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30 DAY KETO



MEAL PLAN



30-Day KETOGENIC MEAL PLAN

90 KETO RECIPES BREAKFAST + LUNCH + DINNER



5 DAY KETO MEAL PLAN

MONDAY BREAKFAST BACON & EGGS WITH AVOCADO SNACK GREEK YOGURT WITH NUTS LUNCH PESTO CHICKEN DINNER BAKED SALMON	TUESDAY BREAKFAST EGGS WITH HAM AND CHEESE SNACK KETO PROTEIN BAR LUNCH SALMON WITH AVOCADO AND LIME DINNER PROTEIN STYLE CHEESEBURGER
WEDNESDAY BREAKFAST KETO BREAD WITH BUTTER SNACK GREEN SMOOTHIE LUNCH KETO TORTILLA SOUP DINNER BAKED CHICKEN WITH HERBS	THURSDAY BREAKFAST KETO PANCAKES SNACK CHEESE CRISPS LUNCH BLT WRAP W/ AVOCADO DINNER DEEP DISH PIZZA QUICHE
FRIDAY BREAKFAST KETO BREAKFAST SAUSAGE SANDWICH SNACK STRING CHEESE LUNCH EGG SALAD DINNER CHICKEN MARSALA WITH CAULIFLOWER	WANT MORE? GET MORE FREE KETO TOOLS TO HELP YOU LOSE WEIGHT WITH THE KETO DIET HERE FREE KETO TOOLKIT

30 Day KETO CHALLENGE

Make a low-carb pizza crust.	Come up with new ways to hang out with friends that don't involve food.	Try bullet proof coffee.	Keep a journal to track physical and emotional changes.	Tell at least 5 people that you're doing keto.
Go to a restaurant and order a low-carb meal.	Track water intake to make sure you are well hydrated.	Try intermittent fasting for 12 hours.	Log every bite in an app that tracks carbs, fats, proteins & sugar.	Write down 10 non-food treats to give yourself when you hit a goal.
Learn to make fat bombs.	Make a list of all the situations that often result in "mindless eating."	Spend 30 minutes reading Keto success stories online.	Go through your cabinets and toss or donate food that may tempt you.	Rid your refrigerator & freezer of foods not on your keto friendly list.
Try shopping for food online so you aren't tempted to buy on impulse at a store.	Check & log your body measurements.	Research the best prepared low-carb foods you can buy.	Meditate 30 minutes. Try an app like OAK if you need a little help.	Find a low carb food to replace a favorite high carb food.
Make a list of foods that are high in protein and add some new ones to your shopping list.	Learn to make keto waffles.	Create a Pinterest board for keto recipes & tips.	Treat yourself to a piece of dark chocolate that's 70% cocoa or higher.	Write a letter to your future self telling her why you're so proud of her.
Make an omelet extra filled with wonderfully healthy ingredients.	Acknowledge to yourself that you're doing a good job at adapting to this new way of eating.	Drop one marble in a glass vase or jar for every pound you lose each day.	List all the reasons you want to get healthy. Read it when you need the strength to keep going.	Remind yourself that only good things can come from getting rid of sugar & flour.

