

10-Day Keto Reset Diet Keto Hack Bonus Recipes



Bonus Meal Plan For Maintenance

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9 Keto Hacks For People On The Go...



Keto is one of the most rewarding and effective diets there is, but it's not easy. In the beginning, you've got to rewire your entire body to get into ketosis. If you stray, you might have to start the whole process over again.

The most successful ketomaniacs are masters of their craft, their tool belts complete with tips, tricks, and industry secrets that only the pros know— hack if you will. You have two choices: you can either spend years learning these secrets, or you can read this list of the best keto diet hacks we've put together from the experts.

The choice is yours.

Hack #1) Your On-the-Go Quick Guide

- Chipotle: Salad with chicken, cheese, hot salsa, and guacamole.
- Wendy's: Baconator with no bun or sauce (good luck).
- KFC: Baked chicken tenders with a side of green beans.
- In-N-Out: Ask for any of their burgers with a lettuce wrap ("protein style").
- Five Guys: Dig deep into your soul and resist the bun and fries. Instead, get their burger sans bun in a to-go box with as many veggie toppings as you like. Gorge on peanuts while you wait to quell your hunger.
- Subway: Order anything as a salad, add cheese, and stay away from high-carb veggies like corn. Skip the dressing.
- McDonald's: Angus beef with no bun and no sauce. Use pepper instead.

Pro Tip: Download an app that lets you find keto-friendly places to eat in the vicinity. Thank us later for this hack.

Hack #2) Learn to Spot Hidden Carbs

Then it is loaded with carbs. Also, be aware that many things labeled "sugar-free" or "carb-free" are lying to you. If something is labeled as an "alternative" sweetener, then it is almost always a sworn enemy in disguise. Avoid:

9 Keto Hacks For Beginners (2019 Upd) Tips For Getting Ahead

- Splenda
- Honey
- Agave
- Xylitol
- Sorbitol
- Maltitol

And, of course, avoid corn as your life depends on it. In general, the more natural and simpler your food is, the more likely it is to be low-carb friendly.

Hack #3) Take Some Treats on the Road

- Beef Jerky: Buy it in bulk and chow down.
- Pork Rinds: No carbs? Full of fat and protein? Have at it!
- Hard Boiled Eggs: Boil up as many as you can stomach on Sunday and keep them in plastic containers for the work week.

Aside from these, some great quick treats are:

- Seeds
- Bacon
- Nuts
- Avocado
- Pickles
- Nut butters

If that didn't satisfy you, you can check out this page for more.

Hack #4) Hummus

Pro Tip: Having company over? Lay out peppers, celery, pork rinds, carrots, and other low-carb veggies with a small bowl of hummus.

Hack #5) Don't Go it Alone

Having an accountability partner motivates all fronts. A shoulder to cry on when you yearn for deep-fried foods, someone to exchange food recipes with and make keto fun, and, of course, some healthy competition—having someone on the front lines with you keeps you motivated and holds you accountable.

Hack #6) Intermittent Fasting

Starting IF will provide faster weight loss results and may also have other health benefits. It's recommended to limit caloric intake to 6–8 hours per day and consume only water or tea outside of this time. Here are a few tips we've learned:

- Alternate days of fasting with days of feasting.
- Skip breakfast.
- Avoid feeling too hungry. You don't want to starve. Make it a gradual process.
- If you're just starting, fast only 1-2x per week.

Hack #7) Get Creative With Your Coffee

- Butter: Yes, we are for real. Add a tbsp. of grass-fed butter to your morning coffee to stave off hunger and get some healthy fats.
- Peanut butter ice coffee: Want a jolt of energy and protein to help fit your macros? Put some peanut butter powder into an ice coffee and now you've got a delicious keto shake.
- Bulletproof coffee: This staple of the diet is a like a celebrity among recipes. Mix butter, MCT oil, ceylon cinnamon, and stevia for the ultimate morning keto rush hack.

Hack #8) Supplementation

Make sure to choose a flavored supplement, because the natural taste is unpleasant to say the least. You can check out [the best ones](#) that we've reviewed here.

Hack #9) Don't Give up Your Favorite Pizzas

Wait, pizza? On the keto diet?

It's true.

You can have delicious pizza, bread, and other forbidden fruits so long as you use this keto secret hack:

Almond Flour

A $\frac{1}{4}$ cup of almond flour contains just 2 net carbs, so a standard pizza using $\frac{3}{4}$ cup contains just 6 net carbs. Of course, use these as treats, especially if you're trying to stay below 20 net carbs per day.

With almond flour you can make:

Basically, anything that you'd make with normal flour is an option. Ask anyone on a low-carb diet and they'll tell you it's a lifesaver.

Nothing worth having is easy. You've got to work to shed pounds on keto. But trust us, it's worth all of the sweat (and tears from not having your favorite foods). With these keto hacks, you won't have any trouble sticking to your diet and shedding pounds.

Ketogenic Diet & Carb Cycling *for Fat loss* LOWCARBALPHA

In-

Depth Look at Cycling on Keto

Check Out Our [ALL NEW](#) Keto Fat Loss Drink





CYCLICAL KETOSIS - AN OVERVIEW

If you know about the ultra-low-carb keto diet and have perhaps tried it, you are likely aware of the many benefits the lifestyle has to offer. Those include weight loss, reduced appetite, more stable blood glucose levels, enhanced physical stamina, and mental acuity and, in some cases, lowered blood pressure. All because you trick your body into burning fat for energy instead of carbs. It's pretty remarkable, although strictly adhering to the diet takes discipline and determination.

Carb Up to Max Out Keto Benefits

While the benefits of the low-carb lifestyle are real and many there may be times when a person feels that their weight loss efforts have stalled or they want to try and build larger muscles, (not just leaner ones), or that they don't have quite as much energy at their disposal as they might want. In those cases, they may want to try what's called a "cyclical ketogenic diet plan" or "carb up." Carb up is just what it sounds like; breaking with your strict diet and performing periodic carbo loads.



Those who have gone all-in on the low-carb lifestyle will likely scoff at the notion, but the idea of carbing up (also called “cyclical ketosis”) is not as odd as it may seem.

Cyclical Ketosis is Not for Everyone

Now let’s get something straight right out of the box: the cyclical ketosis diet is not for everyone. You need to have already mastered the low-carb lifestyle and been successfully and thoroughly in a state of ketosis for some time; typically 1 to 2 months. If you're starting out on your keto odyssey, don't even think about carbing up for now.

Also, a carb-heavy keto refeed doesn’t just mean hopping from one Italian restaurant to another until you can’t stomach any more pasta. It has to be done in a controlled, intelligent manner intended solely to provide you the specific benefits you feel you may be missing out on with the lifestyle alone. And one more thing: it will very undoubtedly result in you being kicked out of ketosis, but that's the point and why it's called "cyclical ketosis." It's because you'd be cycling in and out of ketosis.

What You Need to Know Before Starting

An In-Depth Look at Cycling on Keto



Okay, so we're going to assume you've been adhering to the keto diet ([more details here](#)) for at least a couple of months and are ready to enhance the benefits of the lifestyle by carbing up periodically. You understand that a carb refeeding is a way to augment your routine and lifestyle efforts, not a white flag because you can't take the diet anymore. So with all that as a given, let's look at precisely what cyclical ketosis entails.

A keto carb up is a short period when you intentionally consume more carbs than your diet allows. This period may be as short as a single meal, or it may last for a full day (some people will need the carb up for 2 days at a time, but we feel that's a risky strategy that can easily result in abandoning the lifestyle altogether). Again, keep in mind that you will be kicked out of ketosis and that you're likely to put on a bit of weight via water retention.

The amount of carbs you consume and for how long will depend on your specific goals and the overall condition of your body. It's likely you're going to have to do a bit of experimenting before you find the Goldilocks "just right" combination. Here are a few examples of how you might want to carb up:

An In-Depth Look at Cycling on Keto

- Adhere to the keto diet during the week, do carb loading on Saturday and then return to the strict rules on Sunday.
- Stick with a strict routine except for a single carb-heavy meal every 3rd day.
- Adhere to the lifestyle full time except when you feel a specific need to have some carbs at the ready. This strategy does not call for predictable cycling but instead more random carb ups determined solely by the needs of the moment.
- Eat low-carb all week and then go carb heavy every weekend. As we said above, we think this strategy of 5 days on 2 days off presents unnecessary risks of abandoning your routine altogether. But if you think you can handle it, then more power to you.



Keep in mind too that reserving your keto carb up instances for the weekend provides you flexibility when going out with your family or buddies for a weekend feed.

Carb Ups and Workouts - Cyclical Ketosis Diet

A cyclical ketosis diet is most successful when it dovetails with your workout regime. It's recommended in fact that you do a strenuous workout the day before doing your carb up so that your glycogen stores are fully depleted. Carbing up will then allow you to replenish your reserves of glycogen and push yourself harder during your subsequent workouts to achieve a higher degree of muscle growth.

So What Should You Be Eating During a Carb Up?



Regardless of the carb up the schedule you adopt, the carb-heavy meal should be your last meal of the day so that you can best avoid experiencing the cravings that sometimes descend as a result of eating carb-heavy foods. And speaking of carb-heavy foods the ones you choose to load up on should have a low glycemic index as well. This will also help you avoid excessive cravings. Sweet potatoes, bananas, whole wheat pasta, carrots and more all fit the bill.

Just remember that carbing up is not intended to supply you with a way to cheat on your keto diet. It needs to serve a specific purpose, or you'll be flopping in and out of ketosis for no good reason.

14-Day Keto Meal Plan for Beginners

Cyclical ketosis provides some dieters with a legit way of augmenting their health and fitness efforts within the general framework. But it requires discipline, and you should have well-developed goals in place before embarking on this dietary strategy.



Just starting out on the keto diet and don't know where to begin? Then this guide to keto meal plans is for you.

This guide to keto meal plans is for everyone. There is a little something for everyone, including an entire section dedicated to vegetarian keto meal plans.

Meal plans are a great way to get started on the keto diet, or even learn brand new recipes if you have been at it for a while. In these meal plans you will find many weeks worth of breakfasts, lunches, and dinners perfect for the keto diet. The best part is the meals in these plans are foods you already love and are familiar with, just reinvented for the keto diet!

Two-Week - Full Keto Meal Plans

These plans are perfect for both advanced and beginner dieters. If you are just starting out or just don't cook that often, here are some tips for your keto journey.

14-Day Keto Meal Plan for Beginners

- Feel free to cook one or two meals per day and make meals of your leftovers. You don't need to cook a unique dish 3 times a day, so save a serving of dinner for [lunch](#) the next day if you would like.
- Skipping breakfast is not a sin on the keto diet. Research from Dr. Andreas Eenfeldt shows that "This not only saves you time and money, it may also raise your ketone levels." (2019)
- Make sure that you drink plenty of fluids and keep your salt intake where it normally would be, to prevent symptoms of what is called the "keto flu." (Eenfeldt, 2019)

Week 1

- Monday
- tuesday
- wednesday
- thursday
- friday
- saturday
- sunday



Breakfast : Protein-Packed Pancakes

14-Day Keto Meal Plan for Beginners



Ingredients

- 2 scoops vanilla protein powder
- 2 tsp baking powder
- 1 pinch of salt
- 1 tbsp coconut flour
- 2 medium eggs
- ¼ tsp vanilla extract
- 4 tbsp softened butter
- 1 tbsp heavy cream
- 2 tbsp syrup

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Mix dry ingredients in a bowl then set aside.
- 2 Mix wet ingredients. Add a pinch of salt if using unsalted butter.
- 3 Create a well in the dry ingredients and pour in the wet ingredients, mixing well to evenly combine.
- 4 Optional: Mix in extra ingredients such as berries, nuts, etc.
- 5 Heat a flat pan and drizzle with cooking oil.
- 6 Ladle $\frac{1}{4}$ cup of batter into pan for each pancake.
- 7 Allow pancake to cook until bubbles form on surface, then flip.
- 8 Cook other side for about one minute, then remove from heat and serve.

Macros

- 37g fat
- 38g protein
- 1g carb
- 500 calories

Lunch : Asian Pumpkin Soup

14-Day Keto Meal Plan for Beginners



Ingredients

- 3 pounds pumpkin (the Japanese variety is recommended)
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 white onion, medium
- 2 tablespoons butter (you may also use ghee)
- 2 cups heavy cream (coconut cream may be used instead)
- 1 tablespoon garlic powder
- 4 sprigs of rosemary
- 1/2 to 1 cup broth (you may use water if you prefer)
- 1/3 cup pumpkin seeds

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat your oven to 400°F.
- 2 Cut open the pumpkin and scrape out the pulp and seeds. Leave the skin on, and chop the pumpkin into cubes, about 2 inches on each side.
- 3 Spread the pieces out on a baking sheet and drizzle with olive oil. Season with a teaspoon of salt.
- 4 Place the baking sheet in the oven and bake for 40 minutes.
- 5 Chop the white onion finely. Melt some butter in a pan over low heat and cook until the pieces are translucent. Remove the pan from the heat.
- 6 Blend 2 cups of cream in a food processor until the consistency is light. This should take about 5 minutes.
- 7 Add the white onion, garlic powder, and rosemary into the blend and season to taste with some salt. Blend further until all the ingredients are mixed in thoroughly.
- 8 When the pumpkin is done, take the baking sheet out of the oven. Let it cool for a few minutes and then peel off the skins. Add the pumpkin pieces to the food processor with the cream and blend until thoroughly mixed.
- 9 Pour the mixture into a pot and simmer over medium heat. Add enough water or broth to thin out the soup according to your preference.
- 10 Garnish with pumpkin seeds and serve hot.

