

7 - DAY KETO MEAL PLAN FOR BEGINNERS

D A Y 1

Breakfast

- 2 Scrambled eggs
- ½ Avocado
- 2 Bacon strips

Macros: 450 cal | 35g fat | 20g protein | 4g net carbs

Lunch

- Grilled chicken salad (1 cup spinach, 4 oz chicken, 1 tbsp olive oil, feta)

Macros: 520 cal | 38g fat | 40g protein | 3g net carbs

Dinner

- 6 oz Garlic butter salmon
- 1 cup Roasted asparagus

Macros: 580 cal | 45g fat | 35g protein | 5g net carbs

Snack

- 1 oz Almonds (~24 nuts)

Macros: 160 cal | 14g fat | 6g protein | 2g net carbs

Total Macros:

1,710 cal | 132g fat | 101g protein | 14g net carbs

D A Y 2

Breakfast

- Bulletproof Coffee
(1 cup coffee + 1 tbsp butter + 1 tbsp MCT oil)

Macros: 230 cal | 25g fat | 0g protein | 0g net carbs

Lunch

- Turkey & Cheese Roll-Ups
(4 oz turkey + 1 oz cheddar + 1 tbsp mayo)
- 1/2 cup Cucumber slices

Macros: 540 cal | 42g fat | 35g protein | 3g net carbs

Dinner

- Beef Stir-Fry (6 oz ground beef + 1 cup bell peppers + 1 tbsp soy sauce)

Macros: 620 cal | 48g fat | 40g protein | 6g net carbs

Snack

- Keto Yogurt (1/2 cup full-fat Greek yogurt + 1 tbsp chia seeds)

Macros: 210 cal | 15g fat | 12g protein | 4g net carbs

Total Macros:

1,600 cal | 130g fat | 87g protein | 13g net carbs

D A Y 3

Breakfast

- Cheesy Omelet
(2 eggs + 1 oz cheddar + 1 tbsp butter)

Macros: 420 cal | 36g fat | 20g protein | 2g net carbs

Lunch

- Tuna Salad
(1 can tuna + 1 tbsp mayo + 1 cup romaine)

Macros: 380 cal | 28g fat | 30g protein | 1g net carbs

Dinner

- Garlic Butter Chicken Thighs (2 thighs)
- 1 cup Roasted Brussels sprouts

Macros: 650 cal | 50g fat | 45g protein | 7g net carbs

Snack

- Celery + Peanut Butter
(2 tbsp natural peanut butter)

Macros: 190 cal | 16g fat | 8g protein | 3g net carbs

Total Macros:

1,640 cal | 130g fat | 103g protein | 13g net carbs

D A Y 4

Breakfast

- Avocado & Eggs
(1/2 avocado + 2 fried eggs)

Macros: 450 cal | 38g fat | 14g protein | 4g net carbs

Lunch

- BLT Lettuce Wraps
(4 bacon strips + 1 tbsp mayo + 1 cup lettuce)

Macros: 520 cal | 45g fat | 25g protein | 2g net carbs

Dinner

- Zucchini Noodles + Pesto
(2 cups zoodles + 2 tbsp pesto + 1 oz parmesan)

Macros: 480 cal | 42g fat | 18g protein | 6g net carbs

Snack

- Hard-Boiled Eggs
(2 eggs + pinch of salt)

Macros: 140 cal | 10g fat | 12g protein | 1g net carbs

Total Macros:

1,590 cal | 135g fat | 69g protein | 13g net carbs



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7 - DAY KETO MEAL PLAN FOR BEGINNERS

D A Y 5

Breakfast

- **Chia Pudding**
(2 tbsp chia seeds + 1/2 cup coconut milk + 1 tbsp erythritol)

Macros: 320 cal | 28g fat | 6g protein | 2g net carbs

Lunch

- **Egg Salad**
(3 boiled eggs + 1 tbsp mayo + 1 cup spinach)

Macros: 450 cal | 38g fat | 20g protein | 2g net carbs

Dinner

- **Pork Chops + Cauliflower Mash**
(6 oz pork + 1 cup mashed cauliflower)

Macros: 680 cal | 50g fat | 50g protein | 8g net carbs

Snack

- **Cheese Crisps**
(1 oz cheddar baked until crispy)

Macros: 110 cal | 9g fat | 7g protein | 0g net carbs

Total Macros:

1,560 cal | 125g fat | 83g protein | 12g net carbs

D A Y 6

Breakfast

- **Sausage + Eggs**
(2 sausage links + 2 scrambled eggs)

Macros: 500 cal | 40g fat | 30g protein | 2g net carbs

Lunch

- **Shrimp Salad**
(6 oz shrimp + 1 tbsp olive oil + 1 cup arugula)

Macros: 380 cal | 25g fat | 35g protein | 3g net carbs

Dinner

- **Baked Salmon + Asparagus**
(6 oz salmon + 1 tbsp butter + 1 cup asparagus)

Macros: 620 cal | 48g fat | 45g protein | 5g net carbs

Snack

- **1 oz Macadamia Nuts**

Macros: 200 cal | 21g fat | 2g protein | 1g net carbs

Total Macros:

1,700 cal | 134g fat | 112g protein | 11g net carbs

D A Y 7

Breakfast

- **Keto Pancakes**
(2 tbsp almond flour + 1 egg + 1 tbsp butter)

Macros: 350 cal | 32g fat | 12g protein | 3g net carbs

Lunch

- **Bunless Burger**
(6 oz beef patty + 1 oz cheese + 1 tbsp sugar-free ketchup)

Macros: 650 cal | 52g fat | 45g protein | 2g net carbs

Dinner

- **Lemon Garlic Chicken**
(6 oz chicken + 1 cup broccoli)

Macros: 550 cal | 35g fat | 50g protein | 6g net carbs

Snack

- **Dark Chocolate**
(1 oz 90% cocoa)

Macros: 150 cal | 12g fat | 3g protein | 3g net carbs

Total Macros:

1,700 cal | 131g fat | 110g protein | 14g net carbs



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