

FREE PRINTABLE

7-Day Keto Meal Plan (Sample)

This sample menu is a starting point, not a prescription. Adjust foods, portions, and meal timing for your needs, preferences, allergies, budget, and clinician-approved targets.

Day	Breakfast	Lunch	Dinner	Optional snacks
Monday	Scrambled eggs with cheese and spinach	Bunless burger with cheese, mushrooms, avocado, and greens	Pork chops with green beans	Almonds; cheddar cheese
Tuesday	Mushroom omelet	Tuna salad with celery, tomato, and greens	Roast chicken with cream sauce and broccoli	Avocado with chicken salad; low-carb hot chocolate
Wednesday	Bell pepper stuffed with cheese and eggs	Arugula salad with egg, turkey, avocado, and blue cheese	Grilled salmon with spinach	Guacamole with low-carb vegetables; cheese
Thursday	Full-fat yogurt with keto granola	Steak bowl with cauliflower rice, cheese, herbs, avocado, and salsa	Bison steak with cheesy broccoli	Coconut, nut, and seed trail mix; sugar-free jelly with cream

Days 5–7

Day	Breakfast	Lunch	Dinner	Optional snacks
Friday	Baked avocado egg boats	Chicken Caesar salad	Pork chops with vegetables	Hard-boiled eggs; celery with unsweetened nut butter
Saturday	Cauliflower toast with cheese and avocado	Bunless salmon burger with pesto	Meatballs with zucchini noodles and Parmesan	Coconut chips; green olives
Sunday	Coconut-milk chia pudding with coconut and walnuts	Cobb salad with greens, egg, avocado, cheese, and turkey	Coconut chicken curry	Olives and salami; Greek yogurt with flax

Use the sample safely

- Choose portions that suit your own needs; this source menu does not define servings.
- Check packaged foods and sauces for serving size, total carbohydrate, fiber, and added sugar.
- Reuse leftovers and make substitutions to reduce waste and match availability.

[Pair it with the printable shopping list.](#)