

Meal	Food	Carbs (g)	Fat (g)	Protein (g)
Breakfast	Scrambled eggs with spinach and feta cheese (2 eggs, 1 cup spinach, 1 oz feta)	5	15	15
	Keto coffee (coffee, unsweetened almond milk, MCT oil)	Trace	Trace	Trace
Lunch	Tofu stir-fry with broccoli, mushrooms, and peppers (1 cup tofu, 1 cup broccoli, 1 cup mushrooms, 1/2 cup peppers, coconut oil for cooking)	5	18	12
	Side salad with olive oil and vinegar dressing	2	4	1
Snack	Handful of almonds and a serving of low-carb berries (1/4 cup berries)	3	6	1
Dinner	Portobello mushroom pizza with cauliflower crust (1 portobello mushroom, 1/2 cup cauliflower rice crust, 1/4 cup marinara sauce, 1/4 cup mozzarella cheese, veggies of choice)	8	12	10
Snack	Celery sticks with 2 tbsp almond butter	2	16	2