

# 7 DAY KICKSTART KETO

## MEAL PLAN

Done For You & Very Delicious  
7 Day Meal Plan With Recipes



IGNITE FAT BURNING WITH FOOD

# WELCOME!

Welcome to the 7 Day Easy Keto Meal Plan!

I am so pleased that you have decided to use my meal plan to explore keto! On this plan you will not only lose weight but also you will feel better in general. Some of the additional benefits of this plan include increased energy, enhanced mood, increased mental focus, reduced cravings for sweets, better skin and less acne.

The 7 Day Easy Keto Meal Plan was created, after being yo-yo dieting for several years. I have finally managed to lose the most weight in the shortest period by eating healthy whole foods and never being hungry.

The reason why 7 Day Easy Keto Meal Plan has been so successful is that it is simple, effective and very delicious. I wanted to make keto easy, so that you get amazing results fast and enjoy every minute of this process. You save your time, energy and money and focus on your life rather than a diet.

Simply follow my plan and you will very soon turn your body into a fat burning machine! I wish you all the very best in your transformation journey!

Sincerely yours,

*Laura Silver*

# MEAL PLAN EXPLAINED

The structure of the meal plan is the following.

- **7 Day meal plan** listing all the meals that you are going to eat during the next 7 days. I suggest you print it and put it somewhere you're going to see like on the front of a fridge or on a whiteboard in the kitchen.
- **Shopping list** for the 7 Days.
- **Recipes** in a chronological order for the upcoming week with pictures, directions and nutrition value.

This meal plan starts on Monday. However, feel free to start any day you want.

It includes **3 meals per day: breakfast, lunch, and dinner**. You will cook twice a day. Lunch will be leftovers from yesterday's dinner. So, you will save lots of time and money.

Breakfast is very quick like scrambled eggs, bacon and egg or one of other quick delicious options.

**Every meal takes 30 minutes or less to cook**. These are all delicious meals which I cook for myself and my family regularly. I provided photos and detailed directions for each meal.

All the meals contain **few simple and easy-to-find ingredients**. You don't need to buy any special and expensive products. Only real and affordable food!

All recipes **include macro nutrients and calories**. I have done all the hard calculations for you, so you don't have to figure out by yourself. Daily plan and **all the meals are 100 percent keto-compliant** and were designed to be 70-80% fat, 15-25% protein, and around 5% carbs(20 gr or less net carbs per day). This ratio is highly effective for weight loss.

**The daily caloric goal is 1600 calories**, give or take 100 calories. If your caloric needs are higher or lower, adjust accordingly with some ingredients in the meal by simply taking out or adding a bit more. Additionally, you can always use an extra tablespoon of oil or butter to get an extra 100 calories.

**7 Day Shopping list is included for each week**. Just print it and take with you to your grocery store. As my plan starts on Monday, I suggest you to go shopping on Saturday or Sunday.

After you complete a 7 Day round, you can then extend and reuse the meal plan and receipts as many times as you want. Once you get familiar, you can also make your own meal plan or swap out recipes. I included an empty meal plan template for your convenience.

Enjoy your meals!

