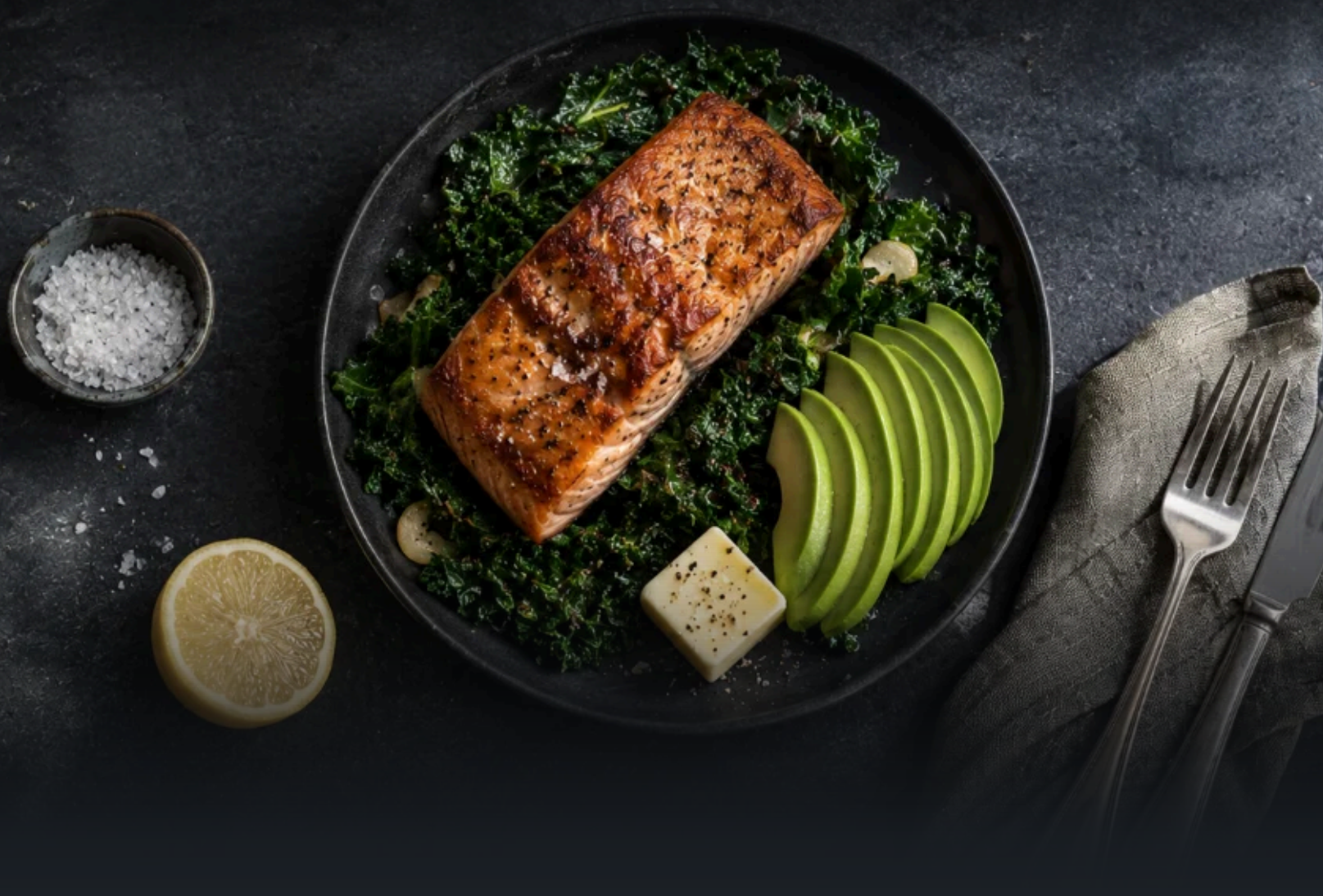


Your 7-Day *Keto* Meal Plan

Seven days of meals, macros already counted, with a single shopping list to buy it all in one trip.



Follow it in order, or don't — *both work*

Each day lands between 1,650 and 1,720 calories with net carbs under 25g, so any day you pick keeps you in ketosis. Run them in sequence for the shopping list to work as written, or repeat the two or three days you like most — the macros hold either way.

Nothing here needs weighing. Portions are written the way you would actually cook them, and the macros on each page are already reconciled to the calorie total. If a meal doesn't appeal, swap it with the same meal slot from another day rather than dropping it.

YOUR DAILY TARGETS

~1,700

KCAL

~135g

FAT

~90g

PROTEIN

20–25g

NET CARBS



THE FIRST WEEK

Headaches and fatigue in the first few days are usually salt and water, not the diet failing. Add electrolytes and drink more than feels necessary — most people are through it by day four.

BEFORE YOU START

General information, not medical advice. Speak to your doctor first if you take medication for diabetes or blood pressure, are pregnant or nursing, or are on a GLP-1 medication — appetite and dose interactions need supervision.