14-Day Keto Meal Plan for Beginners

Macros

- 30g fat
- 6.5g protein
- 18g carbs
- 500 calories

Dinner : Indonesian Chicken Curry



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 tablespoon olive oil
- 2 pounds chicken thighs (deboned, skin removed)
- 3 medium tomatoes, chopped
- 1 cup chicken broth
- 1 14-ounce can of coconut milk, unsweetened
- 1 tablespoon lime juice
- 1 cup white onion, chopped
- 2 cloves garlic, chopped
- 1 ounce of peanuts, toasted
- 3 small red chili, chopped
- 1 tablespoon ginger, grated
- 1 tablespoon water
- 2 teaspoons coriander, ground
- 1 teaspoon turmeric, ground
- 1 teaspoon cinnamon, ground
- 1 teaspoon cumin, ground
- 1 teaspoon fennel seed, ground
- 1/2 teaspoon black pepper

Instructions

14-Day Keto Meal Plan for Beginners

- 1 For the spice paste, combine all the ingredients for the paste and blend in a food processor until the consistency is smooth.
- 2 For the Balinese chicken curry, cut the chicken into 2-inch cubes.
- 3 Heat a large pan and cook the spice paste in olive oil for about three to four minutes while stirring.
- 4 Add the chicken to the paste and cook for a further two minutes.
- 5 Stir the tomatoes and chicken stock into the chicken and paste mixture.
- 6 After the mixture has begun to simmer, turn the heat down to a minimum and cook for 30 more minutes.
- 7 Add the coconut milk and cook for 20 minutes more while stirring.
- 8 Add the lime juice and season with salt and pepper.

Macros

- 22g fat
- 53g protein
- 7g carbs
- 430 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Coconut Porridge (1 serving)



Ingredients

14-Day Keto Meal Plan for Beginners

- 1 oz butter or coconut oil
- 1 egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch salt

Instructions

- 1 add all ingredients to a non-stick saucepan. Mix well and put over low heat, stirring continuously until you achieve your desired texture.
- 2 Serve with coconut milk or cream. Top with fresh berries if desired.

Macros

- 49g fat
- 9g protein
- 4g carbs
- 486 calories

Lunch : Hearty Lamb Meatballs with Cauliflower Rice

14-Day Keto Meal Plan for Beginners



Ingredients

- 200 grams cauliflower
- Salt and pepper to taste
- 1 pound lamb, minced
- 1 large egg
- 1 teaspoon salt
- 1 teaspoon fennel seed
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- 1 teaspoon paprika
- 2 tablespoons coconut oil
- ½ yellow onion, chopped
- 4 grams garlic, minced finely
- 1 bunch fresh mint leaves chopped roughly
- 1 tablespoon lemon zest
- 4 ounces cheese (goat milk cheese is recommended)

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Place the cauliflower in a food processor and pulse it for a few minutes until it is the same size and consistency as rice.
- 2 Lightly oil a pan and cook the cauliflower rice for about 8 minutes while covered. Season it with salt and pepper.
- 3 Mix the lamb, egg, and spices in a bowl with your hands until thoroughly combined. Form the mixture into meatballs. You should be able to make around 12 to 15 meatballs.
- 4 Place a few meatballs on top of each portion and top with mint leaves, lemon zest, and goat cheese.
- 5 Place a skillet over medium heat and drizzle in the coconut oil. Cook the onion until it's translucent, which should take 5 to 8 minutes.
- 6 Add the garlic and cook for a few more minutes.
- 7 Add the meatballs to the pan and cook all sides evenly until they are firm.
- 8 Divide the cauliflower rice into four portions.

Macros

- 41g fat
- 27g protein
- 3.5g carbs
- 495 calories

14-Day Keto Meal Plan for Beginners

Dinner : Spicy Steak



Ingredients

- 16 ounces skirt steak
- Salt and pepper to taste
- 1 cup guacamole
- 4 ounces cheese (pepper jack is recommended)
- 1 cup sour cream
- 1 handful cilantro
- A few drops of Tabasco sauce

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Season the meat with salt and pepper.
- 2 Place a cast iron skillet on the stove over high heat.
- 3 When the pan is hot enough, cook the meat for 3 to 4 minutes on each side.
- 4 Remove the meat from the heat and let it rest to bring out the juices.
- 5 After a few minutes, slice the steak into thin strips. You should have enough for four servings.
- 6 Grate the cheese sprinkle over each serving of steak.
- 7 Top with guacamole and sour cream. You may also add a few drops of Tabasco sauce if you wish.
- 8 Garnish with cilantro.

Macros

- 50g fat
- 33g protein
- 5.5g carbs
- 620 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Fried Eggs with Kale and Pork (1 serving)



Ingredients

14-Day Keto Meal Plan for Beginners

- ¼ lb kale
- 1 ½ oz butter
- 3 oz smoked pork belly or bacon
- 2 tbsp frozen cranberries
- ½ oz pecans or walnuts
- 2 eggs
- Salt and pepper

Instructions

- 1 Trim and chop kale into large squares. Melt 2/3 of the butter in a frying pan and fry kale quickly on high heat until slightly brown around the edges.
- 2 Remove kale from pan and set aside. Sear the meat in the same pan until crispy.
- 3 Lower heat, return sautéed kale to pan and add cranberries and nuts. Stir until thoroughly warmed. Put aside in a bowl.
- 4 Turn heat back up to fry the eggs using the remaining butter, salt and pepper to taste.
- 5 Plate the eggs with the greens and serve immediately

Macros

- 99g fat
- 26g protein
- 8g carbs
- 1033 calories

Lunch : Cauliflower Soup with Pancetta

14-Day Keto Meal Plan for Beginners



Ingredients

- 4 cups of chicken or vegetables stock, and 1 lb of cauliflower
- 7 ounces of cream cheese
- 4 ounces of butter
- 7-8 ounces of diced pancetta or bacon
- 3 ounces of nuts (pecan)
- 1 tablespoon of butter, Dijon mustard, and paprika powder
- Salt and pepper to taste

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Cut the vegetables and cauliflower into smaller pieces (smaller florets) because it will help cook the soup faster.
- 2 Grab a good chunk of cauliflower and cut into quarter-inch pieces
- 3 Sauté the pancetta and cauliflower in butter until they both get crispy.
- 4 Towards the end, add some paprika and nuts to enhance flavor.
- 5 Boil the cauliflower florets until they get softer. Put butter, cream cheese and mustard in the mix.
- 6 Blend it until it gets to your desired consistency then add some salt and pepper.
- 7 The soup gets creamier the longer you blend it.
- 8 Serve the meal in bowls then add the pancetta and cauliflower crumbles on top.

Macros

- 37g fat
- 13g protein
- 10g carbs
- 240 calories

Dinner : Old Fashioned Shepherd's Pie

14-Day Keto Meal Plan for Beginners



Ingredients

- 1/4 cup coconut oil
- 1 pound turkey, lamb or beef, minced
- 1/4 cup yellow onion, finely chopped
- 3 cloves garlic, minced
- 1/2 cup celery, chopped
- 1 cup tomatoes, diced
- 2 12 ounces of riced cauliflower (cook and drained beforehand)
- 1 cup heavy cream
- 1 cup cheese, shredded
- 1/4 cup parmesan, grated
- 1 teaspoon thyme

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Heat 1/4 cup of oil in a skillet.
- 2 Sauté the ground meat, onions, garlic, and celery in the pan. You'll know it is ready when the meat is brown.
- 3 Remove the pan from the heat and mix in the tomatoes. Transfer everything to a casserole dish.
- 4 Blend the cauliflower, cream, thyme, and the cheese in a good processor. Aim for a consistency similar to that of mashed potatoes
- 5 Spread the cauliflower mixture over the meat.
- 6 Place the casserole dish in the oven and bake for 35 to 40 minutes at 350°F.
- 7 When done, let the dish cool slightly before cutting into portions.

Macros

- 39g fat
- 23g protein
- 6g carbs
- 469 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Mushroom Omelet (1 Serving)



Ingredients

14-Day Keto Meal Plan for Beginners

- 3 eggs
- 1 oz butter
- 1 oz shredded cheese
- 1/5 yellow onion
- 3 mushrooms
- Salt and pepper

Instructions

- 1 Crack eggs into a mixing bowl with a pinch of salt and pepper. Whisk together eggs with a fork until smooth and frothy.
- 2 Add seasoning to taste.
- 3 Melt butter in a frying pan, then pour in the egg mixture.
- 4 When omelet begins to become firm but retains some raw egg on top, sprinkle cheese, mushrooms and onion on top (optional).
- 5 Using a spatula, carefully ease around the edges of the omelet to fold it over in half.
- 6 Once omelet is golden brown underneath, remove the pan from the heat and slide the omelet onto a plate.

Macros

- 43g fat
- 25g protein
- 4g carbs
- 510 calories

14-Day Keto Meal Plan for Beginners

Lunch : Keto BLT with Cloud Bread (4 Servings)



Ingredients

- Cloud bread
- 3 eggs
- 4¼ oz. cream cheese
- 1 pinch salt
- ½ tbsp ground psyllium husk powder
- ½ tsp baking powder
- ¼ tsp cream of tartar (optional)
- Toppings
- 8 tbsp mayonnaise
- 5 oz. bacon
- 2 oz. lettuce
- 1 tomato, thinly sliced
- fresh basil (optional)

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Preheat oven to 300°F (150°C).
- 2 Separate the eggs. Put the egg whites in one bowl and the yolks in another.
- 3 Whip egg whites together with salt (and cream of tartar, if you are using any) until very stiff.
- 4 Preferably using a handheld electric mixer, you should be able to turn the bowl over without the egg whites moving.
- 5 Add cream cheese to the egg yolks and mix well. To make it more bread-like, add in the optional psyllium seed husk and baking powder.
- 6 Gently fold the egg whites into the egg yolk mixture. Try to keep the air in the egg whites.
- 7 Put 8 cloud bread pieces on a paper-lined baking tray.
- 8 Bake in the middle of the oven for about 25 minutes, until they turn golden.
- 9 Start building the BLT,
- 10 Fry the bacon in a skillet on medium high heat until crispy.
- 11 Place the cloud bread pieces top-side down.

14-Day Keto Meal Plan for Beginners

- 12 Spread 1–2 tablespoons of mayonnaise on each.
- 13 Place lettuce, tomato, some finely chopped fresh basil and fried bacon in layers between the bread halves.
- 14 Serve immediately.

Macros

- 48g fat
- 11g protein
- 4g carbs
- 498 calories

Dinner : Keto Pesto Chicken Casserole with Feta Cheese and Olives (4 Servings)



14-Day Keto Meal Plan for Beginners

Ingredients

- 25 oz. boneless chicken thighs or chicken breasts
- 1 oz. butter, for frying
- 3 oz. red pesto or green pesto
- 1¼ cups heavy whipping cream
- 3 oz. pitted olives
- 5 oz. feta cheese, diced
- 1 garlic clove, finely chopped
- salt and pepper
- 5 oz. leafy greens
- 4 tbsp olive oil
- sea salt and ground black pepper

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Cut the chicken thighs or chicken breasts into bite-sized pieces. Season with salt and pepper.
- 3 Add butter to a large skillet and fry the chicken pieces in batches on medium-high heat until golden brown.
- 4 Mix pesto and heavy cream in a bowl.
- 5 Place the fried chicken pieces in a baking dish together with olives, feta cheese and garlic. Add the pesto.
- 6 Bake in oven for 20-30 minutes, until the dish turns bubbly and light brown around the edges.

14-Day Keto Meal Plan for Beginners

Macros

- 96g fat
- 39g protein
- 6g carbs
- 1044 calories



Breakfast : Maria's Keto Pancakes (1 Serving)

14-Day Keto Meal Plan for Beginners



Ingredients

- 2/3 oz pork rinds
- 2 eggs
- 2 tbsp unsweetened cashew milk
- 1 tsp maple extract
- 1 tsp ground cinnamon
- 2 tbsp coconut oil for frying

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Place pork rinds in a blender and pulse until finely ground into a powder. Add the rest of the ingredients and combine until smooth.
- 2 Heat a skillet to medium heat. Once hot, add a tablespoon of coconut oil.
- 3 Pour $\frac{1}{4}$ cup batter into the skillet. Fry until golden brown and set, which will take about 2 minutes. Flip and continue to cook until cooked all the way through.
- 4 Remove from skillet and repeat with remaining batter. Add more coconut oil as needed.

Macros

- 43g fat
- 24g protein
- 2g carbs
- 510 calories

Lunch : Fathead Pizza (2 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- Crust
- 1½ cups shredded mozzarella cheese
- ¾ cup almond flour
- 2 tbsp cream cheese
- 1 tsp white wine vinegar
- 1 egg
- ½ tsp salt
- olive oil to grease your hands
- Toppings
- 8 oz. fresh italian sausage
- 1 tbsp butter
- ½ cup unsweetened tomato sauce
- ½ tsp dried oregano
- 1½ cups shredded mozzarella cheese

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Heat mozzarella and cream cheese in a small, non-stick pan on medium heat or in a bowl in the microwave oven.
- 3 Stir until they melt together. Add the other ingredients and mix well.
- 4 Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20 cm) in diameter. You can also use a rolling pin to flatten the dough between two sheets of parchment paper.
- 5 Remove top parchment sheet (if used). Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown. Remove from the oven.
- 6 While the crust is baking, sauté the ground sausage meat in olive oil or butter.
- 7 Spread a thin layer of tomato sauce on the crust. Top the pizza with meat and plenty of cheese. Bake for 10–15 minutes or until the cheese has melted.
- 8 Sprinkle oregano on top and serve with a green salad.

Macros

- 110g fat
- 67g protein
- 10g carbs
- 1316 calories

14-Day Keto Meal Plan for Beginners

Dinner : Keto Meat Pie (6 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- The filling
- ½ yellow onion, finely chopped
- 1 garlic clove, finely chopped
- 2 tbsp butter or olive oil
- 20 oz. ground beef or ground lamb
- salt and pepper
- 1 tbsp dried oregano or dried basil
- 4 tbsp tomato paste or ajvar relish
- ½ cup water
- Pie crust
- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water
- Topping
- 8 oz. cottage cheese
- 7 oz. shredded cheese

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C).
- 2 Fry onion and garlic in butter or olive oil over medium heat for a few minutes, until the onion is soft. Add the ground beef and keep frying. Add oregano or basil and add salt and pepper to taste.
- 3 Add tomato paste, pesto or ajvar relish – use what you have on hand. Add water. Lower the heat and let simmer for at least 20 minutes. While the meat simmers, make the dough for the crust.
- 4 Mix all the dough ingredients in a food processor for a few minutes until the dough turns into a ball. If you don't have a food processor, you can mix by hand with a fork.
- 5 Place a round piece of parchment paper in a well-greased springform pan — 9-10 inches in diameter — to make it easier to remove the pie when it's done. (You can also use a deep-dish pie pan.) Spread the dough in the pan and up along the sides. Use a spatula or well-greased fingers.
- 6 Pre-bake the crust for 10-15 minutes. Take it out of the oven and place the meat in the crust. Mix cottage cheese and shredded cheese together, and layer on top of the pie.
- 7 Bake for 30-40 minutes on lower rack or until the pie has turned a golden color.
- 8 Serve with a fresh green salad and dressing.

