

Week 1 Keto Meal Plan

MONDAY

Breakfast: Low-carb Breakfast Casserole with Sausage

Recipe Link: <https://www.wholesomeyum.com/recipes/low-carb-breakfast-casserole-with-sausage-cheese-gluten-free/> (this recipe makes enough for leftovers and reheats very well making it a wonderful breakfast meal prep item)

Lunch: Tuna Salad with Cucumber Chips

Use oil packed tuna. Drain then add mayo, dill pickles, onion powder (or few chopped onions). Slice cucumber to use as a chip for your salad. (This can be made the night before or in the AM for work)

Dinner: Grilled Chicken with Roasted Veggies

Prepare the chicken your normal way and make a little extra for lunch meal prep for the next day. Roast any of the approved vegetables. Some of great options include Brussel sprouts, broccoli and cauliflower. Pre-heat oven to 400. Place veggies on sheet pan and drizzle with olive oil over all (about 2 tablespoons over an entire pan of veggies). Cook in oven for 20-25 minutes until golden on bottom with crisp roasted crunch. Season with your favorite spices and try a few that may be new to you like Thyme, Rosemary, and Fennel.

TUESDAY

Breakfast: Bacon and Eggs

Prepare eggs any way you like scrambled, boiled, or poached. Pair with bacon (make extra for lunch use). You can also sauté mushrooms, onions, peppers, spinach or any other veggie to mix with the eggs.

Lunch: Grilled Chicken Cobb Salad

Chop up the leftover chicken from dinner. Create salad using extra bacon from breakfast, sliced avocado, any leftover boiled eggs, cheese, and salad veggies. Use your favorite salad dressing (check to make sure it has under 1-2 grams carb per 2 tablespoon serving.)

Dinner: Taco Tuesday

Prepare tacos as you normally would using 80/20 ground beef. Use romaine or Bibb lettuce leaves as the taco shells. Top your tacos with guacamole, cheese, sour cream, and salsa. (Make enough taco meat to have leftovers for meal prep.)

WEDNESDAY

Breakfast: Low-carb Breakfast Casserole with Sausage

Leftovers from breakfast meal prep

Lunch: Taco Salad

Leftovers from dinner meal prep

Dinner: Lettuce Wrapped Cheese Burgers

Cook a few burger patties to have some leftover for lunch meal prep for later in the week. Melt cheese over the top of the patties you're eating today. You can either wrap the burger in Bibb lettuce or eat it on top of a bed of lettuce with mustard, mayo, pickles, and sugar-free ketchup.

THURSDAY

Breakfast: Bacon and Eggs

Prepare eggs any way you like scrambled, boiled, or poached. Pair with bacon. You can also sauté mushrooms, onions, peppers, spinach or any other veggie to mix with the eggs.

Lunch: Hamburger steak with Cucumber/tomato salad

Leftover burger patties from meal prep earlier in the week. You can sautéed onions and mushrooms in butter to pour over the top, if you like. Dice cucumber and tomatoes into cubes. Mix with a vinaigrette type dressing.

Dinner: Egg-roll in a bowl

Recipe Link: <https://www.ketoconnect.net/keto-egg-roll-bowl/> (You can replace the sesame oil with any oil you have and leave off the seeds. If you don't have Siracha sauce, you can use red pepper flakes to spice it up. This is a meal prep recipe that will allow some leftovers for a future lunch.)

FRIDAY

Breakfast: Low-carb Breakfast Casserole with Sausage

Leftovers from breakfast meal prep.

Lunch: Egg Roll in a Bowl

Leftovers from lunch meal prep.

Dinner: Baked Salmon with Steamed Broccoli

Cook these items as your normally would to your liking using your favorite spices. Make a butter sauce by melting 2 tablespoon of butter in microwave. Stir in garlic powder, salt, and pepper to flavor the butter. Pour the butter sauce over the salmon.

SATURDAY

Breakfast: Choose Your Favorite Breakfast

If you have leftover casserole, you'll want to use this up or make an egg frittata or omelet using whatever veggies you have left from the week along with shredded cheese.

Lunch: Bacon-Lettuce-Tomato Salad

Lettuce with diced tomatoes, crumbled bacon, and shredded cheese of your choice. Use your favorite high-fat dressing (Blue cheese, Ranch, or even mayo).

Dinner: Keto Chicken Parmesan with Zucchini

Pan-fry chicken breast or thighs in skillet in light olive oil. Top each breast with shredded Mozzarella cheese or Italian-blend cheese. Sauté sliced Zucchini (or Zucchini noodles) in olive oil until lightly cooked. Top zucchini with ¼ cup of pasta sauce and place the chicken on top for a quick Italian meal.

SUNDAY

Breakfast: Mug Cake (Choose between blueberry or vanilla)

Recipe Links: <https://www.ketoconnect.net/blueberry-mug-cake> (using almond flour) <https://www.ketoconnect.net/low-carb-mug-cakes> (using coconut flour)

(Mug cakes are a nice treat on the weekend and something your family may even want to join in enjoying! You can choose between an almond flour or coconut flour version based on your preference.)

Lunch: Grilled Chicken Chef Salad

Chop leftover grilled chicken from dinner and add to your favorite chef salad ingredients. Top with dressing of your choice.

Dinner: Pork Roast with Cauliflower Mac and Cheese

Season roast with your favorite spices and cook either in oven, slower cooker, or insta-pot. Great weekend family meal since you can set it to cook in AM and it will be ready by dinner.

Recipe Link: <https://howtothisandthat.com/keto-cauliflower-mac-and-cheese/>

DESSERT/COFFEE/TREATS:

There are many options on keto to help you get more fats including

1. Bulletproof Coffee - Use heavy cream and/or butter and/or MCT Oil in your coffees to get your fat to carb to protein ratios in the right range.
2. Whip up heavy cream with cream cheese and a Keto approved sugar substitute to make your own whipped cream that tastes like cheesecake filling! Spoon on top of your favorite berries.
3. Make small bite-sized desserts called fat-bombs. These are quick ways to get more fats in your diet and help satisfy your cravings. Here's a great list of options along with a tutorial about when to use fat-bombs on Keto Resource site.

Recipe Link: <https://www.ketoresource.org/keto-fat-bombs-10-minute-less-recipes-plus-how-to/>

