



2400 KETO MEAL PLAN



MEAL PLAN



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2400 KETO MEAL PLAN



MEAL PLAN



SIDE DISHES

INSTRUCTIONS: FOR 7 DAY REVOLVING MEAL PLAN



In this 7 day meal plan you will be eating 3 meals a day. The best times to have your 3 meals 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 (2400 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 extra large Egg (168 grams)
9 egg white (separated from yolk) Egg white (360 grams)
9 slices Fully Cooked Bacon (81 grams)
9 tbsp, shredded Cheddar cheese (63 grams)

DIRECTIONS:

Directions are based on the original recipe of 1 omelet

1. Mix 1 whole egg and 3 egg whites and place into hot pan.
2. In a separate pan cook bacon over medium heat until cooked to desired doneness. Remove from pan and chop.
3. Once egg has formed into a "pancake" place bacon and cheese in the middle and fold egg over. Serve and enjoy!

SIDE FOOD:

3 cup, whole Strawberries (432 grams)

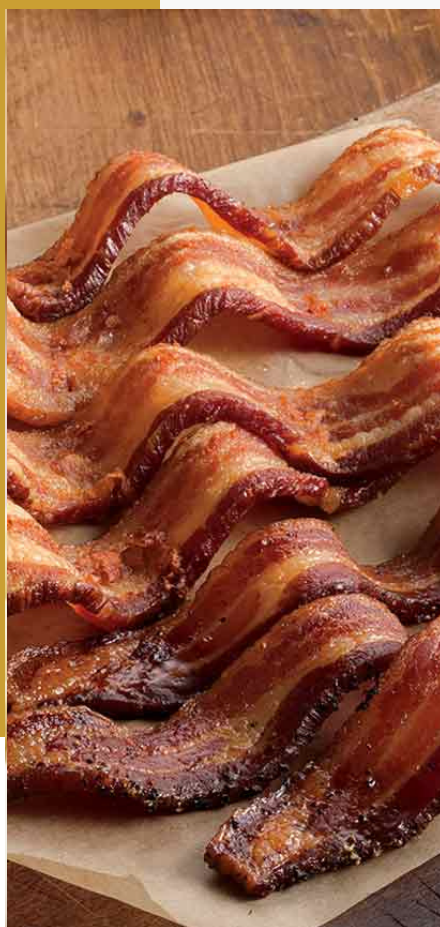
Calories/Macros

1181.5 Calories

29.2g Net Carbs

66.2g Fat

105.4g Protein



DAY 1

MEAL 1: EGGS, CHEESE, AND BACON OMELET/ STRAWBERRIES

FOODS:

1/4 cup Lemon juice (61 grams)
1 cloves, minced Garlic (3 grams)
3 tbsp Olive oil (40.5 grams)
1 tsp Salt (6 grams)
1 tsp Pepper (2.1 grams)
4 cup Arugula (80 grams)
1 fruit, without skin and seed
Avocados (136 grams)
1/3 cup Parmesan cheese (26.7 grams)

DIRECTIONS:

Directions are based on the original recipe of 2 servings

1. To make the dressing, in a small bowl combine the lemon juice and garlic. Slowly whisk in olive oil until the mixture is creamy. Season with sea salt and pepper.
2. Place arugula in a serving bowl and add dressing to taste. Mix well. Top with avocado slices, drizzle a bit more dressing over them and season with a pinch of salt. Using a vegetable peeler, shave slivers of Parmesan over the top. Enjoy!

