



Tips before you get started

Apart from [tips from the previous week](#) (I recommend you read them), here are some additional tips for this week. Most of them apply to those of you who have busy lifestyles.

1. *Prepare 4 servings of slow-cooked meat* (~ 900g / 2 lb). Cook the meat until tender, best in a slow-cooker (pork or lamb with herbs such as rosemary, onion and garlic, pink Himalayan salt). Such simple ingredients will add a very small amount of carbs (~ 1 g net carbs per serving). Store 2 servings in the freezer and keep the remaining 2 servings in the fridge. You can get inspired by [some of my recipes here](#).
2. *Pre-cook 1 serving of chicken thighs or turkey* (~ 150g / 3.5 oz). Place in an air-tight container and defrost each serving a day before needed by placing it in the fridge.
3. *Precook one of the salmon fillets or other fatty fish* (~ 150 - 200g / 5.3 - 7 oz) and place in

an air-tight container in the fridge or freezer. Defrost a day before needed by placing it in the fridge.

4. *Crisp up some bacon* and keep refrigerated and ready to eat.
5. *Boil some eggs* to have them ready at hand when needed either in your recipes or as quick snacks.
6. Very low-carb diets (below 20 grams of net carbs) are *often deficient in magnesium*. I recommend you take [magnesium supplements](#) or add snacks high in magnesium such as nuts.
7. *This diet plan may not be suitable for everyone*. You'll have to make small adjustments. If you need to have less protein, reduce the portions of meat and eggs. Don't worry about small excess of protein, it will not kick you out of ketosis. In fact, protein will keep hunger at bay. If you need to add more fat (or less), focus on added oils and fatty foods when making your adjustments. You can find your ideal macros using [KetoDiet Buddy!](#)

You can download your [weekly SHOPPING LIST here](#).

For your convenience, I have also created a [PDF version of this diet plan that you can download here!](#)

Super-Easy Grab & Go 7-Day Diet Plan

Note that **the nutrition facts of this meal plan do not include extra snacks**. As individual requirements vary, you can add healthy snacks [from this list](#) to sate your appetite. In simple words, if you feel hungry, add fat and protein-based meals or snacks!

Day 1

Breakfast

Creamed coconut milk with nuts and berries

- ¼ cup blackberries, raspberries or strawberries, fresh or frozen (36g / 1.3 oz)
- handful almonds (30g / 1 oz)
- ½ cup creamed coconut milk (120g / 4.2 oz)
- pinch 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.



*Total carbs: 18.1 g, Fiber: 8.3 g, **Net carbs: 9.8 g**, Protein: 11.2 g, Fat: 56.5 g, Calories: 584 kcal, Magnesium: 121 mg (30% RDA), Potassium: 660 mg (33% EMR)*

Lunch

Keto tuna salad ([recipe is here](#))

- 1 tin tuna (180g / 6.3 oz) - alternatively, you can use cooked chicken
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled pastured eggs
- 1 medium spring onion (15g / 0.5 oz)
- splash of lemon juice
- pink Himalayan salt
- 2 tbsp [home-made mayo](#)



*Total carbs: 5.4 g, Fiber: 1.5 g, **Net carbs: 3.9 g**, Protein: 59.7 g, Fat: 49.8 g, Calories: 713 kcal, Magnesium: 79 mg (20% RDA), Potassium: 828 mg (41% EMR)*

Dinner

2 x One-minute egg muffin (divide everything in 2 cups and microwave for 1-2 minutes)

- 2 large pastured eggs
- ½ cup frozen spinach (75g / 2.8 oz)
- pink Himalayan salt to taste
- Optional: crispy pastured bacon, pastured ham or smoked salmon

with *two cups of Green salad*

- 2 cups crispy greens (60g / 2.1 oz)
- ½ avocado (100g / 3.5 oz oz)
- 1 tbsp olive oil
- pink Himalayan salt to taste
- splash of lemon juice

