



CLEAN KETO

7 Day Meal Plan

MONDAY

Breakfast: Steak & Onion Frittata/Greens

Lunch: Mini Taco Meatloaf Muffins with a side salad

Dinner: Poppy Seed Chicken Casserole

TUESDAY

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

Lunch: Leftover Poppy Seed Casserole

Dinner: Beef Tips and Gravy

WEDNESDAY

Breakfast: Steak & Onion Frittata/Greens/Fruit

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

Dinner: Crispy Chicken Schnitzel

THURSDAY

Breakfast: Scrambled eggs and bacon with coffee

Lunch: Chicken Breast with steamed veggies with Mac's Awesome Sauce

Dinner: Pizza Meatballs

FRIDAY

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

Lunch: Leftover Pizza Meatballs

Dinner: Kung Pao Chicken

SATURDAY

Breakfast: Eggs & Cauliflower Grit Bowl

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

Dinner: Chick fil-A Bites

SUNDAY

Breakfast: Scrambled eggs, bacon and strawberries

Lunch: Mini Taco Meatloaf Muffins with a side salad

Dinner: Ranch Roast

SNACK IDEAS

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

DRINK IDEAS

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

Notes