SIDE FOOD:

3 oz Almonds

Calories/Macros

1231.4 Calories

18.5g Net Carbs

112.0g Fat

33.4g Protein



DAY 1

MEAL 2:

ARUGULA AND AVOCADO SALAD WITH SHAVED PARMESAN

FOODS:

Ingredients scaled to: 3 serving

6 tbsp Butter (85.2 grams)
6 large Egg (300 grams)
1 1/2 oz Asiago Italian (42.5 grams)

DIRECTIONS:

Directions are based on the original recipe of 2 servings

1. Preheat oven to 350°F/177°C. Using a small amount of the butter, butter two ramekins or 2 cup baking bowls. Split the remaining butter between prepared bowls.
2. Place one ramekin in the microwave for about 30 seconds on high to melt butter. Repeat with other.
3. Drop two whole eggs into each bowl. Top each with 1 tablespoon of grated Asiago cheese. Bake in oven for 15 minutes or until egg whites become white. Serve hot.

SIDE FOOD:

Ingredients scaled to: 2 strips
2 strip Bacon (24 grams)

Calories/Macros

1290.0 Calories

4.0g Net Carbs

119.2g Fat

51.9g Protein



DAY 2

MEAL 1 : LOW CARB ASIAGO BAKED EGGS

FOODS:

Ingredients scaled to: 2 serving

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

1/2 tbsp Butter (7.1 grams)

1/8 cup, chopped Onions (20 grams)

1/2 tsp Garlic (1.4 grams)

1/2 lb Beef tenderloin (227 grams)

1/2 dash Pepper (0.050 grams)

1/2 dash Salt (0.20 grams)

1 tbsp Light mayonnaise (15 grams)

3 1/2 slice (1 oz) Swiss cheese (98 grams)

Calories/Macros

1103.2 Calories

18.1g Net Carbs

78.2g Fat

73.6g Protein



DIRECTIONS:

Directions are based on the original recipe of 4 servings

1. Cut about 1/4 of the tops off of peppers, remove seeds. Put bottoms of peppers in the oven at 400 degrees.

2. Add onions, peppers (chopped from the tops of the peppers you just cut), garlic & butter to a frying pan on medium. Cook until they're soft.

3. Add shaved steak to the pan with some salt & pepper on top. Cook all the way through, chopping up with your spatula as you go.



DAY 2

MEAL 2: KETO STEAK-STUFFED PEPPERS

DIRECTIONS CONT...

4. Take the peppers out of the oven when they're soft, but not too soft to stuff. There should be some juice in the bottom, but don't dump it.
5. Add a slice of cheese to the cooked steak in the frying pan, & mix until melted. Turn burner off and take pan off the burner.
6. Rip 2 slices of cheese in half & add a half to the bottom of each pepper.
7. Add 2 tablespoons of mayonnaise to the steak & mix.
8. Spoon the meat into the pepper shells.
9. Add a piece of cheese to the top of all the stuffed peppers.
10. Put back in the oven for about five minutes or until the cheese is melted to your liking.



DAY 2

MEAL 2: KETO STEAK-STUFFED PEPPERS

FOODS:

Ingredients scaled to: 2 serving

6 large Egg (300 grams)

1 tbsp Creme fraiche

4 tbsp Butter (56.8 grams)

Calories/Macros

1223.7 Calories

8.5g Net Carbs

109.7g Fat

43.2g Protein

DIRECTIONS:

Directions are based on the original recipe of 1 serving

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:

Lemon Avocado Salad

DIRECTIONS:

1. Chop onion, tomato, and avocado. Toss together gently. Pour lemon juice over top and mix gently once more.



DAY 3

MEAL 1: GORDON RAMSAY'S SCRAMBLED EGGS/ LEMON AVOCADO SALAD

FOODS:

Ingredients scaled to: 3 serving

15 cherry tomato Cherry tomatoes
(255 grams)

1 1/2 cup, diced Mozzarella cheese
(198 grams)

3 tbsp Olive oil (40.5 grams)

3 tbsp, chopped Basil (7.9 grams)

DIRECTIONS:

Directions are based on the original recipe of 1 serving

1. Slice tomatoes and mozzarella.
2. Drizzle with olive oil.
3. Chiffonade (thinly slice) basil and sprinkle on top. Serve immediately..

