Start with this **14-day keto meal plan** designed to be:

- Around **20–30g net carbs/day**
- Moderate protein and high healthy fats
- Easy to meal prep
- Uses many of the same ingredients to reduce grocery costs
- Includes breakfast, lunch, dinner, and an optional snack
- Includes recipes and one consolidated grocery list.

14-Day Keto Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
1	Cheese & spinach omelet	Chicken Caesar salad (no croutons)	Garlic butter salmon with broccoli	Macadamia nuts
2	Greek yogurt with walnuts & chia	Turkey lettuce wraps	Beef taco bowls	Celery with cream cheese
3	Bacon & eggs	Leftover taco bowl	Creamy garlic chicken with asparagus	Cheddar cheese
4	Keto smoothie	Cobb salad	Pork chops with cauliflower mash	Pecans
5	Egg muffins	Chicken salad	Shrimp Alfredo over zucchini noodles	Olives
6	Avocado bacon eggs	Leftover shrimp	Cheeseburger casserole	Pork rinds
7	Almond flour pancakes	Chef salad	Roasted chicken thighs with green beans	String cheese
8	Repeat omelet	Buffalo chicken salad	Steak with garlic mushrooms	Mixed nuts
9	Greek yogurt bowl	Egg salad lettuce wraps	Lemon butter salmon	Cucumber slices

10	Egg muffins	Leftover salmon salad	Stuffed bell peppers (no rice)	Cheese cubes
11	Smoothie	Chicken Caesar	Creamy Tuscan chicken	Pepperoni slices
12	Bacon & eggs	Turkey roll-ups	Garlic butter shrimp	Avocado
13	Pancakes	Cobb salad	Slow cooker pot roast	Walnuts
14	Spinach omelet	Chicken salad	Bunless bacon cheeseburgers with roasted Brussels sprouts	Dark chocolate (90%)

Recipes

1. Cheese Spinach Omelet

Ingredients

- 3 eggs
- 1 cup spinach
- ¼ cup cheddar
- 1 tbsp butter

Directions

1. Melt butter.
2. Wilt spinach.
3. Add beaten eggs.
4. Sprinkle cheese.
5. Fold and serve.

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2. Chicken Caesar Salad

Ingredients

- Chicken breast
- Romaine

- Parmesan
- Caesar dressing
- Bacon
- Black pepper

Mix everything together.

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3. Garlic Butter Salmon

Ingredients

- Salmon fillet
- Butter
- Garlic
- Lemon
- Broccoli

Bake salmon at **400°F (205°C)** for about **15 minutes**.

Steam broccoli.

Top salmon with garlic butter.

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4. Beef Taco Bowl

Ingredients

- Ground beef
- Taco seasoning
- Cheddar
- Lettuce
- Sour cream
- Salsa
- Avocado

Brown beef.

Add seasoning.

Serve over lettuce.

Top with remaining ingredients.

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5. Creamy Garlic Chicken

Ingredients

- Chicken thighs
- Heavy cream
- Parmesan
- Garlic
- Butter
- Spinach

Brown chicken.

Make cream sauce.

Add spinach.

Return chicken to pan.

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6. Pork Chops with Cauliflower Mash

Mash

- Steamed cauliflower
- Butter
- Cream cheese
- Salt
- Pepper

Cook pork chops in skillet until internal temperature reaches **145°F (63°C)**.

Serve together.

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7. Shrimp Alfredo Zoodles

Ingredients

- Shrimp
- Zucchini noodles
- Heavy cream
- Parmesan
- Garlic
- Butter

Cook shrimp.

Make Alfredo.

Add zucchini noodles.

Combine.

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8. Cheeseburger Casserole

Ingredients

- Ground beef
- Cream cheese
- Cheddar
- Eggs
- Onion powder
- Garlic powder

Mix.

Bake at **375°F (190°C)** for **25 minutes**.

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9. Roasted Chicken Thighs

Season with

- Olive oil
- Garlic powder
- Paprika
- Salt
- Pepper

Bake at **400°F (205°C)** for **40 minutes**.

Serve with roasted green beans.

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10. Steak with Garlic Mushrooms

Cook steak to desired doneness.

Sauté mushrooms in butter and garlic.

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11. Lemon Butter Salmon

Bake salmon.

Top with

- Butter
- Lemon
- Dill

Serve with asparagus.

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12. Stuffed Bell Peppers

Stuff peppers with

- Ground beef
- Cheese
- Cauliflower rice
- Seasonings

Bake **30 minutes**.

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13. Creamy Tuscan Chicken

Ingredients

- Chicken

- Heavy cream
- Parmesan
- Sun-dried tomatoes
- Spinach
- Garlic

Simmer until thick.

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14. Slow Cooker Pot Roast

Ingredients

- Chuck roast
- Beef broth
- Onion
- Mushrooms
- Butter
- Garlic

Cook on Low for **8 hours**.

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15. Bunless Bacon Cheeseburgers

Top burgers with

- Bacon
- Cheese
- Lettuce
- Tomato
- Pickles
- Mustard

Serve with roasted Brussels sprouts.

Breakfast Extras

Egg Muffins

Mix

- Eggs
- Bacon
- Cheese
- Spinach

Bake at **350°F (175°C)** for **20 minutes**.

Keto Smoothie

Blend

- Unsweetened almond milk
- Spinach
- Avocado
- Protein powder (low-carb)
- Peanut butter
- Ice

Almond Flour Pancakes

Mix

- 2 eggs
- ½ cup almond flour
- 1 tsp baking powder
- 2 tbsp cream cheese

Cook like pancakes.

Grocery List

Meat

- 4 lb chicken breasts
- 4 lb chicken thighs

- 3 lb ground beef
- 2 lb salmon
- 2 lb shrimp
- 2 pork chops
- 2 ribeye or sirloin steaks
- 3 lb chuck roast
- 2 lb bacon
- Turkey deli meat
- Pepperoni

Dairy

- 3 dozen eggs
- Cheddar cheese
- Parmesan
- Mozzarella
- Cream cheese
- Heavy cream
- Butter
- String cheese
- Sour cream
- Plain full-fat Greek yogurt

Vegetables

- Spinach (large container)
- Romaine lettuce
- Mixed salad greens
- Broccoli
- Cauliflower
- Asparagus
- Green beans
- Brussels sprouts
- Zucchini (6)
- Bell peppers (4)
- Mushrooms
- Garlic
- Onions
- Cucumbers

- Avocados (8)
- Lemons

Pantry

- Olive oil
- Avocado oil
- Chia seeds
- Walnuts
- Pecans
- Almond flour
- Baking powder
- Pork rinds
- Macadamia nuts
- Mixed nuts
- Salsa
- Caesar dressing
- Taco seasoning
- Paprika
- Garlic powder
- Onion powder
- Italian seasoning
- Dill
- Salt
- Black pepper
- Mustard
- Pickles
- Sugar-free peanut butter
- 90% dark chocolate
- Beef broth
- Sun-dried tomatoes (no added sugar)

Weekly Meal Prep Tips

- Cook several pounds of chicken at the start of the week.
- Brown all ground beef at once and portion it.
- Prepare 12–18 egg muffins for grab-and-go breakfasts.
- Wash and chop vegetables in advance.
- Make cauliflower mash and refrigerate for up to 4 days.

- Portion nuts and cheese into snack bags to avoid overeating.
- Freeze extra cooked meals in individual containers for busy days.

This plan provides a wide variety of meals while reusing ingredients efficiently, making it easier to stay on a ketogenic diet without excessive food waste or daily cooking.