Keto Diet Plan

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### Keto Diet Plan - 7 Days

**Objective:** To reduce carbohydrate intake sufficiently to reach ketosis, promoting fat burning and weight loss.

**Daily Macronutrient Goals:**

* **Carbohydrates:** 5-10% of total calories (generally under 50 grams per day)
* **Proteins:** 20-25%
* **Fats:** 70-75%

#### Day 1:

* **Breakfast:** Scrambled eggs cooked in butter with avocado and a sprinkle of cheddar cheese.
* **Lunch:** Caesar salad with chicken, bacon, Parmesan cheese, and a creamy, low-carb Caesar dressing.
* **Dinner:** Grilled salmon with a side of asparagus sautéed in olive oil.
* **Snack:** Celery sticks with almond butter.

#### Day 2:

* **Breakfast:** Full-fat Greek yogurt mixed with a keto-friendly sweetener and crushed walnuts.
* **Lunch:** Spinach and feta stuffed chicken breast with a side of roasted zucchini.
* **Dinner:** Beef stir-fry with mixed low-carb vegetables (like bell peppers and broccoli) cooked in coconut oil.
* **Snack:** Cheese slices with a small handful of macadamia nuts.

#### Day 3:

* **Breakfast:** Omelet with mushrooms, spinach, and Gruyère cheese.
* **Lunch:** Tuna salad with celery, mayo, and avocado served in lettuce wraps.
* **Dinner:** Pork chops with a creamy mustard sauce and a side of steamed green beans.
* **Snack:** Half an avocado sprinkled with sea salt and lime juice.

#### Day 4:

* **Breakfast:** Smoothie made with almond milk, spinach, peanut butter, and a scoop of low-carb protein powder.
* **Lunch:** Shrimp and avocado salad with olive oil and vinegar dressing.
* **Dinner:** Lamb chops with mint pesto and a side of sautéed kale.
* **Snack:** Hard-boiled eggs.

#### Day 5:

* **Breakfast:** Keto pancakes made with almond flour topped with butter and sugar-free syrup.
* **Lunch:** Roast beef, horseradish, arugula, and coleslaw wrapped in nori sheets.
* **Dinner:** Grilled chicken with a creamy dill sauce and a side of cauliflower mash.
* **Snack:** Slices of cucumber and cream cheese.

#### Day 6:

* **Breakfast:** Coconut chia pudding.
* **Lunch:** Cobb salad with hard-boiled eggs, avocado, blue cheese, and a high-fat dressing.
* **Dinner:** Meatballs served with zoodles (zucchini noodles) and sugar-free marinara sauce.
* **Snack:** Keto fat bombs.

#### Day 7:

* **Breakfast:** Bacon and eggs with a side of sautéed spinach.
* **Lunch:** Chicken soup made with bone broth, low-carb vegetables, and chunks of chicken thigh.
* **Dinner:** Duck breast with orange sauce and a side of roasted radishes.
* **Snack:** A few olives stuffed with blue cheese.

### General Guidelines:

* **Drink plenty of water:** Aiming for 8-10 cups a day to stay hydrated.
* **Monitor your ketone levels:** Use ketone strips to ensure you remain in ketosis.
* **Supplement as needed:** Consider supplements for electrolytes like sodium, potassium, and magnesium to avoid the "keto flu."
* **Prepare for adjustments:** The first week on a keto diet can be tough as your body adapts to a lower carb intake