**And don't forget to drink plenty of water too, at least eight glasses a day.**



**KETO MEAL PLAN  
7 DAYS**



MEAL PLAN: 7 DAYS

| 1            | BREAKFAST MEAL 1           | LUNCH MEAL 2                               | DINNER MEAL 3                          | NUTRITION                                            |
|--------------|----------------------------|--------------------------------------------|----------------------------------------|------------------------------------------------------|
| DAY 1<br>MON | EGGS WITH BACON AND TOMATO | TURKEY PLATE WITH AVOCADO AND CREAM CHEESE | FRIED SALMON AND GREEN BEANS           | NET CARBS: 3% (13g) FAT: 80% PROTEIN: 17% KCAL: 1554 |
| DAY 2<br>TUE | MUSHROOM AND CHEESE OMELET | FRIED SALMON AND GREEN BEANS               | CAULIFLOWER CHEESE                     | NET CARBS: 5% (21g) FAT: 78% PROTEIN: 17% KCAL: 1674 |
| DAY 3<br>WED | BLUEBERRY SMOOTHIE         | CAULIFLOWER CHEESE                         | CREAMY CHICKEN MEAT-BALLS AND BROCCOLI | NET CARBS: 7% (30g) FAT: 79% PROTEIN: 14% KCAL: 1647 |
| DAY 4<br>THU | SCRAMBLED EGGS             | CREAMY CHICKEN MEATBALLS AND BROCCOLI      | CLASSIC GREEK SALAD                    | NET CARBS: 6% (25g) FAT: 78% PROTEIN: 16% KCAL: 1638 |
| DAY 5<br>FRI | CHEESE AND BUTTER ROLLS    | CLASSIC GREEK SALAD                        | KETO BURGER                            | NET CARBS: 6% (27g) FAT: 75% PROTEIN: 19% KCAL: 1814 |
| DAY 6<br>SAT | CAULIFLOWER PANCAKES       | KETO BURGER                                | BROCCOLI SOUP AND CHEDDAR CHEESE       | NET CARBS: 5% (23g) FAT: 77% PROTEIN: 18% KCAL: 1695 |
| DAY 7<br>SUN | KETO BLUEBERRY PANCAKES    | BROCCOLI SOUP AND CHEDDAR CHEESE           | HALLOUMI CHEESE IN BACON               | NET CARBS: 5% (21g) FAT: 80% PROTEIN: 15% KCAL: 1685 |

## SHOPPING LIST: WEEK ONE

### DAIRY

- Butter, 11 oz.
- Cheddar cheese, 5 oz.
- Cream cheese, 8 ½ oz.
- Feta cheese, 7 oz.
- Halloumi cheese, 8 oz.
- Heavy whipping cream, 12 fl. oz.
- Parmesan cheese, 1 oz.
- Shredded cheese, 4 oz.

### FATS AND OILS

- Olive oil

### PANTRY

- Coconut milk, 7 oz.
- Black olives, 1¼ oz.
- Tomato paste

### VEGETABLES AND FRUITS

- Avocados, 1½
- Broccoli, 1½ lbs
- Cauliflower, 1 lb
- Cucumber, 5 ½ oz.
- Fresh blueberries, 2 oz.
- Fresh green beans, 9 oz.
- Fresh basil, 1 oz.
- Fresh jalapeño, 1
- Lettuce, 2
- Mushrooms, 2 ½ oz.
- Red bell pepper, ½
- Red onion, 1
- Tomato, 5
- Cherry tomatoes, 4

### SEASONINGS

- Dried basil
- Dried oregano
- Garlic powder
- Pepper
- Salt

### BAKING

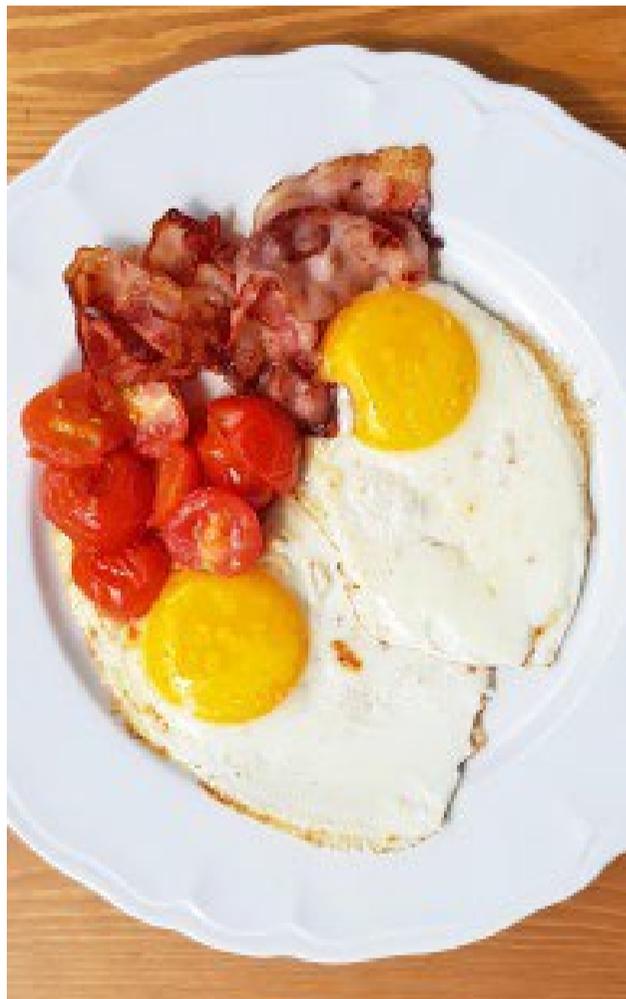
- Almond flour, 1 oz.
- Baking powder
- Oat fiber, 1 oz.
- Vanilla extract