SIDE FOOD:

3 cup, whole Strawberries (432 grams)

Calories/Macros

1046.9 Calories

36.9g Net Carbs

73.9g Fat

53.4g Protein



DAY 3

MEAL 2: EASY LOW CARB CAPRESE SALAD/ STRAWBERRIES

FOODS:

Ingredients scaled to: 3 omelet

3 tbsp Butter (42.6 grams)
1 1/2 cup, pieces or slices
Mushrooms (105 grams)
3 large Egg (150 grams)
9 egg white (separated from yolk)
Egg white (360 grams)
3 slice (1 oz) Cheddar cheese (84 grams)

DIRECTIONS:

Directions are based on the original recipe of 1 omelet

1. Melt butter in a skillet over medium heat.
2. Cook chopped mushroom until soft. Remove from heat and set aside.
3. Mix whole egg and egg whites in a bowl; pour into skillet. Cook until egg starts to look dry. Add mushrooms and cheese.
4. Fold sides of egg toward the middle and wait for cheese to melt. Serve immediately.

SIDE FOOD:

Spinach Recipe (see following page for directions)

Calories/Macros

1377.6 Calories

16.6g Net Carbs

100.5g Fat

98.6g Protein



DAY 4

MEAL 1: EGGS, CHEESE, & MUSHROOM OMELET/ SPINACH

FOODS:

Ingredients scaled to: 3 serving

1 1/2 tbsp Olive oil (20.3 grams)

2 1/4 clove Garlic (6.8 grams)

3/4 dash Salt (0.30 grams)

1 1/2 bunch Spinach (510 grams)

DIRECTIONS:

Directions are based on the original recipe of 4 servings

1. Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
2. Heat olive oil in a large skillet on medium-high heat. Add the garlic and saut for about 1 minute or until the garlic is just beginning to brown and become fragrant.
3. Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
4. After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately



DAY 4

MEAL 1 SIDE DISH: SPINACH RECIPE

FOODS:

Ingredients scaled to: 1 serving
1/2 breast, bone and skin removed
Chicken breast (118 grams)
1/4 cup Italian dressing (57.8 grams)
1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (82 grams)
1/4 large Zucchini (80.8 grams)

Calories/Macros
1022.4 Calories
24.9g Net Carbs
74.5g Fat
58.4g Protein

DIRECTIONS:

Directions are based on the original recipe of 4 servings
1. Place washed chicken breasts in large sealable bag. Add fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.
2. Cut up peppers into big chunks, and zucchini into big slices.
3. Grill chicken and veggies over medium heat.



SIDE DISH:

3 oz Cheddar cheese slices (85.1 grams)

Bachelor Brussel Sprouts (See following page for directions)



DAY 4

**MEAL 2: EASY GRILLED CHICKEN/
BRUSSELS SPROUTS**

FOODS:

Ingredients scaled to: 3 cup

- 3 cup Brussels sprouts (264 grams)
- 3/4 tsp Salt (4.5 grams)
- 3/4 tsp Pepper (1.6 grams)
- 3 tbsp Coconut oil (40.8 grams)

DIRECTIONS:

Directions are based on the original recipe of 2 cup

1. Wash sprouts, cut off and discard stems, then split in half length wise
2. Heat coconut oil in frying pan on medium
3. Add brussels sprout halves then season them while stirring to coat evenly
4. Cook until slightly charred on edges, allow to cool then serve (dressing optional)



DAY 4

MEAL 2 SIDE DISH: BACHELOR BRUSSEL SPROUTS

FOODS:

Ingredients scaled to: 2 serving:

4 strip Bacon (48 grams)
4 large Egg (200 grams)
6 egg white (separated from yolk)
Egg white (240 grams)
1/2 fruit, without skin and seed
Avocados (68 grams)

DIRECTIONS:

Directions are based on the original recipe of 1 serving:

1. Cook bacon in a sauté pan over medium-high heat to desired crispiness. Remove from pan, reserving some grease. Chop bacon and set aside.
2. Add eggs and egg whites to the pan and cook until they begin to look less wet. Add the bacon and scramble until cooked through.
3. Slice avocado and serve atop scramble.