*Total carbs: 14.3 g, Fiber: 9.7 g, **Net carbs: 4.6 g**, Protein: 18.2 g, Fat: 38.3 g, Calories: 454 kcal, Magnesium: 109 mg (27% RDA), Potassium: 1067 mg (53.4% EMR)*

Total daily values: *Total carbs: 37.8 g, Fiber: 19.5 g, **Net carbs: 18.3 g**, Protein: 89.2 g, Fat: 144 g, Calories: 1752 kcal, Magnesium: 308 mg (77% RDA), Potassium: 2556 mg (127% EMR), Keto ratio (carbs : protein : fat) is 4 : 21 : 75*

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 2

Breakfast

Omelet from 3 large pastured eggs, 1 tbsp ghee and pink Himalayan salt topped with the slow-cooked meat (100 g / 3.5 oz) you've prepared in advance (see [Tips before you get started](#)). Eat with ½ cup Sauerkraut (70g / 2.5 oz).

*Total carbs: 4.1 g, Fiber: 2.1 g, **Net carbs: 2.1 g**, Protein: 38.7 g, Fat: 47.3 g, Calories: 608 kcal, Magnesium: 47.2 mg (12% RDA), Potassium: 635 mg (32% EMR)*



Lunch

Quick avocado salad

- ½ avocado (100g / 3.5 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled pastured eggs
- 1 medium spring onion (15g / 0.5 oz)
- splash of lemon juice
- pink Himalayan salt
- 1 tbsp extra virgin olive oil

*Total carbs: 13.3 g, Fiber: 8.1 g, **Net carbs: 5.2 g**, Protein: 15.5 g, Fat: 38.2 g, Calories: 441 kcal, Magnesium: 58.3 mg (15% RDA), Potassium: 877 mg (44% EMR)*

Dinner

Pan-roasted pork chops with asparagus

- 1 medium pork chop seasoned with pink Himalayan salt, pan-roasted in 1 tbsp lard or ghee (150g / 5.3 oz)
- 1 large bunch asparagus, seasoned with salt and a splash of fresh lemon juice, pan-roasted in 1 tbsp ghee (200 g / 7.1 oz)

*Total carbs: 8.4 g, Fiber: 4.4 g, **Net carbs: 4 g**, Protein: 35.2 g, Fat: 43.7 g, Calories: 566 kcal, Magnesium: 64 mg (16% RDA), Potassium: 938 mg (46.9% EMR)*

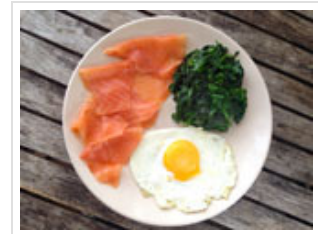
Total daily values: *Total carbs: 25.8 g, Fiber: 14.6 g, **Net carbs: 11.2 g**, Protein: 89.4 g, Fat: 129 g, Calories: 1615 kcal, Magnesium: 169 mg (43% RDA), Potassium: 2451 mg (122% EMR), Keto ratio (carbs : protein : fat) is 3 : 23 : 74*

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 3

Breakfast

1 large pastured egg (any style), 1 package smoked wild salmon or pastured ham (100g / 3.5 oz), 1 tbsp ghee, 1 cup braised spinach (150g / 5.3 oz), pink Himalayan salt, 1 cup berries, fresh or frozen (150g / 5.3 oz) - blackberries have the least amount of net carbs from all berries.



