

Low Carb / High Fat One Week Meal Plan

KETOSIDEDISHES.COM

Monday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: Hard boiled egg diced & mixed with 1 Tablespoon Duke's Mayonnaise

Lunch: 2 handfuls of organic mixed greens with Marie's blue cheese dressing, 3 cherry tomatoes, 2 slices Boar's Head Roast Beef, rolled up & cut into little rounds, 1T Parmesan cheese

Snack: 2 slices bacon, 1 ounce of Sartori Merlot cheese

Dinner: 1 Chicken breast with homemade Alfredo sauce, 6 spears asparagus

Tuesday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: 6 slices cucumber with 1 teaspoon each Buffalo Chicken Dip

Lunch: 2 handfuls of organic mixed greens with Marie's blue cheese dressing, 1/2 chicken breast diced

Snack: 1oz Sartori cheese, 10 slices pepperoni

Dinner: Steak with herbed butter on top (Kerrygold sells an herbed butter at most high end grocery stores), 1/2 cup roasted broccoli with melted butter on top.

Wednesday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: 6 slices cucumber with 1 teaspoon each Buffalo Chicken Dip

Lunch: 2 handfuls of organic mixed greens with Marie's blue cheese dressing, topped with 1 can oil-packed tuna fish mixed with 2T Duke's Mayo, 3 cherry tomatoes

Snack: 2 slices bacon, coffee w/heavy whipping cream

Dinner: Cod (or other white, flaky fish) with Macaroni Grill's lemon butter sauce, 6 bacon roasted brussels sprouts.

Thursday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: 1 hard boiled egg mixed with 1T Duke's Mayonnaise

Lunch: 2 handfuls of organic mixed greens with olive oil and salt topped with leftover fish, 3 cherry tomatoes, 5 cucumber slices

Snack: 2 slices bacon, 1 ounce Sartori cheese

Dinner: Taco Salad with ground beef & homemade taco seasoning, lettuce, 2T Sour cream, 2T sugar free salsa, grated cheese,

Friday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: 10 slices pepperoni, 1oz Sartori Cheese

Lunch: Leftover taco salad

Snack: 6 slices cucumber with 1 teaspoon each Buffalo Chicken Dip

Dinner: Bunless Cheeseburger, 1 handful salad with Marie's Blue Cheese dressing

Saturday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: 1oz Sartori Cheese, hard boiled egg

Lunch: 2 handfuls of organic mixed greens with Marie's Blue Cheese dressing, 1/2 cheeseburger patty, 6 slices cucumber, 3 cherry tomatoes

Snack: Coffee w/Heavy Whipping Cream, 2 slices bacon

Dinner: Chicken Wings with homemade wing sauce: (1/2 cup Frank's Red Hot mixed with 2T butter & 1 teaspoon apple cider vinegar), 1 large handful salad with Marie's Blue Cheese dressing

Sunday:

Breakfast: 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

Snack: 2 slices Boar's Head roast beef & 2 slices cheese rolled up together.

Lunch: 2 handfuls of organic mixed greens with Marie's Blue Cheese dressing, 1 can oil packed tuna, 2 cherry tomatoes, 4 slices cucumber

Snack: hard boiled egg diced & mixed with 1T Duke's Mayonnaise

Dinner: Chicken breasts pounded flat, salt & peppered on both sides, topped with pepperoni and cheese then rolled up and baked for 30 minutes, roasted broccoli with melted butter on top.

This meal plan was not prepared by a medical professional, and is not to be taken as professional medical advice. It is intended to illustrate simply what the preparer eats on a weekly basis according to her doctor's nutritional advice.