

7-Day Keto Starter Meal Plan

Your Beginner's Guide to Low-Carb, High-Fat Living

Welcome to keto! The ketogenic diet is a **very low-carb, moderate-protein, high-fat** way of eating that shifts your body's primary fuel source from glucose to fat-derived *ketones*. Typical macro targets are approximately **70% fat, 25% protein, and 5% carbohydrates** — usually under 20–30g net carbs per day. The goal is to enter and maintain *ketosis*, a metabolic state associated with steady energy, reduced hunger, and improved mental clarity. This 7-day starter plan introduces simple, satisfying meals to help you ease into the lifestyle.

Keto Basics: What to Eat & Avoid

Foods to Enjoy

- **Fatty meats:** ribeye, ground beef, pork belly, sausage, bacon
- **Fatty fish:** salmon, mackerel, sardines, tuna
- **Eggs** — whole eggs, ideally pasture-raised
- **Full-fat dairy:** cheese, butter, heavy cream, cream cheese
- **Avocados** & olives
- **Low-carb veggies:** leafy greens, broccoli, cauliflower, zucchini, asparagus
- **Nuts & seeds:** macadamia, pecans, walnuts, almonds
- **Healthy oils:** olive, coconut, MCT, avocado oil
- **Berries** in moderation (raspberries, blackberries)

Foods to Avoid

- **Grains:** bread, pasta, rice, oats, cereal
- **Sugar & sweets:** candy, soda, desserts, honey, maple syrup
- **Most fruits:** bananas, apples, grapes, oranges, mangoes
- **Starchy vegetables:** potatoes, corn, peas, carrots (in excess)
- **Legumes:** beans, lentils, chickpeas, soy
- **Low-fat & "diet" products** — usually loaded with sugar
- **Beer & sweet cocktails**
- **Processed seed oils:** canola, soybean, corn, vegetable oil



Monday

 Breakfast	3-egg omelet with cheddar, spinach, and bacon, cooked in butter
 Lunch	Grilled chicken thighs over romaine with avocado, blue cheese, and olive oil dressing
 Dinner	Ribeye steak with garlic butter, sautéed asparagus, and mashed cauliflower
 Snack	Macadamia nuts + cheese cubes

Macros (approx): 20g net carbs / 130g protein / 180g fat

Tuesday

 Breakfast	Bulletproof coffee (coffee + MCT oil + butter) with 2 hard-boiled eggs
 Lunch	Tuna salad (tuna + mayo + celery) stuffed in avocado halves
 Dinner	Baked salmon with lemon-butter, roasted Brussels sprouts in bacon fat
 Snack	Pork rinds + guacamole

Macros (approx): 18g net carbs / 110g protein / 170g fat

Wednesday

 Breakfast	Cream cheese pancakes (cream cheese + eggs) with butter and sugar-free syrup
 Lunch	Bunless cheeseburger with bacon in a lettuce wrap, side salad with ranch
 Dinner	Chicken Alfredo over zucchini noodles with a side of garlic broccoli
 Snack	Celery sticks with almond butter

Macros (approx): 22g net carbs / 125g protein / 175g fat

Thursday

 Breakfast	Sausage & egg breakfast bowl with cheese and avocado
 Lunch	Cobb salad — chicken, bacon, hard-boiled egg, avocado, blue cheese, ranch
 Dinner	Pork chops with creamy mushroom sauce and sautéed green beans
 Snack	String cheese + olives

Macros (approx): 17g net carbs / 135g protein / 170g fat

Friday

 Breakfast	Keto smoothie (coconut milk + spinach + almond butter + collagen + berries)
 Lunch	Shrimp scampi over zucchini noodles in garlic butter
 Dinner	Beef stir-fry with broccoli, bell peppers, coconut aminos, and sesame oil
 Snack	Hard-boiled eggs + everything bagel seasoning

Macros (approx): 21g net carbs / 120g protein / 165g fat

Saturday

 Breakfast	Keto bacon, eggs, and avocado plate with sliced tomato
 Lunch	Chicken Caesar salad (no croutons) with extra parmesan
 Dinner	Slow-cooked pulled pork with coleslaw (sugar-free dressing)
 Snack	Fat bomb (coconut oil + cocoa + erythritol)

Macros (approx): 16g net carbs / 130g protein / 185g fat

Sunday

 Breakfast	Crustless quiche with bacon, cheese, and spinach
 Lunch	Leftover pulled pork over greens with avocado
 Dinner	Roast chicken with herb butter, cauliflower rice pilaf, and roasted radishes
 Snack	Berries with whipped heavy cream (unsweetened)

Macros (approx): 19g net carbs / 125g protein / 175g fat



Starter Grocery List

Proteins

Eggs (3 dozen), bacon, ground beef, ribeye steak, chicken thighs & breasts, salmon, tuna, shrimp, pork chops, pulled pork, sausage

Fats & Dairy

Butter, heavy cream, cream cheese, cheddar, blue cheese, parmesan, string cheese, mayonnaise, MCT oil, olive oil, coconut oil

Low-Carb Vegetables

Spinach, romaine, broccoli, cauliflower, zucchini, asparagus, Brussels sprouts, green beans, bell peppers, celery, mushrooms, avocados

Nuts & Snacks

Macadamia nuts, almonds, pecans, almond butter, pork rinds, olives

Pantry Essentials

Coconut aminos, sugar-free syrup, erythritol, cocoa powder, herbs & spices (salt, pepper, garlic powder, paprika, oregano), fresh garlic, lemons, berries (raspberries, blackberries)



Beginner Tips for Keto Success

1. **Track your macros** the first 2–3 weeks using an app like Carb Manager or MyFitnessPal — precision matters when you're starting out.
2. **Watch for the "keto flu"** — increase electrolytes (sodium, potassium, magnesium) during the first week to ease the transition.
3. **Stay hydrated** — aim for 3+ liters of water daily; ketosis is naturally dehydrating and flushes water weight.
4. **Don't fear fat** — it is your primary fuel source on keto; embrace butter, oils, and fatty cuts of meat.
5. **Read every label** — hidden sugars and carbs lurk in sauces, dressings, deli meats, and "low-fat" products.
6. **Test for ketosis** — use urine strips, breath meters, or blood ketone meters to confirm you're in nutritional ketosis (0.5–3.0 mmol/L).
7. **Be patient** — it can take 2–4 weeks to become fully fat-adapted; energy and mental clarity improve dramatically once you do.

Disclaimer: This meal plan is for general informational purposes only and is not intended as medical advice. Please consult your healthcare provider before starting any new dietary program, especially if you have diabetes, kidney disease, cardiovascular conditions, are pregnant or nursing, or are taking prescription medications. Individual nutritional needs vary — adjust portions and macros to match your goals and activity level.

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