



7-DAY
Keto
MEAL PLAN





7-DAY KETO MEAL PLAN

Thank you for purchasing the Effortless 5-Ingredient Keto Cookbook for Beginners: Quick, Delicious Recipes & Simple Meal Plans for Healthy Living!

To find the recipes for the 7-day keto meal plan, please refer back to the book. There, you will discover a variety of simple and tasty recipes that will guide you through each day of your meal planning.

Enjoy your culinary journey and the delicious meals ahead!



7-DAY KETO MEAL PLAN

DAY 1

Breakfast: Ham Omelet Muffins

Lunch: Kale Hemp Hearts Salad

Dinner: Cinnamon Salmon

DAY 2

Breakfast: Eggs and Veggies

Lunch: Chicken Salad

Dinner: Stuffed Pork Loin

DAY 3

Breakfast: Blackberry-Chia Pudding

Lunch: Tuna Avocado Salad

Dinner: Buttered Cod

DAY 4

Breakfast: Kale Avocado Egg Skillet

Lunch: Keto Zucchini Chicken Enchilada Boats

Dinner: Herbed Chicken Skewers



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DAY 5

Breakfast: Scrambled Eggs With Salmon

Lunch: Bok Choy Stir Fry

Dinner: : Keto Creamy Meatballs

DAY 6

Breakfast: Almond Butter Pancakes

Lunch: Pumpkin Bake

Dinner: Cheesy Broccoli Chicken

DAY 7

Breakfast: Breakfast Beef Bowl

Lunch: Steak Salad

Dinner: Cauliflower Casserole



Grocery List

Proteins:

- Eggs: 1 dozen
- Diced ham: ½ cup
- Cured salmon: 2 ounces
- Ground beef: 2 pounds
- Chicken breast: 1 pound
- Rotisserie chicken: 4 ounces
- Canned tuna: 1 can (5 oz)
- Pork loin roast: 1½ pounds
- Cod filets: 4 pieces
- Bacon: 10 slices
- Flank steak: 1 ounce

Dairy:

- Heavy whipping cream: 2 cups
- Cream cheese: 10 ounces (6 oz for stuffed pork loin + 4 oz for cauliflower puree)
- Shredded mozzarella cheese: 1 cup
- Shredded cheddar cheese: 2½ cups (1¼ cups for various recipes)
- Almond butter: 2 tablespoons



Vegetables:

- Spinach: 6–8 cups (for stuffed pork loin and other recipes)
- Kale: 2 cups (for salad and skillet)
- Mushrooms: ~10 cups (for various recipes)
- Zucchini: 1 medium
- Bok choy: 2 cups
- Cauliflower: 1 small head
- Broccoli florets: 2 cups
- Tomato: 1 large
- Onion: 3 (1 yellow for breakfast, 1 for salad, and small onion for casserole)
- Red onion: 2 tablespoons
- Radishes: a few for salad
- Garlic cloves: ~10 cloves (for various recipes)

Fruits:

- Avocados: 5 ($\frac{1}{2}$ for salad, others for various meals)
- Blackberries: $\frac{1}{2}$ cup (for pudding)
- Strawberries: ~1 cup (for fat bombs and panna cotta)
- Blueberries: ~1 cup (for tarts)



Nuts and Seeds:

- Hemp hearts: 3 tablespoons
- Chia seeds: $\sim\frac{1}{4}$ cup
- Almond flour: $\sim\frac{1}{3}$ cup
- Flax seeds or ground flaxseed: $\sim\frac{1}{2}$ cup
- Whole almonds: $\sim\frac{1}{2}$ cup

Pantry Items:

- Olive oil: at least 1 cup (for various recipes)
- Coconut oil: at least $\frac{3}{4}$ cup
- Butter: ~ 2 sticks (for various recipes)
- Vegetable broth or chicken broth: $\sim\frac{3}{4}$ cup
- Dijon mustard: ~ 1 teaspoon
- Mayonnaise: at least ~ 8 tablespoons
- Pickles: $\sim\frac{1}{2}$ cup chopped non-sweet pickles

Seasonings:

- Salt and pepper to taste
- Garlic powder
- Onion powder
- Smoked paprika
- Allspice



About Katey Lyon

My name is Katey Lyon, and I have struggled for a long time to lose weight. I have also been diagnosed with low thyroid and insulin resistance. My dedication and research taught me how to feel good and be healthy while losing extra weight. That's why I've created this site to help people achieve their goals of losing weight, living healthy, and, at the same time, learning how to eat food made from delicious recipes so they can enjoy their meals without guilt.

I love cooking and writing; I have a Starter Nutrition Certificate a Complete Nutrition diploma accredited by CTAA (Complementary Therapist Association) and a Keto Nutrition Health Coach Certification. I strongly believe eating healthy is the key to living a better quality of life. I have taken a course in Nutritional Therapy that has given me the foundation for eating healthily.

I am also an expert in personal development and a Reiki practitioner.

Katey Lyon

[Healthy Easy Recipes](#)



Books about Katey Lyon

Recipe Cookbooks