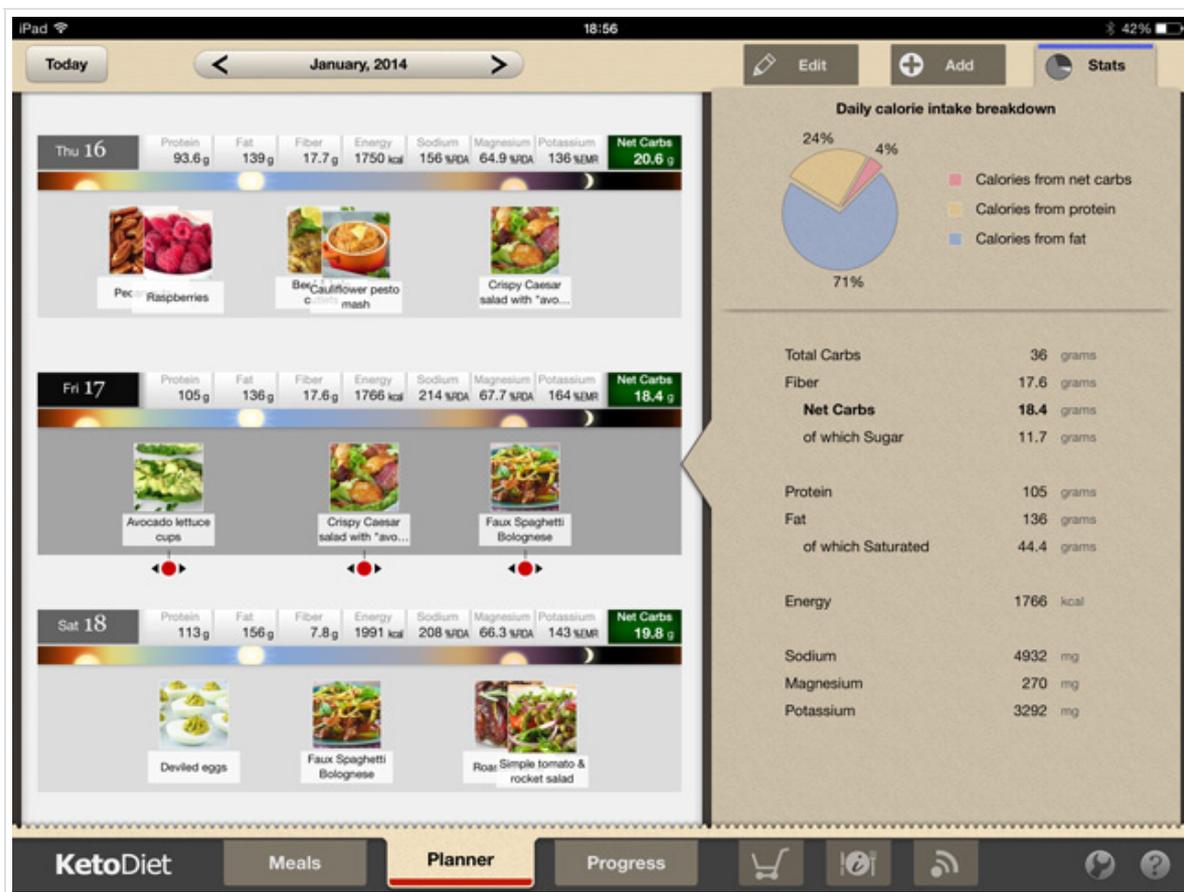
*Net carbs: 16 grams + add more for snacks*



## 7-Day Diet Plan for KetoDiet users

Note that this meal plan does not contain snacks. As individual requirements vary, you can add healthy snacks [from this list](#) to sate your appetite.

Some recipes contain home-made ingredients. If you don't have them ready in your fridge, you'll have to add them to the basket in KetoDiet separately. Also, make sure you have selected the right amount of servings when adding to the basket!



## Day 1

### Breakfast

*Breakfast ham cups* - Avoid cheese and eat with  $\frac{1}{2}$  avocado.



### Lunch

*Simple grilled trout*, eat with *Crispy marinated asparagus* - You will need to make *Basil pesto* or any other dairy-free pesto for the fish.



## Dinner

*Thai-style chicken with "peanut" sauce* - You can use any home-made nut butter (avoid peanut butter), eat with *Broccoli & cauliflower purée*.

