

# 7-DAY KETO DIET MEAL PLAN

DAY 1



Scrambled Eggs



Avocado Chicken salad



Cauliflower Fried Rice

DAY 2



Classic Bacon and Eggs



Keto Baked Eggs



Chicken Alfredo Spaghetti Squash

DAY 3



Bulletproof Coffee



Ham, Mushroom, Spinach Frittata



Antipasto Salad

DAY 4



Keto Breakfast Casserole



Baked Salmon



Chicken Bacon Ranch Casserole

DAY 5



Roast Chicken Breast Salad



Broccoli Cheese Soup



Keto Meatballs

DAY 6



Tuna Salad



Cauliflower Mac and Cheese



Lobster Salad

DAY 7



Cheesy Avocado Omelet



Chicken Fajitas



Keto Tacos