

Keto Diet Plan

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