*Total carbs: 19.6 g, Fiber: 10.9 g, **Net carbs: 8.7 g**, Protein: 30.9 g, Fat: 25.4 g, Calories: 421 kcal, Magnesium: 172 mg (43% RDA), Potassium: 1331 mg (67% EMR)*

Lunch

Quick prawn & spinach salad

- 1 package raw prawns (200g / 7.1 oz), pan-roasted on 1 tbsp ghee
- 2 cups fresh spinach or other greens such as chard, lettuce, rocket (60g / 2.1 oz)
- ¼ cup green or black olives (30g / 1 oz)
- 2 tbsp extra virgin olive oil
- cayenne pepper and pink Himalayan salt to taste

*Total carbs: 4.3 g, Fiber: 2.4 g, **Net carbs: 1.9 g**, Protein: 30.9 g, Fat: 45.8 g, Calories: 564 kcal, Magnesium: 96 mg (24% RDA), Potassium: 596 mg (30% EMR)*

Dinner

Slow-cooked meat with lettuce cups

- 150g slow-cooked meat (5.3 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)



with *Simple tomato salad*

- 1 cup cherry tomatoes (150g / 5.3 oz)
- 1 medium spring onion (15g / 0.5 oz)
- 1 tbsp freshly chopped basil (or 1 tsp dried)
- 1 tbsp extra virgin olive oil
- pink Himalayan salt to taste

*Total carbs: 12 g, Fiber: 4 g, **Net carbs: 8 g**, Protein: 30.5 g, Fat: 34.7 g, Calories: 479 kcal, Magnesium: 60 mg (15% RDA), Potassium: 1057 mg (53% EMR)*

Total daily values: *Total carbs: 35.9 g, Fiber: 17.3 g, **Net carbs: 18.6 g**, Protein: 92.2 g, Fat: 108 g, Calories: 1465 kcal, Magnesium: 327 mg (82% RDA), Potassium: 2985 mg (149% EMR), Keto ratio (carbs : protein : fat) is 5 : 26 : 69*

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 4

Breakfast

3 scrambled pastured eggs with bunch of chives (or 1 small spring onion), 1 thick slice pastured bacon or ham (30g / 1 oz), 1 tbsp ghee, 1 large portobello or other mushrooms (80 / 3 oz), ¼ cup

cherry tomatoes (75g / 2.6 oz). Eat with ½ cup braised spinach for magnesium boost (75g / 2.8 oz).

Total carbs: 10.3 g, Fiber: 4.5 g, **Net carbs: 5.8 g**, Protein: 28.2 g, Fat: 37.8 g, Calories: 490 kcal, Magnesium: 82 mg (21% RDA), Potassium: 1039 mg (52% EMR)



Lunch

Quick salad with slow-cooked meat

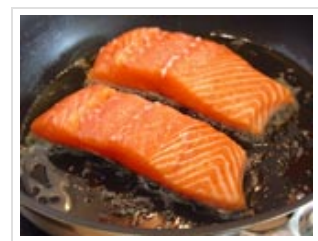
- slow-cooked meat you've prepared in advance (see [Tips before you get started](#)) (150g / 5.3 oz)
- 2 cups crispy greens such as iceberg lettuce, chard, spinach, etc. (90g / 3.2 oz)
- 2 tbsp [home-made mayo](#)
- pink Himalayan salt to taste

Total carbs: 6.9 g, Fiber: 2.5 g, **Net carbs: 4.3 g**, Protein: 29.8 g, Fat: 45.5 g, Calories: 555 kcal, Magnesium: 54 mg (14% RDA), Potassium: 695 mg (35% EMR)

Dinner

Pan-roasted trout or salmon with green beans

- 1 large trout or salmon fillet (200g / 7.1 oz) pan-roasted on 1 tbsp ghee
- 1 package green beans (200g / 7.1 oz) roasted on 1 tbsp ghee
- splash of lemon juice
- pink Himalayan salt to taste



Total carbs: 14.3 g, Fiber: 5.4 g, **Net carbs: 8.9 g**, Protein: 46.5 g, Fat: 42.2 g, Calories: 624 kcal, Magnesium: 113 mg (28% RDA), Potassium: 1286 mg (64% EMR)