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1 of 46 Keto Corned Beef & Cabbage No need to deprive those eating Keto from enjoying a proper St. Patrick's feast.Get the recipe from Delish. 2 of 46 Keto Beef Stew This is a stunner of a weeknight meal.Get the recipe from Delish. 3 of 46 Keto Mac & Cheese All the goodness of mac & cheese, without the guilt.Get the recipe from Delish. 4 of 46 Keto Fried Chicken Fried chicken, without the guilt.Get the recipe from Delish. 5 of 46 Keto Stuffed Cabbage This one is a game changer.Get the recipe from Delish. 6 of 46 Keto Meatballs A perfect hearty weeknight dinner. Get the recipe from Delish. 7 of 46 Keto Broccoli Salad I'll eat any salad with cheese and bacon. Get the recipe from Delish. 8 of 46 100+ Amazing Low-Carb Recipes! Get the 21-day plan to score serious results! If you love carbs and still want to join in the weight-loss phenomenon, this is your delicious solution. 9 of 46 Garlic Rosemary Pork Chops Dinner is served.Get the recipe from Delish. 10 of 46 Cheesy Bacon Ranch Chicken All your favorite things wrapped into one skillet dinner.Get the recipe from Delish. 11 of 46 Keto Taco Casserole Keto people, meet your new favorite weeknight dinner. It's super-easy, extremely hearty, and it's got a little kick from the jalapeño. We packed all of your favorite Tex-Mex flavors into this endlessly scoopable and delicious casserole. Get the recipe from Delish. 12 of 46 Keto Chicken Parmesan Just 'cause you're keto doesn't mean you have to quit chick parm!Get the recipe from Delish. 13 of 46 Keto Meatloaf Who wouldn't love bacon-wrapped meatloaf?Get the recipe from Delish. 14 of 46 Garlicy Lemon Mahi Mahi Mahi Mahi was made for summer.Get the recipe from Delish. 15 of 46 Keto Taco Cups Cheese cups have more fun. Get the recipe from Delish. 16 of 46 Philly Cheesesteak Lettuce Wraps Make your favorite sandwich without the carbs.Get the recipe from Delish. 17 of 46 Tuscan Butter Shrimp The insanely easy dinner that you NEED in your life.Get the recipe from Delish. 18 of 46 Keto Chili Not your classic chili.Get the recipe from Delish. 19 of 46 Zoodle Alfredo With Bacon From Keto for Carb Lovers, our new cookbook This zoodle alfredo gives the original a run for its money. Get the recipe from Delish. 20 of 46 Keto Taquitos Typically, taquitos are made by rolling a variety of fillings tightly in a corn tortilla before deep frying. They're good. Like, REALLY good. Unfortunately, they're not keto, so we got creative and replaced the tortilla with something that is: cheese!Get the recipe from Delish. 21 of 46 Bacon Wrapped Stuffed Zucchini Creamy, salty and delicious.Get the recipe from Delish. 22 of 46 Cheesesteak Stuffed Peppers A Philly favorite with a twist!Get the recipe from Delish. 23 of 46 Keto Lasagna This low-carb lasagna uses a simple noodle replacement that once it's covered in meat and cheese, feels just like pasta.Get the recipe from Delish. 24 of 46 BLT Burgers Everything is better with a bacon weave bun.Get the recipe from Delish. 25 of 46 Keto Burger Buns Don't skip the bun. Get the recipe from Delish. 26 of 46 Keto Pork Chops This mushroom cream sauce is everything.Get the recipe from Delish. 27 of 46 Tuscan Butter Salmon Your new favorite salmon recipe.Get the recipe from Delish. 28 of 46 Cobb Egg Salad When you don't feel like cooking, throw this together. Get the recipe from Delish. 29 of 46 Foil Pack Grilled Salmon with Lemony Asparagus These super-fresh salmon grill packs make clean-up a breeze.Get the recipe from Delish. 30 of 46 Garlicy Shrimp Zucchini Pasta Oodles of zoodles!Get the recipe from Delish. Get started If you are new to keto, make sure to read the advice below before starting a keto diet plan. A keto diet plan is for people who want to simplify their lives while getting all the benefits of keto eating: appetite suppression, weight loss, better blood sugar control, and other health improvements. Keto diet plan basics On a keto diet plan, your meals contain less than 20 grams of net carbs (total carbs minus fiber) per day. They also provide enough protein to meet your needs and help you feel satisfied. Following a diet plan can help simplify your keto journey and set you up to succeed, because all of the planning is done for you. Simplify keto tips Breakfast: Choose one keto breakfast to eat every day, like scrambled eggs.Not hungry? Skip breakfast and sip a coffee instead. This saves time and money. Prep your meals: Cook at least two servings for dinner, eat one — and refrigerate the other — for tomorrow's lunch. Freeze other portions for later. Full meal prep guide. Try no-cook plates: Sliced deli meats, cheeses, and veggies make an easy lunch. Here are many more. No time to cook? No problem!We understand how precious your time is. With our quick and easy low-carb meal plans, you can make healthy, delicious meals in minutes. Following a keto diet appears to be safe for most people. However, before starting a keto diet plan, make sure to check with your doctor if you take medication for diabetes or high blood pressure. If you're breastfeeding, you should not follow a keto diet. Start fresh Use our kitchen clean-out list to help you make sure your kitchen is keto-friendly before starting your keto diet