

# Low Carb Keto Meal Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled eggs with diced ham and shredded cheese	Smoked salmon and cream cheese roll-ups	Chia seed pudding made with coconut milk and topped with raspberries	Smoothie with almond milk and spinach	Omelette with diced bell peppers, onions, and cheese	Greek yogurt with berries and a sprinkle of chia seeds	Scrambled eggs with spinach and mushrooms
LUNCH	Caprese salad with mozzarella, tomatoes, and basil	Egg salad lettuce wraps	Cauliflower and bacon soup	Spinach and feta stuffed chicken breast with a side salad	Zucchini noodles with pesto sauce and cherry tomatoes	Turkey and avocado lettuce wraps	Greek salad with grilled chicken
DINNER	Baked salmon with asparagus	Grilled chicken with a side of sauteed Brussels sprouts	Baked cod with a lemon-herb crust and steamed broccoli	Pork tenderloin with roasted green beans	Grilled shrimp with a side of sauteed spinach	Beef stir-fry with cauliflower rice	Baked salmon with roasted broccoli
SNACKS	Celery sticks with cream cheese	Sliced avocado with a sprinkle of salt and pepper	Almonds and walnuts	Sticed bell peppers with guacamole	Mixed nuts (watch portion sizes)	Sliced cucumbers with hummus	Celery sticks with peanut butter