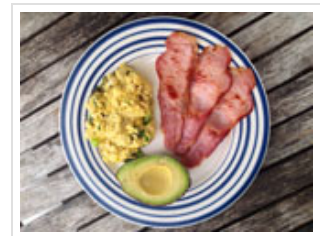
Total daily values: Total carbs: 31.5 g, Fiber: 12.4 g, **Net carbs: 19.1 g**, Protein: 104 g, Fat: 125 g, Calories: 1670 kcal, Magnesium: 249 mg (48% RDA), Potassium: 3021 mg (151% EMR), Keto ratio (carbs : protein : fat) is 5 : 26 : 69

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 5

Breakfast

2 scrambled pastured eggs with bunch of chives (or 1 small spring onion), 2 thick rashers pastured bacon or ham (60g / 2.1 oz), 1 tbsp ghee, ½ avocado with pink Himalayan salt (100g / 3.5 oz). Eat with ½ cup Sauerkraut (70g / 2.5 oz).



Total carbs: 12.7 g, Fiber: 8.9 g, **Net carbs: 3.8 g**, Protein: 23.5 g, Fat: 54.4 g, Calories: 623 kcal, Magnesium: 61 mg (15% RDA), Potassium: 889 mg (45% EMR)

Lunch

Quick avocado salad

- ½ avocado (100g / 3.5 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled pastured eggs
- 1 medium spring onion (15g / 0.5 oz)
- splash of lemon juice
- pink Himalayan salt
- 1 tbsp extra virgin olive oil

Total carbs: 13.3 g, Fiber: 8.1 g, **Net carbs: 5.2 g**, Protein: 15.5 g, Fat: 38.2 g, Calories: 441 kcal, Magnesium: 58.3 mg (15% RDA), Potassium: 877 mg (44% EMR)

Dinner

Slow-cooked meat with lettuce cups

- 150g slow-cooked meat (5.3 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)



with *Simple tomato salad*

- 1 cup cherry tomatoes (150g / 5.3 oz)
- 1 medium spring onion (15g / 0.5 oz)
- 1 tbsp freshly chopped basil (or 1 tsp dried)
- 1 tbsp extra virgin olive oil
- pink Himalayan salt to taste

Total carbs: 12 g, Fiber: 4 g, **Net carbs: 8 g**, Protein: 30.5 g, Fat: 34.7 g, Calories: 479 kcal, Magnesium: 60 mg (15% RDA), Potassium: 1057 mg (53% EMR)

Total daily values: Total carbs: 38 g, Fiber: 21 g, **Net carbs: 17 g**, Protein: 69.4 g, Fat: 127 g, Calories: 1544 kcal, Magnesium: 178 mg (74% RDA), Potassium: 2823 mg (141% EMR), Keto ratio (carbs : protein : fat) is 5 : 19 : 77

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 6

Breakfast

Creamed coconut milk with nuts and berries

- ¼ cup blackberries, raspberries or strawberries, fresh or frozen (36g / 1.3 oz)
- handful almonds (30g / 1 oz)
- ½ cup creamed coconut milk (120g / 4.2 oz)
- pinch 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.



*Total carbs: 18.1 g, Fiber: 8.3 g, **Net carbs: 9.8 g**, Protein: 11.2 g, Fat: 56.5 g, Calories: 584 kcal, Magnesium: 121 mg (30% RDA), Potassium: 660 mg (33% EMR)*

Lunch

Quick chicken salad

- 1 serving cooked chicken thighs (150g / 5.3 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled eggs
- 1 spring onion
- pink Himalayan salt
- 2 tbsp [home-made mayo](#)

*Total carbs: 4.5 g, Fiber: 1.4 g, **Net carbs: 3.1 g**, Protein: 42.7 g, Fat: 41 g, Calories: 560 kcal, Magnesium: 64 mg (16% RDA), Potassium: 756 mg (38% EMR)*