plan. This can dramatically increase your chances of success. Avoid keto flu Drink lots of fluids and get enough salt, especially during the first week of the meal plan, to minimize symptoms of the initial "keto flu." For example, a cup of bouillon daily and salting your food 'to taste' really helps. Full guide Here are two weeks of delicious, easy recipes for breakfast, lunch, and dinner. And you don't even need to count carbs! Each week features a variety of keto dishes that will automatically keep you below 20 grams of net carbs per day. In the first week, you'll get to feast on some of our all-time most popular keto recipes. Note: If you don't like certain recipes or don't have the ingredients on hand, you can always replace them with recipes that fit your preferences. Choose from the recipe links in "Are there different types of meal planning?". Monday Breakfast Lunch Dinner Tuesday Breakfast Lunch Dinner Wednesday Breakfast Lunch Dinner Thursday Breakfast Lunch Dinner Friday Breakfast Lunch Dinner Saturday Breakfast Lunch Dinner Shopping lists and more With shopping lists, your trip to the grocery store doesn't have to be time-consuming or frustrating. Get all the healthy keto foods you need for the following week or two — and spend less time at the supermarket every month. Access your shopping list on any device. Using a digital shopping tool can be even more beneficial than old-school pen and paper. You can access your shopping list straight from your smartphone, print it out, or even share it with family and friends when you don't have the time for grocery shopping yourself. Do you want to get weekly shopping lists for the menu above? When you become a Diet Doctor Plus member, you get premium access to the delicious 2-week menu above. Just press play and get started with simple recipes and shopping lists. You can also customize your own by answering a few questions. Take the 1-minute quiz This meal plan includes all of the recipes from the first week of our free 14-day keto diet plan. As a member, you'll get it complete with a shopping list and the possibility of customizing it the way you want it. This meal plan will give you a great variety of keto dishes and helps you stay below 20 grams of carbs per day. Full meal plan → This meal plan → This meal plan is the second week of our free 14-day keto diet plan. As a member, you'll get it complete with a shopping list and the possibility of customizing it the way you want it. This meal plan will give you a great variety of keto dishes and helps you stay below 20 grams of carbs per day. Full meal plan → Every meal plan is created and tested by our Diet Doctor Recipe Team and verified by our in-house dietitian, ensuring that you can enjoy delicious food with the right balance of macronutrients you need each day. Start free trial Can you design your own keto meal plan that suits your unique preferences and lifestyle? Absolutely! Once you've created your plan, you won't have to spend time figuring out what to eat every day. Plus, you may be more likely to achieve your weight loss and health goals by planning keto meals in advance. Save time with a keto meal plan How can you maximize the amount of time you save when following a keto meal plan? Here are several ideas: Make simple, no-cook meals with foods like hard-boiled eggs (already prepared and waiting in the fridge), canned fish, cheese, cold cuts, and pre-chopped veggies. Cook double portions for dinner. Save time preparing, cooking, and cleaning up by making two dinner servings. Refrigerate half to enjoy for lunch the next day. Use shopping lists. If you don't have time to make your own shopping list, use our basic keto diet food list. It's the perfect way to stock up your fridge and pantry with healthy foods. View it on your mobile device while grocery shopping, or print it out beforehand. How to build your keto plate At each meal, include the following: A generous portion of protein, such as meat, fish, eggs, or tofu One or more servings of keto vegetables, such as leafy greens, cauliflower, and green beans As much fat, such as olive oil or butter, as needed to prepare food and add flavor Keto meal planning can be easy, once you know the basics. Download free pdf Foods to eat on a keto diet plan There are many delicious foods you can — and should! — include on your keto diet plan: Meat: beef, pork, lamb, and game Poultry: chicken and turkey Seafood: fish and shellfish of all types Eggs Soy: tofu and tempeh Cheese Plain Greek yogurt Non-starchy vegetables: spinach, asparagus, cucumbers, and many others Fats: butter, olive oil, and coconut oil See the complete list of foods to eat, or add delicious keto recipes to your meal plan. Below you'll find our latest additions. Make sure that your keto diet plan does not include these high-carb foods: Sugary foods, such as cakes, cookies, ice cream, doughnuts, and similar foods Starchy foods, such as bread, pasta, rice, potatoes, corn, and beans Sugar-sweetened beverages like soda, sweet tea, punch, and sports drinks Fruit juice, including 100% unsweetened juice Most fruit See the complete list of foods to avoid Don't worry, there are substitutes for many high-carb classics. Below you'll find three popular keto recipes for