

30 Day Keto Meal Plan

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If you are considering losing weight or talk to friends about shedding extra pounds, the keto diet is highly likely to come up in conversation. Over the past few years, ketogenic diets have become extremely popular because they are effective at helping many people lose weight.

The keto diet is very low in carbohydrates and also has you eating moderate amounts of protein and high amounts of fat. The high-fat content of this diet forces your body to switch from using the carbs in your food for energy to burning your stores of excess fat in the body. The process of using fat for fuel is known as ketosis, which is where the name keto comes from.

The basics of the keto diet are to restrict your carb intake to about five percent of your daily calories with fats making up about 75 percent and the remainder coming from sources of protein. Most people restrict their carbs to less than 50 grams per day with some followers going as low as 20 grams of carbs per day.

The best source of fats and proteins in this diet will come from whole foods. This diet does not rely on processed foods, which are often high in added sugars. You can snack while on the keto diet, provided the foods fall within your recommended allowances for your macronutrients. It is best to eat a wide range of foods so that you still get plenty of nutrients from the meats and vegetables you consume.

Switching to a new way of eating can be hard, which is why it can be helpful to follow a ready-made meal plan. Meal plans take the guesswork out of dieting and help you prepare and shop for your new way of eating, as well. The following 30-day meal plan can be reused many times to give you variety throughout the time it takes you to lose weight, and you can leave out meals you don't like in favor of those that are more appealing to you. Each day, we have provided ideas for three meals per day plus a snack.

30-Day Meal Plan

Day 1

Breakfast- Scrambled eggs with cheddar cheese and sautéed onions

Lunch- Deli ham over mixed greens topped with ½ an avocado, black olives, cucumbers, and blue cheese dressing

Dinner- Halibut baked and topped with parmesan cheese and butter, steamed broccoli

Snack- Zucchini sticks with cheese cubes

Day 2

Breakfast- Ham steak, two soft-boiled eggs

Lunch- Grilled chicken, cheese cubes, pickles, grape tomatoes, and raw cauliflower dipped in ranch dressing

Dinner- Grilled pork chop, mixed vegetables of eggplant, yellow squash, and zucchini sautéed with garlic in olive oil. You can create a sauce using heavy cream and the cheese of your choice if you like.

Snack- Spicy guacamole with raw cucumber slices

Day 3

Breakfast- Handful of raspberries with unsweetened heavy cream

Lunch- Roasted chicken breast over romaine hearts with radishes and Italian Dressing

Dinner- Baked Salmon over broccoli. Top salmon with minced fresh herbs (parsley, cilantro, and garlic) combined with lemon juice and olive oil. Add in any spices you like plus salt and pepper.

Snack- Snap peas and celery with herbed cream cheese

Day 4

Breakfast- Two-egg omelet with spinach, mushrooms, and cheese cooked in coconut oil

Lunch- Chicken salad with artichoke hearts, tomatoes, mixed greens, a hard-boiled egg, and olive oil

Dinner- Seared cod, mixed green salad with avocado, olive oil drizzle

Snack- Handful of blueberries

Day 5

Breakfast- Baked eggs and sausage with tomatoes

Lunch- Smoked salmon, flax crackers, goat cheese, pickles, and olives

Dinner- Grilled steak with Buffalo cauliflower and ranch dressing

Snack- Cucumber slices with mayo

Day 6

Breakfast- Steak and eggs

Lunch- Eggplant salad with artichoke hearts, tomatoes, mixed greens, a hard-boiled egg, and olive oil

Dinner- Seared tofu, roasted broccoli, mixed green salad with avocado

Snack- Beef jerky

Day 7

Breakfast- Boiled eggs, a handful of strawberries

Lunch- Spinach and goat cheese frittata, spinach salad

Dinner- Spaghetti squash stuffed with ground beef, mozzarella, and marinara sauce

Snack- String cheese stick

Day 8

Breakfast- Keto pancakes with ¼ cup each almond flour and cream cheese, two eggs, and cinnamon

Lunch- Baked chicken thighs, broccoli topped with bacon, cheese, and sour cream.

Dinner- Stir-fried beef and broccoli, cauliflower rice

Snack- Bacon-wrapped jalapeño peppers stuffed with herbed cream cheese

Day 9

Breakfast- Red peppers stuffed with spinach, bacon, and eggs

Lunch- Kale salad topped with pesto-stuffed chicken breast

Dinner- Grilled Italian sausage with peppers and onions, spinach salad with blue cheese dressing

Snack- Portobello mushroom stuffed with salsa and pepper jack cheese then broiled

Day 10

Breakfast- Eggplant hash seared in olive oil topped with two eggs of your choice

Lunch- Mixed salad topped with roasted red peppers, sliced salami, cubed cheese

Dinner- Baked pesto salmon with Brussels sprouts

Snack- Zucchini chips

Day 11

Breakfast- Two eggs fried in olive oil served with avocado and salsa

Lunch- Bacon and tomato over mixed greens

Dinner- Zucchini noodles topped with meat sauce or marinara

Snack- Herbed goat cheese and cucumber slices

Day 12

Breakfast- Two fried eggs over sautéed kale and onions

Lunch- Tuna salad over mixed greens topped with olive oil, a handful of raspberries