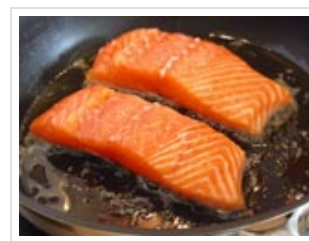
Dinner

Pan-roasted salmon or trout with braised broccoli

- 1 medium fillet salmon or trout (150g / 3.5) roasted on 1 tbsp ghee
- pink Himalayan salt and pepper (black or cayenne) to taste

- 2 cups steamed / boiled broccoli, seasoned with a splash of lemon juice and 1 tbsp extra virgin olive oil (180g / 6.4 oz)

*Total carbs: 12.5 g, Fiber: 4.7 g, **Net carbs: 7.7 g**, Protein: 37.6 g, Fat: 38.1 g, Calories: 537 kcal, Magnesium: 86 mg (22% RDA), Potassium: 1233 mg (62% EMR)*



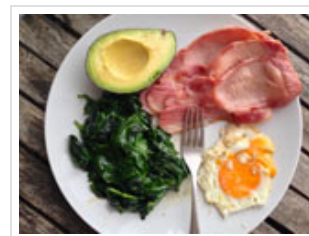
Total daily values: *Total carbs: 35.2 g, Fiber: 14.5 g, **Net carbs: 20.7 g**, Protein: 91.5 g, Fat: 135 g, Calories: 1683 kcal, Magnesium: 271 mg (68% RDA), Potassium: 2651 mg (132% EMR), Keto ratio (carbs : protein : fat) is 5 : 22 : 73*

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 7

Breakfast

2 large eggs (any style), 1 thick slice pastured bacon or ham (30g / 1 oz), ½ avocado (100g / 3.5 oz), 1 cup braised spinach (150g / 5.5 oz), 1 tbsp ghee, pink Himalayan salt. Eat with ½ cup of berries, fresh or frozen (75g / 2.5 oz) - blackberries have the least amount of net carbs from all berries.



*Total carbs: 22.8 g, Fiber: 15.1 g, **Net carbs: 7.7 g**, Protein: 25.3 g, Fat: 48 g, Calories: 600 kcal, Magnesium: 177 mg (44% RDA), Potassium: 1348 mg (67% EMR)*

Lunch

Avocado, bacon & spinach salad

- 2 thick pastured bacon slices (60g / 2.1 oz)
- 2 cups fresh spinach or other greens such as chard, lettuce, rocket (90g / 3.2 oz)

- 1 avocado with pink Himalayan salt (200g / 7.1 oz)
- 1 tsp Dijon mustard
- 1 tbsp [home-made mayo](#)

*Total carbs: 20.9 g, Fiber: 15.1 g, **Net carbs: 5.8 g**, Protein: 14.2 g, Fat: 57.4 g, Calories: 621 kcal, Magnesium: 142 mg (36% RDA), Potassium: 1451 mg (73% EMR)*

Dinner

Pan-roasted pork chops with asparagus

- 1 medium pork chop seasoned with pink Himalayan salt, pan-roasted in 1 tbsp lard or ghee (150g / 5.3 oz)
- 1 large bunch asparagus, seasoned with salt and a splash of fresh lemon juice, pan-roasted in 1 tbsp ghee (200 g / 7.1)

*Total carbs: 8.4 g, Fiber: 4.4 g, **Net carbs: 4 g**, Protein: 35.2 g, Fat: 43.7 g, Calories: 566 kcal, Magnesium: 64 mg (16% RDA), Potassium: 938 mg (47% EMR)*

Total daily values: *Total carbs: 52.1 g, Fiber: 34.6 g, **Net carbs: 17.5 g**, Protein: 74.8 g, Fat: 149 g, Calories: 1788 kcal, Magnesium: 384 mg (67% RDA), Potassium: 3739 mg (187% EMR), Keto ratio (carbs : protein : fat) is 5 : 22 : 73*

Recommended snacks: 1 oz (30 g) of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

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 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 or other [FAT BOMBS](#) from my
blog