cookies, bread, and pasta. Are snacks allowed on a keto diet plan? When you follow a keto diet plan that provides adequate protein and energy at meals, you're unlikely to need snacks. However, if you do become hungry in between meals, feel free to eat a keto-friendly snack, such as: Hard-boiled eggs Cheese Cold cuts Macadamia nuts See our complete guide to the best and worst keto snacks Get your personalized meal plan with a FREE 30-day trial!What's your main health goal? What to drink on a keto diet plan The best keto beverages are carb-free or nearly carb-free. Include these drinks on your keto diet plan: Water: still or sparkling Coffee (black, or with a splash of cream or milk) Tea, black, green, or herbal (unsweetened) Broth: chicken, beef, or vegetable See our complete guide to the best and worst keto drinks Are there different types of keto meal planning? A keto meal plan can be tailored to fit your food preferences, budget, how often you like to eat, and more. Here are just a few examples of different types of keto meal plans: 1. High-protein keto meal planning Combining keto with high protein can be a winning strategy for losing weight and improving body composition. See our high-protein keto recipes to choose quick and easy recipes for breakfast, lunch and dinner. Breakfast Lunch Dinner 2. Intermittent fasting and keto meal planning If you prefer to skip breakfast, that's fine. Just make sure your lunch and dinner provide enough protein and energy to meet your needs. Here's a sample day of how to plan keto meals when intermittent fasting: Breakfast Lunch Dinner 3. Keto meal planning on a budget Are you concerned that following a keto diet plan might be too expensive? Good news: A keto meal plan can be affordable — if you make the right food choices. Use our collection of budget-friendly keto recipes to design a meal plan that's healthy, delicious, and cost-effective. Breakfast Lunch Dinner 4. Meal planning for lazy keto days Yes, elaborate meals cooked from scratch can be wonderful. But sometimes, you need simple meals that can be put together in minutes. Here's a sample day of a lazy keto meal plan: Breakfast Lunch Dinner 5. Family meal planning How can you plan nutritious meals for your family while staying keto? It's easy when you choose tasty, easy-to-prepare recipes that both kids and adults will love. Create your meal plan using our collection of low-carb meals for families. Breakfast Lunch Dinner How do I get started on the keto diet? If you are new to a ketogenic diet, read our beginner's guide and get all your questions answered. Starting a keto diet as a beginner can be challenging on your own. We suggest you start with any of our free 14-day meal plans or choose from among our free keto recipes. For maximum simplicity, sign up for our 2-week Get Started Challenge and get everything prepared for you. Can I drink alcohol on a keto diet? Yes. But stick to low-carb alcoholic drinks, like dry wine or sugar-free drinks. Full keto alcohol guide Can you eat a vegetarian keto diet plan? Yes. Especially if you eat eggs and dairy (lacto-ovo vegetarianism), following a keto diet plan is definitely doable. Vegan keto is more challenging, but you can certainly eat a lower-carb vegan diet. Learn more and find inspiration in our collection for vegetarian recipes. Can you eat a dairy-free keto diet plan? Sure. It's not necessary to eat dairy to successfully eat keto (though dairy may help add taste and variety). A dairy-free keto diet can be very effective. Learn more and find dairy-free recipes to tailor your diet plan. Can I eat fruit when following a keto diet plan? Sometimes — if you choose low-sugar fruits and keep portions small. The best keto fruits are blackberries, raspberries, and strawberries. Enjoy about one-half cup of any of these, either alone or with a bit of cream. Delicious! Full guide to keto fruits Get instant access to healthy low-carb and keto meal plans, fast and easy recipes, weight loss advice from medical experts, and so much more. A healthier life starts now with your free trial! Start FREE trial! This guide is written by Dr. Andreas Eenfeldt, MD, Franziska Spritzler, RD and was last updated on June 17, 2022. It was medically reviewed by Dr. Bret Scher, MD on February 11, 2022. The guide contains scientific references. You can find these in the notes throughout the text, and click the links to read the peer-reviewed scientific papers. When appropriate we include a grading of the strength of the evidence, with a link to our policy on this. Our evidence-based guides are updated at least once per year to reflect and reference the latest science on the topic. All our evidence-based health guides are written or reviewed by medical doctors who are experts on the topic. To stay unbiased we show no ads, sell no physical products, and take no money from the industry. We're fully funded by the people, via an optional membership. Most information at Diet Doctor is free forever. Read more about our policies and work with evidence-based guides, nutritional controversies, our editorial team, and our medical review board. Should you find any inaccuracy in this guide, please email andreas@dietdoctor.com.

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