



CLEAN KETO

7 Day Meal Plan

MONDAY

Breakfast: Steak & Onion Frittata/Greens

Lunch: Chicken Breast with Zucchini & Squash Skillet

Dinner: Steak Salad

TUESDAY

Breakfast: Bone broth, half an avocado with 1 tsp ghee and a boiled egg

Lunch: Turkey Meatballs on top of salad

Dinner: Mini Taco Meatloaf Muffins

WEDNESDAY

Breakfast: Steak & Onion Frittata/Greens/Fruit

Lunch: Deli Meat Lettuce Wraps with a pickle slice and berries

Dinner: Bang Bang Shrimp Salad

THURSDAY

Breakfast: Scrambled eggs and bacon with coffee and MCT oil

Lunch: Turkey Meatballs on top of salad

Dinner: Rotel Chicken Spaghetti Squash Casserole

FRIDAY

Breakfast: Bone broth, half an avocado with 1 tsp ghee and a boiled egg

Lunch: Chicken Breast with tomato salad or steamed veggies

Dinner: Garlic Steak Bites with Broccoli

SATURDAY

Breakfast: Eggs & Cauliflower Grit Bowl

Lunch: Deli Meat Lettuce Wraps with a pickle slice and berries

Dinner: Air Fryer Shrimp

SUNDAY

Breakfast: Scrambled eggs, bacon and strawberries

Lunch: Chicken Breast with Zucchini & Squash Skillet

Dinner: Asian Beef Lettuce Wraps

SNACK IDEAS

- Fruit/Chomps Beef Stick
- Bone Broth
- Berries
- Avocado Slices
- Cucumbers with Hot Sauce
- Hard-boiled Eggs
- Pickle Slices and cashews

MEATS TO BUY

- Ground Beef
- Shrimp
- Sirloin Steaks
- Chicken
- Deli meat of choice
- Ground Turkey

Notes

Grocery List



Fruits and Veggies

Meats and Frozen

Snacks

Canned Goods

Miscellaneous
