

Healthy Keto Sample Meal Plan

Breakfast: Baked Mexican spiced eggs & beans

Ingredients

Green onion, 2 medium (4-1/8" long), thinly sliced
Canned black beans, 1 cup, drained and rinsed
Tomatoes, canned, 14½ oz, diced
Taco seasoning, 1 tbsp, low sodium
Black pepper, 1 dash
Zucchini, raw, 1 small, finely chopped
Eggs, 2 large
Extra virgin olive oil, 2 tsp
Pecans, 9 nuts, chopped



Instructions

Preheat an oven to 425°F degrees.

Place the green onions, beans, tomatoes, zucchini, seasoning and one quarter cup of water into a heavy-based casserole dish. Season with pepper and stir well to combine.

Transfer the dish to the oven and bake for 15 minutes or until the zucchini is tender.

Carefully remove the dish from the oven and using the back of a spoon, make two indents in the mixture and crack an egg into each. Drizzle the tops of the eggs with the oil and then sprinkle the pecans over the bean mixture. Return the dish to the oven and bake for 6 to 8 minutes more or until egg whites have set firm and the yolks are still runny.

Transfer the eggs and bean mixture to serving plate and serve.

Cool the second portion to room temperature, transfer to an airtight container and store in the fridge for a quick breakfast later in the week.

Makes 2 servings.

Each serving provides: Vegetables **1.9**, Fruits **0**, Carbohydrates **0**, Protein/Dairy **1.7**, Fats **1.9**, Sweets **0**, 327 calories.

Lunch: Japanese salmon poke bowl

Ingredients

Mixed salad leaves, 1 cup, shredded, mixed
Zucchini, raw, 2 cups, noodles, or about 1 medium
zucchini spiralized into noodles
Cucumber, 2 medium, cut into thick sticks
Canned salmon, 6 oz, drained and flaked
Avocado, $\frac{3}{4}$ medium avocado, sliced
Sesame seeds, 2 tbsp, toasted
Pickled ginger, 2 tbsp
Tamari, 1 tbsp, low sodium
Black pepper, 1 dash



Instructions

Divide the mixed salad leaves, zoodles and cucumber between serving bowls.

Top with the salmon, avocado, sesame seeds and ginger. Drizzle over the tamari and season with pepper and serve.

Store second portion for later in the week. Place mixed salad leaves, zoodles and cucumber in an airtight container in the fridge. Store remaining ingredients in separate airtight containers in the fridge.

Makes 2 servings.

Each serving provides: Vegetables **2.1**, Fruits **0**, Carbohydrates **0**, Protein/Dairy **1.1**, Fats **3.7**, Sweets **0**, 341 calories.

Dinner: Curry chicken with broccoli & green beans

Ingredients

Extra virgin olive oil, 2 tbsp
Curry powder, 4 tsp
Chicken breast, raw, 9 oz, thickly sliced
Tomatoes, canned, 14½ oz, chopped
Low sodium chicken stock, 1 cup
Broccoli florets, 1 cup
Green beans, 1 cup, trimmed and cut into 1-inch pieces
Green onion, 2 medium (4-1/8" long), thinly sliced
Basil, fresh, ½ cup, whole leaves



Almonds, unsalted, 2½ tbsp, chopped
Black pepper, 1 dash

Extra Ingredients, 1 serving

Low fat cottage cheese, 1%, 5 oz
Walnuts, 4 nuts

Instructions

Heat the oil in a saucepan over a medium-high heat. Add the curry powder and the chicken and cook, stirring, for 1 minute or until fragrant.

Stir in the tomatoes, stock, broccoli, green beans and green onions. Bring to a simmer. Simmer, stirring occasionally, for 10 to 12 minutes or until the vegetables and chicken are cooked and the sauce has reduced by three-quarters. Remove the pan from the heat and stir through the basil leaves. Season with pepper.

Divide the curry between serving bowls, sprinkle over the almonds. Serve.

Allow the second portion to cool to room temperature. Store the curry and lemon wedges in separate airtight containers in the fridge. Store almonds in their own airtight container, unrefrigerated, until later in the week.

DESSERT: Add the cottage cheese into a bowl. Top with walnuts for a delicious dessert.

Makes 2 servings.

Each serving provides: Vegetables **2.9**, Fruits **0**, Carbohydrates **0**, Protein/Dairy **2.3**, Fats **5.2**, Sweets **0**, 581 calories.

Snack: Vegetables & fruit snack

Ingredients

Berries, any type, 1 cup
Vegetable sticks (carrot, celery, cucumber, bell pepper), 2 cups

Instructions

Choose low-carb fruits such as blackberries, raspberries and strawberries, and vegetables such as bell peppers, cucumber, and celery.

Makes 1 serving.

Each serving provides: Vegetables **1.9**, Fruits **0.8**, Carbohydrates **0**, Protein/Dairy **0**, Fats **0**, Sweets **0**, 96 calories.