SIDE DISH:

Balsamic Sautéed Spinach

Calories/Macros

1209.2 Calories

24.1g Net Carbs

90.1g Fat

64.4g Protein



DAY 5

**MEAL 1: EGG, AVOCADO, AND
BACON SCRAMBLE/SPINACH**

FOODS:

Ingredients scaled to: 3 serving

3 tbsp Olive oil (40.5 grams)

6 cup Spinach (180 grams)

6 tbsp Balsamic vinegar (96 grams)

3 dash Salt (1.2 grams)

3 dash Pepper (0.30 grams)

DIRECTIONS:

Directions are based on the original recipe of 1 serving

1. Heat olive oil in a pan over medium-high heat.
2. Cook spinach in olive oil and add balsamic vinegar, salt, and pepper.
3. Let spinach heat through and cook until slightly wilted. Remove from heat and enjoy!



DAY 5

MEAL 1: SIDE DISH

BALSAMIC SAUTÉED SPINACH

FOODS:

Ingredients scaled to: 3 serving:

- 3/4 lb Ground turkey (340 grams)
- 3/8 tsp Worcestershire sauce (2.1 grams)
- 3/4 tsp Parsley (0.38 grams)
- 3/4 dash Salt (0.30 grams)
- 3/4 dash Pepper (0.075 grams)
- 3/4 cup, crumbled Feta cheese (113 grams)
- 3 leaf inner Lettuce (18 grams)

DIRECTIONS:

Directions are based on the original recipe of 4 servings:

1. Preheat an outdoor grill for medium heat, & lightly oil the grate.
2. Knead together the ground turkey, Worcestershire sauce, parsley, salt, & pepper in a bowl. Form the mixture into 8 equal-sized balls; flatten to make thin patties. Place about 1/4 cup of feta cheese onto each of four of the patties. Top each of the patties with cheese with one of the patties without; press the edges together to seal the cheese into the center.
3. Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, 7 to 8 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
4. Serve with each patty with a lettuce leaf and enjoy!

Calories/Macros

1152.5 Calories

12.0g Net Carbs

79.5g Fat

95.6g Protein



DAY 5

MEAL 2:

FETA-STUFFED TURKEY BURGERS

FOODS:

Zucchini Spears

Ingredients scaled to: 1 serving:

1/16 tsp Salt (0.50 grams)

13/16 large Zucchini (269 grams)

DIRECTIONS:

Directions are based on the original recipe of 6 servings:

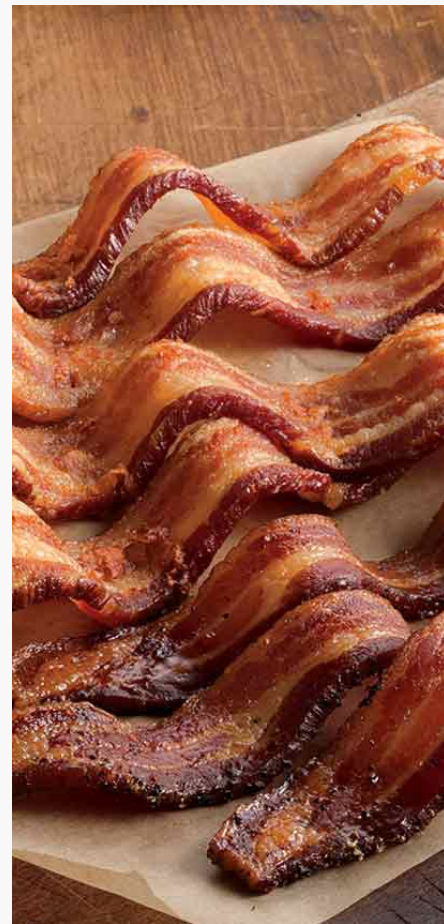
1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until tender, about 3-5 minutes. Drain and sprinkle with salt.

