



# KETOGENIC MEAL PLAN



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## **PREP AND PACK YOUR MEALS**

In order for this new relationship with food to work, you need to put in work! When I say work, I mean you need to Prep and Pack your meals. You need to adopt this Eating Clean lifestyle into every scenario of your life. Home, work, social, school, etc. Plan your meals at the beginning of your week; Prep your meals every Sunday and Wednesday night; Pack your meals and take your meals with you everywhere you go. You will need to purchase small cooler that you can transport with your day-to-day necessities.



# Meal Plan Overview

The ketogenic (keto) diet is a low-carb diet that can be of benefit to many people looking for a change in how they eat. By restricting your carbohydrate intake on a ketogenic diet your body burns ketones for fuel. The natural process of your body breaking down fats in the liver to produce ketones is called ketosis. This diet is high in fat and generally restricts carbohydrates intake.

**Fats:** Healthy fats are key for a successful ketogenic diet and will account for up to 70% of your calories. **Proteins:** Proteins are crucial for creating and maintaining muscle. It is also the most satiating macronutrient. Your ketogenic diet should be filled with protein from fish, beef, lamb, poultry and eggs. **Carbohydrates:** Carbohydrates only account for 5%-10% of calories. In this diet your carbohydrates will come from leafy greens like as spinach, kale, bok choy and lettuce. Lower-sugar fruits like berries (strawberries, blueberries, cherries, etc) are recommended instead.

## ABOUT THIS MEAL PLAN

<b>Grocery Lists</b> Easy to follow shopping lists and instructions for preparing your meals.	<b>Tasty Meals</b> Each day consists of 3 meals—breakfast, lunch and dinner	<b>Macronutrient Info</b> Calorie, fat, protein, and carbohydrate information is included in with each meal and recipe.
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This meal plan provides you with an example of how to create well-rounded meals that would help achieve your weight loss. Diet is a key component in achieving any fitness goal, however, there are several other factors that must be taken into consideration when planning a weight loss or muscle gain regime including exercise routine, current body composition and basal metabolic rate.

## CALORIES & MACRONUTRIENTS

This meal plan is based to meet daily caloric goal of approximately **1,450-1,600 calories** with proteins, fats and carbohydrates accounting for **34%, 56%** and **10%**, respectively of the calories.



# 7-Day Ketogenic Meal Plan

## Days 1 & 5

**Breakfast:** 1 Cup Full-Fat Plain Greek Yogurt, ¼ Cup Blueberries & 2 Scrambled Eggs

**Lunch:** 4.5 Oz Grilled Chicken Breast topped with ¼ Cup Cheddar Cheese, 9 Oz Sautéed Spinach

**Dinner:** 1 Serving Turkey Chili, ½ Haas Avocado

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## Days 2 & 6

**Breakfast:** 1 Serving Cheesy Vegetable Scramble, ½ Haas Avocado, 1 Cup Full-Fat Plain Greek Yogurt (add sweetener of your choice)

**Lunch:** Spinach (2 Cups) & Olive Oil (1 Tbsp), 2 Baked Chicken Legs, ½ Haas Avocado

**Dinner:** 2 Servings Baked Coconut Tilapia, 6 Oz Sautéed Spinach, ½ Haas Avocado

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## Days 3 & 7

**Breakfast:** 3 Servings Turkey with sautéed Tomatoes & Cilantro, ½ Haas Avocado, Spinach (2 Cups) & Olive Oil (1 Tbsp)

**Lunch:** 2 Servings Baked Salmon & 1 Serving Feta Spinach Salad, drizzled with 1 Tbsp Olive Oil

**Dinner:** 2 Baked Chicken Legs, 2 Servings Tropical Cauliflower Rice, 4 Cups Raw Spinach & 1 Tbsp Olive Oil

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## Day 4

**Have fun! Repeat your favorite breakfast, lunch and dinner meals.**





# Shopping List

## Meat & Fish

- Chicken Breast
- Chicken Legs
- Ground Turkey
- Salmon
- Tilapia

## Diary

- Eggs
- Plain Greek Yogurt (full fat)
- Shredded Cheddar Cheese

## Vegetables & Fruit

- Asparagus
- Blueberries
- Broccoli
- Cauliflower
- Cilantro
- Eggplant
- Garlic
- Haas Avocados
- Kale
- Lemons
- Spinach
- Thyme
- Tomatoes

## Fats & Oils

- Butter
- Coconut Oil
- Olive Oil

## Miscellaneous

- Almond Flour
- Almonds
- Baking Powder
- Canned Diced Tomatoes
- Coconut Flour
- Coconut Milk

## Spices & Seasonings

- Black Pepper
- Cayenne Pepper
- Chili Powder
- Cinnamon Sticks
- Cumin
- Ground Cinnamon
- Paprika
- Salt
- Stevia
- Vanilla Extract



# Recipes

## Turkey Chili (5 servings)

1 lbs Ground Turkey (93/7)  
1 Medium Eggplant, chopped  
1 Medium Bell Pepper, chopped  
1 Jalapeno Pepper, chopped & seeds removed  
6 ounces Kale, stems removed  
2+ Cups Chicken Broth  
1 (14-ounce) Can Crushed Tomatoes  
1 Cup Yellow Onions, chopped  
½ Cup Cilantro, chopped  
4 Cloves Garlic, chopped  
4 Tbsp Chili Powder  
1 Tbsp Coconut Oil  
1 Tbsp Cumin  
1 Cinnamon Stick  
2 Bay Leaves  
4 Sprigs of Thyme  
Shredded cheese for topping (optional)  
Salt, black pepper and cayenne pepper to taste

1. In a large sauce pot, heat oil on medium-high heat; cook onions, garlic, bell peppers and jalapeno peppers for about 10 minutes until vegetables are soft. Add eggplant and cook for an additional 10 minutes, stirring occasionally.
2. Add ground turkey and cook for about 10 minutes until turkey is brown and completely cooked. Break up turkey into smaller pieces as it cooks.
3. Add remaining ingredients (except the salt and cilantro) and stir well.
4. Reduce heat and let mixture simmer for at least 45 minutes, stirring periodically and adding more water or chicken broth if necessary.
5. Stir in cilantro and add salt, black pepper and cayenne pepper to taste. Top with cheese.

