



# CLEAN KETO

## 7 Day Meal Plan

### MONDAY

**Breakfast:** Scrambled eggs, brussels sprouts with 2 slices of bacon and my Chili Lime Sauce

**Lunch:** Tuna Salad Stuffed Peppers

**Dinner:** Cheeseburger Soup

### TUESDAY

**Breakfast:** Bulletproof Coffee & 2 Boiled Eggs

**Lunch:** Leftover Cheeseburger Soup

**Dinner:** Smothered Pork Chops

### WEDNESDAY

**Breakfast:** Mexican Frittata

**Lunch:** Sriracha Meatballs with a side salad and homemade ranch

**Dinner:** Greek Chicken over greens

### THURSDAY

**Breakfast:** Bulletproof Coffee & 2 Boiled Eggs

**Lunch:** BLT Dip with cucumbers

**Dinner:** Hibachi Shrimp Veggie "Pasta"

### FRIDAY

**Breakfast:** Scrambled eggs, brussels sprouts with 2 slices of bacon and my Chili Lime Sauce

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

**Dinner:** Air Fryer Wings

### SATURDAY

**Breakfast:** Mexican Frittata

**Lunch:** Tuna Salad Stuffed Peppers

**Dinner:** Fish and Chips

### SUNDAY

**Breakfast:** Scrambled eggs with greens, salsa, bacon and sliced avocado sprinkled with Tajin seasoning.

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

**Dinner:** Shrimp Foil Packets

### 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*

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# Grocery List



## Vegetables

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## Meats

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## Frozen

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## Canned Goods

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## Miscellaneous

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