SECOND SIDE FOOD:

6 strip Bacon (72 grams)

Directions are based on the original recipe of 4 strips:

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 5

MEAL 2 SIDE DISH:

ZUCCHINI SPEARS/BACON

FOODS:
Ingredients scaled to: 3 serving:

- 3 extra large Egg (168 grams)
- 1 1/2 medium (4-1/8" long) Scallions (22.5 grams)
- 1 1/2 pepper Jalapeno peppers (21 grams)
- 1 1/2 tomato Tomatoes (167 grams)
- 7 1/2 tbsp Parmesan cheese (37.5 grams)
- 1 1/2 tbsp Butter (21.3 grams)
- 1 1/2 dash Salt (0.60 grams)
- 1 1/2 dash Pepper (0.15 grams)

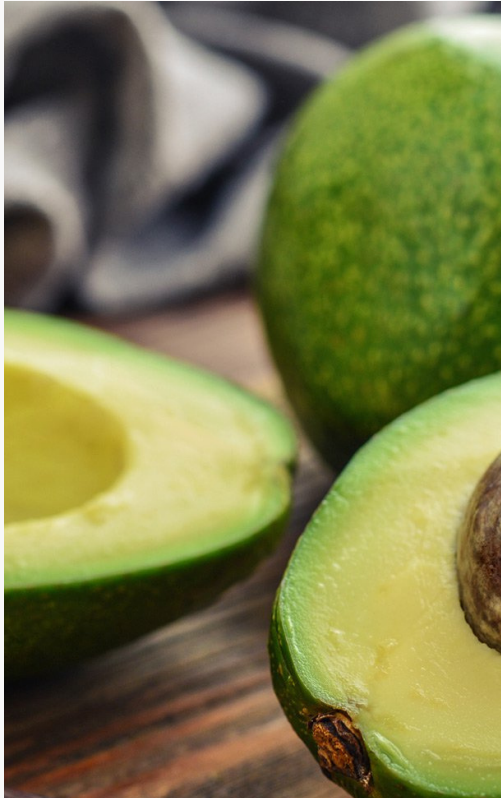


DIRECTIONS:
Directions are based on the original recipe of 2 servings:

1. Finely chop the scallions, jalapeños and tomatoes. Fry in butter for 3 minutes on medium heat.
2. Beat eggs and add to pan, scramble until fully cooked.

SIDE FOOD:

- 2 strip Bacon (24 grams)
- 2 fruit Avocados (402 grams)

Calories/Macros
1332.2 Calories
15.9g Net Carbs
112.4g Fat
49.0g Protein



DAY 6

MEAL 1: KETO MEXICAN SCRAMBLED EGGS

FOODS:

Ingredients scaled to: 2 serving:

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:

Directions are based on the original recipe of 4 servings:

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:

Roasted Mushrooms (see Next page for directions)

Calories/Macros

1080.1 Calories

9.3g Net Carbs

89.2g Fat

58.9g Protein



DAY 6

MEAL 2: FIRECRACKER BURGERS/ROASTED MUSHROOMS

FOODS:

Ingredients scaled to: 3 serving:

- 1 1/2 cup, whole Mushrooms (144 grams)
- 2 15/16 tbsp Parsley (11.3 grams)
- 3 3/4 cloves, minced Garlic (11.3 grams)
- 2 1/4 tbsp Butter (31.9 grams)
- 1 1/2 tsp Lemon juice (7.6 grams)

DIRECTIONS:

Directions are based on the original recipe of 4 servings:

1. If mushrooms are really large, halve them lengthwise
2. Toss mushrooms with chopped parsley, garlic, lemon juice
3. Place in dish, top with butter
4. Bake 15 minutes at 450 F



DAY 6

MEAL 2 SIDE DISH: ROASTED MUSHROOMS

FOODS:

