



# SAVVY KETO

*SMART KETO. ZERO NONSENSE.*

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## 7-Day Keto Meal Plan with Macros and Daily Net Carbs

### **Day 1** (Total Net Carbs: 16g)

Breakfast: Scrambled eggs with spinach and feta (4g net carbs)

Lunch: Chicken salad lettuce wraps with avocado (5g net carbs)

Dinner: Keto Cauliflower Mac and Cheese Casserole (5g net carbs)

Snack: Handful of almonds (2g net carbs)

### **Day 2** (Total Net Carbs: 16g)

Breakfast: Chia pudding with almond milk and raspberries (6g net carbs)

Lunch: Leftover casserole with grilled chicken (5g net carbs)

Dinner: Garlic butter shrimp with zoodles (4g net carbs)

Snack: Hard-boiled eggs (1g net carbs)

### **Day 3** (Total Net Carbs: 15g)

Breakfast: Bacon and egg muffins (2g net carbs)

Lunch: Cobb salad with blue cheese and ranch (6g net carbs)

Dinner: Pan-seared salmon with asparagus and lemon aioli (4g net carbs)

Snack: Celery with peanut butter (3g net carbs)

### **Day 4** (Total Net Carbs: 15g)

Breakfast: Greek yogurt with chia seeds and cinnamon (4g net carbs)

Lunch: Tuna-stuffed avocado halves (3g net carbs)

Dinner: Mac and Cheese Casserole leftovers with salad (6g net carbs)

Snack: Cheese stick and olives (2g net carbs)

### **Day 5** (Total Net Carbs: 18g)

Breakfast: Omelet with mushrooms, onions, and cheddar (5g net carbs)

Lunch: Bun-less burger bowl (6g net carbs)

Dinner: Baked chicken thighs with cauliflower mash and green beans (5g net carbs)

Snack: Cucumber with ranch dip (2g net carbs)

**Day 6** (Total Net Carbs: 17g)

Breakfast: Almond flour pancakes with sugar-free syrup (4g net carbs)

Lunch: Zucchini boats with ground turkey and cheese (5g net carbs)

Dinner: Keto taco bowl (6g net carbs)

Snack: Macadamia nuts (2g net carbs)

**Day 7** (Total Net Carbs: 17g)

Breakfast: Smoothie with protein powder, coconut milk, spinach, almond butter (5g net carbs)

Lunch: Egg salad over greens with sunflower seeds (4g net carbs)

Dinner: Keto chili topped with cheddar and sour cream (6g net carbs)

Snack: Pork rinds with guacamole (2g net carbs)

**Shopping List**

- **Proteins:** Eggs, chicken thighs, ground beef, turkey, salmon, shrimp, bacon, tuna, protein powder
- **Dairy:** Cheddar cheese, cream cheese, mozzarella, feta, blue cheese, Greek yogurt, sour cream, heavy cream
- **Veggies:** Cauliflower, spinach, zucchini, lettuce, tomatoes, onions, mushrooms, asparagus, green beans
- **Fats:** Avocados, almond butter, peanut butter, olive oil, butter, coconut milk
- **Pantry:** Almond flour, chia seeds, pork rinds, sunflower seeds, sugar-free syrup, Dijon mustard, spices

 **Hungry for More?**

This is just one week — I've got plenty more where that came from.

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**Let's make keto simple, satisfying, and seriously good.**