



2000 KETO MEAL PLAN



MEAL PLAN



- Omelet with Cheese and Spinach / 3.
- Cheese Meatballs / 4.
- Cream Cheese Omelet / 6.
- Panfried steak with garlic butter / 7.
- Turkey Swiss "Melt" / 9.
- Keto Breakfast Burger / 10.
- Crepe Fraiche & Chive Scrambled Eggs / 12.

- Firecracker Burger / 13.
- Ham, Pepper, and Tomato Scramble / 15.
- Seared lamb chops / 16.
- Gordon Ramsay's Scrambled Eggs / 18.
- Easy Sautéed Salmon / 19.
- Southwestern Eggs / 20.
- Sautéed Flank Steak / 21.

INSTRUCTIONS: FOR 7 DAY REVOLVING MEAL PLAN



In this 7 day meal plan you will be eating 2 meals a day. The best times to have your 1 meal is between 12 p.m. - 6 p.m.

These meal plans are just suggestions and you can do all 7 days or you can eat the same meals everyday. It's completely up to you!

You will not have to track any calories or macros using this meal plan. All of the calories and macros have been figured out for you. However, if you decide to make your own meals that are not listed here you will need to make sure you are tracking your calories and macros (1400 cal) 75% Fat, 20% Protein and 5% carbs.

Following the meal plans will give what your body needs to get fat adapted right away so you can begin to experience the benefits of weight loss.

FOODS:

3 tbsp Butter (42.6 grams)
6 extra large Egg (336 grams)
5 tbsp, shredded Cheddar cheese
(35 grams)
2 dash Salt (0.80 grams)
2 dash Pepper (0.20 grams)
12 leaf Spinach (120 grams)

DIRECTIONS:

1. Preheat broiler to high. Whisk eggs together.
2. Heat a 10 inch (25cm) nonstick frying pan over medium heat and add butter. Once the butter sizzles, pour in egg mixture evenly over the pan. Reduce heat to low and cook until set and golden brown (about 5 mins).
3. Remove the pan from heat and sprinkle the top of the omelet with cheese, salt, and pepper. Place omelet in frying pan under the broiler and cook until cheese melts, about 1-2 minutes.
4. Remove frying pan from broiler, place spinach on top of cheese. Gently fold the omelet in half and serve.

SIDE FOOD:

2 strip Bacon (24 grams)

Calories/Macros

1056.2 Calories

5.0G Net Carbs

88.3g Fat

57.4g Protein



DAY 1

MEAL 1

OMELET WITH CHEESE AND SPINACH

FOODS:

- 4 oz Ground beef (113 grams)
- 1/2 large Egg (25 grams)
- 2 oz Cheddar cheese (56.7 grams)
- 1/4 tsp Pepper (0.53 grams)
- 1/4 tsp Salt (1.5 grams)
- 1/4 tsp Cayenne pepper (0.45 grams)
- 1/4 tsp Chili powder (0.65 grams)

Calories/Macros

909.6 Calories

26.2g Net Carbs

64.7g Fat

47.8g Protein

DIRECTIONS:

1. Preheat oven to 400 degrees F. Line a baking sheet with foil and set aside.
2. Dice cheese into 16 even cubes. Set aside.
3. In a medium bowl, mix together eggs and seasoning. Add ground beef and combine evenly.
4. Mold beef mixture around each cheese cube until a 1" meatball is formed. Arrange each meatball on the baking sheet about 1" apart from each other.
5. Bake for approximately 20 minutes and serve.



SIDE FOOD:

- Sautéed Zucchini
- Red Bell Peppers (See page 5)

DAY 1

MEAL 2

CHEESE MEATBALLS/ZUCCHINI

SIDE FOOD FOR MEAL 2:

Sautéed Zucchini

2 1/4 large Zucchini (727 grams)

1 1/2 tbsp Butter (21.3 grams)

3/8 tsp Salt (2.3 grams)

3/16 tsp Pepper (0.39 grams)

2 Medium Sliced Red Bell Peppers



DIRECTIONS:

1. Slice zucchini. Melt butter in sauté pan & add zucchini slices. Add salt & pepper to taste.

2. 2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (238 grams).

