



Printable One Week Free Sample Keto Diet Menu

The following menu provides less than 50 grams of total carbs per day.

As mentioned above, some people may have to reduce carbohydrates even further in order to reach ketosis.

This is a general one-week ketogenic menu that can be altered depending on individual dietary needs.

Monday

- Breakfast: Two eggs fried in pastured butter served with sauteed greens.
- Lunch: A bunless grass-fed burger topped with cheese, mushrooms and avocado atop a bed of greens.
- Dinner: Pork chops with green beans sauteed in coconut oil.

Tuesday

- Breakfast: Mushroom omelet.
- Lunch: Tuna salad with celery and tomato atop a bed of greens.
- Dinner: Roast chicken with cream sauce and sauteed broccoli.

Wednesday

- Breakfast: Bell pepper stuffed with cheese and eggs.
- Lunch: Arugula salad with hard-boiled eggs, turkey, avocado and blue cheese.
- Dinner: Grilled salmon with spinach sauteed in coconut oil.

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Thursday

- Breakfast: Full-fat yogurt topped with Keto granola.
- Lunch: Steak bowl with cauliflower rice, cheese, herbs, avocado and salsa.
- Dinner: Bison steak with cheesy broccoli.

Friday

- Breakfast: Baked avocado egg boats.
- Lunch: Caesar salad with chicken.
- Dinner: Pork chops with vegetables.

Saturday

- Breakfast: Cauliflower toast topped with cheese and avocado.
- Lunch: Bunless salmon burgers topped with pesto.
- Dinner: Meatballs served with zucchini noodles and parmesan cheese.

Sunday

- Breakfast: Coconut milk chia pudding topped with coconut and walnuts.
- Lunch: Cobb salad made with greens, hard-boiled eggs, avocado, cheese and turkey.
- Dinner: Coconut chicken curry.

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