Day *One*



BREAKFAST

Scrambled eggs with
avocado and bacon

— 3 eggs, ½ avocado, 3 bacon



LUNCH

Grilled chicken Caesar
salad, no croutons

— 5 oz chicken, 2 tbsp Caesar



DINNER

Baked salmon with
asparagus and butter

— 6 oz salmon, 1½ tbsp butter



SNACK

Celery with almond butter

— 2 celery, 2 tbsp almond butter

WHY IT WORKS Two egg-based meals bookend the day, so dinner’s salmon and butter carry the fat without pushing protein past 90g.

1,650 TOTAL KCAL

SHARE OF CALORIES

Fat		136g
Protein		88g
Net carbs		19g

Macro values are estimates based on standard recipe and portion data — a reliable planning guide, not a lab-tested measurement.

Day *Two*



BREAKFAST

Keto Greek yogurt bowl
with nuts and berries

— ¾ cup yogurt, 2 tbsp walnuts



LUNCH

Tuna salad lettuce wraps

— 1 can tuna, 2 tbsp mayo



DINNER

Ribeye steak with garlic
butter and broccoli

— 8 oz ribeye, 1 tbsp butter



SNACK

Baked parmesan
cheese crisps

— 1 oz parmesan (6 crisps)

WHY IT WORKS Ribeye brings the week's biggest protein hit at dinner, which is why breakfast stays yogurt-light and the snack is pure fat.

1,700 TOTAL KCAL

SHARE OF CALORIES



Day *Three*



BREAKFAST
Spinach and feta omelette
— 3 eggs, 1 oz feta, 1 tbsp oil



LUNCH
Cobb salad with ranch dressing
— 3 oz chicken, 1 egg, 2 bacon



DINNER
Chicken thighs with creamy spinach
— 7 oz thighs, ¼ cup cream

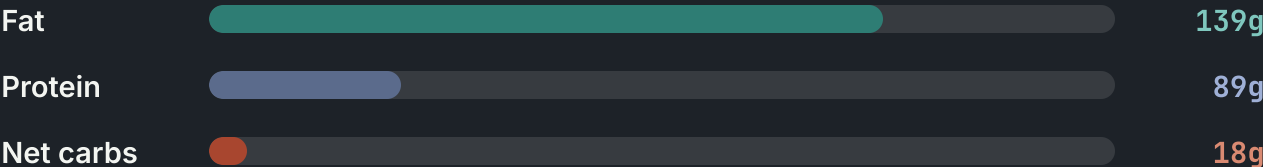


SNACK
Handful of macadamia nuts
— 1 oz (about 11 nuts)

WHY IT WORKS Two salads back to back put today at the week's carb low, and the macadamias close the fat gap with no cooking at all.

1,680 TOTAL KCAL

SHARE OF CALORIES



Day *Four*



BREAKFAST

Bacon and cheddar egg muffins (3)

— 3 eggs, 2 bacon, 1 oz cheddar



LUNCH

Zucchini noodle chicken alfredo

— 5 oz chicken, 1/3 cup alfredo



DINNER

Pork chops with cauliflower mash

— 6 oz chop, 2 tbsp butter



SNACK

Deviled eggs (2 halves)

— 1 egg, 1 tbsp mayo

WHY IT WORKS The heaviest day of the seven — alfredo and cauliflower mash both lean on cream, so keep those two portions as written.

1,720 TOTAL KCAL

SHARE OF CALORIES



Day *Five*



BREAKFAST

Smoked salmon and cream cheese roll-ups

— 3 oz salmon, 3 tbsp cr. cheese



LUNCH

Egg salad stuffed avocado

— 1 avocado, 2 eggs, 2 tbsp mayo



DINNER

Shrimp scampi with zucchini noodles

— 8 oz shrimp, 2 tbsp butter



SNACK

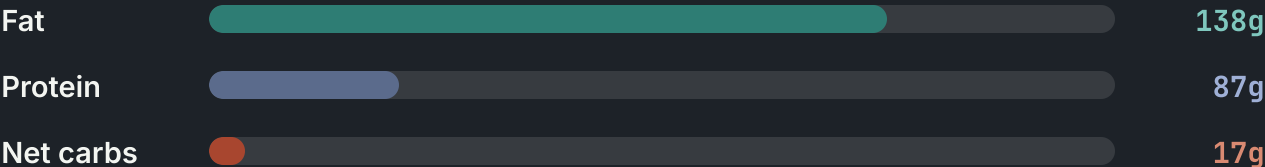
Olives and cheese cubes

— 10 olives, 1 oz cheddar

WHY IT WORKS Shrimp and zucchini keep dinner light, so lunch's avocado carries most of today's fat.