Dinner- Stir-fried chicken with cabbage and bok choy

Snack- Hard-boiled egg sprinkled with smoked sea salt

Day 13

Breakfast- Frittata with broccoli and cheese

Lunch- Seared tofu over greens with almonds, avocado, and cucumber

Dinner- Roasted portobello mushroom with herb butter and broccoli

Snack- Celery and cream cheese

Day 14

Breakfast- Low-carb pancakes made with eggs, cream cheese, butter, almond flour, baking powder, and lemon zest served with blueberries

Lunch- Sautéed broccoli and tempeh, cheese cubes, celery

Dinner- Grilled eggplant, bacon-wrapped asparagus, baked brie

Snack- Half an avocado with salt and pepper

Day 15

Breakfast- Scrambled eggs with butter, tomato, and cilantro, side of bacon

Lunch- Chicken meatballs with marinara sauce

Dinner- Lettuce wraps with chicken, bacon, and tomato

Snack- Almonds

Day 16

Breakfast- Whole milk, unsweetened yogurt, a small handful of raspberries, chia seeds, and walnuts

Lunch- Mixed greens salad with bacon, avocado, cheese, pumpkin seeds, grape tomatoes, ranch dressing

Dinner- Grass-fed ground beef sautéed with onions and tomato sauce over shirataki noodles sautéed in oil

Snacks- Cucumber slices with cream cheese

Day 17

Breakfast- Two eggs fried in olive oil, avocado, and salsa

Lunch- Taco salad over romaine

Dinner- Chicken piccata with capers, cauliflower

Snack- Deviled egg

Day 18

Breakfast- Frittata with broccoli and cheese

Lunch- Deli meat and cheese roll-ups with almonds, cucumbers, and blueberries

Dinner- Lamb chops with herbed butter

Snack- Celery and peanut butter

Day 19

Breakfast- Soft-boiled eggs, asparagus, roasted peppers

Lunch- Arugula salad with tempeh, brie, and olives

Dinner- Baked chicken with cream sauce and sun-dried tomatoes

Snack- Handful of macadamia nuts

Day 20

Breakfast- Cheese and spinach omelet topped with avocado and salsa

Lunch- Parmesan crusted chicken over romaine with Caesar dressing

Dinner- Grilled hamburger with cheese, tomato, and avocado wrap served in lettuce leaves

Snack- Zucchini sticks and a cheese stick

Day 21

Breakfast- Whole-milk, sugar- free yogurt with chia seeds, walnuts, and berries

Lunch- Broccoli cheese soup

Dinner- Roasted salmon with lemon-butter sauce, roasted broccoli

Snack- Almonds

Day 22

Breakfast- Two eggs and sausage with cheddar cheese

Lunch- Chili, side salad with Italian dressing

Dinner- Cobb salad with ranch dressing

Snack- Bell peppers and cucumbers with guacamole

Day 23

Breakfast- Blackberry smoothie made with almond milk, chia seeds, and a dash of lemon juice

Lunch- Ham and cheese roll-ups, side salad, cottage cheese

Dinner- Chicken parmesan over zucchini noodles

Snack-Colby Jack string cheese

Day 24

Breakfast- Sandwich of one poached egg and one slice of cheese between two turkey sausage patties

Lunch- Stir-fried chicken and broccoli

Dinner- Lamb burgers with avocado and bacon wrapped in collard greens

Snack- Celery and almond butter

Day 25

Breakfast- Spinach and swiss cheese omelet

Lunch- Grilled chicken over baby spinach, tomato, and avocado

Dinner- Sautéed beef with mixed vegetables over romaine

Snack- Beef jerky

Day 26

Breakfast- Green smoothie with avocado, MCT oil, cucumber, kale, hemp seeds, and lemon

Lunch- Chicken salad with macadamia nuts and blackberries over mixed greens

Dinner- Beef lasagna made with zucchini ribbons or eggplant slices

Day 27

Breakfast- Spinach, mushroom, and feta omelet

Lunch- Caesar salad with romaine lettuce, grilled chicken breast, bacon, and Parmesan

Dinner- Oven-baked salmon with broccoli

Snack- Half an avocado with smoked salt and pepper

Day 28

Breakfast- Bacon and eggs cooked in bacon fat

Lunch- Roast beef, brie, arugula, pesto, and olive plate

Dinner- Bun-less chili cheeseburger with onions and cheese

Snack- Olives and cubed cheese

Day 29

Breakfast-Kale, egg, and tomato frittata

Lunch-Smoked salmon and cream cheese roll-ups, celery, almonds, radishes with ranch

Dinner- Bone-in pork chop, cauliflower-cheddar mash

Snack- Red bell peppers with ranch dressing

Day 30

Breakfast- Huevos rancheros

Lunch- Pepperoni and mozzarella roll-ups, cherry tomatoes, macadamia nuts

Dinner- Beef in cream sauce and steamed zucchini

Keto-Friendly Beverages

Avoiding carbs in your beverages is vital on the keto diet, too. The following drinks are good choices when following a keto diet.

- Water
- Sparkling water
- Unsweetened tea
- Unsweetened coffee
- Green tea



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