

# 2-WEEK **KETO** DIET PLAN

The ketogenic diet is a high-fat, low-carbohydrate diet designed to induce ketosis, a metabolic state where your body uses fat as its primary source of energy instead of carbohydrates. This diet has been shown to aid in weight loss, improve blood sugar control, and increase energy levels.



<b>CARBOHYDRATES:</b> <b>5-10%</b> of total daily calories	<b>PROTEINS:</b> <b>20-25%</b> of total daily calories	<b>FATS:</b> <b>70-75%</b> of total daily calories	<b>AVOID:</b> Sugars, grains, high-carb fruits, and starchy vegetables	<b>INCLUDE:</b> Leafy greens, non-starchy vegetables, high-quality fats, and proteins
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## W E E K 1



### BREAKFAST:



### LUNCH:



### DINNER:



### SNACKS:

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 01	Scrambled eggs with spinach and feta (350 kcal)	Chicken salad with avocado, lettuce, and olive oil dressing (450 kcal)	Grilled salmon with asparagus and butter (600 kcal)	Almonds (200 kcal), celery sticks with cream cheese (150 kcal)
DAY 02	Greek yogurt with chia seeds and a few raspberries (300 kcal)	Zucchini noodles with pesto and grilled chicken (450 kcal)	Beef stir-fry with broccoli and bell peppers (600 kcal)	Cheese slices (200 kcal), cucumber slices with guacamole (150 kcal)
DAY 03	Avocado and bacon omelet (400 kcal)	Tuna salad with mixed greens and olive oil dressing (450 kcal)	Pork chops with cauliflower mash (550 kcal)	Macadamia nuts (200 kcal), bell pepper slices with hummus (150 kcal)
DAY 04	Keto smoothie with spinach, avocado, and unsweetened almond milk (350 kcal)	Cobb salad with turkey, bacon, egg, and blue cheese (500 kcal)	Baked chicken thighs with Brussels sprouts (600 kcal)	Walnuts (200 kcal), radishes with butter (100 kcal)
DAY 05	Coconut flour pancakes with butter and a few blueberries (350 kcal)	Egg salad lettuce wraps (400 kcal)	Shrimp stir-fry with zucchini and mushrooms (500 kcal)	Pecans (200 kcal), cherry tomatoes with mozzarella (150 kcal)
DAY 06	Keto chia pudding with coconut milk and a few blackberries (300 kcal)	Caesar salad with grilled chicken and Parmesan (450 kcal)	Lamb chops with roasted eggplant (600 kcal)	Brazil nuts (200 kcal), olives (150 kcal)
DAY 07	Breakfast sausage with sautéed kale (400 kcal)	BLT salad with avocado (450 kcal)	Baked cod with sautéed spinach (500 kcal)	Hazelnuts (200 kcal), sliced bell peppers with ranch dressing (150 kcal)



**BREAKFAST:**



**LUNCH:**



**DINNER:**



**SNACKS:**

DAY 08

Keto egg muffins with cheese and ham (350 kcal)

Grilled chicken Caesar salad (450 kcal)

Beef and broccoli stir-fry (600 kcal)

Almond butter (200 kcal), cucumber slices (50 kcal)

DAY 09

Bulletproof coffee and a handful of nuts (400 kcal)

Smoked salmon with avocado and arugula (450 kcal)

Pork tenderloin with roasted Brussels sprouts (550 kcal)

Pumpkin seeds (200 kcal), celery sticks with almond butter (150 kcal)

DAY 10

Keto avocado toast (using almond flour bread) (350 kcal)

Turkey and cheese roll-ups with lettuce (400 kcal)

Chicken curry with cauliflower rice (600 kcal)

Sunflower seeds (200 kcal), cherry tomatoes (50 kcal)

DAY 11

Cheese omelet with mushrooms (350 kcal)

Spinach salad with bacon and hard-boiled eggs (400 kcal)

Grilled shrimp with a side of mixed vegetables (500 kcal)

Pecans (200 kcal), pickles (50 kcal)

DAY 12

Keto breakfast casserole with sausage and cheese (400 kcal)

Greek salad with olives, feta, and grilled chicken (450 kcal)

Baked salmon with a side of sautéed kale (500 kcal)

Cashews (200 kcal), jicama sticks (50 kcal)

DAY 13

Low-carb yogurt with flax seeds and a few raspberries (300 kcal)

Chicken and avocado lettuce wraps (400 kcal)

Beef stew with low-carb vegetables (600 kcal)

Pistachios (200 kcal), zucchini slices with guacamole (150 kcal)

DAY 14

Keto smoothie with coconut milk, spinach, and a few strawberries (350 kcal)

Shrimp salad with avocado and mixed greens (450 kcal)

Pork chops with sautéed green beans (550 kcal)

Almonds (200 kcal), bell pepper slices with hummus (150 kcal)

**TIPS FOR SUCCESS**

**HYDRATION:**

Drink plenty of water to stay hydrated and help with ketosis.

**ELECTROLYTES:**

Ensure you get enough sodium, potassium, and magnesium to avoid keto flu symptoms

**MONITORING:**

Track your macros and ketone levels to ensure you are staying within the desired range.

**ADAPTATION:**

Allow your body time to adapt to the keto diet, which may take a few days to a week.

**REFERENCES**

- Westman, E. C., Phinney, S. D., & Volek, J. S. (2010). The New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great.
- Phinney, S. D., & Volek, J. S. (2011). The Art and Science of Low Carbohydrate Living.
- Feinman, R. D., et al. (2015). Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base. Nutrition, 31(1), 1-13.



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