

Week 2 Keto Meal Plan

MONDAY

Breakfast: Omelet with Cheese and Veggies

Make a 2-3 egg omelet depending on your hunger level using whatever cheese and veggies you have available.

Lunch: Shredded Pork Salad

Use the leftover pork roast from last week. Shred the meat and use it on top a bed of salad greens with chopped veggies and cheese. Use sugar-free BBQ sauce or a high-fat dressing like ranch. Feeling adventurous? Try combining the two sauces.

Dinner: Rotisserie chicken with Crispy Zucchini Fries (AIP)

Monday's can be stressful enough without having to spend an extended time in the kitchen cooking dinner. Heat up a pre-cooked rotisserie chicken from the store in the oven while cooking the zucchini fries. Recipe Link: <https://healingautoimmune.com/crispy-aip-zucchini-fries-recipe>

TUESDAY

Breakfast: Bacon and sautéed veggies (AIP)

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. (Save some of the sautéed veggies as a topping for steak)

Lunch: Chicken with Broccoli coleslaw

Use the leftover chicken from dinner. Create the coleslaw using extra bacon from breakfast, sliced avocado, any leftover boiled eggs, cheese, and salad veggies. Use your favorite salad dressing (<https://www.ibreatheimhungry.com/easy-keto-broccoli-slaw-recipe-low-carb-gluten-free/>.)

Dinner: Taco Tuesday (Alternative: Hamburger steak or steak and garden salad)

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. If you are not a fan of tacos, replace with steak. (Make enough taco meat or steak to have leftovers for meal prep.)

WEDNESDAY

Breakfast: Low-carb Breakfast Casserole with Sausage

Recipe Link: <https://www.wholesomeyum.com/recipes/low-carb-breakfast-casserole-with-sausage-cheese-gluten-free/>

You can make the breakfast casserole the night before or even on the weekend. It keeps very well and reheats in the microwave.

Lunch: Taco Salad or Cheeseburger Salad or Steak Salad

Leftovers from dinner meal prep depending on which meal you chose.

Dinner: Pizza Casserole with salad

Recipe Link: <https://lowcarbyum.com/pizza-casserole-gluten-free/>

My kids absolutely LOVE this casserole. Give it a try!

THURSDAY

Breakfast: Sausage Patties with Sauteed Veggies (AIP)

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

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: Fish of Choice (Salmon, Trout, Catfish) with Green Beans and Cauliflower Mash

Pan-fry your favorite fish using oil or butter. Prepare green beans to your liking. Try sautéing in oil if you need fats. Instead of mashed potatoes create a cauliflower mash using 1 head of cauliflower and a half stick of butter. Season the mash using salt, pepper, and garlic powder to your taste.

FRIDAY

Breakfast: Low-carb Breakfast Casserole with Sausage

Leftovers from breakfast meal prep.

Lunch: Fish Tacos in Lettuce Boats

Leftovers from lunch meal prep. Use the leftover fish from dinner. Tarter sauce is also keto-friendly. Place in romaine or Bibb lettuce leaves.

Dinner: Beef and Broccoli Stir-fry (AIP)

Recipe Link: <https://paleoflourish.com/easy-paleo-broccoli-beef-recipe>

If you are missing Chinese take-out, this meal will help this craving and its AIP compliant.

SATURDAY

Breakfast: Choose Your Favorite Breakfast or Enjoy an AIP Smoothie

Use any leftover casserole or make your favorite breakfast. Another option is to make an AIP approved smoothie (<https://paleoflourish.com/blueberry-mint-smoothie-recipe-aip-paleo>)

Lunch: Fried Cabbage with Bacon (AIP)

Recipe Link: <https://kalynskitchen.com/low-carb-fried-cabbage-bacon/>

This simple lunch is a great quick option for the weekend and provides leftovers you can use for lunch during the week.

Dinner: Roasted Chicken Wings (Buffalo or Lemon Pepper) with Dip and Veggies

Recipe: <https://realbalanced.com/recipe/lemon-pepper-chicken-wings/>

Bake wings in the oven or you can pan fry them if you prefer with no breading, if you prefer buffalo. Most commercial buffalo wing sauces have no carbs. Pair this with blue cheese or ranch dressing or the spinach dip listed below along with some veggies for dipping.

SUNDAY

Breakfast: Bacon, Eggs, and Cauliflower Hash Browns

Recipe Links: <https://www.ketoconnect.net/cauliflower-hash-browns/>

If you are missing potatoes, these hash browns will be a nice treat for the weekend.

Lunch: Grilled Chicken Chef Salad

Remove chicken from the bone from the left over wings from dinner and add to your favorite chef salad ingredients. Top with dressing of your choice.

Dinner: Pot Roast with Roasted Veggies (AIP)

Season beef roast with your favorite spices and cook either in oven, slower cooker, or insta-pot. You can roast the veggies at 400 on a cookie sheet for 20-25 minutes. Just place a combination of Brussel sprouts, broccoli, and cauliflower on the pan, season, and drizzle with olive oils.

DRINKS

1. Bulletproof Coffee (hot or iced) - 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. If you use butter, blend up the coffee in a drink mixer for a few minutes to create a frothy cappuccino consistency.
2. Chai Tea Latte (hot or iced) - Brew chai tea and add heavy and/or butter. Blend with a drink mixer or blender if you use butter.

DESSERTS

1. Keto Almond Cookies

Recipe Link: <https://ketosummit.com/keto-easy-almond-flour-cookies>

Be careful with consuming too many calories with these desserts. They are a great way to create treats for others in your family who are not on keto that won't make you feel left out.

2. Low-carb Dessert Pizza

Recipe Link: <https://www.sugarfreemom.com/recipes/low-carb-patriotic-dessert-pizza-grain-free/>

This is one is a favorite at my house. It keeps in the fridge very well and is nut-free.

SNACKS

1. Keto Pepperoni Chips

Recipe Link: <https://ketosummit.com/keto-pepperoni-chips-recipe>

Looking for something you can snack on that isn't sweet? This can help satisfy your need for a savory crunchy snack.

2. Spinach Dip with Cucumber Chips or Celery

Recipe Link: <https://www.knorr.com/us/en/recipes/knorr-spinach-dip.html>

Enjoy this dip with the wings on Saturday or make it for a quick snack option.