



Ketogenic Diet Meal Plan



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A fat-packed, ultra low-carb meal plan to kick the body from glucose dependency to ketosis.

My 7-day Ketogenic Diet is a healthy twist on a 'typical' keto diet which is usually packed with dairy products and lacking in vegetables.

This meal plan is completely dairy-free. Instead of relying on cheese as a staple ingredient for low-carb recipes, I've included a wide range of more nutrient-dense, high-fibre ingredients. Net carbs are approximately 30g/day or less.






















I have acknowledged the difference between fibre and other carbohydrates, as fibre is not digested and converted into glucose.

The vast majority of carbohydrates on this plan come from fibre, so they will not prevent ketosis. They will, however, support a healthy GI-tract and make for a happier, healthier you.

Pay special attention to how this diet makes you feel in terms of your mood.

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bulletproof Latte	 Eggvocado	 Bulletproof Latte	 Eggvocado	 Bulletproof Latte	 Bacon, Eggs, Avocado & Sauerkraut	 Bacon, Eggs, Avocado & Sauerkraut
Snack 1	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Olive Medley	 Olive Medley	 Olive Medley
Lunch	 Smoked Salmon Wrapped Avocado	 One Pan Mediterranean Trout	 Pesto Zoodles with Poached Egg	 Sausage, Broccoli & Cabbage Stir Fry	 Smoked Salmon Salad	 Roasted Chicken with Zucchini & Olives	 Roasted Chicken with Zucchini & Olives
Snack 2	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts
Dinner	 One Pan Mediterranean Trout	 Pesto Zoodles with Poached Egg	 Sausage, Broccoli & Cabbage Stir Fry	 Smoked Salmon Salad	 Roasted Chicken with Zucchini & Olives	 Cauliflower Shepherd's Pie	 Cauliflower Shepherd's Pie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  72%	Fat  71%	Fat  74%	Fat  70%	Fat  81%	Fat  73%	Fat  73%
Carbs  8%	Carbs  10%	Carbs  13%	Carbs  13%	Carbs  8%	Carbs  11%	Carbs  11%
Protein  20%	Protein  19%	Protein  13%	Protein  17%	Protein  11%	Protein  16%	Protein  16%
Calories 1305	Calories 1670	Calories 1193	Calories 1505	Calories 1429	Calories 1733	Calories 1733
Fat 107g	Fat 136g	Fat 102g	Fat 122g	Fat 132g	Fat 146g	Fat 146g
Saturated 29g	Saturated 24g	Saturated 31g	Saturated 24g	Saturated 34g	Saturated 31g	Saturated 31g
Polyunsaturated 12g	Polyunsaturated 22g	Polyunsaturated 10g	Polyunsaturated 14g	Polyunsaturated 11g	Polyunsaturated 18g	Polyunsaturated 18g
Monounsaturated 55g	Monounsaturated 82g	Monounsaturated 50g	Monounsaturated 76g	Monounsaturated 74g	Monounsaturated 86g	Monounsaturated 86g
Carbs 27g	Carbs 44g	Carbs 39g	Carbs 53g	Carbs 29g	Carbs 49g	Carbs 49g
Fiber 17g	Fiber 27g	Fiber 12g	Fiber 27g	Fiber 12g	Fiber 21g	Fiber 21g
Sugar 7g	Sugar 14g	Sugar 18g	Sugar 15g	Sugar 7g	Sugar 16g	Sugar 16g
Protein 68g	Protein 83g	Protein 42g	Protein 65g	Protein 41g	Protein 72g	Protein 72g

Fruits

- 18 Avocado
- 7 Lemon

Breakfast

- 12 cups Organic Coffee

Seeds, Nuts & Spices

- 1/2 cup Hemp Seeds
- 3 1/3 tbsps Italian Seasoning
- 9 1/3 cups Macadamia Nuts
- 2 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

Vegetables

- 2 cups Baby Spinach
- 6 cups Basil Leaves
- 8 cups Broccoli
- 4 Carrot
- 2 heads Cauliflower
- 4 stalks Celery
- 10 Garlic
- 12 cups Mixed Greens
- 6 cups Mushrooms
- 8 cups Purple Cabbage
- 8 Tomato
- 4 Yellow Onion
- 16 Zucchini

Boxed & Canned

- 1 1/2 cups Organic Coconut Milk

Bread, Fish, Meat & Cheese

- 2 2/3 lbs Chicken Leg, Boneless With Skin
- 2 lbs Extra Lean Ground Turkey
- 16 slices Organic Bacon
- 1 1/4 lbs Organic Chicken Sausage
- 8 Rainbow Trout Fillet
- 1 3/4 lbs Smoked Salmon

Condiments & Oils

- 1 cup Apple Cider Vinegar
- 3 cups Artichoke Hearts
- 12 cups Assorted Olives
- 1/2 cup Avocado Oil
- 2 1/8 cups Extra Virgin Olive Oil
- 4 cups Green Olives
- 1 cup Pitted Kalamata Olives
- 2 cups Sauerkraut

Cold

- 80 Egg
- 3/4 cup Ghee



Bulletproof Latte

4 servings
15 minutes

Ingredients

4 cups Organic Coffee (brewed)
1/4 cup Ghee
1/2 cup Organic Coconut Milk (canned, full-fat)

Nutrition

Amount per serving	
Calories	190
Fat	20g
Saturated	14g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	1g

Directions

- 1 Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee, Use coconut oil or butter.

More Fuel, Add 1 tablespoon MCT oil per cup.

No Coffee, Use your favourite tea instead.