*Net carbs: 22 grams + add more for snacks*



---

## Day 2

### Breakfast

*Ultimate keto coffee* - avoid stevia and any sweeteners. It's very satiating but if it's not enough, have an extra snack or try *Poached eggs on a bed of spinach* instead (the same amount of net carbs).



### Lunch

Leftover *Thai-style chicken with "peanut" sauce*, eat with *Broccoli & cauliflower purée*.



## Dinner

*Smoked salmon & avocado salad.*

*Net carbs: 21 grams + add more for snacks*



---

## Day 3

### Breakfast

½ avocado, hard-boiled egg and *Crispy bacon* or a few slices of high-quality pastured ham.



### Lunch

*Warm Niçoise salad with quail eggs* - You can use 1 regular egg and tinned tuna instead of quail eggs and fresh tuna (the net carbs will be the same).



## Dinner

*Beef & kale cutlets*, eat with *Crispy marinated asparagus*.

*Net carbs: 17 grams + add more for snacks*



---

## Day 4

### Breakfast

*Pecan nuts and ½ cup berries* (raspberries, strawberries or blackberries) - You can add ½ of creamed coconut milk with a pinch of cinnamon (avoid sweeteners). To find out how to "cream" coconut milk, [have a look at my post here](#). Make sure you place the can in the fridge overnight before you use it.



### Lunch

Leftover *Beef & kale cutlets* and *Cauliflower pesto mash*.



## Dinner

*Crispy Caesar salad with "avonnaise"* - Use dairy-free options for "breading" (flax meal, coconut flour, almond flour or crushed pork rinds).



*Net carbs: 20 grams + add more for snacks*

---

## Day 5

### Breakfast

*Avocado lettuce cups* - you can add *Crispy bacon*.



### Lunch

*Crispy Caesar salad with "avonnaise"* - Use the leftover chicken.



### Dinner

*Faux Spaghetti Bolognese* - Avoid optional ingredients and cheese.

*Net carbs: 18 grams + add more for snacks*



---

## Day 6

### Breakfast

*Devilled eggs* - Add ham or avocado if needed.



### Lunch

Leftover *Faux Spaghetti Bolognese* - Avoid optional ingredients and cheese.



### Dinner

*Roasted Lamb*, eat with *Simple tomato & rocket salad*.

*Net carbs: 19 grams + add more for snacks*



---

## Day 7

### Breakfast

*Red cabbage & zucchini pancakes* - Add avocado, ham or *Crispy bacon* if needed.



### Lunch

Leftover *Roasted Lamb* and *Grilled zucchini*.



### Dinner

*Sardines & avocado spicy wraps* - you can use any fish like salmon or tuna.

*Net carbs: 18 grams + add more for snacks*



## Healthy Low-carb Snacks and Extras:

- Coffee with coconut milk or almond milk or [Low-Carb Cappuccino](#) or [Ultimate Keto Coffee](#)
- 1 cup [bone broth](#) (best home-made)

- ½ avocado with pink Himalayan salt
- 1 hard-boiled egg with pink Himalayan salt (always have some ready in the fridge!)
- Crispy bacon rashers (make in advance and keep in the fridge)
- Ham roll-ups (ham filled with cucumber, avocado or pepper)
- 2-3 celery sticks with 2 tbsp [Home-made Coconut & Pecan Butter](#) or any other nut butter (avoid peanut butter)
- Fermented foods: sauerkraut, kimchi (add to your breakfast), kombucha
- Pork rinds / cracklings instead of chips (avoid products with additives)
- Nuts and seeds, handful, raw or roasted with sea salt (net carbs per serving (1 oz): almonds - 2.7 g, pecans - 1.2 g, walnuts - 2 g, macadamias - 1.5 g, hazelnuts - 2 g, brazil nuts - 1.4 g, pine nuts - 2.7 g, sunflower seeds - 3.2 g, pumpkin seeds - 1.3 g) - soaking nuts is highly recommended, I've written more about [soaking nuts here](#)
- Berries, fresh or frozen (net carbs per serving: ½ cup blackberries - 3.1 g, ½ cup raspberries - 3.3 g, ½ cup strawberries - 4.1 g or ¼ cup blueberries - 4.5 g)
- Coconut oil (pour a tablespoon of coconut oil into silicon ice trays and keep in the fridge for a quick fat-burning snack)
- Very occasionally, a serving of [Mushroom Chips](#), [Spicy Zucchini Chips](#), [Rosemary & Garlic Eggplant Chips](#) (avoid soured cream) or [Orange-scented Celeriac Chips](#)
- 1 piece of [Chocolate Coconut Candies](#) with NO sweetener