

# 2-WEEK KETOGENIC DIET MEAL PLAN



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Cottage Cheese w/ Green Onions	Greek Yogurt w/ Handful of Blueberries	Fried Egg w/ Sauteed Peppers & Onions	Mushroom & Cheddar Omelette	Greek Yogurt	Bacon, Eggs & Avocado	Coconut Pancakes w/ Sugar Free Syrup
<b>Snack</b>	Handful of Almonds or Pistachios	Ham and Cheese Slices	2 Hard Boiled Eggs	Tuna Salad on Celery	Parmesan Cheese Crisps	Cottage Cheese	Bulletproof Coffee
<b>Lunch</b>	BLT Lettuce Wrap	Cobb Salad (no corn)	Chicken Ceasar Salad	Broccoli/Bacon Salad	Broccoli and Cheese Soup	Guacamole Egg Salad	Stuffed Fathead Bread
<b>Snack</b>	Hard Boiled Egg	Cherry Peppers stuffed with Cream Cheese	Parmesan Cheese Crisps	Handful of almonds or pistachios	Pork Rinds & Queso Dip	5-minute Chocolate Mousse	Zucchini Chips
<b>Dinner</b>	Pork Chops with Sauteed Vegetables	Cauliflower Rice with Grilled Salmon	Spaghetti w/ Zucchini Noodles & Meatballs	Pepperoni and Cheese Pizza on Fathead Dough	Baked Chicken Thighs w/ Cheesy Asparagus	Steak w/ mashed cauliflower	Keto Vegetable Pot Pie

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Greek Yogurt w/ Handful of Strawberries	Broccoli & Cheese Cauliflower Muffins	Keto Quiche w/ Fathead Crust	Spinach and Feta Omelette	Greek Yogurt	Bacon, Eggs & Tomato Slices	Poached Eggs, Bacon, on an Avocado
<b>Snack</b>	Handful of Pistachios or Almonds	Blueberry Smoothie w/ Almond Milk	Zucchini Chips	Parmesan Cheese Crisps	Bulletproof Coffee	Cottage Cheese	Handful of Pistachios or Almonds
<b>Lunch</b>	Broccoli/Bacon Salad	Egg Salad Lettuce Wrap	Low Carb Pizza Pockets	Chicken Ceasar Salad	Spinach Salad with Goat Cheese	Taco Salad	Keto Chicken Pot Pie
<b>Snack</b>	Bacon Wrapped Pickles	Cherry Peppers stuffed with Cream Cheese	Cottage Cheese	Pork Rinds & Queso Dip	Jalapeno Poppers	Fathead Flatbread w/ Crab Dip	Pork Rinds and Queso Dip
<b>Dinner</b>	Beef Stirfry w/ keto friendly vegetables	Taco Zucchini Boats	Carbonara w/ Zucchini Noodles	Zucchini & Goat Cheese Pizza on Fathead Dough	Sesame Salmon w/ Grilled Asparagus	Pork Chops w/ Roasted Brussel Sprouts & Cheese Sauce	Cauliflower Nachos

\* The Hungry Elephant is not responsible for your weight loss. This is what I used & may not work for everyone. Please follow any eating restrictions from doctors.

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