



# Ketogenic 5-Day Meal Plan

A guide to getting started





# KETO Friendly Recipes

	Page
Veggie Omelette.....	6
Mixed Greens with Salmon.....	6
Turkey Lettuce Wraps.....	7
Vanilla Protein Smoothie.....	8
Grilled Chicken Salad.....	8
Roasted Chicken and Veggies.....	9
Yogurt and Fruit.....	10
Spinach Salad.....	10
Zucchini 'Pasta'.....	11
Spinach and Fried Eggs.....	12
Shredded Chicken with Veggies.....	12
Coconut Salmon.....	13
Chocolate Protein Smoothie.....	14
Protein Lunch Box.....	14
Chicken Ginger Stir-fry.....	15

## Ketogenic 5-Day Meal Plan Menu

### Day 1

**Breakfast:** Veggie Omelette

**Lunch:** Mixed Greens with Salmon

**Dinner:** Turkey Lettuce Wraps

### Day 2

**Breakfast:** Vanilla Protein Smoothie

**Lunch:** Grilled Chicken Salad

**Dinner:** Roasted Chicken and Veggies

### Day 3

**Breakfast:** Yogurt and Fruit

**Lunch:** Spinach Salad

**Dinner:** Zucchini 'Pasta'

### Day 4

**Breakfast:** Spinach and Fried Eggs

**Lunch:** Shredded Chicken with Veggies

**Dinner:** Coconut Salmon

### Day 5

**Breakfast:** Chocolate Protein Smoothie

**Lunch:** Protein Lunch Box

**Dinner:** Chicken Ginger Stir-fry

Before starting any weight loss program or diet plan, you should discuss it with your doctor.





## Day 1 Meal Plan

### Breakfast - Veggie Omelette

- 1 tablespoon coconut oil
- 1 cup raw white mushrooms, chopped or sliced
- 1 cup raw spinach
- 2 eggs
- 1/2 medium avocado, sliced
- Salt and pepper as desired

#### Directions

1. Add coconut oil to a medium sized pan and heat over low heat.
2. Add the chopped mushrooms and spinach and cook until spinach is wilted and mushrooms are cooked through.
3. In a small bowl, whisk the eggs and add to the pan. Scramble the eggs with the veggies and cook until eggs are no longer wet and runny.
4. Add the veggies scramble to your plate and top with sliced avocado. Add seasonings as desired.

Calories	Carbs	Fat	Protein	Sodium	Fiber
399	9.4g	34.9g	16.5g	172.2mg	6.4g

### Lunch - Mixed Greens with Salmon

- 1 1/2 cups mixed greens
- 1 cup peeled cucumber, chopped
- 1 large bell pepper, chopped
- 1 container canned salmon (in water, don't drain)
- 1/4 cup sauerkraut (raw)
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 tablespoons chopped walnuts

Directions:

1. Place the mixed greens, cucumbers, bell pepper, Italian seasoning, sauerkraut, and canned salmon in a bowl.
2. Add the oil and vinegar and toss to combine.

Calories	Carbs	Fat	Protein	Sodium	Fiber
432	13.4g	22.8g	45.8g	914.6mg	5.1g

**Dinner - Turkey Lettuce Wraps**

- 1 tablespoon coconut oil
- 1/4 yellow onion, chopped
- 2 cups raw spinach
- 4 oz. of 93% lean ground turkey
- 2 teaspoons Mexican seasoning
- 4 large leaves of Romaine lettuce
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cilantro
- 1/2 avocado, sliced
- 2 oz. sharp cheddar cheese (optional)



Directions:

1. In a large pan, add the coconut oil, chopped onions and spinach. Cook until onions are translucent and spinach is wilted.
2. Add the ground turkey and seasoning. Continue to cook until the turkey is cooked through. Remove from heat.
3. Fill the lettuce leaves with ground turkey mixture. Top with chopped tomatoes, cilantro and avocado slices. Add cheese if desired.

