

# Free Keto Diet Plan

## What is Keto?

The Ketogenic (Keto) Diet is a low-carb, high-fat diet designed to put your body in a state of ketosis, where it burns fat for fuel instead of carbohydrates.

## Basic Rules of the Keto Diet

- Carbs: 20-50g net carbs/day
- Protein: Moderate (20-25%)
- Fats: High (70-75%)
- Drink: Water, herbal teas, black coffee

## 7-Day Keto Meal Plan

Day 1:

Breakfast: Scrambled eggs with spinach in butter

Lunch: Grilled chicken salad with olive oil

Dinner: Zucchini noodles with pesto and grilled shrimp

Day 2:

Breakfast: Greek yogurt with chia seeds

Lunch: Egg salad in lettuce wraps

Dinner: Beef stir-fry in coconut oil

Day 3:

Breakfast: Avocado smoothie (almond milk, spinach)

# Free Keto Diet Plan

Lunch: Cauliflower rice with chicken curry

Dinner: Grilled salmon with broccoli

Day 4:

Breakfast: Cheese omelette with mushrooms

Lunch: Bunless cheeseburger with side salad

Dinner: Keto pizza (almond flour crust)

Day 5:

Breakfast: Keto pancakes with berries

Lunch: Tuna salad with olive oil dressing

Dinner: Grilled chicken thighs with green beans

Day 6:

Breakfast: Chia pudding with coconut milk

Lunch: Zoodles with creamy Alfredo sauce

Dinner: Pork chops with sautéed spinach

Day 7:

Breakfast: Bulletproof coffee & boiled eggs

Lunch: Eggplant lasagna

Dinner: Grilled tofu with avocado salad

## Keto Shopping List

# Free Keto Diet Plan

## Proteins:

- Eggs, Chicken, Salmon, Beef, Pork, Tofu

## Fats:

- Avocado, Olive Oil, Coconut Oil, Cheese, Nuts

## Veggies (Low-carb):

- Spinach, Kale, Zucchini, Cauliflower, Broccoli

## Dairy (Full-fat):

- Greek Yogurt, Butter, Cheese

## Pantry:

- Almond Flour, Chia Seeds, Coconut Milk, Nut Butters

## Keto Tips for Success

- Track carbs using apps like Carb Manager
- Meal prep to stay on track
- Drink lots of water & add electrolytes
- Avoid sugar and hidden carbs in sauces