

7 Day Keto Diet Meal Plan



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Please enjoy your 7 Day Keto Diet Meal Plan

About Me:

Welcome! I'm Jolene, I've been following a Keto Diet Lifestyle on and off for over a year.

I share my journey on my website and [YouTube Channel](#), every step of the way. ([Click here to read my Weight Loss Updates!](#))

In the following pages you'll find inspiration for every meal which you can apply to your own Keto Diet or just enjoy them as part of a healthy lifestyle.

I wish you all the best with your journey and feel free to connect with me on social media – [Instagram](#), [Facebook](#) or [Pinterest](#).

All the best,

Jolene

Day 1



Breakfast – Garlic Mushrooms & Fried Eggs (Pictured Above) - Fry a generous portion of butter in a frying pan and add one chopped garlic clove per person.

Once golden add a half a cup of sliced mushrooms per person. Sautee until reduced.

Finally, add more butter if needed and fry 2 (or more) eggs per person until cooked to your liking and serve as is or topped with feta, brie or even Parmesan.

Lunch – Tuna Salad - Top a bowl of spinach with a small tin of tuna and mix through a tablespoon of sour cream and a tablespoon of mayo. Simple and delicious!

Dinner – Roast Lamb - Go for either a roast lamb leg or shoulder. My preferred method of cooking is to briefly brown the lamb in a large frying pan and then cook in the oven at 180C/350F for half an hour per 500g, turning over half way through cooking. So, a 2.5kg lamb will take about 2.5 hours to cook with a turn at the 1 hour 15 minute mark.

I enjoy my roast lamb with roast garlic, cauliflower and some fresh leafy greens and sometimes sour cream too.

Day 2



Breakfast – Enjoy leftover roast cauliflower from Day 1. Fry up the leftover cauliflower until crispy and golden and then serve them with a couple of fried eggs.

Alternatively, you could fry up any leftover roast vegetables to go as a side with your breakfast.

Lunch – Creamy Turmeric Cauliflower (Pictured Above) - Chop a whole head of cauliflower into bite sized pieces. Heat butter or coconut oil in a frying pan and when hot add the chopped cauliflower. You can add a generous shake of turmeric at this stage if you want. Cook the cauliflower until reduced and then to make the creamy, cheese sauce add your choice of one or a combination of cream, cream cheese, mascarpone, mustard, grated cheese and Parmesan.

Dinner – Leftovers - Leftovers? Already? On day 2? Yes, a roast lamb will yield leftovers for days, so on day 2 why not enjoy your hard work from day 1 and enjoy your leftovers?

I'll either have lamb wraps in lettuce cups or make cheese tacos that I fill with lamb, sour cream and avocado.

To make cheese tacos, simply melt a circle of grated cheese in a frying pan until crispy. Then, fold your taco over to form a cheesy shell for your fillings of choice.

Day 3



Breakfast – Chia Breakfast Bowl (Pictured Above) – combine together 2 tablespoons of Chia Seeds with a half a cup of liquid from the following:

- Almond Milk
- Cream
- Yoghurt
- Kefir

Mix through and place in the fridge for a few hours, or overnight, to thicken.

When ready to enjoy, top with berries, more chia seeds or nuts.

Lunch – Deviled Eggs - Since following a Low Carb/Keto diet I always have a bowl full of hard boiled eggs in my fridge. It's the perfect go to ready made protein that can be included in any meal.

To make them cut 2 hard boiled eggs in half, removed the yolks and placed them into a bowl. Then mix through a teaspoon (or more) each of sour cream and mayonnaise and a pinch of mustard and salt.

Then mash the mixture together until smooth and fill the empty white with the yolk filling. Serve with a salad of greens topped with your favorite Keto Dressing for added healthy fats.

Dinner – Cauliflower Casserole - Following a couple of days of meaty dishes, a hearty veggie dish is a welcome change. [Click here for the printable recipe and video tutorial.](#)

Day 4



Breakfast – Breakfast Fry Up - Raid the fridge for vegetables and protein leftovers and cook to your liking in heaps of butter or coconut oil and top with a fried egg, or leave it out if you'd prefer a breakfast without eggs.