Macros

14-Day Keto Meal Plan for Beginners

- 47g fat
- 38g protein
- 7g carbs
- 622 calories



Breakfast : Keto Biscuits and Gravy



14-Day Keto Meal Plan for Beginners

Ingredients : Biscuits

- ¼ cup almond flour
- 1/10 tsp sea salt
- ¼ tsp baking powder
- 1 egg white
- ½ tbsp very cold butter or coconut oil
- ¼ tsp garlic powder or seasoning of your preference (optional)
- ¼ tsp coconut oil cooking spray

Ingredients: Gravy

- 2 ½ oz crumbled fresh sausage, preferably pork
- ¼ cup cream cheese or coconut cream
- ¼ cup beef broth or chicken broth
- Salt and pepper

Instructions: Biscuits

- 1 Preheat the oven to 400°F. Grease a cookie sheet or muffin pan with coconut oil spray.
- 2 Beat the egg whites until very fluffy and firm.
- 3 In a separate medium bowl, mix the baking powder into the almond flour.
- 4 Cut in cold butter and salt (the cold butter is what makes the biscuits flaky). Gently fold in the dry mixture into the egg whites.
- 5 Spoon a dollop of the dough onto the cookie sheet (or muffin tin) and bake for 11-15 minutes.

Instructions: Gravy

14-Day Keto Meal Plan for Beginners

- 1 Cook sausage in a large skillet on medium heat for 5-6 minutes or until thoroughly heated, stirring frequently.
- 2 Gradually add cream cheese and broth. Cook until mixture comes to a soft simmer and thickens, stirring constantly until smooth.
- 3 3 Reduce heat to medium-low. Simmer about 2 minutes, stirring continuously. Season to taste with salt and pepper.
- 4 Split biscuits in half and place 2 halves on each plate. Serve with about 1/3 cup gravy.

Macros

- 33g fat
- 13g protein
- 3g carbs
- 358 calories

Lunch: Keto Hamburger Patties with Creamy Tomato Sauce and Fried Cabbage (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

14-Day Keto Meal Plan for Beginners

- Hamburger patties
- 25 oz. ground beef
- 1 egg
- 3 oz. crumbled feta cheese
- 1 tsp salt
- ¼ tsp ground black pepper
- 2 oz. fresh parsley, finely chopped
- 1 tbsp olive oil, for frying
- 1 oz. butter, for frying
- Gravy
- ¾ cup heavy whipping cream
- 1 oz. fresh parsley, coarsely chopped
- 2 tbsp tomato paste or ajvar relish
- Salt and pepper
- Fried green cabbage
- 25 oz. shredded green cabbage
- 4¼ oz. butter
- Salt and pepper

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Add all ingredients for the hamburgers to a large bowl. Blend it using a wooden spoon or your clean hands. Don't over mix since that can make your patties tough. Use wet hands to form eight oblong patties.
- 2 Add butter and olive oil to a large frying pan. Fry over medium-high heat for at least 10 minutes or until the patties have turned a nice color. Flip them a few times for even cooking.
- 3 Add tomato paste and whipping cream to the pan when the patties are almost done. Stir and let simmer for a few minutes. Add salt and pepper to taste.
- 4 Sprinkle chopped parsley on top before serving.
- 5 Start butter-frying the green cabbage.
- 6 Shred the cabbage finely using a food processor or sharp knife.
- 7 Add butter to a large frying pan.
- 8 Place the pan over medium high heat and sauté the shredded cabbage for at least 15 minutes or until the cabbage is wilted and golden brown around the edges.
- 9 Stir regularly and lower the heat a little towards the end. Add salt and pepper to taste.

Macros

14-Day Keto Meal Plan for Beginners

- 78g fat
- 43g protein
- 10g carbs
- 924 calories

Dinner : Keto Lasagna (6 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 tbsp olive oil
- 1 yellow onion
- 1 garlic clove
- 20 oz. ground beef
- 3 tbsp tomato paste
- ½ tbsp dried basil
- 1 tsp salt
- ¼ tsp ground black pepper
- ½ cup water
- Keto pasta
- 8 eggs
- 10 oz. cream cheese
- 1 tsp salt
- 5 tbsp ground psyllium husk powder
- Cheese topping
- 2 cups crème fraîche or sour cream
- 5 oz. shredded cheese
- 2 oz. grated parmesan cheese
- ½ tsp salt
- ¼ tsp ground black pepper
- ½ cup fresh parsley, finely chopped

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Start with the ground beef mixture, perhaps even the day before, for a more flavorful result.
- 2 Peel and finely chop onion and garlic and fry in olive oil until soft. Add the ground beef and fry until golden. Add tomato paste and spices.
- 3 Stir thoroughly and add water. Bring to a boil, lower the heat, and let simmer for at least 15 minutes or until most of the water has evaporated. Since the lasagna sheets used here don't soak up as much liquid as regular ones, the mixture should be quite dry.
- 4 Meanwhile, make the lasagna sheets according to instructions below.
- 5 Preheat the oven to 400°F (200°C). Mix shredded cheese with sour cream and most of the Parmesan cheese. Reserve one or two tablespoons for topping. Add salt and pepper and stir in the parsley.
- 6 Place lasagna sheets and pasta sauce in layers in a greased 9" x 13" baking dish.

14-Day Keto Meal Plan for Beginners

- 7 Spread the crème fraîche mixture and the remaining Parmesan cheese on top.
- 8 Bake in the oven for about 30 minutes or until the lasagna has a nicely browned surface. Serve with a green salad and your favorite dressing.
- 9 Start making the lasagna sheets.
- 10 Preheat the oven to 300°F (150°C). Add eggs, cream cheese and salt to a medium-sized bowl and mix into a smooth batter. Continue to whisk while adding in the ground psyllium husk powder, a little at a time. Let sit for a few minutes.
- 11 Spread the batter on a baking sheet lined with parchment paper using a spatula. Place another parchment paper on top and flatten with a rolling pin until the batter is at least 13" x 18" (33 x 45 cm). You can also divide into two batches and use another baking sheet for an even thinner pasta.
- 12 Let both pieces of parchment paper remain in place. Bake for about 10-12 minutes. Let cool and remove the paper, slice into sheets that fit your baking dish.

Macros

- 76g fat
- 42g protein
- 9g carbs
- 901 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Mushroom and Cheese Frittata (4 Servings)



Ingredients: Frittata

14-Day Keto Meal Plan for Beginners

- 15 oz mushrooms
- 3 oz butter
- 6 scallions
- 1/2 tsp ground black pepper
- 10 eggs
- 1 tsp salt
- 1 tbsp fresh parsley
- 8 oz shredded cheese
- 1 cup mayonnaise
- 4 oz leafy greens

Ingredients: Vinaigrette

- 4 tbsp olive oil
- 1 tbsp white wine vinegar
- 1/2 tsp salt
- 1/4 tsp ground black pepper

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat oven to 350°F. First, mix together vinaigrette ingredients and set aside.
- 2 Slice the mushrooms to your preference.
- 3 Sauté mushrooms over medium high heat with most of the butter until golden, then lower the heat. Save the remaining butter to grease the baking dish.
- 4 Chop scallions and mix into the fried mushrooms. Add salt and pepper to taste and mix in parsley.
- 5 Mix eggs, mayonnaise and cheese in a separate bowl. Add salt and pepper to taste.
- 6 Add the mushrooms and scallions and pour everything into a well-greased baking dish. Bake for 30-40 minutes or until the frittata turns golden and the eggs are cooked.
- 7 Let cool for 5 minutes and serve with leafy greens and the vinaigrette.

Macros

- 101g fat
- 32g protein
- 6g carbs
- 1061 calories

Lunch : Keto Cheeseburger (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

14-Day Keto Meal Plan for Beginners

- 25 oz. ground beef
- 7 oz. shredded cheese
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp paprika powder
- 2 tbsp fresh oregano, finely chopped
- 2 oz. butter, for frying
- Salsa
- 2 tomatoes
- 2 scallions
- 1 avocado
- 1 tbsp olive oil
- salt
- fresh cilantro, to taste
- Toppings
- $\frac{3}{4}$ cup mayonnaise
- 5 oz. cooked bacon
- 4 tbsp Dijon mustard
- $\frac{1}{2}$ cup sliced dill pickles
- 5 oz. lettuce
- $\frac{1}{4}$ cup pickled jalapeños

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Chop up the salsa ingredients and stir together in a small bowl. Set aside.
- 2 Mix in seasoning and half the cheese into the ground beef.
- 3 Make four burgers and fry in a pan or grill if you prefer. Add the remaining cheese on top towards the end.
- 4 Serve on lettuce with dill pickle and mustard. And don't forget the homemade salsa!

Macros

- 104g fat
- 54g protein
- 8g carbs
- 1204 calories

Dinner : Keto Pulled Pork Afelia (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 2 red onions
- 1 whole garlic
- $\frac{3}{4}$ cup red wine
- $\frac{1}{2}$ cup olive oil
- 2 tbsp coriander seed, crushed
- 2 tsp dried thyme
- 2 tsp ground black pepper
- 2 tsp ground cinnamon
- 3 lbs pork shoulder
- 1 tbsp salt

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Peel and slice the red onions into thin wedges. Cut the garlic cloves in half. Mix all the ingredients for the marinade. Place a large freezer bag inside a larger freezer bag, and add half the onion mix to the bag.
- 2 Rinse the pork collar, dry it well, and rub it all over with salt. Place the collar in the freezer bag and pour the marinade over it. Press out all air from the bag, seal the bag shut, and place it in a bowl. Leave the bowl in the refrigerator for at least 12 hours, preferably longer.
- 3 Preheat the oven to 260°F (125°C).
- 4 Place the meat, the rest of the onion mix and the marinade in an oven-safe casserole dish. Close it with a tight-fitting lid, and place the dish in the lower part of the oven for about 5 to 6 hours.
- 5 In the picture, the meat was cooked in an electric slow-cooker; it turned out extremely juicy and delicious. If using a slow-cooker, the meat will be ready in about 8 to 12 hours if set on low, but it also depends on the brand of the slow-cooker you're using.
- 6 To serve, pull the meat apart with two forks and mix it thoroughly with the gravy. Taste and adjust for salt. Serve this dish with low-carb bread, garlic butter and coleslaw.

Macros

- 89g fat
- 60g protein
- 11g carbs
- 1135 calories

Week 2

14-Day Keto Meal Plan for Beginners

- Monday
- tuesday
- wednesday
- thursday
- friday
- saturday
- sunday



Breakfast : Cheesy Bacon and Egg

14-Day Keto Meal Plan for Beginners



Ingredients

- 12 large eggs
- ½ cup spinach
- 12 pieces of bacon
- 1/3 cup cheese (ex. sharp cheddar)
- Salt and pepper to taste

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat oven to 400°F.
- 2 Fry bacon in a pan and set aside to drain.
- 3 Grease muffin pan with coconut or olive oil.
- 4 Line cups with one strip of bacon.
- 5 Beat eggs lightly.
- 6 Wrap spinach in a clean cloth or paper towel and wring out excess water.
- 7 Fold the spinach into the eggs.
- 8 Put $\frac{1}{4}$ cup of this mixture into each cup of the muffin tray until $\frac{3}{4}$ full.
- 9 Sprinkle on cheese and season with salt and pepper.
- 10 Bake in oven for 15 minutes or until done.

Macros

- 7g fat
- 8g protein
- 1g carb
- 101 calories

14-Day Keto Meal Plan for Beginners

Lunch : Keto Tortilla with Ground Beef and Salsa (4 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- **Ground beef**
- 1 lb ground beef or ground lamb
- 2 tbsp olive oil
- 2 tbsp Tex-Mex seasoning
- 1 cup water
- salt and pepper
- **Salsa**
- 2 avocados
- 1 tomato, diced
- ½ cup fresh cilantro, chopped
- 1 tbsp olive oil
- 1 lime, the juice
- salt and pepper
- **Low-carb tortillas**
- 2 eggs
- 2 egg whites
- 5 oz. cream cheese
- 1½ tsp ground psyllium husk powder
- 1 tbsp coconut flour
- ½ tsp salt
- 1½ cups shredded Mexican cheese
- 3 oz. shredded lettuce

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Low-carb tortillas
- 2 Preheat the oven to 400°F (200°C).
- 3 Whisk the eggs and egg whites fluffy and continue to whisk with a hand mixer, preferably for a few minutes. Add cream cheese and continue to whisk until the batter is smooth.
- 4 Mix salt, psyllium husk and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk some more. Let the batter sit for a few minutes, or until the batter is thick like an American pancake batter. How fast the batter will swell depends on the brand of psyllium husk – some trial and error might be needed.
- 5 Bring out two baking sheets and place parchment paper on each. Using a spatula, spread the batter thinly (no more than ¼ inch thick) into 4–6 circles or 2 rectangles.
- 6 Bake on upper rack for about 5 minutes or more, until the tortilla turns a little brown around the edges. Carefully check the bottom side so that it doesn't burn.

14-Day Keto Meal Plan for Beginners

- 7 Filling
- 8 Bring the ground beef out of the refrigerator a while before frying. Cold ground beef will cool down the frying pan and the ground beef will be boiled and not fried. That will make it taste a lot better.
- 9 Place a large frying pan over medium high heat and heat up some oil. Add the ground beef and fry until cooked through.
- 10 Add the tex-mex seasoning and water and stir. Let simmer until most of the water is gone. Taste to see if it needs additional seasoning.
- 11 In the meantime, make the salsa from diced avocado, diced tomatoes, freshly squeezed lime juice, olive oil and a couple of handfuls of fresh cilantro. Add salt and pepper to taste.
- 12 Serve in a tortilla bread, with shredded cheese and shredded leafy greens.

