

# Low Carb / Keto Meal Plan Ideas Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fasting or Greek Yoghurt with fresh strawberries	Fasting or Left overs from earlier	Fasting or 2 rashers Bacon and 2 Eggs, tomatoes.	Fasting, or Left overs from earlier	Fasting or Keto Toast with butter	Keto pancakes (R) with strawberries and butter	Fasting or Left overs or Pork meat patty with soft boiled egg on top.
<b>Lunch</b>	Keto Omelette with grated cheese, onion and bacon bits.	Canned Sardines in Spring water, with crackers and cheese, Plus small handful of nuts (Macadamia or Almonds)	Bacon and eggs Cauliflower fried rice cooked in butter, drizzle in beaten eggs stirring while hot. Plus, steamed veges.	Cold Lunch, Cold cuts, boiled eggs, cold sausage, cheese, Pate, Avocado and low carb crackers (R).	Scrambled or fried eggs and bacon cooked in olive oil.	Lambs fry quickly fried in butter with mushrooms and bacon.	A small piece of salmon pan fried in butter with asparagus spears.
<b>Dinner</b>	Ribeye Steak with Cauliflower Rice and Steamed veges. For dessert small handful of blueberries with unsweetened cream	Pork Roast with onions, parsnip, beets, and steamed veges and Keto cheese sauce (R).	Chicken drum sticks roasted in coconut oil with broccoli and seasonal veges, possibly with a low carb coating.	Ground beef patties air fried or cooked in coconut oil with green salad. For dessert cheese board with low carb crackers. (R)	White fish crumbed in Green Banana flour and fried in Butter with steamed vegetables.	Slow Cooked Ribs with Steamed vegetables and Keto cheese sauce (R). For dessert, small piece of 70% dark chocolate	Sausages and vegetable gratin (R) with cauliflower, broccoli and carrots.
<b>Snacks &amp; Drinks</b>	Green Tea or Water, Coffee	Green Tea or Water, Coffee	Green Tea or Water	Green Tea or Water	Green Tea or Water	Green Tea or Water Glass of red wine.	Green Tea or Water, coffee

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Some meals are larger to allow for left overs on following days. Pick out the combinations you prefer.

This is purposely meat heavy for maximum nutrients. You can choose smaller meat servings.

Note: zero bread, zero Naan, zero grains, zero white flour-based food, very low sugar, zero seed oils, zero potato.