

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Scrambled eggs with chopped ham & cheese (optional)	Grilled chicken breast with roasted vegetables (optional)	Ribeye steak with sauteed mushrooms & spinach (optional)	Beef jerky, pork rinds, hard-boiled eggs
Day 2	Keto mug cake (optional) with bacon	Salmon with steamed broccoli (optional)	Ground beef stir-fry with onions & peppers	Handful of almonds (optional), cheese slices
Day 3	Sausage patties with avocado slices	Tuna salad with celery & mayonnaise (optional)	Lamb chops with roasted cauliflower	Beef liver pate, olives
Day 4	Omelette with cheese & chopped vegetables (optional)	Leftover steak from Day 1 with side salad (optional)	Shrimp scampi with zucchini noodles (optional)	Sliced turkey breast, cheese roll-ups
Day 5	Full English breakfast: eggs, sausage, bacon, mushrooms (optional)	Chicken Caesar salad (optional)	Flank steak fajitas	
Day 6	Bone broth with chopped cooked chicken	Ground turkey burgers with melted cheese (optional)	Grilled fish tacos with lettuce wraps	Beef jerky, cheese slices
Day 7	Omelette with chopped ham & spinach	Leftover lamb chops from Day 3 with roasted asparagus	Roasted chicken with a side of bone broth	Handful of almonds (optional), cheese slices