

7 DAY

KETO MEAL PLANNER MENU



MON

BREAKFAST

LUNCH

DINNER

Calories
Carbs

TUE

BREAKFAST

LUNCH

DINNER

Calories
Carbs

WED

BREAKFAST

LUNCH

DINNER

Calories
Carbs

THU

BREAKFAST

LUNCH

DINNER

Calories
Carbs

FRI

BREAKFAST

LUNCH

DINNER

Calories
Carbs

Keto-friendly foods

Poultry, Beef, Lamb, Bacon, Eggs, Tuna, Salmon, Shrimp, Lettuce, Kale, Spinach, Asparagus, Cauliflower, Broccoli, Cucumber, Cheese, Sour cream, Strawberries, Blueberries, Cranberries, Cherries, Avocados, Walnuts, Almonds, Peanuts, Brazil nuts

