

Keto Meal Plan

MONDAY

- Week I B: [Fried low-carb bread with egg](#) L: Sheet-pan Pork Chops with Green Beans D: [Keto Noodles with Shrimp Sauce](#)
- Week II B: Boiled eggs with avocado and bacon L: [Grilled Pork Roulades](#) D: [Creamy Tomato Soup](#)
- Week III B: Keto Granola with Natural Yogurt L: Zucchini Pasta with Chicken and Peanuts D: [Keto Curd Pancakes](#)

TUESDAY

- Week I B: Keto Omelet with Cheese & Bell Pepper L: Pork Ragu with Cauliflower Rice and Radish Salad D: Keto Poke Bowl
- Week II B: Keto Granola with Natural Yogurt L: [Turkey Goulash with Mushrooms](#) D: Tuna Salad
- Week III B: Scrambled Eggs L: Crispy Chicken Wings with Cucumber-Hung Curd Salad D: Creamy Mushroom Soup

WEDNESDAY

- Week I B: Chia Seed Pudding L: [Ground Beef Kebabs](#) with Lettuce and Tomato Salad D: Fried Cauliflower with Cheese
- Week II B: Scrambled Eggs L: Stir & Fry with Pulled Pork D: [Chicken & Mushroom Julienne](#)
- Week III B: [Breakfast Egg Muffins](#) L: Konjac Noodles with Salmon Sauce D: Keto Seafood Chowder

THURSDAY

- Week I B: Granola with Natural Yogurt L: Chicken Meatballs with Tomatoes & Mozzarella D: Keto pancakes with berries
- Week II B: Breakfast Egg Muffins L: Sweet & Sour Chicken with Cauliflower Rice D: Keto Caesar Salad
- Week III B: Keto Chia Seed Pudding L: Roasted Chicken with Coriander and Lemon D: Shrimp Julienne

FRIDAY

- Week I B: Cheese, Egg & Salmon Salad L: Shredded Beef with Bell Pepper Salad D: Beet & Sauerkraut Soup
- Week II B: Keto Chia Seed Pudding L: Keto Ribs D: Cauliflower Rice with Green Peas & Carrots
- Week III B: Boiled Eggs with Avocado & Tuna L: Salmon Steak with Asparagus D: Keto Pumpkin Soup

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SATURDAY

- Week I B: Boiled Eggs with Avocado & Tuna L: Pulled Pork D: Crispy Chicken Wings
- Week II B: Keto Bread Toast with Salmon and Eggs L: Keto Seafood Chowder D: Lettuce Wraps
- Week III B: Keto Omelet with Cheese & Bell Pepper L: Stir & Fry with Pulled Pork D: Tuna Salad

SUNDAY

- Week I B: Keto Pancakes L: Salmon Steak with Mashed Pumpkin D: Keto Caesar Salad
- Week II B: Keto Waffles L: Stuffed Bell Peppers D: Keto Sushi
- Week III B: Cheese, Egg & Salmon Salad L: Zucchini Pasta with Chicken and Peanuts D: Keto Poke Bowl

SHOPPING LIST

Lined area for writing the shopping list.