

1-Week Healthy Ketogenic Diet Meal Plan for Weight Loss

Week of _	Breakfast	Lunch	Dinner	Snacks
MON	Bacon, Egg Cup and Avocado	Taco Salad with Ground Beef	Shrimp Avocado Salad with Tomatoes	Green Smoothie
TUE	Sausage and Cabbage Sandwich	Eggs Salad	Baked Chicken with Herbs	Butter Coffee
WEN	Coconut Chia Pudding	Tortilla Soup	Rib Eye Steak with Garlic Butter	Berry Banana Kale Smoothie
THU	Butter Coffee	Smoked Salmon and Avocado Salad	Sausage, Peppers and Onions with Sauce	Apple, Cheese and Nuts
FRI	Strawberry Chia Pudding	Chicken Caesar Salad	Beef Stroganoff	Flourless Chocolate Cake
STA	Sausage, Egg and Avocado Sandwich	Cauliflower Fried Rice	Baked Salmon	Apple, Cheese and Nuts
SUN	Egg Muffins	Chicken Avocado Salad	Seared Scallops with Cheese Sauce	Butter Coffee