Calories	Carbs	Fat	Protein	Sodium	Fiber
734	26.2g	52g	45.3g	961.4mg	15.8g

**Total Nutritional Profile for Day One**

Calories	Carbs	Fat	Protein	Sodium	Fiber
1564	48g	110g	107g	2048mg	28g

## Day 2 Meal Plan

### Breakfast - Vanilla Protein Smoothie

1 scoop RAW Protein and greens, vanilla  
8 oz. unsweetened vanilla almond milk  
2 tablespoons almond butter (unsweetened)  
1/4 teaspoon cinnamon  
Handful of ice

Directions:

1. Place all ingredients into a blender and blend until smooth. Pour into a large glass and enjoy.

Calories	Carbs	Fat	Protein	Sodium	Fiber
342	10.5g	21.5g	28g	320.1mg	8.3g

### Lunch - Grilled Chicken Salad

1 cup romaine lettuce, chopped  
1 cup spinach  
1 large orange bell pepper, chopped  
1 1/2 cups cucumbers, peeled and chopped  
2 tablespoons Caesar dressing  
3 oz. grilled chicken, sliced  
1/2 medium avocado

Directions:

1. In a large bowl, add the romaine lettuce, spinach, bell peppers and cucumbers and toss with the dressing.
2. Add the grilled chicken and avocado slices on top.

Calories	Carbs	Fat	Protein	Sodium	Fiber
450	20g	29.1g	28g	1067mg	9.5g



## Dinner - Roasted Chicken and Veggies

- 1 tablespoon olive oil
- 2 cups chopped zucchini
- 1/2 cup artichoke hearts
- 5 olives, any variety, chopped
- 3 oz. cooked chicken
- Salt/pepper as desired

### Directions:

1. Sauté the zucchini in olive oil over low heat. Once the zucchini is cooked, stir in the artichokes and olives.
2. On your plate, add the veggies and top with the chicken. Add salt and pepper as desired.

Calories	Carbs	Fat	Protein	Sodium	Fiber
311	9.1g	19.2g	24g	757mg	4.7g

## Total Nutritional Profile for Day Two

Calories	Carbs	Fat	Protein	Sodium	Fiber
1103	40g	71g	82g	2145mg	22g

## Day 3 Meal Plan

### Breakfast - Yogurt and Fruit

Plain yogurt

1/4 cup blueberries

2 tablespoons chopped walnuts

Directions:

1. Top yogurt with blueberries and walnuts. Add cinnamon if desired.

Calories	Carbs	Fat	Protein	Sodium	Fiber
161	12.4g	5.1g	17.3g	55.4mg	1.4g

### Lunch - Spinach Salad

2 cups raw spinach, chopped

2 large hard boiled eggs, sliced

2 tablespoons green goddess dressing (or similar)

2 tablespoons chopped walnuts

Directions:

1. Place the spinach and eggs in a large bowl. Add the dressing and toss to combine.
2. Garnish with chopped walnuts.

Calories	Carbs	Fat	Protein	Sodium	Fiber
340	4.3g	27.8g	15.3g	351mg	1.8g



## Dinner - Zucchini 'Pasta'

- 1 tablespoon olive oil
- 4 oz. ground turkey
- 1 cup mushrooms, chopped
- 12 oz. spiralized zucchini
- 1/2 cup salsa
- Salt/pepper/cheese as desired



### Directions:

1. In a sauté pan, add the olive oil, ground turkey, and mushrooms. Sauté until the turkey is cooked through.
2. Add the spiralized zucchini and stir to combine. Cook for one to two minutes more.
3. Transfer the cooked turkey and veggies to a dish and top with salsa. Add seasonings as desired and/or cheese.

