

# ketoclub™

## 7 DAY MEAL PLAN

TRADITIONAL KETOGENIC DIET



# 7 DAY MEAL PLAN

TRADITIONAL KETOGENIC DIET

ketclub™

1200 calories

1500 calories

1800 calories

MEAL 1

2 large eggs, ¼ cup chopped peppers, 2 sausage links

3 large eggs, ¼ cup chopped peppers, 2 sausage links

3 large eggs, ¼ cup chopped peppers, 3 sausage links

MEAL 2

1 avocado, 4oz salmon, ½ tbsp olive oil

1 avocado, 4oz salmon, 1 tbsp olive oil

1 avocado, 8 oz salmon, 1 tbsp olive oil

MEAL 3

2/3 cup riced cauliflower, 3oz nonbreaded buffalo chicken, 2 tbsp blue cheese dressing

1 cup riced cauliflower, 4 oz nonbreaded buffalo chicken, 3 tbsp blue cheese dressing

1 cup riced cauliflower, 5 oz nonbreaded buffalo chicken, 3 tbsp blue cheese dressings

SNACK

1 string cheese

2 string cheeses

2 string cheeses

TOTAL

1,218 calories  
69g protein, 24g carbs, 14g fiber, 94g fat

1,478 calories  
86g protein, 27g carbs, 14g fiber, 114g fat

1,816 calories  
119g protein, 29g carbs, 14g fiber, 136g fat

DAY 2

# 7 DAY MEAL PLAN

TRADITIONAL KETOGENIC DIET

ketclub™

1200 calories

1500 calories

1800 calories

MEAL 1

2 large eggs,  
1 bacon slice, 1  
tbsp butter

2 large eggs,  
1 bacon slice, 1  
tbsp butter

3 large eggs, 2  
bacon slices, 1  
tbsp butter

MEAL 2

3 cups spinach, 3 oz  
rotisserie chicken, 50g  
avocado, 1 tbsp oil  
vinaigrette

3 cups spinach, 4oz  
rotisserie chicken, 50g  
avocado, 2 tbsp oil  
vinaigrette

3 cups spinach, 6oz  
rotisserie chicken,  
50 g avocado, 2  
tbsp oil vinaigrette

MEAL 3

6 oz ribeye, ½ cup  
broccoli

6 oz ribeye, 2 cups  
broccoli, ½  
shredded cheese

6 oz ribeye, 1 ½  
cups broccoli, ¼  
cup shredded  
cheese

SNACK

1/2 oz almonds

1 oz almonds

1 oz almonds

TOTAL

1,203 calories  
69g protein, 18g  
carbs, 6g fiber,  
95g fat

1,510 calories  
89g protein, 32g  
carbs, 14g fiber,  
114g fat

1,787 calories  
101g protein, 33g  
carbs, 17g fiber,  
139g fat

DAY 1

# 7 DAY MEAL PLAN

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1200 calories

1500 calories

1800 calories

MEAL 1

4 keto pancakes\*, 1  
tbsp butter, 2 tbsp  
sugar-free syrup

4 keto pancakes\*, 2  
tbsp butter, 2 tbsp  
sugar-free syrup

5 keto pancakes\*,  
2 tbsp butter, 2  
tbsp sugar free  
syrup

MEAL 2

1 cup salad mix, 1 tbsp  
bacon bits, 1 boiled egg,  
3oz grilled chicken, 2  
tbsp ranch dressing

2 cups salad mix, 2 tbsp  
bacon bits, 1 boiled egg,  
4oz grilled chicken, 2  
tbsp ranch dressing

2 cups salad mix, 2 tbsp  
bacon bits, 2 boiled eggs,  
5oz grilled chicken, 2 tbsp  
ranch dressing

MEAL 3

fajitas- 4oz beef tips,  
¼ cup mixed peppers,  
¼ cup chopped onion,  
2 tbsp olive oil

fajitas- 5oz beef tips,  
¼ cup mixed peppers,  
¼ cup chopped onion,  
1.5 tbsp olive oil

fajitas- 6oz beef tips,  
¼ cup mixed peppers,  
¼ cup chopped onion,  
2 tbsp olive oil

SNACK

14g chicharrones

14g chicharrones

14g chicharrones

TOTAL

1,194 calories  
75g protein, 21g  
carbs, 7g fiber, 90g  
fat

1,499 calories  
92g protein, 24g  
carbs, 8g fiber,  
115g fat

1,783 calories  
114g protein, 26g  
carbs, 9g fiber,  
137g fat

\*Recipe on KetoDiet.com: <https://www.ketodiet.com/recipes/low-carb-almond-pancakes/>

## DAY 3

# 7 DAY MEAL PLAN

TRADITIONAL KETOGENIC DIET



1200 calories

1500 calories

1800 calories

MEAL 1

keto acai bowl\* topped with 1 oz sugar-free whipped cream

keto acai bowl\* topped with 2 oz sugar-free whipped cream

keto acai bowl\* topped with 2 oz sugar-free whipped cream

MEAL 2

1 zucchini, 4 oz 73% lean ground beef, ¼ cup shredded cheese

1 zucchini, 4.5 oz 73% lean ground beef, 1/3 cup shredded cheese

1 zucchini, 5.5 oz 73% lean ground beef, 1/2 cup shredded cheese

MEAL 3

4 oz beef meatballs, 8 oz shirataki noodles, ¼ cup no sugar added pasta sauce

5 oz beef meatballs, 8 oz shirataki noodles, ¼ cup no sugar added pasta sauce

6 oz beef meatballs, 8 oz shirataki noodles, ¼ cup no sugar added pasta sauce, ½ oz Parmesan cheese

