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0 Sun		Grocery shop.	Grab the grocery list for the Ketogenic Diet and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breasts, chicken legs, and $\frac{2}{3}$ of the smoked salmon.	You'll be reminded later on in the week when to set them out to thaw.
		Hard boil eggs.	For the Salt n' Vinegar Hard Boiled Eggs. Tip: You can also boil eggs for the Eggvocado, if you know you will be short on time in the mornings.
		Portion out Macadamia Nuts.	Divide into small containers or ziploc bags for afternoon snacks this week.
		Make Smoked Salmon Wrapped Avocado.	Slice up the avocado and wrap with smoked salmon. Seal in an airtight container and store in the refrigerator.
		Optional: make pesto for One Pan Mediterranean Trout tomorrow night.	If you want to save time on dinner tomorrow, follow the recipe to make the pesto now. Store it in a glass jar in the fridge.

1 Mon		Make the Bulletproof Latte.	Follow the recipe and sip on the latte throughout the morning.
		Pack your meals if you are on-the-go.	Bulletproof Latte, Salt n' Vinegar Hard Boiled Eggs, Smoked Salmon Wrapped Avocado and Macadamia Nuts.
		Make One Pan Mediterranean Trout for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
2 Tue		Make Eggvocado for breakfast.	Or have avocado with hard boiled eggs.
		Pack your meals if you are on-the-go.	Eggvocado, Salt 'n Vinegar Hard Boiled Eggs, One Pan Mediterranean Trout and Macadamia Nuts.
		Make Pesto Zoodles with Poached Egg for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
3 Wed		Make the Bulletproof Latte.	Follow the recipe and sip on the latte throughout the morning.
		Pack your meals if you are on-the-go.	Bulletproof Latte, Salt n' Vinegar Hard Boiled Eggs, Pesto Zoodles with Poached Egg, and Macadamia Nuts.

		Make Sausage, Broccoli & Cabbage Stir Fry for dinner.	Transfer the leftover portion to a container and store in the refrigerator for tomorrow's lunch.
		Transfer the smoked salmon into the fridge to thaw.	For tomorrow night's dinner.
4 Thu		Make Eggvocado for breakfast.	Or have avocado with hard boiled eggs.
		Pack your meals if you are on-the-go.	Eggvocado, Salt n' Vinegar Hard Boiled Eggs, Sausage, Broccoli & Cabbage Stir Fry and Macadamia Nuts.
		Make the Smoked Salmon Salad for dinner.	Make an extra portion and store in in the fridge for tomorrow's lunch.
		Transfer the chicken legs into the fridge to thaw.	For tomorrow night's dinner.
		Prepare Olive Medley snacks.	Divide olives into containers. Seal and store in the fridge.
5 Fri		Make the Bulletproof Latte.	Follow the recipe and sip on the latte throughout the morning.
		Pack your meals if you are on-the-go.	Bulletproof Latte, Olive Medley, Smoked Salmon Salad and Macadamia Nuts.
		Make the Roasted Chicken with Zucchini & Olives for dinner.	Transfer the leftover portions into containers and store in the refrigerator.

		Transfer the ground turkey into the fridge to thaw.	For tomorrow night's dinner.
6 Sat		Make Bacons, Eggs, Avocado & Sauerkraut for breakfast.	Transfer the leftovers to a container and store in the refrigerator for an easy breakfast tomorrow.
		Pack your meals if you are on-the-go.	Bacon, Eggs, Avocado & Sauerkraut, Olive Medley, Roasted Chicken with Zucchini & Olives and Macadamia Nuts.
		Make Cauliflower Shepherd's Pie for dinner.	Top with butter if desired. Transfer the leftover portion to a container and store in the refrigerator for dinner tomorrow.
		Transfer the smoked salmon into the fridge to thaw.	For tomorrow's lunch.
7 Sun		Make Smoked Salmon Wrapped Avocado.	Slice up the avocado and wrap with smoked salmon. Store in an airtight container.
		Pack your meals if you are on-the-go.	Bacon, Eggs, Avocado & Sauerkraut, Olive Medley, Roasted Chicken with Zucchini & Olives and Macadamia Nuts.
		Enjoy leftover Cauliflower Shepherd's Pie for dinner.	Reheat in a toaster oven. Top with butter if desired. Enjoy!