Macros

- Macros
- 66g fat
- 42g protein
- 9g carbs
- 821 calories

Dinner : Keto Salmon Pie (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

14-Day Keto Meal Plan for Beginners

- Pie crust
- $\frac{3}{4}$ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water
- Filling
- 8 oz. smoked salmon
- 1 cup mayonnaise
- 3 eggs
- 2 tbsp fresh dill, finely chopped
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp ground black pepper
- $4\frac{1}{4}$ oz. cream cheese
- $1\frac{1}{4}$ cups shredded cheese

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C).
- 2 Place the pie dough ingredients into a food processor fitted with a plastic pastry blade. Pulse until mixture forms a ball. If you don't have a food processor, you can use a fork to mix the dough.
- 3 Fit a piece of parchment paper into a 10-inch (23-cm) spring form pan. (This makes it a cinch to remove once it's cooked.)
- 4 Oil your fingers or a spatula, and gently press the dough into the spring form pan. Pre-bake the crust for 10–15 minutes, or until lightly browned.
- 5 Mix all the ingredients for the filling, except the salmon, and pour that in the pie crust. Add the salmon and bake for 35 minutes or until the pie is golden brown.
- 6 Let cool for a few minutes and serve with a salad or other vegetables.

Macros

- 101g fat
- 58g protein
- 6g carbs
- 1179 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Cheese Omelet (2 Servings)

Ingredients



14-Day Keto Meal Plan for Beginners

- 3 oz butter
- 6 eggs
- 7 oz shredded cheddar cheese
- Salt and pepper to taste

Instructions

- 1 Whisk together eggs until smooth and slightly frothy. Blend half of the shredded cheddar into the mix, then add salt and pepper to taste.
- 2 Melt the butter in a hot frying pan. Add in the egg mixture and allow a few minutes to set.
- 3 Melt the butter in a hot frying pan. Add in the egg mixture and allow a few minutes to set.
- 4 Add the remaining cheese, then fold and serve immediately.

Macros

- 80g fat
- 40g protein
- 4g carbs
- 897 calories

Lunch : Keto Chicken Curry Pie (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

14-Day Keto Meal Plan for Beginners

- Pie crust
- $\frac{3}{4}$ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water
- Filling
- 10 oz. cooked chicken
- 1 cup mayonnaise
- 3 eggs
- $\frac{1}{2}$ green bell pepper, finely chopped
- 1 tsp curry powder
- $\frac{1}{2}$ tsp paprika powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp ground black pepper
- $\frac{1}{2}$ cup cream cheese
- $1\frac{1}{4}$ cups shredded cheese

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C). Put all the ingredients for the pie crust into a food processor for a few minutes until the dough firms up into a ball. If you don't have a food processor, you can also mix the dough with a fork.
- 2 Attach a piece of parchment paper to a springform pan, no larger than 10 inches (23 cm) in diameter (the springform pan makes it easier to remove the pie when it's done). Grease the bottom and sides of the pan.
- 3 Spread the dough into the pan. Use an oiled spatula or your fingers. Pre-bake the crust for 10–15 minutes.
- 4 Mix all other filling ingredients together, and fill the pie crust. Bake for 35–40 minutes or until the pie has turned a nice, golden brown.
- 5 Let cool and serve with salad and a dressing.

Macros

- 106g fat
- 37g protein
- 7g carbs
- 1146 calories

Dinner : Grilled White Fish with Zucchini and Kale Pesto (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- Kale pesto
- 3 oz. kale
- 3 tbsp lemon juice or lime juice
- 2 oz. walnuts
- 1 garlic clove
- ½ tsp salt
- ¼ tsp ground black pepper
- ¾ cup olive oil
- Fish and zucchini
- 2 zucchini
- 1 tbsp lemon juice
- ½ tsp salt
- 2 tbsp olive oil
- 1½ lbs white fish (thawed at room temperature, if frozen)
- ¼ tsp ground black pepper

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Start preparing the pesto by chopping the kale roughly. Place the kale, walnuts, lime and garlic in a blender or food processor, and purée until smooth. Season with salt and pepper. Add the oil towards the end and process a bit more. Set aside.
- 2 Rinse the zucchini and cut thinly with a sharp knife, slicer or mandolin. Put the slices in a bowl. Season with salt and pepper to taste, and dress with lemon juice and olive oil. Set aside.
- 3 Salt the fish on both sides and let sit for a few minutes. Wipe off excess liquid and brush with oil.
- 4 Grill or fry for a few minutes on each side. Add pepper and serve together with the zucchini and pesto.

Macros

- 67g fat
- 38g protein
- 7g carbs
- 778 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Seafood Omelet (2 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 tbsp olive oil
- 5 oz cooked shrimp or seafood mix
- 1 red chili pepper
- 2 garlic cloves (optional)
- ½ tsp fennel seeds or ground cumin
- ½ cup mayonnaise
- 1 tbsp fresh or dried chives
- 6 eggs
- 2 tbsp olive oil or butter
- Salt and pepper to taste

Instructions

- 1 Preheat broiler.
- 2 Broil shrimp or seafood mix in olive oil with minced garlic, chili, fennel seeds, cumin, salt and pepper. Set aside and let cool to room temperature.
- 3 Add mayo and chives to the cooled mixture.
- 4 Whisk eggs together and season with salt and pepper. Fry in a non-stick skillet with plenty of butter or oil.
- 5 Add seafood mixture when omelet is almost ready, then fold.
- 6 Lower heat and allow to set completely. Serve immediately.

Macros

14-Day Keto Meal Plan for Beginners

- 83g fat
- 27g protein
- 4g carbs
- 872 calories

Lunch : Keto Asian Cabbage Stir-Fry (4 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 25 oz. green cabbage
- 5 oz. butter
- 20 oz. ground beef
- 1 tsp salt
- 1 tsp onion powder
- ¼ tsp ground black pepper
- 1 tbsp white wine vinegar
- 2 garlic cloves
- 3 scallions, in slices
- 1 tsp chili flakes
- 1 tbsp fresh ginger, finely chopped or grated
- 1 tbsp sesame oil
- **Wasabi mayonnaise**
- 1 cup mayonnaise
- ½ - 1 tbsp wasabi paste

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Shred the cabbage finely using a sharp knife or a food processor.
- 2 Fry the cabbage in 2–3 ounces (60–90 g) butter in a large frying or wok pan on medium-high heat, but don't let the cabbage turn brown. It takes a while for the cabbage to soften.
- 3 Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.
- 4 Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger and sauté for a few minutes.
- 5 Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.
- 6 Add scallions and cabbage to the meat. Stir until everything is hot. Add salt and pepper to taste, and top with the sesame oil before serving.
- 7 Mix together the wasabi mayonnaise by starting with a small amount of wasabi and adding more until the flavor is just right. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.

Macros

- 93g fat
- 33g protein
- 10g carbs

Dinner : Keto Chicken with Herb Butter (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- Fried chicken
- 4 chicken breasts
- 16 oz. butter or olive oil
- salt and pepper
- Herb butter
- 5 1/3 oz. butter, at room temperature
- 1 garlic clove
- 1/2 tsp garlic powder
- 4 tbsp chopped fresh parsley
- 1 tsp lemon juice
- 1/2 tsp salt
- Leafy greens
- 8 oz. leafy greens, for example baby spinach

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Take the butter out of the fridge and bring to room temperature.
- 2 Start with the herb butter. Mix all ingredients thoroughly in a small bowl and let sit until it's time to serve.
- 3 Season the chicken with salt and pepper. Fry in butter or oil on medium heat until the fillets are cooked through, and register 165°F (75°C) with a meat thermometer. Lower the temperature towards the end to avoid dry chicken fillets.
- 4 Serve the chicken on a bed of leafy greens and place a generous amount of herb butter on top.

Macros

- 64g fat
- 63g protein
- 2g carbs
- 841 calories



Breakfast : Keto Croque Monsieur

14-Day Keto Meal Plan for Beginners



Ingredients

- 8 oz cottage cheese
- 4 eggs
- 1 tbsp ground psyllium husk powder
- 4 tbsp butter or coconut oil for frying
- 5 1/3 oz smoked deli ham
- 5 1/3 oz cheddar cheese
- 1/2 finely chopped red onion (optional)
- 3 1/2 oz lettuce
- 4 tbsp olive oil
- 1/2 tbsp red wine vinegar
- Salt and pepper

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Whisk the eggs together in a bowl, then mix in the cottage cheese. Add ground psyllium husk powder while stirring to incorporate it smoothly, without lumps. Let the mixture rest for five minutes until the batter is set.
- 2 Place frying pan over medium heat. Add a generous amount of butter and fry batter like small pancakes for about 2 minutes on each side, until they are golden. Make two pancakes per serving.
- 3 Assemble a sandwich with sliced ham and cheese between two of the warm pancakes. Add finely chopped onion on top.
- 4 Wash and tear the lettuce. Mix oil, vinegar, salt and pepper into a simple vinaigrette. Serve the Croque Monsieur warm beside lettuce dressed with the vinaigrette.

Macros

- 92g fat
- 54g protein
- 8g carbs
- 1082 calories

Lunch : Keto Italian Cabbage Stir Fry (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 25 oz. green cabbage
- 5 $\frac{1}{3}$ oz. butter
- 20 oz. ground beef
- 1 tsp salt
- 1 tsp onion powder
- $\frac{1}{4}$ tsp pepper
- 1 tbsp white wine vinegar
- 1 tbsp tomato paste
- 2 garlic cloves, finely chopped
- 3 oz. leeks, thinly sliced
- $\frac{1}{2}$ cup fresh basil
- 1 cup mayonnaise or sour cream, for serving

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Shred the green cabbage finely with a cheese slicer, sharp knife or in a food processor.
- 2 Fry the cabbage in about half of the butter (or substitute olive oil) in a large frying pan or wok on medium heat for about 10 minutes, or until just softened.
- 3 Add vinegar, salt, onion powder, and pepper. Stir and fry for 2-3 minutes, or until well incorporated. Reserve sautéed cabbage to a bowl.
- 4 Heat the rest of the butter or oil in the pan. Add the garlic and leeks, and sauté for a minute.
- 5 Add meat, and continue frying until cooked through. Sauté until most of the liquid has evaporated.
- 6 Add tomato paste and mix well. Lower the heat a little and add reserved cabbage and fresh basil. Stir until cooked through.
- 7 Adjust seasoning and serve with a dollop of sour cream or mayonnaise and perhaps even a green salad.

Macros

- 91g fat
- 33g protein
- 9g carbs
- 1003 calories

Dinner : Keto Salmon with Pesto and Spinac (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 25 oz. salmon
- 1 cup mayonnaise or sour cream
- 1 tbsp green pesto or red pesto
- 2 oz. grated parmesan cheese
- 1 lb fresh spinach
- 1/6 oz. butter or olive oil
- salt and pepper

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Grease a baking dish with half of the butter or oil. Salt and pepper the salmon fillets and place them in the prepared baking dish, skin-side down.
- 3 Mix mayonnaise, pesto and parmesan cheese and spread over the salmon.
- 4 Bake for 15–20 minutes, or until the salmon is done and flakes easily with a fork.
- 5 Meanwhile, sauté the spinach in remaining butter or oil until it's wilted, about 2 minutes. Season with salt and pepper.
- 6 Serve immediately with the oven-baked salmon.

Macros

- 78g fat
- 45g protein
- 3g carbs
- 902 calories

14-Day Keto Meal Plan for Beginners



B

Ingredients

- 3 ½ oz turkey
- ½ yellow onion
- 2 tbsp butter to fry in
- 4 eggs
- 1 cup heavy whipping cream
- ½ cup cottage cheese
- ½ cup almond flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 tsp salt
- 1 tbsp chopped parsley for garnish (optional)

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C).
- 2 Slice the bacon and onion. Heat butter in a frying pan and add bacon and onion. Fry until the onion is soft and the bacon starts getting crispy.
- 3 In a bowl, whisk together eggs, cottage cheese and cream. Add almond flour, psyllium husk, baking powder and salt. Whisk until thoroughly combined. Let it rest for a couple of minutes.
- 4 Pour the pancake batter into a greased baking pan and sprinkle the fried bacon and onions on top.
- 5 Bake for 20-25 minutes. It's ready when it's puffy, golden brown and the center has set.

Macros

- 50g fat
- 16g protein
- 5g carbs
- 545 calories

Lunch : Keto Chops with Green Beans and Avocado (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

14-Day Keto Meal Plan for Beginners

- **Pork shoulder chops**
- 2 tbsp mild chipotle paste
- 2 tbsp olive oil
- ½ tsp salt
- 4 pork shoulder chops
- Garlic butter
- 4¼ oz. butter, at room temperature
- 1 garlic clove
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp paprika powder
- Green beans and avocado
- 2 tbsp olive oil
- 10 oz. fresh green beans
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 avocados
- 6 scallions
- fresh cilantro (optional)
- pepper to taste

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Mix chipotle paste, oil and salt in a small bowl.
- 2 Brush the meat with the marinade and let sit for 15 minutes. You can also marinate the meat in a plastic bag for 30 minutes or more in the fridge.
- 3 Preheat the oven to 400°F (200°C). Grill the marinated meat on a rack on a baking sheet in the oven for 20–30 minutes until the meat is thoroughly done. Turn after 10-15 minutes.
- 4 Meanwhile, prepare the garlic butter and the beans. Press the garlic clove, mix with butter and spices and set aside.
- 5 Heat the oil in a frying pan. Sauté the beans for about 5 minutes on medium high heat until they have turned a nice color. Lower the heat towards the end, and add spices.
- 6 Chop the onion finely. Peel and remove the pit from the avocado and mash the flesh coarsely with a fork. Stir onion and avocado into the beans. Season with salt and pepper to taste. Top with a handful of finely chopped cilantro.

Macros

- 78g fat
- 39g protein
- 6g carbs
- 901 calories

Dinner : Keto Baked Salmon with Lemon and Butter (6 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 1 tbsp olive oil
- 2 lbs salmon
- 1 tsp sea salt
- ground black pepper
- 7 oz. butter
- 1 lemon

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Grease a large baking dish with olive oil. Place the salmon, with the skin-side down, in the prepared baking dish. Generously season with salt and pepper.
- 3 Slice the lemon thinly and place on top of the salmon. Cover with half of the butter in thin slices.
- 4 Bake on middle rack for about 20–30 minutes, or until the salmon is opaque and flakes easily with a fork.
- 5 Heat the rest of the butter in a small sauce pan until it starts to bubble. Remove from heat and let cool a little. Gently add some lemon juice.
- 6 Serve the fish with the lemon butter and a side dish of your choice.