### PROTEINS

- Bacon, 7 oz.
- Deli turkey, 6 oz.
- Eggs, 10
- Ground beef, 1 lb
- Ground chicken, 11 oz.
- Salmon, 9 oz.

# EGGS WITH BACON AND TOMATO

MONDAY BREAKFAST



## INGREDIENTS

1 SERVING

2 eggs  
1¼ oz. bacon, in slices  
4 cherry tomatoes  
fresh parsley  
salt and pepper

## DIRECTIONS

Fry the bacon in a pan until crispy.

Crack eggs into the bacon.

Cut the cherry tomatoes in half and fry them at the same time.

Add parsley, salt and pepper.

Net carbs: 1 g  
Fat: 24 g  
Protein: 15 g  
Calories: 273

# TURKEY PLATE WITH AVOCADO AND CHEESE

MONDAY LUNCH



## INGREDIENTS

1 SERVING

6 oz. deli turkey  
1 avocado, sliced  
2 oz. lettuce  
3oz. cream cheese  
4 tbsp olive oil  
salt and pepper

## DIRECTIONS

Put the turkey, sliced avocado, lettuce and cream cheese on a plate.

Sprinkle olive oil on the vegetables and season to taste with salt and pepper.

Net carbs: 6 g  
Fat: 59 g  
Protein: 16 g  
Calories: 625

# FRIED SALMON AND GREEN BEANS

MONDAY DINNER AND TUESDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

9 oz. fresh green beans  
3 ½ oz. butter  
9 oz. salmon in portion pieces  
salt and pepper

## DIRECTIONS

Heat up butter in a frying pan.

Fry the green beans over medium heat for 3-4 minutes. Season with salt and pepper to taste. Move the beans over to one side of the frying pan.

If necessary, add more butter and fry the pieces of salmon for a couple of minutes on each side. Stir the beans every now and then. Lower the heat towards the end.

Season the salmon and serve with the remaining butter.

Net carbs: 6 g  
Fat: 59 g  
Protein: 27 g  
Calories: 656

# MUSHROOM AND CHEESE OMELET

TUESDAY BREAKFAST



## INGREDIENTS

### 1 SERVING

3 eggs  
1 oz. butter,  
1 oz. shredded cheese  
4 mushrooms  
salt and pepper

## DIRECTIONS

Crack the eggs into a large bowl. Add a pinch of salt and pepper. Whisk the eggs with a fork until smooth.

Melt butter in a frying pan.

Pour in the egg mixture.

When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese and mushrooms on top.

Net carbs: 4 g  
Fat: 44 g  
Protein: 24 g  
Calories: 511

# CAULIFLOWER CHEESE

TUESDAY DINNER AND WEDNESDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

1/3 lb frozen or fresh broccoli, cut into florets  
2 1/3 oz. cream cheese  
1/3 cup heavy whipping cream  
1 oz. butter  
1 tsp garlic powder  
2/3 lb cauliflower, cut into small florets  
2/3 cup shredded cheese  
salt and pepper

Net carbs: 11 g  
Fat: 44 g  
Protein: 17 g  
Calories: 507

## DIRECTIONS

Preheat the oven to 350°F (180°C).

Place broccoli florets in a pot. Add water until covered and boil until the broccoli is fork tender.

Strain broccoli and remove the water. Add the cream cheese, heavy whipping cream, butter, salt, pepper and garlic powder to the broccoli pot and puree with a blender.

