



# Keto Meal Plan Program

## A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Ground Beef Frittata with Asparagus and Mushroom (410 Calories)	Chocolate Peanut Butter Chia Pudding (350 Calories)	Spinach and Feta Egg Muffins (350 Calories)	Almond Cream Cheese Keto Pancakes (380 Calories)	Keto Breakfast Pizza (390 Calories)
AM SNACK	Keto Cheesecake (200 Calories)	Keto Trail Mix (180 Calories)	Keto Peanut Butter & Raspberry Energy Balls (180 Calories)	Keto Egg Bites (120 Calories)	Keto Twix Bar (180 Calories)
LUNCH	Garlic Herb Chicken with Smoked Cheddar Cauliflower Mash (360 Calories)	Cheesy Beef Bolognese with Roasted Squash (380 Calories)	Herb Cream Cheese Salmon with Red Pepper Cauliflower Mash & Broccoli (390 Calories)	Cheeseburger Bowl (420 Calories)	Chicken Parmesan over Ratatouille (390 Calories)
PM SNACK	Almond Parmesan Zucchini Fries (130 Calories)	Keto Snickerdoodle Cookies (190 Calories)	Keto Brownie (200 Calories)	Keto Chocolate Chip Cookie (190 Calories)	Keto Hummus Celery Boats (110 Calories)
DINNER	Creamy Tuscan Fish with Herb Roasted Vegetables (400 Calories)	Sun-Dried Tomato Chicken with Zucchini Noodles (400 Calories)	Chimichurri Chicken Meatballs with Garlic Thyme Cauliflower Mash (380 Calories)	Lemon Herb Tilapia (390 Calories)	Garlic & Chive Salmon & Shrimp with Cheddar Cauliflower, Broccoli & Tri-Color Peppers (430 Calories)