Macros

- 49g fat
- 31g protein
- 1g carbs
- 573 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Oven Pancake with Bacon and Onion (4 Servings)

Ingredients

14-Day Keto Meal Plan for Beginners

3 1/2 oz turkey or pork bacon

Instructions

- 1 Crack the eggs into a mixing bowl, add salt and black pepper to your liking. Whisk well with a fork until fully combined. Add basil and stir.
- 2 Cut the tomatoes into halves or slices, then fry them for a few minutes.
- 3 Pour the egg batter on top of the tomatoes. Wait until batter is slightly set before adding the mozzarella cheese.
- 4 Lower the heat and let the omelet set, then serve immediately.

Macros

14-Day Keto Meal Plan for Beginners

- 50g fat
- 16g protein
- 5g carbs
- 545 calories

Lunch : Keto Fish Casserole with Mushrooms and French Mustard (6 Servings)



14-Day Keto Meal Plan for Beginners

Ingredients

- 15 oz. mushrooms
- 3 oz. butter
- 1 tsp salt
- pepper, to taste
- 2 tbsp fresh parsley
- 2 cups heavy whipping cream
- 2 tbsp Dijon mustard
- 8 oz. shredded cheese
- 25 oz. white fish, for example cod
- 20 oz. broccoli or cauliflower
- 3 oz. butter or olive oil

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C).
- 2 Cut the mushrooms into wedges. Fry in butter until the mushrooms have softened, about 5 minutes. Add salt, pepper, and parsley.
- 3 Pour in the heavy cream and mustard and lower the heat. Let simmer for 5-10 minutes to reduce the sauce a bit.
- 4 Season the fish with salt and pepper and place in a greased baking dish. Sprinkle 3/4 of the cheese on and pour the creamed mushrooms on top. Top with the remaining cheese.
- 5 Bake for about 30 minutes if the fish is frozen, or slightly less if it's fresh. Probe with a sharp knife after 20 minutes; the fish is done if it flakes easily with a fork. And remember that the fish will continue to cook even after you have taken it out of the oven.
- 6 Meanwhile, make the side dish. Cut the broccoli or cauliflower into florets. Boil in lightly salted water for a few minutes. Strain off the water and add olive oil or butter. Mash coarsely with a wooden spoon or fork.
- 7 Season with salt and pepper and serve with the fish.

Macros

- 71g fat
- 39g protein
- 9g carbs
- 828 calories

Dinner : Keto Salmon Tandoori with Cucumber Sauce (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 20 oz. salmon, in pieces
- 2 tbsp tandoori seasoning
- 2 tbsp olive oil or coconut oil
- Cucumber sauce
- $\frac{3}{4}$ cup mayonnaise or sour cream
- $\frac{1}{2}$ cucumber, shredded
- 2 garlic cloves, minced
- $\frac{1}{2}$ lime, the juice
- $\frac{1}{2}$ tsp salt (optional)
- Crispy salad
- 5 oz. arugula lettuce
- 1 yellow bell pepper
- 3 scallions
- 2 avocados
- Juice from 1 lime

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Heat the oven to 350°F (175°C).
- 2 Mix tandoori seasoning with oil and cover the salmon.
- 3 Place in the oven for 15–20 minutes, or until the salmon flakes easily with a fork.
- 4 Mix crushed garlic, lime juice, shredded cucumber (squeeze out the water first) and mayonnaise and/or sour cream in a bowl.
- 5 Chop bell peppers, scallions, and avocados. Combine with the arugula on a platter. Drizzle with lime juice.
- 6 Serve salmon on the salad, and top with cucumber sauce.

Macros

- 73g fat
- 35g protein
- 8g carbs
- 847 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Eggs on the Go (6 Servings)



Ingredients

- 12 eggs
- Salt and pepper to taste
- 4 oz cooked bacon

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Preheat oven to 400°F.
- 2 Place cupcake liners in a muffin tin to avoid the eggs sticking to the tin.
- 3 Crack one egg in each liner and add crumbled bacon or substitute another filling.
- 4 Season to taste.
- 5 Bake for about 15 minutes or until eggs are cooked.

Macros

- 16g fat
- 13g protein
- 1g carbs
- 205 calories

Lunch : Keto Indian Cabbage Stir Fry (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 25 oz. green cabbage
- 5 $\frac{1}{3}$ oz. butter
- 20 oz. ground pork or ground lamb
- 1 tsp salt
- 2 garlic cloves
- 1 tsp onion powder
- $\frac{1}{4}$ tsp ground black pepper
- 1 tbsp white wine vinegar
- 1 tbsp red curry paste
- $\frac{1}{2}$ yellow onion, finely chopped
- $\frac{1}{2}$ cup fresh cilantro
- 1 cup mayonnaise

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Shred the cabbage with a knife or in a food processor as finely as possible.
- 2 Fry the cabbage in half of the butter in a large frying pan or wok on medium high heat until softened, about 5-6 minutes.
- 3 Add spices and vinegar. Sauté until fragrant. Place the cabbage in a bowl, and reserve.
- 4 Melt the rest of the butter in the same pan. Add garlic, onion, and curry paste. Sauté for 1 minute. Add ground meat and sauté until the meat is cooked through and most of the liquid has evaporated.
- 5 Lower the heat a little and add the cabbage back to the pan. Stir until everything is warmed through.
- 6 Finish seasoning with salt and pepper to taste. Garnish with fresh cilantro before serving with a dollop of mayonnaise or sour cream.

Macros

- 97g fat
- 31g protein
- 10g carbs
- 1040 calories

14-Day Keto Meal Plan for Beginners

Dinner : Slow-Cooked Keto Pork Roast with Creamy Gravy (6 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 30 oz. pork shoulder or pork roast
- ½ tbsp salt
- 1 bay leaf
- 5 black peppercorns
- 2½ cups water
- 2 tsp dried thyme or dried rosemary
- 2 garlic cloves
- 1½ oz. fresh ginger
- 1 tbsp olive oil or coconut oil
- 1 tbsp paprika powder
- ½ tsp ground black pepper
- **Creamy gravy**
- 1½ cups heavy whipping cream
- juices from the roast

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to a low heat at 200°F (100°C).
- 2 Place the meat in a deep baking dish and season with salt. Add water to cover 1/3 of the meat. Add bay leaf, peppercorns, and thyme. Place the baking dish in the oven for 7–8 hours, covered with aluminum foil.
- 3 If you're using a slow cooker, do the same thing in step 2 but only add 1 cup of water. Cook for 8 hours on low or 4 hours on high.
- 4 Remove the meat from the baking dish, and reserve the pan juices in a separate pan.
- 5 Turn the oven up to 450°F (220°C).
- 6 Grate or finely chop garlic and ginger in a small bowl. Add oil, herbs and pepper and stir well to combine.
- 7 Rub the meat with the garlic/herb mixture.
- 8 Return the meat to the baking dish, and roast for about 10–15 minutes, or until golden brown.
- 9 Cut the meat into thin slices and serve with the creamy gravy and side dishes of your choice.

Macros

- 51g fat
- 28g protein
- 3g carbs
- 586 calories

Full Keto Meal Plans for Beginners (Easy Mode)

We're going a little bit easier on this one, even if you absolutely have no skills in the kitchen, don't fret!

This keto meal plan for beginners has everything you need to get started on the keto diet. If you have been wanting to start the keto diet, but didn't know what to cook or where to start, you are in the right place!

These keto recipes are perfect for beginners because they are easy to make and a great way to start learning about the kinds of foods that are good to eat and how to prepare them. [1]

For those just beginning to do keto friendly meal planning, it is important to remember that there is no real reason to be afraid of natural fats, and carb cravings will come because we have been conditioned to get a carb "fix" of sugar and starch.

When you avoid sugar and starches, your blood sugar tends to stabilize and the levels of the fat-storing hormone insulin drop. This increases fat burning and makes you feel more satiated, reducing food intake and causing weight loss." (2019)

Once you are aware of the carb cravings you may experience when starting this meal plan, you will be more prepared and less likely to deviate from your diet!

And, if you want an even easier solution to getting low-carb meals everyday, you can always try [keto meal deliveries](#) to save you that extra time.

- Monday
- tuesday
- wednesday
- thursday
- friday
- saturday
- sunday

14-Day Keto Meal Plan for Beginners



Breakfast : Boiled Eggs with Mayonnaise



Ingredients

- 8 eggs
- 8 tbsp mayonnaise
- Avocado (optional)

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Boil water in a pot.
- 2 Place eggs carefully in water and boil 5-6 minutes for soft-boiled eggs, 6-8 minutes for medium eggs and 8-10 minutes for hard-boiled eggs.
- 3 Remove and serve with mayonnaise.

Macros

- 29g fat
- 11g protein
- 1g carbs
- 316 calories

Lunch : Keto Tex-Mex Casserole (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 25 oz. ground beef
- 2 oz. butter
- 3 tbsp Tex-Mex seasoning
- 7 oz. crushed tomatoes
- 2 oz. pickled jalapeños
- 7 oz. shredded cheese (example: Monterey Jack)
- **For serving**
- 1 cup crème fraîche or sour cream
- 1 scallion, finely chopped
- 5 oz. leafy greens or iceberg lettuce
- 1 cup guacamole (optional)

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Fry the ground beef in butter on medium high heat, until cooked through and no longer pink.
- 3 Add Tex-Mex seasoning and crushed tomatoes. Stir and let simmer for 5 minutes. Taste to see if it needs additional salt and pepper.
- 4 Place the ground-beef mixture in a greased baking dish (about 9" or 23 cm in diameter). Top with jalapeños and cheese.
- 5 Bake on upper rack in oven for 15–20 minutes or until golden brown on top.
- 6 Chop the scallion finely and mix with the crème fraiche or sour cream in a separate bowl.
- 7 Serve the casserole warm with a dollop of the crème fraiche or sour cream, guacamole and a green salad.

Macros

- 70g fat
- 50g protein
- 8g carbs
- 870 calories

Dinner : Chorizo with Creamed Green Cabbage (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- Fried chorizo
- 25 oz. chorizo, or other high-quality sausage
- 2 tbsp butter, for frying
- Creamed green cabbage
- 25 oz. green cabbage
- 2 oz. butter
- 1¼ cups heavy whipping cream
- salt and pepper
- ½ cup fresh parsley, finely chopped
- ½ lemon, the zest

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Fry the chorizo in butter in a skillet over medium heat. Keep warm until serving.
- 2 Shred the cabbage using a food processor, mandolin or sharp knife.
- 3 Sauté cabbage with remaining butter in the same skillet over medium heat. Stir occasionally for a few minutes, until cabbage is golden brown.
- 4 Add heavy whipping cream and bring to a light boil. Reduce heat and let simmer until the cream is reduced. Season with salt and pepper.
- 5 Add parsley and lemon zest before serving with the fried chorizo.

Macros

- 112g fat
- 47g protein
- 12g carbs
- 1260 calories

14-Day Keto Meal Plan for Beginners

Breakfast : No-Bread Keto Breakfast Sandwich



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 tbsp butter
- 4 eggs
- 1 oz smoked deli ham
- 2 oz cheddar/provolone/edam cheese in thick slices
- Salt and pepper to taste
- A few drops tabasco or Worcestershire sauce

Instructions

- 1 Grease a frying pan with butter and place over medium heat.
- 2 Add eggs and fry both sides, then season with salt and pepper to taste.
- 3 Use a fried egg as the base for each sandwich. Stack the deli meat on the egg and then layer on the cheese. Top each stack with another fried egg.
- 4 Serve immediately. Add sauce to taste.

Macros

- 30g fat
- 20g protein
- 354 calories

Lunch : Keto Pimiento Cheese Meatballs (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- Pimiento cheese
- 1/3 cup mayonnaise
- 1/4 cup pimientos or pickled jalapeños
- 1 tsp paprika powder or chili powder
- 1 tbsp Dijon mustard
- 1 pinch cayenne pepper
- 4 oz. grated cheddar cheese
- Meatballs
- 25 oz. ground beef
- 1 egg
- salt and pepper
- 2 tbsp butter, for frying

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Start by mixing all ingredients for the pimienta cheese in a large bowl. Set aside for a few minutes.
- 2 Add ground beef and the egg to the mixture. Use a wooden spoon or clean hands to combine. Salt and pepper to taste.
- 3 Form large meatballs and fry them in butter or oil in a skillet on medium heat until they are thoroughly cooked.
- 4 Serve with a side dish of your choice, a green salad and perhaps a homemade mayonnaise.

Macros

- 53g fat
- 42g protein
- 1g carbs
- 660 calories

Dinner : Keto Turkey with Cream-Cheese Sauce (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 2 tbsp butter
- 20 oz. turkey breast
- 2 cups crème fraîche or heavy whipping cream
- 7 oz. cream cheese
- salt and pepper
- 1/3 cup small capers
- 1 tbsp tamari soy sauce

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C).
- 2 Melt half of the butter over medium heat, in a large oven-proof frying pan. Season the turkey generously and fry until golden brown all around.
- 3 Finish off the turkey breasts in the oven. When turkey is cooked through and has an internal temperature of at least 165°F (74°C), place on a plate and tent with foil.
- 4 Pour turkey drippings into a small saucepan. Add sour cream or heavy cream, and cream cheese. Stir and bring to a light boil. Lower the heat and let simmer until thickened. Season to taste with salt and pepper. Japanese gluten-free tamari can also be used to add more color and flavor.
- 5 Heat remaining butter in a medium frying pan over high heat. Quickly sauté the capers until crispy.
- 6 Serve turkey with sauce and fried capers.

Macros

- 67g fat
- 43g protein
- 7g carbs
- 793 calories

14-Day Keto Meal Plan for Beginners



Breakfast: Eggs and Bacon



Ingredients

- 8 eggs
- 5 oz bacon, sliced

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Fry bacon in a pan over medium high heat until crispy. Set aside.
- 2 Use the same pan and bacon grease to fry the eggs over medium heat.
- 3 Cook eggs according to preference.