DIRECTIONS:

1. Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy!



DAY 1

MEAL 2 SIDE: SAUTÉED ZUCCHINI/RED PEPPERS

FOODS:

- 2 tbsp Olive oil (27 grams)
- 4 medium Egg (176 grams)
- 2 dash Salt (0.80 grams)
- 2 dash Pepper (0.20 grams)
- 2 tbsp Cream cheese (29 grams)

Calories/Macros

1119.4 Calories
14.9g Net Carbs
96.5g Fat
43.0g Protein

DIRECTIONS:

1. Heat 1 tbsp oil in a non-stick skillet over medium heat.
2. Whisk together eggs, salt, and pepper in a small bowl.
3. Once pan is hot and nicely coated, pour eggs into pan and cover base. Allow to cook until eggs begin to look dry; redistributing egg mixture as needed.
4. Fold 1/3 of the egg toward the middle. Repeat with opposite side of egg, folding another 1/3 toward the middle.
5. Slide onto plate seam side down. Top with a dollop of cream cheese and enjoy!

SIDE FOOD:

3 oz (23 whole kernels) Almonds (85.1 grams)

1 Medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (119 grams)



DAY 2

MEAL 1

CREAM CHEESE OMELET

FOODS:

2 tbsp Butter (28.4 grams)
3/16 cloves, minced Garlic (0.50 grams)
7 oz Beef tenderloin (198 grams)
3/4 tsp Olive oil (3.4 grams)
1/2 dash Pepper (0.050 grams)
1/2 large Scallions (12.5 grams)

DIRECTIONS:

1. Makes 4 steaks, assuming each steak is about 7oz (220g).
2. Place butter in a mixing bowl & using a fork, beat until soft. Add crushed garlic & chopped scallions (spring onions) & mix.
3. Spoon butter mixture onto plastic wrap & roll into a log cylindrical shape. Refrigerate until firm (15 min).
4. Heat a frying pan over medium heat for 3-4 minutes until hot. Brush meat with olive oil & sprinkle with pepper.
5. Place steaks in frying pan & cook without turning until juices rise to uncooked side, 1-2 minutes. Then turn over and cook to your liking, 1 more minute for medium-rare or 2 minutes for medium to well-done.
6. Place steaks on serving plates, cut garlic butter into quarters and place one on each steak.

Calories/Macros

920.7 Calories

17.5g Net Carbs

72.9g Fat

44.4g Protein



DAY 2

MEAL 2

PANFRIED STEAK / GARLIC BUTTER/BACON/STRAWBERRIES

SIDE FOOD FOR MEAL 2:

2 strip Bacon (24 grams)

DIRECTIONS:

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

SIDE FOOD:

2 cup, whole Strawberries (288 grams)

DIRECTIONS:

1. Wash and eat.

Calories/Macros

877.2 Calories

5.5g Net Carbs

73.4g Fat

47g Protein



DAY 2

MEAL 2 SIDE:

BACON/STRAWBERRIES

FOODS:

1/2 tbsp Olive oil (6.8 grams)
4 slice rectangle Sliced turkey (116 grams)
2 slice (1 oz) Swiss cheese (56 grams)
1/2 fruit Avocados (101 grams)

Calories/Macros

977.6.0 Calories

13.0g Net Carbs

77.6g Fat

51.0g Protein

DIRECTIONS:

1. Pour oil in frying pan and heat on medium-low heat. While oil is heating, lay turkey slices on a flat surface. Slice each slice of cheese into 4 strips. Slice the half avocado into 4 long pieces.

2. Place one strip of cheese in the middle of each slice of turkey breast. Place one piece of avocado on top of each strip of cheese. Place a second strip of cheese on top of the avocado. Roll the turkey into a tube.

3. Place turkey rolls in frying pan until brown and then flip over and brown other side. Cheese should be slightly melted and the avocado soft. Take rolls out of pan and enjoy!