Eggvocado

4 servings

15 minutes

Ingredients

4 Avocado

8 Egg

Nutrition

Amount per serving	
Calories	466
Fat	39g
Saturated	7g
Polyunsaturated	6g
Monounsaturated	23g
Carbs	18g
Fiber	14g
Sugar	2g
Protein	17g

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 3 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go, Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.



Bacon, Eggs, Avocado & Sauerkraut

8 servings

15 minutes

Ingredients

- 16 slices Organic Bacon
- 16 Egg
- 4 Avocado
- 2 cups Sauerkraut

Nutrition

Amount per serving	
Calories	532
Fat	45g
Saturated	12g
Polyunsaturated	7g
Monounsaturated	22g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	23g

Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate and add sauerkraut. Enjoy!



Salt n' Vinegar Hard Boiled Eggs

16 servings

35 minutes

Ingredients

- 32 Egg
- 1 1/3 tbsps Sea Salt (divided)
- 1 cup Apple Cider Vinegar (divided)

Nutrition

Amount per serving	
Calories	149
Fat	10g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Olive Medley

12 servings
2 minutes

Ingredients

12 cups Assorted Olives

Nutrition

Amount per serving	
Calories	160
Fat	15g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	10g
Carbs	8g
Fiber	2g
Sugar	0g
Protein	1g

Directions

- 1 Divide into bowls and enjoy!



Smoked Salmon Wrapped Avocado

8 servings

5 minutes

Ingredients

- 4 Avocado
- 14 1/8 ozs Smoked Salmon (sliced)

Directions

- 1 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Amount per serving	
Calories	220
Fat	17g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g



Macadamia Nuts

4 servings
2 minutes

Ingredients

1 1/3 cups Macadamia Nuts

Nutrition

Amount per serving	
Calories	321
Fat	34g
Saturated	5g
Polyunsaturated	1g
Monounsaturated	26g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g

Directions

- 1 Divide between bowls and enjoy!



One Pan Mediterranean Trout

8 servings

25 minutes

Ingredients

- 4 cups Basil Leaves
- 1 Lemon (juiced)
- 2 Garlic (clove)
- 1/2 tsp Sea Salt
- 1/2 cup Hemp Seeds
- 1/2 cup Extra Virgin Olive Oil
- 8 Rainbow Trout Fillet (about 5 oz. each)
- 3 cups Artichoke Hearts
- 1 cup Pitted Kalamata Olives
- 8 Tomato (large, quartered)

Nutrition

Amount per serving	
Calories	425
Fat	26g
Saturated	4g
Polyunsaturated	7g
Monounsaturated	14g
Carbs	9g
Fiber	6g
Sugar	3g
Protein	39g

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout, Use salmon fillets instead.

More Carbs, Serve with rice or quinoa.



Pesto Zoodles with Poached Egg

8 servings

20 minutes

Ingredients

8 Zucchini (large)
 2 cups Basil Leaves
 2 cups Baby Spinach
 2 Garlic (clove, minced)
 1/2 cup Walnuts
 2/3 cup Extra Virgin Olive Oil
 2 Lemon (juiced)
 1 tsp Sea Salt
 8 Egg

Nutrition

Amount per serving	
Calories	309
Fat	27g
Saturated	5g
Polyunsaturated	6g
Monounsaturated	15g
Carbs	9g
Fiber	3g
Sugar	6g
Protein	10g

Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free, Use sunflower or pumpkin seeds instead of walnuts.

More Carbs, Use brown rice pasta instead of zucchini noodles.

No Spinach, Use kale or any dark leafy green.

Meat Lover, Skip the poached egg and top with chicken, bacon or steak instead.

Vegan, Skip the poached egg and top with beans, lentils or chickpeas instead.



Sausage, Broccoli & Cabbage Stir Fry

8 servings

25 minutes

Ingredients

- 1 1/4 lbs Organic Chicken Sausage
- 2 Yellow Onion (small, diced)
- 2 Garlic (clove, minced)
- 8 cups Broccoli (chopped into small florets)
- 8 cups Purple Cabbage (finely sliced)
- 1 1/3 tbsps Italian Seasoning

Nutrition

Amount per serving	
Calories	224
Fat	11g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g

Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days.

No Sausage, Use ground meat instead.

Make it Quick, Use bagged coleslaw mix to save time on slicing cabbage.



Smoked Salmon Salad

8 servings
15 minutes

Ingredients

8 Egg
12 cups Mixed Greens
14 1/8 ozs Smoked Salmon (sliced)
2 Avocado (sliced)
1/2 cup Avocado Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	345
Fat	28g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	18g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	17g

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions, Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon, Replace with the protein of your choice.

No Avocado Oil, Use Extra Virgin Olive Oil instead.



Roasted Chicken with Zucchini & Olives

12 servings
1 hour 20 minutes

Ingredients

- 2 2/3 lbs Chicken Leg, Boneless with Skin
- 1 tsp Sea Salt
- 8 Zucchini (medium, sliced)
- 4 cups Green Olives (sliced)
- 4 Lemon (juiced)
- 3/4 cup Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	413
Fat	35g
Saturated	7g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	18g

Directions

- 1 Preheat oven to 375F° (191°C).
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.

More Carbs, Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan, Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.



Cauliflower Shepherd's Pie

8 servings

50 minutes

Ingredients

2 heads Cauliflower (chopped into florets)
 1/4 cup Extra Virgin Olive Oil (divided)
 2 Yellow Onion (diced)
 4 Garlic (cloves, minced)
 2 lbs Extra Lean Ground Turkey
 6 cups Mushrooms (sliced)
 4 Carrot (diced)
 4 stalks Celery (diced)
 2 tbsps Italian Seasoning
 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	307
Fat	17g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	16g
Fiber	5g
Sugar	8g
Protein	26g

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian, Use cooked lentils instead of ground meat.