

## Week 1

### Day 1

Breakfast: Scrambled eggs with spinach

Lunch: Chicken avocado bowl

Dinner: Pan-seared salmon with asparagus

Snack: Cheese and olives

### Day 2

Breakfast: Bacon and eggs

Lunch: Tuna lettuce wraps

Dinner: Bunless burger with mushrooms and cheese

Snack: Celery with cream cheese

### Day 3

Breakfast: Omelet with peppers and cheese

Lunch: Cobb salad

Dinner: Pork chops with cauliflower mash and green beans

Snack: String cheese

### Day 4

Breakfast: Greek yogurt with chia seeds and walnuts

Lunch: Chicken salad with avocado

Dinner: Shrimp stir-fry with broccoli

Snack: Cucumber with ranch

### Day 5

Breakfast: Bacon, eggs, and avocado

Lunch: Turkey and cheese lettuce wraps

Dinner: Ribeye steak with roasted Brussels sprouts

Snack: Macadamia nuts

### Day 6

Breakfast: Almond flour pancakes

Lunch: Egg salad lettuce wraps

Dinner: Baked chicken thighs with zucchini

Snack: Olives and cheese

## Day 7

Breakfast: Keto green smoothie

Lunch: Salmon salad

Dinner: Chicken Alfredo with zucchini noodles

Snack: Pepperoni slices

## Week 2

### Day 8

Breakfast: Fried eggs with bacon and cheese

Lunch: Caesar salad with shrimp

Dinner: Pork tenderloin with roasted cauliflower

Snack: Pecans

### Day 9

Breakfast: Cottage cheese with cinnamon and almonds

Lunch: Avocado burger bowl

Dinner: Chicken thighs with sautéed spinach

Snack: Beef jerky

### Day 10

Breakfast: Egg muffins

Lunch: Tuna salad with pickles

Dinner: Steak with garlic mushrooms

Snack: Avocado

### Day 11

Breakfast: Keto coffee with boiled eggs

Lunch: Turkey and cheese roll-ups

Dinner: Chicken fajita bowl

Snack: Pork rinds

### Day 12

Breakfast: Spinach and feta omelet

Lunch: BLT lettuce wraps

Dinner: Salmon with broccoli and lemon butter

Snack: Celery with almond butter

Day 13

Breakfast: Chia pudding with nuts

Lunch: Chicken Caesar salad

Dinner: Ground beef with zucchini noodles

Snack: Cheese crisps

Day 14

Breakfast: Bacon and eggs with spinach

Lunch: Cobb salad

Dinner: Pork ribs with green beans

Snack: Walnuts

Week 3

Day 15

Breakfast: Keto green smoothie

Lunch: Egg salad lettuce wraps

Dinner: Chicken drumsticks with roasted cauliflower

Snack: Cucumber with olive oil

Day 16

Breakfast: Scrambled eggs with sausage

Lunch: Tuna salad over spinach

Dinner: Ribeye steak with asparagus

Snack: Pecans and string cheese

Day 17

Breakfast: Almond flour waffles

Lunch: Turkey avocado salad

Dinner: Shrimp scampi with zucchini noodles

Snack: Pecans

Day 18

Breakfast: Greek yogurt with chia seeds

Lunch: Grilled chicken salad

Dinner: Beef stir-fry with vegetables

Snack: Boiled eggs

Day 19

Breakfast: Keto coffee with eggs

Lunch: Chicken lettuce wraps

Dinner: Pork chops with sautéed cabbage

Snack: Cheese cubes

Day 20

Breakfast: Egg muffins

Lunch: BLT salad

Dinner: Grilled salmon

Snack: Olives

Day 21

Breakfast: Avocado with boiled eggs

Lunch: Tuna lettuce wraps

Dinner: Bunless burger with guacamole

Snack: Almond butter

Week 4

Day 22

Breakfast: Keto green smoothie

Lunch: Chicken Caesar salad

Dinner: Beef taco lettuce bowls

Snack: Cheese crisps

Day 23

Breakfast: Bacon and eggs

Lunch: Tuna salad with pork rinds

Dinner: Grilled chicken with broccoli and parmesan

Snack: Mixed nuts

Day 24

Breakfast: Veggie omelet

Lunch: Egg salad

Dinner: Garlic butter shrimp with zucchini noodles

Snack: Pork rinds

Day 25

Breakfast: Chia pudding

Lunch: Turkey lettuce wraps

Dinner: Ribeye steak

Snack: Avocado

Day 26

Breakfast: Cottage cheese bowl

Lunch: Chicken salad

Dinner: Herb pork chops with sautéed greens

Snack: Celery with cream cheese

Day 27

Breakfast: Keto coffee (optional eggs)

Lunch: BLT lettuce wraps

Dinner: Salmon with asparagus

Snack: Mixed nuts

Day 28

Breakfast: Bacon, eggs, and avocado

Lunch: Chicken Caesar salad

Dinner: Ground beef with cauliflower mash

Snack: Cheese crisps

Day 29

Breakfast: Keto green smoothie

Lunch: Tuna salad with pork rinds

Dinner: Chicken thighs with Brussels sprouts

Snack: Almonds

Day 30

Breakfast: Scrambled eggs with spinach

Lunch: Burger bowl

Dinner: Grilled steak with broccoli parmesan

Snack: Dark chocolate