

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