1,660 TOTAL KCAL

SHARE OF CALORIES



Day *Six*



BREAKFAST

Avocado boat with fried egg

— ½ avocado, 1 egg, 1 tsp oil



LUNCH

Turkey and cheese roll-ups with mustard

— 4 oz turkey, 2 oz Swiss



DINNER

Roast chicken with brussels sprouts

— 6 oz chicken, 1 tbsp oil



SNACK

Sugar-free beef jerky

— 1 oz jerky

WHY IT WORKS Roast the chicken once and the leftovers cover tomorrow's lunch; the jerky snack is here for salt, not for fat.

1,690 TOTAL KCAL

SHARE OF CALORIES



Day *Seven*



BREAKFAST

Sausage and egg breakfast skillet

— 2 sausages, 2 eggs, 1 tbsp butter



LUNCH

Bunless cheeseburger with side salad

— 6 oz patty, 1 oz cheddar



DINNER

Meatballs in marinara with zoodles

— 5 meatballs, 1/3 cup marinara



SNACK

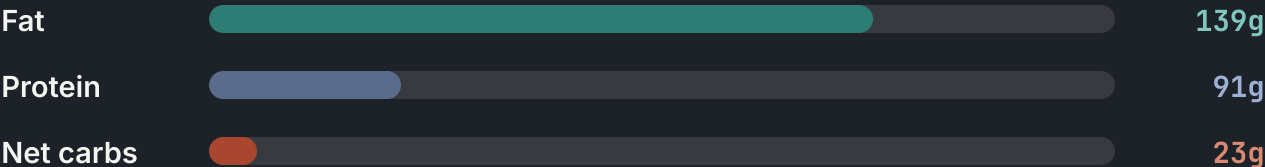
Cucumber slices with cream cheese

— 1/2 cucumber, 2 tbsp cr. cheese

WHY IT WORKS Marinara puts today at the week's carb ceiling, so the cucumber and cream cheese snack stays deliberately carb-free.

1,710 TOTAL KCAL

SHARE OF CALORIES



Everything for all *seven days*

PROTEIN

- ☐ Chicken breasts (2 lb)
- ☐ Chicken thighs (1.5 lb)
- ☐ Whole roasting chicken
- ☐ Ribeye steak (1)
- ☐ Pork chops (2)
- ☐ Ground beef (1 lb)
- ☐ Salmon fillets (2)
- ☐ Smoked salmon (4 oz)
- ☐ Shrimp, peeled (1 lb)
- ☐ Canned tuna (2)
- ☐ Bacon (1 pack)
- ☐ Breakfast sausages
- ☐ Sliced turkey (deli)
- ☐ Sugar-free beef jerky

DAIRY & EGGS

- ☐ Eggs (2 dozen)
- ☐ Butter (1 lb)
- ☐ Heavy cream
- ☐ Cream cheese
- ☐ Full-fat Greek yogurt
- ☐ Cheddar (block)
- ☐ Parmesan (grated)
- ☐ Feta
- ☐ Blue cheese crumbles
- ☐ Cheese cubes, snacking

PANTRY & FATS

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Almond butter
- ☐ Macadamia nuts
- ☐ Mixed nuts, unsweetened
- ☐ Olives
- ☐ Marinara, no sugar added

PRODUCE

- ☐ Avocados (5)
- ☐ Baby spinach (2 bags)
- ☐ Romaine hearts
- ☐ Mixed salad greens
- ☐ Asparagus (1 bunch)
- ☐ Broccoli (2 heads)
- ☐ Cauliflower (1 head)
- ☐ Brussels sprouts (1 lb)
- ☐ Zucchini (4)
- ☐ Celery (1 bunch)
- ☐ Cucumber (2)
- ☐ Berries (small punnet)
- ☐ Garlic, lemons

CONDIMENTS & SEASONINGS

- ☐ Mayonnaise
- ☐ Dijon mustard
- ☐ Ranch dressing
- ☐ Caesar dressing
- ☐ Sea salt, black pepper
- ☐ Garlic powder, paprika
- ☐ Electrolyte powder



This is 7 of the *90 days* you get in the full Toolkit.

The 90-Day Toolkit runs the same plan across thirteen weeks in an interactive dashboard: pick your days, swap meals, and the shopping list rebuilds itself around what you actually chose. Macros recalculate as you go, so the week stays in range without you counting anything.

GET THE FULL 90 DAYS

The 90-Day Keto Toolkit

Thirteen weeks of meals, an interactive day dashboard, and automatic shopping lists that rebuild when you swap a meal.

ketotoolkit.com/products/90-day-keto-toolkit

IF WEEK ONE FEELS ROUGH

The Keto Flu Checklist

What to take, how much, and in what order — the fastest way through the first four days.

ketotoolkit.com/pages/keto-flu-checklist

General information, not medical advice. Speak to your doctor before starting if you take medication for diabetes or blood pressure, are pregnant or nursing, or are on a GLP-1 medication. Macro values are estimates based on standard recipe and portion data.