

Congratulations! Good Job! I can't stress enough that planning is critical. The keystone here is to **plan your meals** on a certain day of the week. And to **buy groceries on a certain day of the week**. Once you do that you will be creating a **habit** which will drastically improve **your success**.

Monday

Breakfast: 2 egg omelet with tomatoes and avocado

Snack: cucumber slices with ranch dressing

Lunch: chicken quarter with skin and lettuce and tomatoes

Snack: celery with cream cheese

Dinner: pork tenderloin, sautéed spinach and grilled squash

Tuesday

Breakfast: protein shake with strawberries

Snack: cherry tomatoes

Lunch: burger without bun with cheese avocado and tomato salad

Snack: cucumber slices with ranch dressing

Dinner: sirloin steak, sautéed bok Choy and mixed green salad

Wednesday

Breakfast: scrambled eggs, bacon, sautéed spinach and tomatoes

Snack: cucumber slices with ranch dressing

Lunch: protein shake with strawberries and banana

Snack: bell pepper slices with dressing

Dinner: steamed broccoli, chicken, chopped spinach salad

7 Day Keto Diet Meal Ideas

Thursday

Breakfast: protein shake with strawberries

Snack: bell pepper slices with dressing

Lunch: tuna with avocado, cucumber and tomato salad

Snack: cherry tomatoes

Dinner: grilled burger with cheddar, baked sweet potato fries and mixed greens

Friday

Breakfast: sausage topped with mozzarella and tomatoes

Snack: celery with cream cheese

Lunch: lettuce wrapped chicken breast, fresh guacamole and tomato salad

Snack: cucumber slices with ranch dressing

Dinner: chicken breast, steamed broccoli and cauliflower and mixed green salad

Saturday

Breakfast: 2 egg omelet with tomatoes and avocado

Snack: celery with cream cheese

Lunch: burger on chopped salad

Snack: cherry tomatoes

Dinner: bangers, sweet potato mash and sautéed spinach

Sunday

Breakfast: protein shake with strawberries

Snack: celery with cream cheese

Lunch: tuna with avocado, cucumber and tomato salad

Snack: bell pepper slices with dressing

Dinner: steak, asparagus and mixed green salad