Macros

- 22g fat
- 15g protein
- 1g carbs
- 272 calories

Lunch : Keto Buffalo Drumsticks with Chili Aioli (4 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 lbs chicken drumsticks or chicken wings
- 2 tbsp olive oil or coconut oil
- 2 tbsp white wine vinegar
- 1 tbsp tomato paste
- 1 tsp salt
- 1 tsp paprika powder
- 1 tbsp tabasco
- butter or olive oil, for greasing the baking dish
- Chili aioli
- 2/3 cup mayonnaise
- 1 tbsp smoked paprika powder or smoked chili powder
- 1 garlic clove, minced

Instructions

- 1 Preheat the oven to 450° (220°C).
- 2 Put the drumsticks in a plastic bag.
- 3 Mix the ingredients for the marinade in a small bowl and pour into the plastic bag. Shake the bag thoroughly and let marinate for 10 minutes in room temperature.
- 4 Coat a baking dish with oil. Place the drumsticks in the baking dish and let bake for 30–40 minutes or until they are done and have turned a nice color.
- 5 Mix together mayonnaise, garlic and chili.

Macros

14-Day Keto Meal Plan for Beginners

- 56g fat
- 42g protein
- 2g carbs
- 692 calories

Dinner : Keto French Quiche (6 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- Pie crust
- 1¼ cups almond flour
- 4 tbsp sesame seeds
- 1 tbsp ground psyllium husk powder
- ½ tsp salt
- 1 egg
- 2 oz. butter
- **Filling**
- 16 oz. butter
- 10 oz. smoked pork belly or bacon or pancetta
- 1 yellow onion
- 1 tsp dried thyme
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 cup heavy whipping cream
- 8 oz. shredded cheese
- 5 eggs

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C). Mix all ingredients to the pie crust in a food processor into a firm dough.
- 2 Spread out the dough with well-oiled hands or a spatula in a springform. Place parchment paper between the ring and the bottom to make it easier to loosen the baked pie.
- 3 Let sit in the refrigerator while you prepare the filling
- 4 Chop the onion finely and dice the bacon. Fry in butter until onion and bacon has turned a nice color. Add spices and stir. Add to the pie crust.
- 5 Whisk together remaining ingredients and pour on top.
- 6 Bake on middle rack for 45 minutes or until the pie has turned a nice color. Probe with a knife to make sure the egg mixture is solid if you are unsure.

Macros

- 85g fat
- 26g protein
- 5g carbs
- 897 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Bulletproof Coffee



Ingredients

- 1 cup fresh brewed hot coffee
- 2 tbsp unsalted butter
- 1 tbsp MCT oil or coconut oil

14-Day Keto Meal Plan for Beginners

Instructions

1

Combine all ingredients in a blender and blend until smooth.

Macros

- 38g fat
- 1g protein
- 0g carbs
- 334 calories

Lunch : Creamy Keto Fish Casserole (4 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 tbsp olive oil
- 15 oz. broccoli
- 6 scallions
- 2 tbsp small capers
- 1/6 oz. butter, for greasing the casserole dish
- 25 oz. white fish, in serving-sized pieces
- 1 1/4 cups heavy whipping cream
- 1 tbsp Dijon mustard
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 tbsp dried parsley
- 3 oz. butter
- For serving
- 5 1/3 oz. leafy greens

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Divide the broccoli into small florets, including the stem. Peel with a sharp knife or potato peeler if the stem is rough.
- 3 Fry broccoli in oil on medium high for 5 minutes, until golden and soft. Season with salt and pepper.
- 4 Add scallions, finely chopped, and the capers. Fry for another 1-2 minutes and place the vegetables in a greased baking dish.
- 5 Nestle the fish in amongst the vegetables.
- 6 Mix parsley, whipping cream and mustard. Pour over the fish and vegetables. Top with slices of butter.
- 7 Bake for 20 minutes or until the fish is cooked through, and flakes easily with a fork. Serve as is, or with a luscious green salad.

Macros

- 69g fat
- 41g protein
- 8g carbs
- 822 calories

Dinner : Cheese Filled Chicken Breast with Guacamole (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

14-Day Keto Meal Plan for Beginners

- Cheese-filled chicken
- 25 oz. chicken breasts
- 2 tbsp olive oil
- 1 green bell pepper or red bell pepper
- 1 garlic clove
- 2 tbsp pickled jalapeños, finely chopped
- ½ tsp ground cumin
- 3 oz. cream cheese
- 4 oz. shredded cheese
- salt and pepper
- 4 tooth picks
- Guacamole
- 2 ripe avocados
- 2 garlic cloves
- ½ lime, the juice
- 3 tbsp olive oil
- 5 1/3 tbsp fresh cilantro
- 1 diced tomato
- salt and pepper
- For serving
- 2/3 cup sour cream (optional)
- 8 oz. leafy greens or lettuce

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat your oven to 350°F (175°C).
- 2 Chop bell peppers and garlic finely. Sauté in oil until soft. Place in a bowl and reserve to cool for 5 minutes.
- 3 Add jalapeños, spices and both cheeses to the bowl. Mix well.
- 4 Cut chicken breasts lengthwise partway through, along the thinnest part, so you can open it like a book.
- 5 Add a big dollop of cheese batter and close with a tooth pick. Season chicken with salt and pepper. Fry until golden brown, in oil or butter. Place in a baking dish.
- 6 You can place the remaining cheese batter on top or just in the baking dish.
- 7 Bake in oven for 20 minutes or until the chicken breasts are thoroughly cooked. Remember to remove the tooth pick before serving.
- 8 Serve with leafy greens, a generous amount of guacamole, and sour cream.

Macros

- 64g fat
- 51g protein
- 8g carbs
- 833 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Frittata with Fresh Spinach



Ingredients

14-Day Keto Meal Plan for Beginners

- 5 oz diced bacon or chorizo
- 2 tbsp butter
- 8 oz fresh spinach
- 8 eggs
- 1 cup heavy whipping cream
- 5 oz shredded cheese
- Salt and pepper to taste

Instructions

- 1 Preheat oven to 350°F.
- 2 Fry bacon in butter over medium heat until crispy, then add spinach and stir in until wilted.
- 3 Remove pan from heat and set aside.
- 4 Whisk eggs and heavy cream together, then pour into greased 9x9 inch baking dish.
- 5 Layer bacon, spinach, and cheese on top and place dish in the middle of the oven. Bake for 25-30 minutes or until set in the middle and golden brown on top.

Macros

- 59g fat
- 27g protein
- 4g carbs
- 661 calories

Lunch : Keto Fish with Oven-Baked Beets (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 30 oz. white fish, for example cod or catfish
- 3 tbsp butter or olive oil, for frying
- 15 oz. beets or rutabaga
- 5 $\frac{1}{3}$ oz. feta cheese or blue cheese
- 3 tbsp olive oil
- salt and pepper
- 5 $\frac{1}{3}$ oz. herb butter

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat oven to 400°F (200°C).
- 2 Rinse, peel and cut the beets into wedges, and place in a greased baking dish or on a baking sheet.
- 3 Season with salt and pepper, but remember that the cheese will add salt too. Sprinkle cheese crumbs and a couple of tablespoons olive oil on top.
- 4 Bake in oven for 30-40 minutes or until the beets have softened. Lower the heat towards the end if the cheese already is starting to brown too quickly.
- 5 Meanwhile, fry the fish carefully in a generous amount of butter or olive oil. You can also brush the fish with olive oil and grill it.
- 6 Season the fish with salt and pepper.
- 7 The fish is done when it flakes easily with a fork.
- 8 Serve the fish with plenty of herb butter or pink herb butter.

Macros

- 69g fat
- 46g protein
- 9g carbs
- 852 calories

Dinner : Keto Chicken with Roasted Vegetable Tricolore (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- Roasted vegetables tricolore
- 15 oz. Brussels sprouts
- 8 oz. cherry tomatoes
- 8 oz. mushrooms
- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 tsp dried rosemary
- ½ cup olive oil
- **Fried chicken**
- 4 chicken breasts
- 1 oz. butter, for frying
- 4 oz. herb butter, for serving

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C). Place the vegetables whole in a baking dish.
- 2 Add salt, pepper and rosemary. Pour olive oil on top and stir to coat vegetables evenly.
- 3 Bake for 20 minutes or until the vegetables are gently caramelized.
- 4 Meanwhile, fry the chicken in olive oil or butter and season with salt and pepper. Cook until a meat thermometer inserted in the largest piece reads 165°F (74°C).

Macros

- 83g fat
- 67g protein
- 9g carbs
- 1061 calories



Breakfast : Keto Egg Butter with Smoked Salmon and Avocado

14-Day Keto Meal Plan for Beginners



Ingredients

- 4 eggs
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 5 oz butter room temperature
- 2 avocados
- 2 tbsp olive oil
- 1 tbsp chopped parsley
- 4 oz smoked salmon

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Carefully place eggs in pot. Cover with cold water and bring water to a boil without a cover.
- 2 Lower heat and let simmer 7-8 minutes.
- 3 Remove eggs from their water and place in bowl of ice cold water to let cool.
- 4 Peel eggs and chop finely, then mix eggs and butter together with a fork.
- 5 Season to taste.
- 6 Serve the egg butter with a side of avocado tossed with olive oil and parsley alongside a few slices of smoked salmon.

Macros

- 116g fat
- 50g protein
- 5g carbs
- 1278 calories

Lunch : Chops Marinated in Red Pesto (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 4 pork chops
- 2 tbsp butter or olive oil
- 4 tbsp red pesto
- Pesto mayonnaise
- ½ cup mayonnaise
- 2 tbsp red pesto

Instructions

- 1 Rub the chops with pesto and fry on medium heat in butter or oil for 8 minutes and let simmer for 4 more minutes on low heat.
- 2 Mix mayonnaise with red pesto. Serve on the side.

Macros

14-Day Keto Meal Plan for Beginners

- 70g fat
- 53g protein
- 1g carbs
- 860 calories

Dinner : Keto Cauliflower Chicken Alfredo



Ingredients

- 1½ oz. butter or olive oil
- 5⅓ oz. bacon, diced
- 20 oz. chicken breasts
- 4 garlic cloves
- 7 oz. fresh spinach
- salt and pepper
- 1½ cups heavy whipping cream
- 20 oz. cauliflower
- 3½ oz. grated parmesan cheese

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Mix mayonnaise with red pesto. Serve on the side.
- 2 Cut the chicken breasts into strips. Save the fat and sauté chicken and garlic in the same frying pan. Set aside when the chicken is thoroughly cooked.
- 3 Sauté the spinach until it shrinks, but no more. Set aside.
- 4 Add heavy whipping cream to the pan and let boil for a few minutes. Add parmesan cheese, bacon, chicken and spinach. Salt and pepper to taste.
- 5 Lower the heat and let simmer while parboiling the cauliflower.
- 6 Divide the cauliflower into small florets, no bigger than walnuts. You can use either fresh or frozen.
- 7 Parboil the cauliflower in lightly salted water for a few minutes. Let drain thoroughly. Add the chicken and sauce. Stir and serve.

Macros

- 76g fat
- 52g protein
- 10g carbs
- 944 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Fried Eggs



Ingredients

- 4 eggs
- 1/6 oz butter or coconut oil
- Salt and pepper to taste

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Add plenty of butter or coconut oil to the pan.
- 2 Crack eggs straight into the pan and let cook on one side covered for eggs sunny side up. For eggs over easy heat, let cook for a few minutes on one side and then flip eggs and cook the other side.

Macros

- 21g fat
- 11g protein
- 1g carbs
- 233 calories

Lunch : Keto Wraps with Avocado and Shrimp Salad (2 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- Wraps
- 4 eggs
- 1 oz. butter
- salt and pepper
- Shrimp salad
- 2 avocados
- 1 tsp lime juice
- 6 oz. shrimp, cooked and peeled
- ½ apple or a handful of radish
- 1 celery stalk
- 1 tsp sambal oelek or chili paste
- ½ cup mayonnaise
- ¼ cup fresh cilantro or fresh parsley

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Crack eggs straight into the pan and let cook on one side covered for eggs sunny side up. For eggs over easy heat, let cook for a few minutes on one side and then flip eggs and cook the other side.
- 2 Whisk the eggs with a pinch of salt and pepper.
- 3 Bring out a medium-sized frying pan and let butter melt slowly over medium low heat.
- 4 Add half of the batter and cook until the wrap has firmed up. Flip if you want, but this is not really necessary. The wraps are not supposed to turn color, just get firm.
- 5 Repeat with remaining batter.
- 6 Salad
- 7 Split and scoop out the avocado. Dice the avocado into ½-inch cubes and place in a bowl, squeeze lime juice over them and stir.
- 8 Slice the celery thinly and dice the apple or radishes finely. Add to the bowl with the avocado.
- 9 Slice the celery thinly and dice the apple or radishes finely. Add to the bowl with the avocado.
- 10 Mix well and stir in the cooked shrimp carefully. Salt and pepper to taste.

Macros

14-Day Keto Meal Plan for Beginners

- 91g fat
- 28g protein
- 10g carbs
- 1006 calories

Dinner : Keto Chicken Wings with Creamy Broccoli (4 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- **Baked chicken wings**
- 3 lbs chicken wings
- ½ orange, juice and zest
- ¼ cup olive oil
- 2 tsp ground ginger
- 1 tsp salt
- ¼ tsp cayenne pepper
- **Creamy broccoli**
- 25 oz. broccoli
- 1 cup mayonnaise
- ¼ cup chopped fresh dill
- salt and pepper, to taste

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Mix juice and zest from the orange with oil and spices in a small bowl. Place the chicken wings in a plastic bag and pour in the marinade.
- 3 Give the bag a good shake to cover the wings thoroughly. Put aside to marinate for at least 5 minutes but preferably more.
- 4 Place the wings in one layer in a greased baking dish.
- 5 Bake on middle rack in the oven for about 45 minutes or until the wings are golden brown and thoroughly cooked.
- 6 In the meantime, divide the broccoli into small florets and parboil in salted water for a couple of minutes. They're only supposed to soften a bit but not lose their shape or color.
- 7 Strain the broccoli and let some of the steam evaporate before adding the remaining ingredients. Serve the broccoli with the baked wings.

Macros

- 100g fat
- 65g protein
- 9g carbs
- 1218 calories

Based on the carbs that many of our favorite fruits and veggies contain, some might wonder if vegetarians can participate in the keto diet or even remain in ketosis. If this was a concern of yours, don't worry! The keto diet is for everyone– even vegetarians! [\[2\]](#)

Full Keto Meal Plans for Vegetarians

Luckily, there is a plethora of foods out there for vegetarians to incorporate into their keto diet while keeping up with the dietary restrictions of being a vegetarian.

