

2-WEEK KETOGENIC DIET MEAL PLAN



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Snack	Handful of Almonds or Pistachios	Ham and Cheese Slices	2 Hard Boiled Eggs	Tuna Salad on Celery	Parmesan Cheese Crisps	Cottage Cheese	Bulletproof Coffee
Lunch	BLT Lettuce Wrap	Cobb Salad (no corn)	Chicken Ceasar Salad	Broccoli/Bacon Salad	Broccoli and Cheese Soup	Guacamole Egg Salad	Stuffed Fathead Bread
Snack	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
Dinner	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
Breakfast	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
Snack	Handful of Pistachios or Almonds	Blueberry Smoothie w/ Almond Milk	Zucchini Chips	Parmesan Cheese Crisps	Bulletproof Coffee	Cottage Cheese	Handful of Pistachios or Almonds
Lunch	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
Snack	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
Dinner	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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