

7 DAY KETO ADAPTION PLAN

How To This and That

	BREAKFAST	LUNCH	DINNER
SUN	3 bacon strips 1 egg fried in 1 tbsp butter Coffee/Tea with 1 tbsp heavy whipping cream	2 cups leafy greens (spinach/kale/romaine) 1 boiled egg chopped 1 diced chicken thigh 1 diced avocado 2 tbsp full-fat low-carb dressings	4 oz. Salmon Steak (salt & pepper, in olive oil) 1/2 cup pan fried radishes,
MON	2 egg omelette (made with 2 bacon strips, 1/4 cup cheddar, 1/4 cup broccoli) Coffee or tea with 1 tbsp heavy whipping cream	3 slices boiled ham rolled up with cream cheese green olives	4 oz. fatty cut of steak (ribeye,t-bone) with salt & pepper in Olive Oil Cauliflower puree (2 cups cooked cauliflower,1/2 cup cream, 2 tbsp butter)
TUE	2 sausage patties, 1 egg fried in butter. Use the sausage patties as a "bun" and eat like a breakfast sandwich!	tuna lettuce wraps (1 can tuna + keto friendly mayo) 2 lettuce leaves	mexican cauliflower 'rice' (blanch cauliflower.'rice' it. brown ground beef. add'rice', chopped jalapeno, tomato, green onion, avocado and mexican seasonings.
WED	3 bacon strips 1 egg fried in 1 tbsp butter Coffee/Tea with 1 tbsp heavy whipping cream	3 slices of roast beef with keto mayo rolled up around green pepper strips	pan seared chicken thighs ((salt & pepper, in olive oil)) steamed green beans, finished with butter and parmesan cheese.
THU	2 eggs scrambled with spinach and feta cheese	1 avocado stuffed with chicken or tuna salad	cheeseburger (no bun) with keto mayo, mustard and dill pickle. (cook extra for Friday lunch)
FRI	2 egg omelette (made with 2 bacon strips, 1/4 cup cheddar, 1/4 cup broccoli) Coffee or tea with 1 tbsp heavy whipping cream	cheeseburger salad (crumbled burger from Thu, 2 cups leafy greens, grape tomatoes, 2 tbsp low-carb dressing. bacon optional)	buffalo chicken meatballs celery keto friendly ranch
SAT	2 eggs scrambled with spinach and feta cheesewaffles	'italian sub' roll ups (ham, roast beef, salami) rolled up around green peppers. low carb Italian dressing for dipping	Your choice! Use up leftovers. Be sure to stick to the foods you ate during the week only!