Add cauliflower florets to a greased baking dish.

Pour the broccoli mixture over the florets and top with cheese. Bake in oven for 40 minutes.

# BLUBBERRY SMOOTHIE

WEDNESDAY BREAKFAST



## INGREDIENTS

### 1 SERVING

7 oz. coconut milk  
1/4 cup fresh blueberries  
1/4 tsp vanilla extract

Net carbs: 10 g  
Fat: 43 g  
Protein: 4 g  
Calories: 415

## DIRECTIONS

Place all ingredients in a blender and mix until smooth.

If desired, add 1 tablespoon of coconut oil for a more filling smoothie.

If you prefer a dairy-based smoothie you may substitute the coconut milk for Greek yogurt.

# CREAMY CHICKEN MEATBALLS AND BROCCOLI

WEDNESDAY DINNER AND THURSDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

10 oz. ground chicken  
1 egg  
1oz. grated parmesan cheese  
½ tsp dried basil  
½ tbsp olive oil  
½ lb broccoli  
2tbsp butter for serving  
salt and pepper

For sauce:

2/3 cup heavy whipping cream  
½ tbsp tomato paste  
1½ tbsp finely chopped fresh basil

Net carbs: 9 g  
Fat: 60 g  
Protein: 39 g  
Calories: 725

## DIRECTIONS

Mix the ingredients for the ground chicken and make 10-12 big balls (per pound) with the help of a pair of spoons.

Heat up some olive oil in a big nonstick frying pan and add the raw meatballs. Brown over medium heat for about 15 minutes, turning the balls often, until they are browned on all sides.

Add cream and tomato paste. Boil and let it simmer on medium heat for 10 minutes. Season with salt and pepper. Add fresh basil.

Boil the broccoli in lightly salted water for 3-5 minutes. Serve it up with butter next to the chicken meatballs and cream sauce.

# SCRAMBLED EGGS

THURSDAY BREAKFAST



## INGREDIENTS

### 1 SERVING

1 oz. butter  
2 eggs  
salt and pepper

Net carbs: 1 g  
Fat: 31 g  
Protein: 11 g  
Calories: 327

## DIRECTIONS

Beat eggs with salt and pepper in bowl until blended.

Melt butter in large nonstick skillet over medium heat until hot.

Pour in egg mixture and stir for 1-2 minutes, until they are creamy and cooked.

Remove from heat and serve.

# CLASSIC GREEK SALAD

THURSDAY DINNER AND FRIDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

2 servings  
4 medium tomatoes  
1 cup lettuce  
½ cucumber  
½ red onion  
½ red bell pepper  
7 oz. feta cheese  
10 black Greek olives  
4 tbsp olive oil  
salt and pepper

Net carbs: 15 g  
Fat: 51 g  
Protein: 17 g  
Calories: 586

## DIRECTIONS

Cut the tomatoes, cucumber, lettuce, bell pepper and the onion.

Cut feta cheese in cubes.

Put all the ingredients into salad bowl. Add olive oil and olives and mix well.

Season with salt and pepper.

# CHEESE AND BUTTER ROLLS

FRIDAY BREAKFAST



## INGREDIENTS

### 1 SERVING

2oz. cheddar cheese or provolone cheese or edam cheese, in slices  
½ oz. butter  
herbs

Net Carbs: 4 g  
Fat: 29 g  
Protein: 20 g  
Calories: 360

## DIRECTIONS

Place the cheese slices on a large cutting board.

Cover every cheese slice with butter and herbs or your choice (parsley, chervil, oregano, basil) and roll up.

# KETO BURGER

FRIDAY DINNER AND SATURDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

1 lb ground beef  
1 tsp salt  
½ tsp pepper  
¼ red onion  
1 tomato  
1 avocado  
1 fresh jalapeño  
1 butter lettuce  
1/6 oz. cheddar cheese (2 slices per burger)  
1½ oz. butter

Net carbs: 8 g  
Fat: 66 g  
Protein: 53 g  
Calories: 868

## DIRECTIONS

In a bowl combine beef, salt and pepper.

Cup the onion into small pieces and add them to the meat. Mix well.