SNACK

1 sugar-free Jello cups and ½ oz sugar-free whipped cream

1 sugar-free Jello cups and ½ oz sugar-free whipped cream

1 sugar-free Jello cups and ½ oz sugar-free whipped cream

TOTAL

1,207 calories  
61g protein, 27g carbs, 14g fiber, 95g fat

1,473 calories  
69g protein, 27g carbs, 14g fiber, 121g fat

1,782 calories  
89g protein, 28g carbs, 14g fiber, 146g fat

\*Recipe at

[ketoclub.com/recipe/](https://www.ketoclub.com/recipe/)

[ketoclub.com/bowl/](https://www.ketoclub.com/recipe/bowl/)

DAY 4

# 7 DAY MEAL PLAN

TRADITIONAL KETOGENIC DIET



1200 calories

1500 calories

1800 calories

MEAL 1

omelet- 3 eggs, 1  
tbsp butter, 1 cup  
spinach, 1 tbsp bacon  
bits, ¼ cup cheese

omelet- 3 eggs, 2  
tbsp butter, 1 cup  
spinach, 1 tbsp bacon  
bits, ¼ cup cheese

omelet- 4 eggs, 2  
tbsp butter, 1 cup  
spinach, 2 tbsp bacon  
bits, ¼ cup cheese

MEAL 2

4 oz salmon, 1 cup  
broccoli, 1 oz cheese

4 oz salmon, 1 cup  
broccoli, 1 oz  
cheese

4 oz salmon, 1 cup  
broccoli, 1.5 oz  
cheese

MEAL 3

3 slices of keto pizza\*

½ keto pizza\*

½ keto pizza\*

SNACK

25g raspberries

50g raspberries

50g raspberries

TOTAL

1,210 calories  
81g protein, 19g  
carbs, 8g fiber, 90g  
fat

1,500 calories  
98g protein, 25g  
carbs, 10g fiber,  
112g fat

1,830 calories  
131g protein, 25g  
carbs, 10g fiber  
134g

\*Recipe on keto

com/recipes

low-carb-head-dough

DAY 5

# 7 DAY MEAL PLAN

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1200 calories

1500 calories

1800 calories

MEAL 1

1 no-sugar-added yogurt cup, 1 tbsp coconut oil, 1 tbsp chia seeds, 25g raspberries

1 no-sugar-added yogurt cup, 1 tbsp coconut oil, 2 tbsp chia seeds, 25g raspberries

1 no-sugar-added yogurt cups, 1 tbsp coconut oil, 2 tbsp chia seeds, 25 g raspberries

MEAL 2

5 oz burger patty, 1 bacon slice, 2 lettuce (bun) pieces, 1 cheese slice, 1 tbsp sugar-free ketchup

5 oz burger patty, 2 bacon slices, 2 pieces of lettuce (bun), 2 cheese slices, 1 tbsp sugar-free ketchup

5 oz burger patty, 2 bacon slices, 2 pieces of lettuce (bun), 1 slice cheese, 1 tbsp sugar-free ketchup

MEAL 3

3 oz pork lion chop, 1 tbsp butter, 6 asparagus spears, 1 tbsp Parmesan cheese

3 oz pork lion chop, 1 tbsp butter, 8 asparagus spears, 2 tbsp Parmesan cheese

6 oz pork lion chop, 1 tbsp butter, 6 asparagus spears, 1 tbsp Parmesan cheese

SNACK

1 tbsp no sugar added almond butter

2 tbsp no sugar added almond butter

3 tbsp no sugar added almond butter

TOTAL

1,211 calories  
86g protein, 21g carbs, 10g fiber, 87g fat

1,424 calories  
100g protein, 31g carbs, 18g fiber, 109g fat

1,800 calories  
127g protein, 35g carbs, 30g fiber, 128g fat

DAY 6

# 7 DAY MEAL PLAN

TRADITIONAL KETOGENIC DIET

ketclub™



1200 calories

1500 calories

1800 calories

MEAL 1

1 avocado filled with  
2 eggs

1 avocado filled  
with 2 fried eggs, 1  
tbsp olive oil

1 avocado filled  
with 2 fried eggs,  
1 tbsp olive oil

MEAL 2

2 cups spring mix,  
2 oz tuna, 2 tbsp  
ranch dressing

2 cups spring mix,  
3 oz tuna, 2 tbsp  
ranch dressing

2 cups spring  
mix, 4 oz tuna, 2  
tbsp ranch  
dressing

MEAL 3

4 oz New York  
strip, ¼ cup keto  
green bean  
casserole\*

4 oz New York  
strip, ½ cup keto  
green bean  
casserole\*

6 oz New York  
Strip, ½ cup keto  
green bean  
casserole\*

SNACK

¼ cup pumpkin  
seeds

¼ cup pumpkin  
seeds

½ cup pumpkin  
seeds

TOTAL

1,195 calories  
67g protein, 27g  
carbs, 14g fiber, 91g  
fat

1,511 calories  
79g protein, 31g  
carbs, 16g fiber,  
119g fat

1,838 calories  
104g protein, 36g  
carbs, 18g fiber,  
142g fat

DAY 7





## **Disclaimer**

Exact calories and macronutrients may vary based on brand. Always opt for the sugar-free, low-carb, natural options.

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#### KETO CLUB 7-DAY MEAL PLAN

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