A rule of thumb is to avoid what is growing under ground and eat what grows above.” (2019)

It is easy to adapt the keto diet to your vegetarian restrictions, but it is made even easier by following a handy meal plan like this one!

- Monday
- tuesday
- wednesday
- thursday
- friday
- saturday
- sunday



Breakfast : Salad Sandwiches (1 Serving)

14-Day Keto Meal Plan for Beginners



Ingredients

- 2 oz romaine lettuce or baby gem lettuce
- ½ oz butter
- 1 oz edam cheese or substitute other cheese according to preference
- ½ an avocado
- 1 cherry tomato

Instructions

- 1 Rinse lettuce thoroughly and use as a base for toppings.
- 2 Rinse lettuce thoroughly and use as a base for toppings.

Macros

14-Day Keto Meal Plan for Beginners

- 34g fat
- 10g protein
- 3g carbs
- 374 calories

Lunch : Baked Celery Root with Gorgonzola (4 Servings)



Ingredients

- 1 lb celery root
- 3 tbsp olive oil
- sea salt and pepper
- 3 oz. baby spinach
- 1/3 cup hazelnuts
- 3 tbsp butter
- 3 oz. mushrooms
- 1 red onion
- 5 oz. blue cheese or gorgonzola cheese or roquefort cheese, at room temperature

14-Day Keto Meal Plan for Beginners

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Wash the celery root. You don't need to peel it. Cut away the roots and slice into ½-inch slices.
- 3 Place on a baking sheet with parchment paper. Brush olive oil on both sides and sprinkle a generous amount of sea salt on top.
- 4 Bake for 45 minutes, or until the celery root has turned golden brown and soft.
- 5 Meanwhile, cut the mushrooms and sauté in butter until golden and soft. Season with salt and pepper.
- 6 Roast the nuts quickly in a dry, hot frying pan, until fragrant. Let them cool slightly, and chop them coarsely.
- 7 Mix red onions, spinach, mushrooms and hazelnuts in a bowl.
- 8 Remove the baked root celery from the oven.
- 9 Place on plates and add the salad on top. Serve with a generous amount of blue cheese and a few drops of olive oil.

Macros

14-Day Keto Meal Plan for Beginners

- 36g fat
- 12g protein
- 13g carbs
- 428 calories

Dinner : Baingan Ka Bharta



Ingredients

14-Day Keto Meal Plan for Beginners

- 10 oz. eggplant
- 2 garlic cloves, quartered
- 2 tbsp ghee
- 2 oz. red onions
- 1 green chili pepper, chopped
- 3 oz. tomatoes, chopped
- ¼ tsp turmeric
- ¼ tsp kashmiri red chili powder
- 1 tbsp butter
- ½ tsp salt and more to taste
- fresh cilantro, for garnish

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Make a few small slits in the eggplant and stuff the slits with the garlic cloves.
- 2 Roast the eggplant over open flame on the stove (if you have a gas stove) or in the oven for about 10-15 minutes. Turn often to make sure it's thoroughly roasted. When it's roasted on all sides, cover with foil and let cool.
- 3 When the eggplant has cooled, peel the skin off and chop roughly until you get a mash.
- 4 Heat the ghee in a saucepan and add onion. Season with salt. Once the onions are slightly browned, add chopped green chili pepper and chopped tomatoes.
- 5 Season with turmeric and chili powder. Cook for 5 minutes or until the tomatoes begin to break down. Add water if needed, but only a little.
- 6 Add eggplant mash, season with salt and cook for another 2-3 minutes with the lid on.
- 7 Garnish with butter and fresh cilantro.

Macros

- 14g fat
- 2g protein
- 6g carbs
- 163 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Cheese Omelet (2 Servings)



Ingredients

- 3 oz butter
- 6 eggs
- 7 oz shredded cheddar cheese
- Salt and pepper to taste

14-Day Keto Meal Plan for Beginners

Instructions

- 1

Whisk together eggs until smooth and frothy, then blend in half of the shredded cheddar. Add salt and pepper to taste.

- 2

Melt the butter in a hot frying pan. Pour in the egg mixture and let it set for a few minutes.

- 3

Lower heat and continue to cook until the egg mixture is almost cooked through. Add remaining cheese, then fold and serve immediately.

Macros

- 80g fat
- 40g protein
- 4g carbs
- 897 calories

Lunch : Roasted Pointed Cabbage with Mozzarella Cheese (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 30 oz. pointed cabbages
- 7 oz. butter
- 1 tsp salt
- ¼ tsp ground black pepper
- 1 tsp dried rosemary
- 2 cups shredded mozzarella cheese

Instructions

14-Day Keto Meal Plan for Beginners

- 1

Preheat the oven to 400°F (200°C).

- 2

Cut the pointed cabbage into wedges and place in a baking dish. Salt and pepper, and add the dry herbs.

- 3

Grate butter and put on top and roast in the oven for 15 minutes or until the cabbage turns a nice color.

- 4

Remove from the oven and add the shredded mozzarella cheese. Put back in the oven until the cheese is bubbly and is turning a nice color, about 15-20 minutes.

Macros

- 54g fat
- 16g protein
- 9g carbs
- 587 calories

Dinner : Low-Carb Fried Kale and Broccoli Sala (2 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- ½ cup mayonnaise
- 1 tbsp whole-grain mustard
- 4 eggs
- ½ lb broccoli
- 4 oz. kale
- 2 scallions
- 2 tbsp olive oil
- 2 garlic cloves
- 2 avocados
- 1 pinch chili flakes
- salt or pepper to taste

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Mix mayo and mustard in a small bowl and set aside.
- 2 Boil the eggs any way you like them – soft, medium or hard-boiled. Immediately, place them in ice cold water when they're done to make them easier to peel. When cooled - divide into halves or quarters.
- 3 Split the avocados, remove the pit and cut in slices.
- 4 Slice the garlic thinly. Heat the oil in a frying pan and carefully fry the slices. Remove the garlic from the pan and place on a paper towel to crisp up. Save the oil in the pan.
- 5 Chop broccoli and kale coarsely. Add a knob of butter to the garlic-infused oil in the pan and fry the vegetables for a couple of minutes on medium high heat until slightly softened.
- 6 Season with salt and pepper and plate with avocado, eggs and the mustard mayo. Finish the dish with fried garlic slices for extra flavor and crunch.

Macros

- 94g fat
- 22g protein
- 13g carbs
- 1022 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Porridge (1 Serving)



Ingredients

14-Day Keto Meal Plan for Beginners

- 1 tbsp chia seeds
- 1 tbsp sesame seeds
- 1 egg
- 1/3 cup heavy whipping cream
- 1 pinch salt
- 1 oz butter or coconut oil

Instructions

- 1 Mix all ingredients except the butter in a bowl and let sit 2-3 minutes.
- 2 Melt butter or oil on medium heat in a small pan.
- 3 Pour in the other ingredients and continue to stir until the porridge firms up. Let the porridge simmer, but do not let it boil.
- 4 Serve immediately with melted butter or substitute of your choice.

Macros

- 64g fat
- 12g protein
- 4g carbs
- 642 calories

Lunch : Keto Quesadillas (3 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients: Low Carb Tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- 1½ tsp ground psyllium husk powder
- 1 tbsp coconut flour
- ½ tsp salt

Ingredients: Filling

- 5 oz. grated Mexican cheese or hard cheese of your liking
- 1 oz. baby spinach
- 1 tbsp olive oil, for frying

Instructions: Tortillas

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C).
- 2 Beat the eggs and egg whites together until fluffy. Add the cream cheese and continue to beat until the batter is smooth.
- 3 Combine the salt, psyllium husk powder and coconut flour in a small bowl and mix well. Add the flour mixture into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient. If it does not thicken enough, add some more.
- 4 Place parchment paper on a baking sheet. Use a spatula to spread the batter over the parchment paper into a big square (if you want round tortillas you can fry them in a frying pan like pancakes).
- 5 Bake on the upper rack for about 5–7 minutes. The tortilla turns a little brown around the edges when done. Keep your eye on the oven — don't let these tasty creations burn on the bottom!
- 6 Cut the big tortilla into smaller pieces (6 pieces per baking sheet).

Instructions: Quesadillas

- 1 Heat a small, non-stick skillet. Add oil (or butter) if desired. Put a tortilla in the frying pan and sprinkle with cheese, a handful of leafy greens and sprinkle with some more cheese, and top with another tortilla.
- 2 Fry each quesadilla for about a minute on each side. You'll know it's done when the cheese melts.

Macros

14-Day Keto Meal Plan for Beginners

- 41g fat
- 21g protein
- 5g carbs
- 473 calories

Dinner: Low-Carb Pumpkin Soup



Ingredients

14-Day Keto Meal Plan for Beginners

- 2 shallots
- 2 garlic cloves
- 10 oz. pumpkins
- 10 oz. rutabaga
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp ground black pepper
- 2 cups vegetable stock
- 8 oz. butter
- ½ lime, the juice
- **Toppings**
- ¾ cup mayonnaise
- 4 tbsp pumpkin seeds preferably roasted

Instructions

- 1 Preheat the oven to 400°F (200°C). Peel the pumpkin and cut the flesh into cubes. Do the same with the rutabaga. Peel the shallot and cut into wedges. Peel the garlic cloves.
- 2 Put everything in a baking dish. Add olive oil, salt and pepper.
- 3 Roast in the oven for 25-30 minutes. As an alternative, you can also fry on medium heat in a large pan until the pumpkin and the turnip are soft.
- 4 Place the roasted vegetables in a pot. Add vegetable stock or water and bring to a boil. Let simmer for a couple of minutes. Remove from the stove.
- 5 Add the butter, divided into cubes. Mix the soup with a hand blender. Add lime juice, herbs, salt and pepper to taste.

Macros

14-Day Keto Meal Plan for Beginners

- 88g fat
- 6g protein
- 14g carbs
- 865 calories



Breakfast : Keto French Toast (2 Servings)



14-Day Keto Meal Plan for Beginners

Ingredients: Mug bread

- Preheat the oven to 400°F (200°C). Place the vegetables whole in a baking dish.
- 2 tbsp almond flour
- 2 tbsp coconut flour
- 1 ½ tsp baking powder
- 1 pinch salt
- 2 eggs
- 2 tbsp heavy whipping cream

Ingredients: Batter

- 2 eggs
- 2 tbsp heavy whipping cream
- 2 tbsp coconut flour
- ½ tsp ground cinnamon
- 1 pinch salt
- 2 tbsp butter

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Grease a large mug or glass dish with a flat bottom with butter.
- 2 Mix all dry ingredients together with a spoon or fork. Crack in the egg and then stir in the cream. Combine until smooth with no lumps.
- 3 Microwave on high (approx. 700 watts) for 2 minutes. Check if the bread is done in the middle, if not microwave for an additional 15-30 seconds.
- 4 Let cool and remove, slice bread in half.
- 5 In a bowl or deep plate, whisk together the eggs, cream and cinnamon with a pinch of salt. Pour over the bread slices and let them get soaked. Turn them around a few times so the bread slices absorb as much batter as possible.
- 6 Fry in a generous amount of butter and serve immediately.

Macros

- 37g fat
- 15g protein
- 4g carbs
- 416 calories

Lunch : Baked Cheese (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 8 oz. feta cheese or halloumi cheese or queso blanco or queso fresco
- 2 tbsp olive oil
- 1 pinch chili flakes
- ¼ red bell pepper, thinly sliced
- ¼ red onion, thinly sliced

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 400°F (200°C). Place a thick piece of cheese in a small baking dish.
- 2 Place the onion and bell peppers on top. Add spices and oil.
- 3 Bake in the oven for 20 minutes until both cheese and vegetables have gotten a little color.
- 4 Let cool a little (cheese contains a lot of water and gets very hot) and serve.

Macros

- 19g fat
- 8g protein
- 3g carbs
- 216 calories

Dinner : Low-Carb Cauliflower Pizza with Green Bell Peppers and Olives (1 Serving)

14-Day Keto Meal Plan for Beginners



Ingredients

- Crust
- 4 oz. shredded cheese
- 5 oz. grated cauliflower
- 2 eggs
- ½ tsp salt
- Toppings
- 4 tbsp tomato sauce
- 2 oz. shredded cheese
- 2 oz. mozzarella cheese
- 10 olives
- ¼ sliced green bell pepper
- ¼ thinly sliced yellow onion
- 1 tbsp dried oregano or dried basil

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (180°C). Grate the cauliflower in a food processor fitted with a metal blade, or with a box grater. Place in a large bowl, and add shredded cheese, eggs (lightly beaten) and salt. Stir well.
- 2 Using a spatula, spread mixture thinly on a baking sheet lined with parchment paper, to form an 11-inch (28 cm) diameter circle. Bake for about 20 minutes, or until lightly browned.
- 3 Remove from the oven. Spread the tomato sauce over the crust and top with cheese. Add thinly sliced olives, bell peppers and onions. Sprinkle oregano or basil on top.
- 4 Increase temperature to 420°F (210°C), and bake for 5-10 minutes, or until warmed through and cheese is melted.

Macros

- 74g fat
- 68g protein
- 16g carbs
- 1018 calories



14-Day Keto Meal Plan for Beginners

Breakfast : Keto Caprese Omelet (2 Servings)



Ingredients

- 6 eggs
- Salt and pepper
- 1 tbsp fresh or dried basil
- 3 oz cherry tomatoes halved, or tomatoes cut into slices
- 5 oz fresh mozzarella cheese

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Crack the eggs into a mixing bowl, add salt and black pepper to your liking. Whisk well with a fork until fully combined. Add basil and stir.
- 2 Cut the tomatoes into halves or slices, then fry them for a few minutes.
- 3 Pour the egg batter on top of the tomatoes. Wait until batter is slightly set before adding the mozzarella cheese.
- 4 Lower the heat and let the omelet set, then serve immediately.

Macros

- 43g fat
- 33g protein
- 4g carbs
- 534 calories

Lunch : Low-Carb Zucchini and Walnut Salad (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 2 zucchini
- 1 tbsp olive oil
- salt and pepper
- 1 head of Romaine lettuce
- 4 oz. arugula lettuce
- $\frac{1}{4}$ cup finely chopped fresh chives or scallions
- $\frac{3}{4}$ cup chopped walnuts or pecans
- **Dressing**
- 2 tbsp olive oil
- $\frac{3}{4}$ cup mayonnaise
- 2 tsp lemon juice
- 1 garlic clove
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp chili powder

Instructions

14-Day Keto Meal Plan for Beginners

- 1 In a small bowl, whisk together all ingredients for the dressing. Reserve the dressing to develop flavor while you make the salad.
- 2 3 Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm.
- 3 Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm.
- 4 Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini.
- 5 Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Spoon nuts onto salad, and drizzle with salad dressing.