Calories	Carbs	Fat	Protein	Sodium	Fiber
396	19.3g	21.8g	27.1g	995mg	4g

### Total Nutritional Profile For Day Three

Calories	Carbs	Fat	Protein	Sodium	Fiber
1351	53g	93g	77g	1542mg	13g



## Breakfast - Spinach and Fried Eggs

- 1 tablespoon butter
- 2 cups baby spinach
- 1 oz. cheddar cheese
- 2 large eggs

### Directions:

1. In a sauté pan, add half the butter and spinach. Cook until the spinach is wilted. Season with salt and pepper. Remove from heat, transfer to a plate and top with cheese.
2. In the same pan, add the other half of butter and the 2 eggs. Cook the eggs to desired preference.
3. Place the eggs with spinach and enjoy.

Calories	Carbs	Fat	Protein	Sodium	Fiber
363	3.2g	30.5g	18.6g	424.5mg	1g

## Lunch - Shredded Chicken with Veggies

- 1 cup steamed broccoli
- 8 spears asparagus, cooked
- 2 teaspoons olive oil
- 3 oz. shredded cooked chicken

### Directions:

1. Add all the ingredients to your plate and drizzle with olive oil. Season with salt/pepper as desired.

Calories	Carbs	Fat	Protein	Sodium	Fiber
271	8.9g	14.3g	24.1g	66mg	6.4g

## Dinner - Coconut Salmon

3 tablespoons + 1/2 tsp. canned coconut milk, full fat

3 1/2 cups Swiss chard, raw (leaves and stems)

5 oz. baked wild salmon

2 tablespoons chopped walnuts

Directions:

1. In a sauté pan, add the coconut milk and Swiss chard. Cook until the chard is wilted.
2. Transfer to a plate and top with baked salmon.
3. Garnish with chopped walnuts.

Calories	Carbs	Fat	Protein	Sodium	Fiber
497	8.9g	37.4g	32.6g	375.8mg	2.5g

## Total Nutritional Profile for Day 4

Calories	Carbs	Fat	Protein	Sodium	Fiber
1131	22g	83g	75g	866mg	10g



## Day 5 Meal Plan

### Breakfast - Chocolate Protein Smoothie

- 1 scoop chocolate protein powder
- 1/4 cup raw spinach
- 2 tablespoons natural peanut butter
- 8 oz. unsweetened almond milk
- Handful of ice

Directions:

1. Add all ingredients to a high-powered blender and blend until creamy.
2. Pour into a tall glass and enjoy.

Calories	Carbs	Fat	Protein	Sodium	Fiber
333	9.5g	19.1g	27.4g	615mg	4.3g

### Lunch - Protein Lunch Box

- 2 large hard-boiled eggs
- 1/2 cup pecan halves
- 1 cup chopped cucumbers
- 1/2 container cherry tomatoes
- 2 oz. cheddar cheese

Directions:

1. Place all ingredients on a large plate or pack into a to-go container for a tasty lunch.

Calories	Carbs	Fat	Protein	Sodium	Fiber
794	21.6g	65.6g	31.9g	492mg	6.2g

## Dinner - Chicken Ginger Stir-fry

- 1 tablespoon coconut oil
- 1 orange bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 garlic cloves, diced
- 1 cup chopped broccoli
- 4 oz. boneless, skinless chicken breast, sliced
- 1 teaspoon soy sauce or liquid aminos
- 1 tablespoon freshly grated ginger

### Directions:

1. In a large sauté pan, add the coconut oil, garlic and bell peppers. Sauté for 3 to 5 minutes or until the bell peppers are soft.
2. Add the chopped broccoli. Add water to the pan as needed.
3. Add the sliced chicken, soy sauce or liquid aminos and freshly grated ginger. Stir in the chicken and veggies and continue to cook until chicken is no longer pink and cooked through.
4. Add seasonings as desired.
5. Transfer to a plate and enjoy.

Calories	Carbs	Fat	Protein	Sodium	Fiber
407	38g	18.5g	30.1g	916mg	9.5g

### Total Nutritional Profile for Day 5

Calories	Carbs	Fat	Protein	Sodium	Fiber
1535	69g	103g	89g	2023mg	20g

