

Sample Keto Diet

	Breakfast	Lunch	Dinner	Snack
Monday	Keto Pancakes Blueberry Syrup Fried Egg	Lettuce with Ranch Cherry Tomatoes Chicken Strips	Ribeye Bagged Salad Salsa & Sour Cream Dressing	Cello Wisps
Tuesday	Fried Egg Avocado	Salad Hardboiled Egg Raspberry Vinaigrette	Avocado Beef Bombs	
Wednesday	Poached Eggs Bacon	Salad Sour Cream/Salsa Chicken Strips	Bacon Cheeseburger Soup	Avocado
Thursday	Scrambled Eggs	Brussels Sprouts Casserole	Sloppy Joe Salad	Fat Bombs
Friday	Scrambled Eggs Bacon Avocado	Lettuce with Ranch Cherry Tomatoes Chicken Strips	Low Carb Pepperoni Pizza Sugar Free Marinara Sauce	
Saturday	Scrambled Eggs Bacon Avocado	Salad Sour Cream/Salsa Cheddar Cheese	Ribeye Salad with Ranch Avocado	Ice Cream
Sunday	Low Carb Biscuits Scrambled Eggs Bacon Cheddar Cheese	Beef Casserole Salad with Ranch	Spaghetti Squash Bowls	Fat Bombs

[For full recipes, visit isavea2z.com/keto-sample-menu](https://isavea2z.com/keto-sample-menu)