SIDE FOOD:

2 strip Bacon (24 grams).
2 oz (23 whole kernels) Almonds (56.7 grams)



DAY 3

MEAL 1

TURKEY SWISS

"MELT"/BACON/ALMONDS

FOODS:	Calories/Macros
4 strip Bacon (48 grams)	109.8 Calories
4 oz Pork sausage (113 grams)	4.1g Net Carbs
2 oz Monterey cheese (56.7 grams)	87.4g Fat
1 tbsp Butter (14.2 grams)	51.1g Protein
2 large Egg (100 grams)	

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Start by cooking the bacon. Lay the strips (however many you want) on a wire rack over a cookie sheet. Bake for 15-20 minutes or until crisp.
3. Form the sausage patties and cook them in a pan over medium-high heat. Flip when the bottom side is browned.
4. Grate the cheese and have it ready.
5. Once the other side of the sausage patty is browned, add cheese and cover with a cloche or lid.
6. Remove sausage patties with melted cheese and set aside. Fry an egg over easy in the same pan.
7. Assemble everything together: sausage patty, egg, bacon. Enjoy!

SIDE FOOD:

Roasted Cauliflower and Tahini
(See page 11)



DAY 3

MEAL 2

**KETO BREAKFAST BURGER/
ROASTED CAULIFLOWER**

SIDE FOOD FOR MEAL 2:

1/4 cup chopped, (1/2" pieces)
Cauliflower (26.8 grams)
3/4 tsp Sesame butter (3.8 grams)

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Chop cauliflower into bite size pieces. Toss with sesame butter. Spread in pan and roast for about 20 minutes or until lightly toasty brown. Enjoy!

Calories/Macros

29 Calories

1.2g Net Carbs

2.1g Fat

1.1g Protein



DAY 3

MEAL 2 SIDE: ROASTED CAULIFLOWER AND TAHINI

FOODS:

- 4 large Egg (200 grams)
- 2 tbsp Butter (28.4 grams)
- 2 dash Salt (0.80 grams)
- 2 dash Pepper (0.20 grams)
- 2 oz Creme Fraiche Fresh Cheese (56.7 grams)
- 2 tbsp chopped Chives (6 grams)

Calories/Macros

1058.3 Calories

12.7g Net Carbs

93.1g Fat

37.6g Protein

DIRECTIONS:

1. Preheat pan on medium heat. Add whole eggs and butter.
2. Constantly stir eggs, periodically removing pan from heat.
3. When eggs are no longer runny, add salt, pepper, creme fraiche, and chives.



SIDE FOOD:

- 1 cup of Strawberries
- 6 strips of Bacon

DIRECTIONS:

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.



DAY 4

MEAL 1

CREME FRAICHE & CHIVE SCRAMBLED EGGS/BACON

FOODS:

1/2 lb Ground beef (227 grams)
1/4 cup Chili peppers (34.8 grams)
1/2 cube Chicken broth bouillon (2 grams)
2 slice (1 oz) Monterey cheese (56 grams)

DIRECTIONS:

1. Preheat grill for high heat.
2. In a medium bowl, mix the beef and diced green chilies. Crush bouillon cube into powder and sprinkle into bowl. Mix together, and shape into 4 patties.
3. Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done. Top each patty with cheese about 2 minutes prior to removing from grill.

SIDE FOOD:

Zucchini Spears (see page 14)
Sliced bell pepper (see page 14)

Calories/Macros

925.3 Calories

17.7g Net Carbs

64.7g Fat

60.9g Protein



DAY 4

MEAL 2

FIRECRACKER BURGER/RED BELL PEPPER/ZUCCHINI SPEARS

SIDE FOODS FOR DAY 7, MEAL 1:

Zucchini Spears

3/16 tsp Salt (1 grams)

1 2/3 large Zucchini (538 grams)

DIRECTIONS:

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 3-5 minutes. Drain and sprinkle with salt.

1 Sliced Red Bell Pepper

DIRECTIONS:

1. Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy!