## Blueberry Waffles (3 servings)

1 Cup Almond Flour  
¼ Cup Coconut Flour  
¼ Cup Greek Yogurt (full fat)  
½ Cup Blueberries  
2 Tbsp Coconut Oil  
1 Tsp Vanilla Extract  
1 Tsp Baking Powder  
½ Tsp Cinnamon  
4 Packets of Stevia  
4 Eggs  
Pinch of Nutmeg  
Zest from half lemon  
Butter for topping

1. In a bowl, beat eggs, Greek yogurt, coconut oil and vanilla extract
2. In another bowl, combine dry ingredients and blueberries; stir in egg mixture until blended.
3. Pour ¼ cup of batter per waffle onto preheated lightly greased waffle iron. Cook 3-4 minutes or until golden brown. Serve waffles with butter and your favorite ketogenic syrup.





# Recipes

## **Tropical Riced Cauliflower** (4 servings)

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Head of Cauliflower  
½ Cup Yellow Onion, chopped  
½ Cup Cilantro, chopped  
½ Cup Coconut Milk  
1 Tbsp Ginger, minced  
1 Tbsp Coconut Oil  
1 Jalapeno Pepper, seeded and diced  
2 cloves of garlic, minced  
Zest of half Lemon  
Salt and Pepper to Taste

1. Cut head cauliflower into quarters and remove most of core. Coarsely chop cauliflower into large chunks. Working with portions at a time, pulse the cauliflower in a food processor until broken into small grain-like pieces. Alternatively, grate the florets on the large hole side of a box grater.
2. Heat oil in large skillet over medium heat. Add ginger, garlic and onions and sautee about 2 minutes until fragrant
3. Increase heat to medium-high and cauliflower and jalapeno peppers. Cook for about 3 minutes; stir frequently.
4. Pour in coconut milk and cook covered of approximately 5 minutes. Fluff cauliflower with fork. Add cilantro, lemon zest, salt and pepper to taste.

## **Feta Spinach Salad** (4 Servings)

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¼ Cup, crumbled, Cheese, feta  
½ Tbsp Olive Oil  
2 Cups Spinach  
6 Cherry tomatoes  
Salt & Pepper to taste

In a container, combine all ingredients. Toss until all ingredients are well mixed.

## **Baked Chicken Legs** (4 Servings)

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5 Chicken Legs, skin removed  
½ Medium-sized Onion, minced or grated  
1 Tbsp Olive oil  
½ Tsp Paprika  
½ Tsp Cayenne Pepper  
½ Tsp Red Pepper Flakes  
¼ Tsp Cinnamon  
4-5 Sprigs of Fresh Thyme  
Salt and Black Pepper to taste

1. Wash chicken legs in cold water and pat dry.
2. Add other ingredients to chicken; ensure chicken is evenly covered with spices and seasoning.
3. Marinate chicken in fridge for at least 30 minutes; marinate overnight if you have the time.
4. Preheat oven to 375 F.
5. Lightly coat baking sheet with oil; arrange marinated chicken on sheet. *If you have extra spices (paprika, cayenne pepper,*



# Recipes

*etc) use them to lightly dust chicken.*  
6. Bake, uncovered for 50 minutes.

## Baked Salmon (4 Servings)

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1 Lb Salmon Fillet  
4 Tbsp Olive Oil  
1 Lemon, sliced  
2 Gloves Garlic, minced  
Salt and Pepper to Taste

1. Preheat oven to 425 F
2. Cut salmon into 4 sized pieces
3. Light grease baking sheet with olive then place cuts on salmon on baking sheet. Cover salmon with salt, pepper, garlic, lemon slices and olive oil.
4. Bake salmon for 15-20 minutes until salmon flakes.

## Sautéed Spinach (3 Servings)

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1 Lb Fresh Spinach, washed and drained\*  
1 Tbsp Garlic, minced  
2 Tsp Olive Oil or Coconut Oil  
Salt & black pepper to taste  
Optional: ½ Tsp Sesame oil

1. In large skillet heat oil over low-medium heat. Add garlic and cook for about 3 to 5 minutes until fragrant. *Garlic burns easily, so keep an eye on the pot.*
2. Add spinach and increase heat to medium-high. Stir continuously and cook for about 2 minutes until all the spinach is wilted. Add salt, pepper and red pepper flakes while stirring.

## Baked Coconut Tilapia (6 Servings)

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6 4-Oz Tilapia fillets  
½ Cup Coconut Milk  
½ Cup Cilantro, finely chopped  
¼ Cup Water  
1 Tbsp Garlic, finely chopped  
1 Tsp Black Pepper  
1 Tsp Cayenne Pepper  
1 Tsp Cumin  
Salt to taste

1. Preheat oven to 425 F; lightly spray baking dish with cooking spray.
2. Wash fillets and pat dry; set aside in baking dish.
3. Combine remaining ingredients and whisk thoroughly; evenly pour coconut mixture over fish.
4. Bake fish for about 15 minutes until fish opaque in center.
5. Serve warm