Here are some ingredient ideas:

- Sausages
- Roast Meat
- Corned Beef
- Bacon
- Roast Chicken
- Mushrooms
- Garlic
- Spinach
- Cauliflower
- Broccoli
- Sprouts

Top your dish with sour cream for extra healthy fat.

Lunch – Smoked Salmon Roll Ups - Spread smoked salmon with cream cheese, roll them up and enjoy! Serve with a side of greens smothered with a low carb, high fat dressing and some feta too.

Dinner – Zucchini and Mushroom Alfredo – Spiralize a couple of Zucchini into noodles and set aside. Heat butter or coconut oil in a frying pan and when hot add sliced garlic cloves and mushrooms. Cook until reduced, then add the spiralized zucchini and cream to cover. Heat through and serve as is or topped with Parmesan.

Day 5



Breakfast – Smoothie Bowl – Yes, you can have a smoothie bowl on the low carb, keto diet! [Click here for the recipe and video tutorial.](#)

Lunch – Egg Salad - I always keep hard boiled eggs in my fridge to enjoy with meals or as a snack. Starting with a bed of spinach, add sliced hard-boiled egg, a teaspoon of mayo and a teaspoon of sour cream. When mixed together the ingredients become a delicious, creamy egg salad.

Dinner – Bunless Burgers - You can easily make burgers with just beef mince, salt and your seasoning of choice. No egg, flour or breadcrumbs are needed to bind burgers.

Form mince into burger patties, fry until cooked and then serve in lettuce “buns” along with your fillings of choice. Mine is usually loads of cheese!



Day 6



Breakfast – Protein Shake - When you need to make a breakfast on the run then consider a protein shake. Mix together your favourite low carb protein powder with almond milk and a serving of cream for extra fat.

Shake it up and you have breakfast!

Lunch – Pizza Stuffed Mushrooms – this easy dish tastes like pizza, but is low carb and keto diet friendly. [Click here for the recipe and video tutorial.](#)

Dinner – Roast Chicken – to roast a chicken, preheat your oven to 180C/350F and once ready, place your roast chicken into a baking dish and into the oven for an hour per kg/2 lbs.

So a 1.5kg/3lb chicken would take 1.5 hours to cook. Turn the chicken half way through the cooking time.

Serve with cauliflower, greens, sour cream or your sides/toppings of choice.

Day 7



Breakfast – Omelette – Create an omelette using your preferred method and then fill it with any of the following fillings:

- Avocado
- Smoked Salmon
- Leftover Roast Meat - Chicken, Lamb etc.
- Sausage
- Spinach
- Pepper
- Tomatoes
- Onion, Garlic
- Bacon
- Cheese - Parmesan, Feta, Bocconcini, Cream Cheese, Ricotta
- Herbs & Seasoning
- Asparagus
- Green Beans

Lunch – Chicken Salad - The classic combination of chicken and avocado is one of the easiest low carb lunch ideas. Start with a bed of greens, top with leftover roast chicken from the previous day, a half a sliced avocado and drizzle over avocado oil as a quick and easy dressing.

Or, fill lettuce cups with chicken and top with your dressing of choice, as pictured above.

Dinner - Sausages - Be sure to pick the lowest carb sausages you can find as many are filled with hidden carbs and other fillers.

Fry your sausages and then serve with your choice of sides. Mine include leafy greens, cucumber or avocado with grated cheese and sour cream

For More Inspiration Visit:

[Keto Packed Lunch Ideas](#) – a blog post I often update with more packed lunch ideas. Remember to bookmark/pin the page to come back to!

[Keto Diet For Beginners](#) – an informative page to help you get started on your Ketogenic Diet Journey.

[Keto Kitchen Essentials](#) – everything you need to make it easy to follow a Keto Lifestyle.

[10 Easy Keto Desserts](#) – for sweet treat inspiration galore!

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