Ingredients scaled to: 3 serving

6 extra large Egg (336 grams)
6 strip Bacon (72 grams)
3/4 cup diced Mushrooms (64.5 grams)

Calories/Macros

1123.2 Calories

10.1g Net Carbs

89.1g Fat

64.6g Protein

DIRECTIONS:

Directions are based on the original recipe of 1 serving:

1. Crack the eggs into a bowl & beat with a fork until thoroughly combined.
2. Rinse the mushrooms & pat dry.
3. Heat a skillet over medium heat.
4. Cook the bacon over low heat, then remove from the pan & drain on paper towels.
5. Add the mushroom to the pan & cook over medium-low heat until soft.
6. Add the eggs to the mushrooms in the pan, & cook over medium-high heat until it begins to set. Alternatively, you can cook the eggs separately.
7. While cooking, mix the eggs with a spatula to ensure even cooking.
8. Serve the egg & mushroom mixture with the bacon.

SIDE DISH:

2 oz (23 whole kernels)
Almonds(56.7 grams)



DAY 7

MEAL 1: SCRAMBLED EGGS WITH BACON AND MUSHROOMS

FOODS:

Ingredients scaled to: 3 serving:

3/4 lb Beef tenderloin (340 grams)
3/4 tsp Pepper (1.6 grams)
3/4 tbsp Olive oil (10.1 grams)
3 tbsp Beef broth or bouillon
canned soup (45 grams)
2 1/4 cup diced Mushrooms (194
grams)

DIRECTIONS:

*Directions are based on the
original recipe of 4 servings:*

1. Trim fat from steaks. Rub both sides of steaks with pepper. In a large skillet heat olive oil over medium-high heat.
2. Add steaks; reduce heat to medium. Cook to desired temperature, 7 to 9 minutes for medium rare (145 degrees F) to medium (160 degrees), turning once halfway through cooking time.
3. Transfer steaks to serving platter; keep warm.
4. Add beef broth to skillet. Cook and stir until bubbly to loosen any browned bits in bottom of skillet. Add mushrooms; simmer, uncovered for 4 minutes. Spoon sauce over steaks to serve.

SIDE DISH:

3 oz Cheddar cheese (85.1 grams)

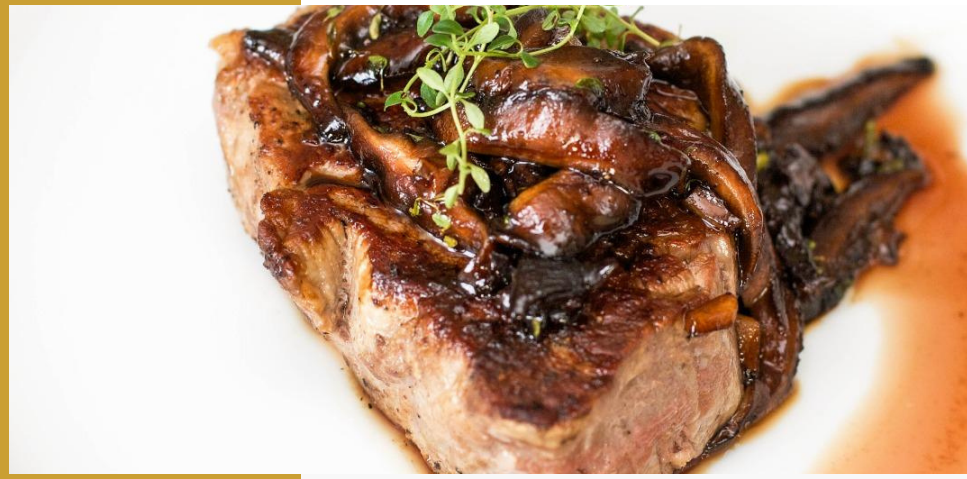
Calories/Macros

1324.8 Calories

6.7g Net Carbs

101.4g Fat

91.9g Protein



DAY 7

MEAL 2: PEPPERED STEAKS WITH MUSHROOMS