

Kick Start Meal Plan

Your 7-day Kick Start Meal Plan to help guide you as you begin your new ketogenic lifestyle.

Monday

Breakfast: 2 eggs and 2 bacon
Lunch: Turkey & Cheese Rolls ups
Dinner: Roast Chicken w/ cauliflower mash
Snack: Fat Bomb
Snack: Macadamia Nuts

Tuesday

Breakfast: IP Egg Bites
Lunch: Bone Broth & Cobb Salad
Dinner: Baked Salmon w/ asparagus
Snack: Berries w/whipped cream
Snack: Almonds

Wednesday

Breakfast: 2 Sausage & 2 eggs
Lunch: Egg Salad Lettuce Cups
Dinner: Asian Beef Salad
Snack: Almonds & Cheese
Snack: Fat Bomb

Thursday

Breakfast: IP Egg Bites
Lunch: Egg Roll in a Bowl
Dinner: Simple Cod w/ sauteed spinach
Snack: Pepperoni Chips w/Guacamole
Snack: Almonds

Friday

Breakfast: 2 egg Omelet w/feta & spinach
Lunch: Salmon Patties w/ keto coleslaw
Dinner: Zucchini Carbonara
Snack: String Cheese
Snack: Fat Bomb

Saturday

Breakfast: Avocado Egg Bake
Lunch: Chicken Caesar Salad
Dinner: Shrimp Scampi on Filet Mignon
Snack: Celery w/ almond butter
Snack: String Cheese

Sunday

Breakfast: IP Egg Bites
Lunch: Ground Beef Taco Lettuce Wraps
Dinner: IP BBQ Ribs w/ keto coleslaw
Snack: Coconut Chips
Snack: Macadamia Nuts

Alternatives

Breakfast: Breakfast Salad
Lunch: Burger w/cheese on bed of lettuce
Dinner: Salmon Oscar w/asparagus
Snacks: cucumber slices - HB Eggs
Snacks: Cheese Crisps - Seaweed