Macros

- 54g fat
- 8g protein
- 8g carbs
- 556 calories

Dinner : Crispy Brussels Sprout Salad with Lemon (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients

- 1 lb brussels sprouts
- ½ cup olive oil
- 1 lemon, juice and zest
- salt and pepper
- 2/5 - ¾ cup spicy almond & seed mix or your own choice of nuts and seeds
- Spicy almond and seed mix
- 1 tbsp coconut oil or olive oil
- 2 oz. almonds
- 1 oz. pumpkin seeds
- 1 oz. sunflower seeds
- ½ tsp ground cumin or crushed fennel seeds
- 1 tsp chili paste
- 1 pinch salt

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Trim and rinse the brussels sprouts. Coarsely shred in a food processor or with a sharp knife. Place in a salad bowl.
- 2 Mix olive oil, lemon juice/zest and salt and pepper. Pour over the brussels sprouts.
- 3 Let marinate for 10 minutes. Then add the spicy almond & seed mix immediately prior to serving.
- 4 This salad can be a main dish or a side dish to meat, fish or a simple omelet.
- 5 Spicy almond & seed mix
- 6 Heat the oil in a large frying pan and add the chili first.
- 7 Add almonds and seeds. Stir thoroughly.
- 8 Salt and sauté for a few minutes more but pay close attention as almonds and seeds are very heat sensitive. The oil should be hot enough for the spice flavors to develop, but the almonds and seeds should not be burned.
- 9 Let cool and sprinkle over the salad before serving.

Macros

- 45g fat
- 11g protein
- 9g carbs
- 484 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Cauliflower Hash with Eggs and Poblano Peppers (2 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 1 lb grated cauliflower
- 3 oz butter
- Salt and pepper
- 4 eggs
- 3 oz pimientos de padron or poblano peppers
- 1 tsp olive oil
- ½ cup mayonnaise
- 1 tsp garlic powder or onion powder (optional)

Instructions

- 1 Mix mayonnaise and garlic or onion powder in a small bowl and set aside.
- 2 Grate cauliflower, including the stem; use either a grater or chop in to small pieces in a food processor.
- 3 Fry grated cauliflower for about five minutes in a generous amount of butter or oil, season with salt and pepper to taste.
- 4 Brush some oil on the poblanos, then fry or grill until the skins begins to bubble.
- 5 Fry the eggs according to preference, and season with salt and pepper to taste. Serve directly with the roasted poblanos and cauliflower hash. Top with a dollop of the seasoned mayo.

Macros

- 87g fat
- 17g protein
- 9g carbs
- 898 calories

14-Day Keto Meal Plan for Beginners

Lunch : Keto Avocado Pie (4 Servings)



Ingredients: Pie crust

- $\frac{3}{4}$ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water

Ingredients: Filling

14-Day Keto Meal Plan for Beginners

- 2 ripe avocados
- 1 cup mayonnaise
- 3 eggs
- 2 tbsp fresh cilantro, finely chopped
- 1 red chili pepper, finely chopped
- ½ tsp onion powder
- ¼ tsp salt
- ½ cup cream cheese
- 1¼ cups shredded cheese

Instructions

- 1 Preheat the oven to 350°F (175°C). Mix all the ingredients for the pie dough in a food processor for a few minutes until the dough forms a ball. If you don't have a food processor, just knead the ingredients together in a bowl using either a fork or your hands.
- 2 Attach a piece of parchment paper to a springform pan, no larger than 12 inches (26 cm) diameter. The springform pan makes it easier to remove the pie when it's done. Grease the pan and the paper.
- 3 Spread dough into the pan. Use an oiled spatula or your fingers. Pre-bake the crust for 10–15 minutes.
- 4 Split the avocado. Remove peel and pit, and dice. Remove the seeds from the chili and chop finely. Place the avocado and the chili in a bowl and mix with the other ingredients.
- 5 Add to a greased baking dish. Sprinkle cheese on top and bake for 20 minutes or until the cheese is melted and has turned a golden color.

Macros

14-Day Keto Meal Plan for Beginners

- 109g fat
- 26g protein
- 9g carbs
- 1146 calories

Dinner : Low-Carb Cabbage Casserole (6 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 30 oz. green cabbage
- 1 yellow onion
- 2 garlic cloves
- 3 oz. butter
- 1¼ cups heavy whipping cream
- 5⅓ tbsp sour cream or crème fraîche
- 5⅓ oz. cream cheese
- 1 tbsp ranch seasoning
- ½ tsp ground black pepper
- 1 tsp salt
- 5⅓ oz. shredded cheese

Instructions

- 1 Preheat the oven to 400°F (200°C). Shred onion, garlic and green cabbage using a sharp knife or a mandolin slicer. The quickest way is to use a food processor.
- 2 Heat a large frying pan and add the butter. Sauté the vegetables until softened, about 8-10 minutes. Add cream, sour cream, cream cheese and spices. Stir thoroughly and let simmer for another 5-10 minutes.
- 3 Add to a greased baking dish. Sprinkle cheese on top and bake for 20 minutes or until the cheese is melted and has turned a golden color.

Macros

- 49g fat
- 11g protein
- 11g carbs
- 527 calories

14-Day Keto Meal Plan for Beginners



Breakfast : Keto Goat Cheese and Mushroom Frittata (2 Servings)



Ingredients: Frittata

14-Day Keto Meal Plan for Beginners

- 5 oz mushrooms
- 3 oz fresh spinach
- 2 oz scallions
- 2 oz butter
- 6 eggs
- 4 oz goat cheese
- Salt and pepper

Ingredients: For serving

- 5 oz leafy greens
- 2 tbsp olive oil
- Salt and pepper

Instructions

14-Day Keto Meal Plan for Beginners

- 1 Preheat the oven to 350°F (175°C).
- 2 Crack eggs into mixing bowl and whisk. Grate or crumble cheese and add to mixture. Season with salt and pepper to taste.
- 3 Cut the mushrooms into wedges. Chop the scallions.
- 4 Melt the butter in an oven-proof skillet and cook the mushrooms and scallions over medium heat for 5-10 minutes or until golden brown.
- 5 Add spinach to pan and sauté for another 1-2 minutes. Season with salt and pepper.
- 6 Pour the egg mixture into the skillet. Place skillet, uncovered, in the oven and bake for about 20 minutes or until golden brown and set in the middle.
- 7 Serve with leafy greens and olive oil.

Macros

- 67g fat
- 35g protein
- 6g carbs
- 774 calories

Lunch : Low-Carb Tortilla Pizza (4 Servings)

14-Day Keto Meal Plan for Beginners



Ingredients: Low carb tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- ¼ tsp salt
- 1 tsp ground psyllium husk powder
- 1 tbsp coconut flour

Ingredients: Topping

- ½ cup tomato sauce
- 2 cups shredded cheese
- 2 tsp dried basil or dried oregano
- salt and pepper (optional)

Instructions: Tortillas

14-Day Keto Meal Plan for Beginners

- 1 Bake the mini pizzas in the oven until the cheese has melted.
- 2 Whisk the eggs and egg whites fluffy and continue to whisk with a hand mixer, preferably for a few minutes. Add cream cheese and continue to whisk until the batter is smooth.
- 3 Mix salt, psyllium husk and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk some more. Let the batter sit for a few minutes, or until the batter is thick like an American pancake batter. How fast the batter will swell depends on the brand of psyllium husk – some trial and error might be needed.
- 4 Bring out two baking sheets and place parchment paper on each. Using a spatula, spread the batter thinly (no more than ¼ inch thick) into 4–6 circles or 2 rectangles.
- 5 Bake on upper rack for about 5 minutes or more, until the tortilla turns a little brown around the edges. Carefully check the bottom side so that it doesn't burn.

Instructions: Pizza

- 1 Turn your oven up to 450°F (225°C).
- 2 Spread 1-2 tablespoons of tomato paste, sauce or ajvar (roasted red pepper sauce) on each low-carb tortilla bread. Salt and pepper if needed.
- 3 Bake the mini pizzas in the oven until the cheese has melted.

Macros

14-Day Keto Meal Plan for Beginners

- 33g fat
- 21g protein
- 5g carbs
- 407 calories

Dinner : Low-Carb Mushroom Cauliflower Risotto (4 Servings)



Ingredients

14-Day Keto Meal Plan for Beginners

- 1 head of cauliflower
- 1 cup vegetable stock
- 9 oz. mushrooms
- 2 garlic cloves
- 1 shallot
- 1 cup heavy whipping cream
- $\frac{3}{4}$ cup white wine
- $\frac{3}{4}$ cup coarsely grated parmesan cheese
- 4 oz. butter
- salt and pepper
- fresh thyme

Instructions

- 1 Bring the stock to a boil and set aside.
- 2 Chop the mushrooms and fry in butter until golden.
- 3 Finely chop shallot and garlic and add to the mushrooms.
- 4 Coarsely grate cauliflower and add to the pan.
- 5 Add half the wine and all of the stock.
- 6 Let simmer uncovered until the liquid starts to boil down. Pour in the remaining wine. Add the cream, and simmer until the cauliflower is soft and most of the liquid has disappeared.
- 7 Remove from heat and stir in parmesan cheese. Garnish with fresh thyme.

14-Day Keto Meal Plan for Beginners

Macros

- 52g fat
- 18g protein
- 13g carbs
- 624 calories

14-Day Keto Meal Plan for Beginners

FAQ:

Do I have to count calories on a keto diet?

If you follow a strict keto diet meal plan, you do not have to count calories.

As long as you limit your carbs and eat enough fat, you will enter ketosis and start to lose weight without counting calories.

Can I drink alcohol on a keto diet?

You can drink alcohol on the keto diet as long as the carb count of the alcoholic beverage you're drinking is low.

Vodka, rum, tequila, whiskey, and gin are the best to drink because they are pure alcohol and contain 0 carbs. Be careful not to combine with high carb mixers like juice though.

What is the carb limit on keto?

On the keto diet, you should limit your carb intake to 20-50 grams a day.

You can get into ketosis by eating 50 grams a day, but it will be faster and more effective if you limit your carbs to 20 grams a day.



14-Day Keto Meal Plan for Beginners

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- High - Efficiency
- Fat - Burning

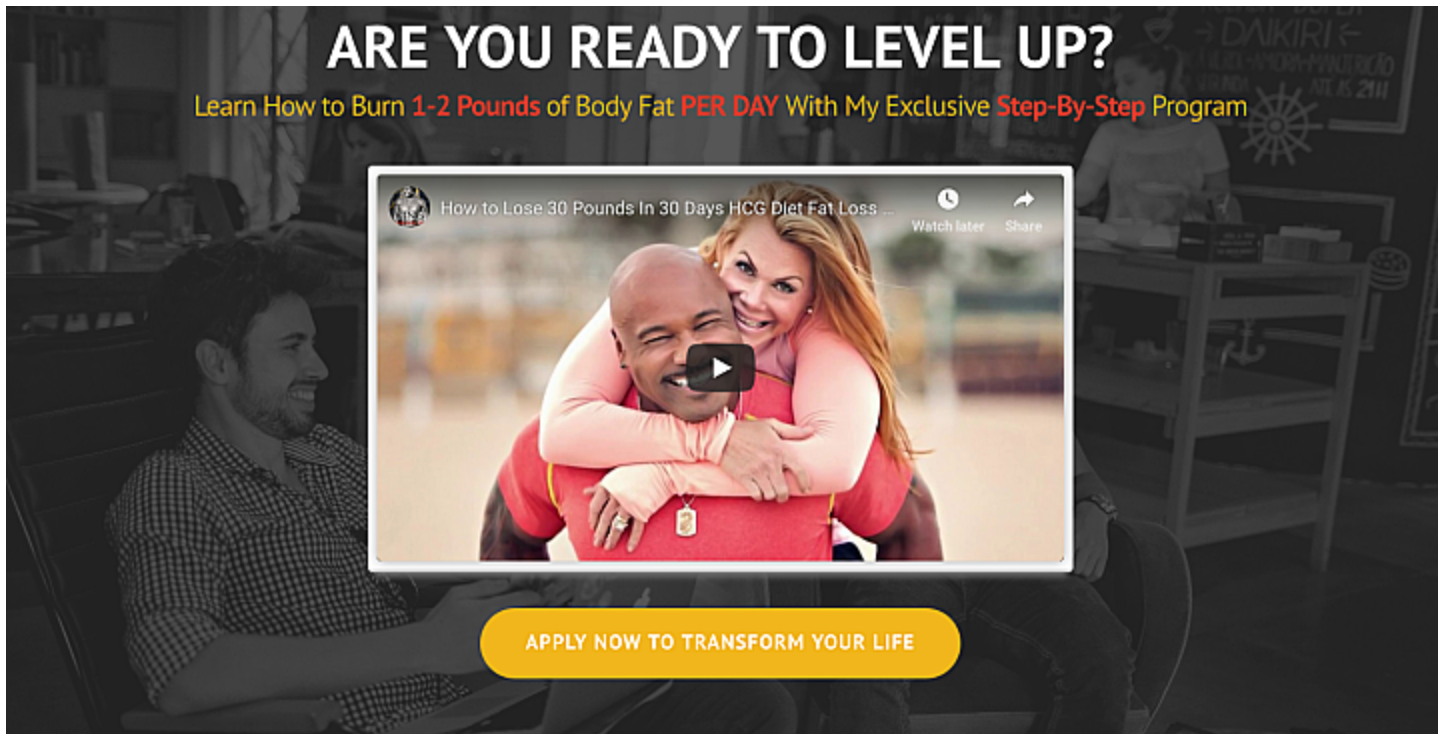
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Colin is an HCG diet expert, physique athlete, health enthusiast, and entrepreneur. He is researching and expanding his knowledge about the ketogenic diet. He spends most of his time teaching, coaching researching and writing content about his new learnings of the ketogenic diet and shares his new knowledge with his client, followers, and customers.