



CLEAN KETO

7 Day Meal Plan

MONDAY

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

Lunch: Tuna Salad Stuffed Peppers

Dinner: Buffalo Chicken Patties

TUESDAY

Breakfast: Eggs Benedict Casserole

Lunch: Leftover Buffalo Chicken Patties with Bone Broth or a side salad with homemade ranch

Dinner: Cajun Chicken Thighs

WEDNESDAY

Breakfast: Sausage Egg Stir Fry

Lunch: Tuna Salad Stuffed Peppers

Dinner: Shepherd's Pie

THURSDAY

Breakfast: Eggs Benedict Casserole

Lunch: Leftover Shepherd's Pie or Turkey Meatballs on top of salad

Dinner: Chicken Stuffed BLT's

FRIDAY

Breakfast: Sausage Egg Stir Fry

Lunch: Grilled protein of choice with steamed veggies and Mac's Awesome Sauce

Dinner: Tuscan Sausage Soup

SATURDAY

Breakfast: Eggs & Cauliflower Grit Bowl

Lunch: Leftover Tuscan Sausage Soup

Dinner: Philly Not So Cheesesteak Stuffed Peppers

SUNDAY

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

Lunch: Deli Meat Lettuce Wraps with a pickle slice and bone broth

Dinner: Butter Chicken over Cauliflower Rice

SNACK IDEAS

- Chomps Beef Stick
- Bone Broth
- Berries
- Avocado Slices
- Cucumbers with Hot Sauce
- Hard-boiled Eggs
- Pickle Slices
- Pecans

DRINKS

- Bulletproof coffee with Nutpods, Mct Oil or Ghee blended
- Unsweetened Passion Tazo Tea
- Lemon Water
- Sparkling Water
- Unsweetened black or tea

Notes

Grocery List



Vegetables

Meats

Frozen

Canned Goods

Miscellaneous