Form two hamburger patties.

Grill the patties for 5-7 minutes on each side.

Meanwhile, slice the tomato, peel and cut the avocado lengthwise.

Take 3-4 lettuce leaves for each burger. Place burger in the middle, top each with slices of cheese, butter, tomato and avocado.

# CAULIFLOWER PANCAKES

SATURDAY BREAKFAST



## INGREDIENTS

### 1 SERVING

¼ lb cauliflower  
1 egg  
1 oz. butter  
salt and pepper

Net carbs: 5 g  
Fat: 26 g  
Protein: 7 g  
Calories: 282

## DIRECTIONS

Grate the cauliflower.

Add cauliflower to a bowl. Add remaining ingredients and mix.

Melt a butter in a large skillet.

Place scoops of the cauliflower mixture in the skillet and flatten them carefully until they measure about 3-4 inches in diameter.

Fry for about 5 minutes on each side. Adjust the heat to make sure they don't burn.

Remember! if you flip the pancakes too soon they may fall apart!

Serve with sour cream or home made mayonnaise.

# BROCCOLI SOUP AND CHEDDAR CHEESE

SATURDAY DINNER AND SUNDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

½ lb broccoli  
1 cup water  
3½ oz. cream cheese  
½ cup heavy whipping cream  
¼ cup fresh basil  
salt and pepper  
2¼ oz. cheddar cheese or any other cheese of your choice

Net carbs: 10 g

Fat: 50 g

Protein: 15 g

Calories: 545

## DIRECTIONS

Divide the broccoli into small florets.

Place broccoli in a pot and cover with water. Add salt and bring to a boil. Lower the heat and simmer for a few more minutes, until the broccoli is tender.

Add cream cheese, cream, freshly ground pepper and basil. Blend in a blender.

Serve with slices of cheddar cheese.

# KETO BLUEBERRY PANCAKES

SUNDAY BREAKFAST



## INGREDIENTS

### 1 SERVINGS

2 eggs  
1 oz. cream cheese  
1 oz. melted butter  
1/6 cup almond flour  
1/6 cup oat fiber  
½ tsp baking powder  
salt  
1 oz. fresh blueberries

Net carbs: 7 g

Fat: 44 g

Protein: 15 g

Calories: 478

## DIRECTIONS

Whisk together eggs, cream cheese and melted butter.

Mix the rest of the ingredients separately, except blueberries, and then pour into the egg mixture. Combine well.

Fry the pancakes over medium heat in a nonstick pan with a little bit of butter.

Fry for a few minutes and gently add some blueberries, without pressing them down too hard. Flip and fry for a few more minutes.

Serve with whipped cream or sour cream.

# HALLOUMI CHEESE WRAPPED IN BACON

SUNDAY DINNER AND WEEK TWO MONDAY LUNCH



## INGREDIENTS

### 2 SERVINGS

8 oz. halloumi cheese  
5 1/3 oz. bacon, (about  
8-10 slices)

Net carbs: 4 g  
Fat: 57 g  
Protein: 32 g  
Calories: 662

## DIRECTIONS

Preheat the oven to 450°F (225°C).

Slice cheese into 8-10 pieces.

Wrap a piece of bacon around each piece of cheese.

If needed you may fix bacon on cheese with a toothpick.

Place on a frying pan and fry for 5-7 minutes, flipping sides from time to time.

You can also bake it for 10-15 minutes flipping halfway through.

# KETO MEAL PLAN

WEEK OF \_\_\_\_\_

|              | BREAKFAST<br>MEAL 1 | LUNCH<br>MEAL 2 | DINNER<br>MEAL 3 | NUTRITION |
|--------------|---------------------|-----------------|------------------|-----------|
| DAY 1<br>MON |                     |                 |                  |           |
| DAY 2<br>TUE |                     |                 |                  |           |
| DAY 3<br>WED |                     |                 |                  |           |
| DAY 4<br>THU |                     |                 |                  |           |
| DAY 5<br>FRI |                     |                 |                  |           |
| DAY 6<br>SAT |                     |                 |                  |           |
| DAY 7<br>SUN |                     |                 |                  |           |