DAY 4

MEAL 2 SIDE:

ZUCCHINI SPEARS/RED PEPPER

FOODS:
1tbsp Olive oil (13.5 grams)
1 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (119 grams)
1 medium whole (2-3/5" dia) Tomatoes (123 grams)
1 large Egg (50 grams)
1 slice Sliced ham (28 grams)
1 oz Cheddar cheese (28.4 grams)

Calories/Macros
806.6 Calories
11.2g Net Carbs
70.3g Fat
28.7g Protein

DIRECTIONS:

1. Chop vegetables and ham. Heat oil in a skillet over medium and add vegetables to the pan. Cook until tender, about 5-7 minutes.
2. Whisk eggs together in a bowl. Pour over the vegetables and allow to cook. Once eggs begin to look dry on top add the chopped ham and cheese.
3. Fold eggs over themselves to cover filling. Cook until cheese is melted and eggs have reached desired doneness.

SIDE FOOD:

- 1 oz (19 halves per) Pecans (28.4 grams)
- 4 strip Bacon (48 grams)



DAY 5

MEAL 1
HAM, PEPPER AND TOMATO
SCRAMBLE/BACON/PECANS

FOODS:

8 oz Lamb loin (227 grams)
1/2 tbsp Olive oil (6.8 grams)
2 dash Salt (0.80 grams)
2 dash Pepper (0.20 grams)

Calories/Macros

1201 Calories
5.3g Net Carbs
106.1g Fat
51.4g Protein

DIRECTIONS:

1. 1 lb lamb loin should be about 4 chops. Heat oven to 400F. Pat chops dry with towels then season generously with salt and pepper.
2. Thinly coat the bottom of an oven-proof frying pan and heat over medium-high heat until smoking. Add lamb chops and cook undisturbed until a golden-brown crust forms on the bottom, around 3 minutes. Flip and cook until the second side is golden brown and crusty, around 3 minutes.
3. Transfer the pan to the oven and roast until the chops reads 130F on a thermometer (medium rare), 8-10 minutes. Remove from the oven and transfer to a cutting board or serving platter. Tent with foil and let rest 5 minutes. Serve.

SIDE FOOD:

6 strips of Bacon
Roasted asparagus (see page 17)



DAY 5

MEAL 2

SEARED LAMB CHOPS/BACON/ ASPARAGUS

SIDE FOOD FOR MEAL 2:

12 spear, large (7-1/4" to 8-1/2")
Asparagus (240 grams)
1/4 tsp Salt (1.5 grams)
3/4 tbsp Olive oil (10.1 grams)

DIRECTIONS:

1. Preheat oven to 425F.
2. Cut off the woody bottom part of the asparagus spears & discard.
3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. This keeps the asparagus from being all "stringy"
4. Place asparagus on foil-lined baking sheet & drizzle with olive oil.
5. Sprinkle with salt
6. With your hands, roll the asparagus around until they are evenly coated with oil & salt.
7. Roast for 10-15 minutes, depending on the thickness of your stalks & how tender you like them.
8. They should be tender when pierced with the tip of a knife.
9. The tips of the spears will get very brown but watch them to prevent burning.
10. They are great plain, but sometimes I serve them with a light vinaigrette if we need something acidic to balance out our meal.



DAY 5

MEAL 2 SIDE:

ROASTED ASPARAGUS

FOODS:

- 6 large Egg (300 grams)
- 1 tbsp Creme fraiche
- 4 tbsp Butter (56.8 grams)

DIRECTIONS:

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then serve!

SIDE FOOD:

- 1 cup, whole Strawberries (144 grams)

DIRECTIONS:

1. Wash and eat.

Calories/Macros

935.9 Calories

10.9g Net Carbs

480.5g Fat

39.6g Protein



DAY 6

MEAL 1

GORDON RAMSAY'S SCRAMBLED EGGS

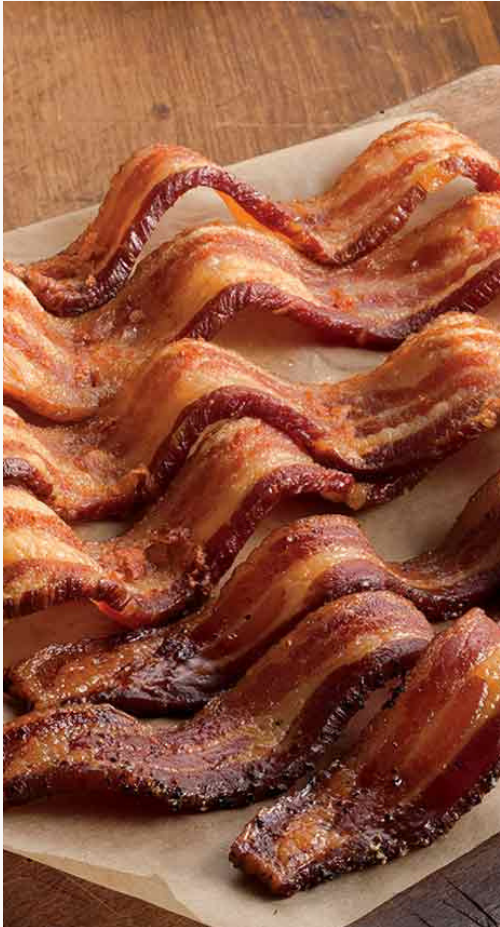
FOODS:
2 tbsp Butter (28.4 grams)
13 oz Atlantic salmon (369 grams)
2 dash Salt (0.80 grams)
2 dash Pepper (0.20 grams)

Calories/Macros
1023.5 Calories
1.6g Net Carbs
76.3g Fat
79.0g Protein

DIRECTIONS:

1. In a nonstick skillet, melt about 1 tablespoon butter over medium-high heat and cook until foam subsides and turns deep gold in color, about 3 minutes.
2. Season the fillet with salt and pepper and add to pan, skin side up.
3. Cook without turning for about 6 minutes, until fish turns deep brown. Flip the fish and cook, to taste, until done; 2 to 4 minutes longer. Enjoy!

SIDE FOOD:
2 strip Bacon (24 grams)
1 oz (19 halves per) Pecans (28.4 grams)



DAY 6

MEAL 2
EASY SAUTÉED
SALMON/BACON/PECANS

FOODS:
4 large Egg (200 grams)
2 tbsp Salsa (32 grams)
2 oz Mexican cheese (56.7 grams)

DIRECTIONS:
1. Use some vegetable spray to oil the pan. Allow it to warm up on medium heat. Put the eggs in the pan and scramble. Lower the heat. Add salsa and crumble cheese. Stir until firm and then eat.

SIDE FOOD:
4 strip Bacon (48 grams)
2 oz (23 whole kernels) Almonds (56.7 grams)

DIRECTIONS:
1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

Calories/Macros
1035.2 Calories
11.4g Net Carbs
83.4g Fat
55.8g Protein



DAY 7

MEAL 1

SOUTHWESTERN

EGGS/BACON/ALMONDS

FOODS:
4 oz Beef flank (113 grams)
3/4 tsp Olive oil (3.4 grams)
5/8 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (103 grams)
1/2 medium (2-1/2" dia) Onions (55 grams)
1/4 tsp Salt (1.5 grams)
1/4 tsp Pepper (0.53 grams)
1/4 cup, shredded Cheddar cheese (28.4 grams)

DIRECTIONS:
1. Preheat grill to medium and oil the grates. Place steak on the grill and cook about 4 minutes per side for medium-rare.
2. Remove from grill, cut into bite size pieces.
3. Heat oil in a pan over medium heat. Sauté the veggies until tender and add the meat. Sauté until meat is no longer pink. Season with salt and pepper.
4. Sprinkle shredded cheddar cheese on top. Mix in to melt if desired. Serve hot and enjoy!

SIDE FOOD:
Easy Sautéed Spinach (see page 22)

Calories/Macros
706.0 Calories
12.0g Net Carbs
54.3g Fat
38.5g Protein



DAY 7

MEAL 2

SAUTÉED FLANK STEAK AND ONIONS WITH CHEDDAR CHEESE

FOODS:

Easy Sautéed Spinach
3 tbsp Butter (42.6 grams)
6 cup Spinach (180 grams)
3 dash Salt (1.2 grams)
15 dash Pepper (1.5 grams)

DIRECTIONS:

.1. Melt butter in sauté pan over medium heat; add spinach. Season with salt and pepper to taste. Sauté until just wilted, about 3-4 minutes. Enjoy!



DAY 7

MEAL 2 SIDE: EASY SAUTÉED SPINACH