Chef Keto Keith's Meal Plan

My meal plan is very vegetable forward and I encourage you all to buy organic. The meats I use are grass finished or 100% grass fed. Grass fed is a different product and it contains some chemicals and preservatives. Poultry is organic and free range. Attached is a copy of my approved Keto Food List.

This meal plan ensures that you get your nutrients. Nutrients are a large part of keto. It prevents you from getting the keto flu. Keto flu is a medical condition where the body does not have the correct nutrients and the immune system becomes weak. I also only recommend 3 meals per day. Each time we consume food even if it's a snack or a large meal, the body looses energy trying to digest food and your insulin goes up and down. When there is movement with your insulin you gain weight. I also recommend intermittent fasting.

After week one you can star introducing some snacks (a keto bar, cheese and lettuce roll ups)

Day 1

Breakfast

Watercress salad- 1 cup watercress, 2 Roma tomatoes diced, 1 avocado, 2 tablespoon chopped bacon, 3 hard boiled eggs chopped, 1/3 cup blueberries, ranch dressing(zero sugar)

Lunch

Cucumber and Tomatoes salad-1 large cucumber peeled and chopped, 1 medium sized heirloom tomato chopped, 1 tablespoon chopped dill, 1/2 cup full fat feta cheese crumbled, 6oz chicken breast

Dinner

1 cup of each (swiss chard, spinach, kale) lightly sautéed in olive oil with fresh garlic, add 4 strawberries chopped, 2 tablespoon chopped walnuts, 6oz grilled salmon, apple cider vinegar dressing

Day 2

Breakfast

Vegetable omelet using 4 large eggs and 1 cup of low glycemic vegetables, served with tomato basil salad

Lunch

A large Salad

Chopped romaine 1 cup, shaved fennel 1/2 cup, chopped bok choy 1/2 cup, alfalfa sprouts 1/2 cup, shaved Brussels sprout 1/2 cup, 6oz grilled Halibut with blue cheese dressing

Dinner

1/2 roasted chicken served with sautéed zucchini, yellow squash, 1 cup each

Small dinner salad- lettuce, tomato, cucumber dressing

Day 3

Breakfast

1 large Hass avocado stuffed with scrambled eggs and cheese (4 eggs) served with mixed baby greens, 1/3 cup of raspberries.

Lunch

Ratatouille 2 cups (eggplant, tomato, bell pepper) lightly sautéed with olive oil, turmeric, fresh thyme served with 6oz grilled hamburger patty (grass finished)

Dinner

BBQ chicken served with sautéed collard with bacon and garlic 2 cups, side salad

BBQ sauce, 3 table spoon no sugar added ketchup, 2 pinch of each (dry mustard, onion powder, garlic powder, cumin) 1 tablespoon lemon juice, 2 packages of stevia.

Day 4

Breakfast

Grilled broccoli, cauliflower, tomato, bell pepper, yellow squash served with 1 cup ham cubed 1 tablespoon parmesan.

Lunch

Cobb salad- eggs, bacon, tomato, avocado, blue cheese, romaine lettuce Apple cider vinegar dressing

Dinner

Whole roasted Branzino, 11/2 cauliflower rice, topped with tomatoes, capers, lemon and olive oil.

Day 5

Breakfast

Quesadillas, cauliflower tortillas (1 large tortilla trader joes) thinly sliced sirloin, pepper jack cheese, with 1 cup guacamole, 1/2 cup pico de gallo, 1 cup shaved romaine.

Lunch

Shrimp salad-8 jumbo shrimp boiled and chilled, 2 table spoon mayo, 1 teaspoon fresh tarragon, served in a large salad tomato on a bed of arugula.

Dinner

Lasagna with zucchini slices, eggplant slices as the noodles with mozzarella

1 1/2 cups ground beef, with spices and tomato sauce (no sugar added) sautéed, in a one serving size lasagna pot put 4 slices of zucchini, 4 tablespoon beef mixture, 4 slices eggplant 3 tablespoon cheese and repeat 3 times and bake for 30 minutes, top with cheese and bake 10 minutes.

Day 6

Breakfast

Keto egg bites, in a non-stick muffin pan with six spaces add chopped mushrooms, spinach, bell pepper parmesan, and whipped egg. Bake for 20 minutes and cool

3 egg bites, bowl of mixed berries

Lunch

Tuna salad on a bed of greens, cucumber, olives, tomatoes, dressing of your choice just no sugar added read label.

Dinner

Turkey Meatloaf, broccoli au gratin

In a bowl add ground turkey 1 1/2 cup, 1 tablespoon chopped garlic, 1 teaspoon Italian seasoning, mixed and place in a loaf pan top with tomato sauce (no sugar added) bake for 30 minutes.

Au gratin- in bowl mix 1/2 cup parmesan, mozzarella, 1/2 unsweetened almond milk pour over broccoli florets and bake 20 minutes.

Day 7

Breakfast

Muesli-in a bowl add 1/2 cup blueberries, 4 strawberries chopped, 1 tablespoon chia seeds, 1 teaspoon sliced almond, 2 tablespoon chopped bacon, 1 cup chilled Brazil nut milk.

Lunch

Beef vegetables soup, garden salad, use bone broth sirloin grilled and cut into small cubes, veggie (tomato, yellow squash, celery,)

Dinner

Curried Lamb with cauliflower rice, 8oz lamb loin cut into cubes, in a sauté pan add 1/2 teaspoon chopped onions, 1 tablespoon chopped bell pepper, 1 tablespoon chopped celery, sauté veggies add curry powder 1 teaspoon, olive oil add lamb and simmer until lamb in tender serve with cauliflower rice.

Notes

If you are doing intermittent fasting omit breakfast and just do lunch and dinner within your eating hours.

Apple cider vinegar dressing-1/2 cup apple cider vinegar, 1 teaspoon Dijon mustard, 1 cup olive oil, salt and pepper.