



# Keto Diet Meal Planner

Plan your weekly keto meals for success

**Week of:** MM/DD/YYYY

## Monday

**Breakfast:** e.g., Scrambled eggs with avocado

**Lunch:** e.g., Caesar salad with grilled chicken

**Dinner:** e.g., Baked salmon with roasted broccoli

## Tuesday

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

## Wednesday

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

Dinner: \_\_\_\_\_

### Thursday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Friday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Saturday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Sunday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## Keto-Friendly Meal Ideas

### Breakfast Options

- ✓ Scrambled eggs with avocado
- ✓ Bacon and eggs
- ✓ Keto smoothie with spinach
- ✓ Bulletproof coffee
- ✓ Keto pancakes with butter
- ✓ Greek yogurt with berries
- ✓ Cheese and veggie omelet
- ✓ Smoked salmon with cream cheese

### Lunch Options

- ✓ Caesar salad with grilled chicken
- ✓ Cobb salad with ranch
- ✓ Cauliflower soup
- ✓ Egg salad on lettuce
- ✓ Lettuce wrap burgers
- ✓ Tuna salad with cucumber
- ✓ Chicken thigh with vegetables
- ✓ Zucchini noodles with pesto

### Dinner Options

- ✓ Baked salmon with asparagus
- ✓ Chicken thighs with roasted broccoli
- ✓ Shrimp scampi with zoodles
- ✓ Baked chicken with Brussels sprouts
- ✓ Ribeye steak with butter
- ✓ Pork chops with cauliflower mash
- ✓ Bunless burger with cheese
- ✓ Beef stir-fry with vegetables

### Snack Options

- ✓ Almonds or macadamia nuts
- ✓ Celery with almond butter
- ✓ Pepperoni slices
- ✓ Olives
- ✓ Cheese cubes
- ✓ Hard-boiled eggs
- ✓ Avocado with salt
- ✓ Pork rinds

### Quick Tips for Success

**Stay hydrated:** Drink plenty of water throughout the day (aim for 8-10 glasses).

**Track your macros:** Keep carbs under 20-50g daily, moderate protein, high healthy fats.

**Prep ahead:** Prepare meals in advance to stay on track during busy days.

**Read labels:** Watch for hidden carbs in sauces, dressings, and packaged foods.